

Course Syllabus



Department of Sociology, Social Work, and Family Sciences

NUT3040 Nutrition in Women's Well Being

2 Units

Spring 2024

January 8 - April 26

Meeting Days: Thursday

Meeting Times: 11-11:55 AM

Meeting Location: 122 Evans Hall

Final Exam: (Day/Time): TBD

Instructor: Prof. Crystal Karges

Email: ckarges1@pointloma.edu

Phone: Zoom, by appointment

Office Location and Hours: Zoom, by appointment

PLNU MISSION

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

FOUNDATIONAL EXPLORATIONS MISSION

PLNU provides a foundational course of study in the liberal arts informed by the life, death, and resurrection of Jesus Christ. In keeping with the Wesleyan tradition, the curriculum equips students with a broad range of knowledge and skills within and across disciplines to enrich major study, lifelong learning, and vocational service as Christ-like participants in the world's diverse societies and culture.

COURSE DESCRIPTION

A survey of current evidence-based nutrition principles and guidelines corresponding to gender differences in health. Topics include dietary prevention of cardiovascular

disease, diabetes, cancers, and osteoporosis in women as well as special needs in pregnancy/lactation, menopause, body image and relationship to food.

COURSE LEARNING

OUTCOMES

1. Compare and contrast the current status of women's health with men's health in the U.S.; (FELO 1a, 1b, 1c, 1d, 2c)
 2. Explain the value of investigating family health history in the assessment of personal health risks; (FELO 1a, 1d, 2a, 2c)
 3. Describe at least three diseases/health conditions related to dietary patterns that significantly affect women's health and mortality; (FELO 1a, 2c)
 4. Explain how health and well-being in women are optimized or diminished by at least four dietary practices or food patterns; (FELO 1a, 1d, 2c)
 5. Identify at least two nutrients and good food sources of each that are important in a woman's life cycle stages of pregnancy/lactation, adolescence, and early and late adulthood; (FELO 1c, 1d, 2c)
 6. Assess your own dietary intake and other lifestyle patterns for areas to maintain and improvements to make. (FELO 1c, 1d, 2a)
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FOUNDATIONAL

EXPLORATIONS LEARNING

OUTCOMES

- FELO 1a. Written: Students will be able to effectively express ideas and information to others through written communication.
 - FELO 1b. Oral: Students will be able to effectively express ideas and information to others through oral communication.
 - FELO 1c. Information Literacy: Students will be able to access and cite information as well as evaluate the logic, validity, and relevance of information from a variety of sources.
 - FELO 1d. Critical Thinking: Students will be able to examine, critique, and synthesize information in order to arrive at reasoned conclusions.
 - FELO 2a. Students will develop an understanding of self that fosters personal well-being.
 - FELO 2c. Students will demonstrate an understanding of the complex issues faced by diverse groups in global and/or cross-cultural contexts.
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REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

Alexander, LL; LaRosa, JH; Bader H; Garfield S; Alexander, WJ. New Dimensions in Women's Health, 6th Ed. Sudbury, MA: Jones and Bartlett Publishers, 2014

COURSE CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 2-unit class delivered over 15 weeks. It is anticipated that students will spend a minimum of 37.5 participation hours per credit hour on their coursework. For this course, students will spend an estimated 75 total hours meeting the course learning outcomes. The time estimations are provided in the Canvas modules.

ASSESSMENT AND GRADING

There are 950 total points available in this course. Points are distributed across the following assignment categories:

- Weekly Discussions - Class forums based on course readings (300 points total)
- Book Club - Journals and Presentations based on individual readings (130 points total)
- In-Class Meetings - Attendance and active participation during in-person class sessions (150 points total)
- Exams and Projects - Midterm/Final exams and occasional papers (365 points total)
- PLNU Surveys (5 points total)

A	B	C	D	F
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F Less than 59
A- 90-92	B 83-86	C 73-76	D 63-66	

	B- 80-82	C- 70-72	D- 60-62	
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STATE AUTHORIZATION

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](#) to view which states allow online (distance education) outside of California.

INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

PLNU COPYRIGHT POLICY

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

PLNU ACADEMIC HONESTY POLICY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

PLNU ACADEMIC ACCOMMODATIONS POLICY

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.

PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions, the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation.

In some courses, a portion of the credit hour content will be delivered **asynchronously** and attendance will be determined by submitting the assignments by the posted due dates. See [Academic Policies](#) in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

Asynchronous Attendance/Participation Definition

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

SPIRITUAL CARE

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If students have questions, a desire to meet with the chaplain or have prayer requests you can contact the **Office of Spiritual Development**.

SEXUAL MISCONDUCT AND DISCRIMINATION

Point Loma Nazarene University faculty are committed to helping create a safe learning environment for all students. If you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that help and support are available through the [Title IX Office](#). Please be aware that under Title IX of the Education Amendments of 1972, it is required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at counselingservices@pointloma.edu or find a list of campus pastors at the [Title IX Office](#) [| Get Help Now](#)

USE OF TECHNOLOGY

In order to be successful in the online or hybrid environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](#) information. Additionally, students are required to have headphone speakers, microphone, or webcams compatible with their computer available to use. Please note that any course with online proctored exams require a computer with a camera (tablets are not compatible) to complete exams online.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

ASSIGNMENTS

AT-A-GLANCE

Course Summary:

Date	Details	Due
Mon Jan 9, 2023	Page Week 1 Overview	to do: 11:59pm
Mon Jan 16, 2023	Page Week 2 Overview	to do: 11:59pm
Mon Jan 23, 2023	Page Week 3 Overview	to do: 11:59pm

Mon Jan 30, 2023 Page
[Week 4 Overview](#) to do: 11:59pm

Mon Feb 6, 2023 Page
[Week 5 Overview](#) to do: 11:59pm

Mon Feb 13, 2023 Page
[Week 6 Overview](#) to do: 11:59pm

Mon Feb 20, 2023 Page
[Week 7 Overview](#) to do: 11:59pm

Mon Feb 27, 2023 Page
[Week 8 Overview](#) to do: 11:59pm

Mon Mar 13, 2023 Page
[Week 9 Overview](#) to do: 11:59pm

Mon Mar 20, 2023 Page
[Week 10 Overview](#) to do: 11:59pm

Mon Mar 27, 2023 Page
[Week 11 Overview](#) to do: 11:59pm

Mon Apr 3, 2023 Page
to do: 11:59pm

[Week 12 Overview](#)

Mon Apr 10, 2023 Page to do: 11:59pm
[Week 13 Overview](#)

Mon Apr 17, 2023 Page to do: 11:59pm
[Week 14 Overview](#)

Mon Apr 24, 2023 Page to do: 11:59pm
[Week 15 Overview](#)

Tue Jan 9, 2024 Quiz due by 11:59pm
[Academic Honesty](#)
[Verification Statement](#)

Wed Jan 10, 2024 Discussion Topic due by 11:59pm
[Wk 1 | Discussion -](#)
[Macronutrients](#)

Thu Jan 11, 2024 Assignment due by 11am
[Wk 1 | In-Class Meeting](#)
[Attendance](#)

Assignment due by 11:59pm
[Wk 1 | Book Club](#)
[Journal Entry #1](#)

Wed Jan 17, 2024	Discussion Topic Wk 2 Discussion - Food Education	due by 11:59pm
Thu Jan 18, 2024	Assignment Wk 2 In-Class Meeting Attendance	due by 11am
	Assignment Wk 2 Book Club Journal Entry #2	due by 11:59pm
Wed Jan 24, 2024	Discussion Topic Wk 3 Discussion - Compulsive Overexercise	due by 11:59pm
Thu Jan 25, 2024	Assignment Wk 3 In-Class Meeting Attendance	due by 11am
	Assignment Wk 3 Book Club Journal Entry #3	due by 11:59pm
Wed Jan 31, 2024	Discussion Topic	due by 11:59pm

[Wk 4 | Discussion -
Analyze a Social Media
Post](#)

Assignment

[Wk 4 | In-Class Meeting
Attendance](#) due by 11am

Thu Feb 1, 2024

Assignment

[Wk 4 | Book Club
Journal Entry #4](#) due by 11:59pm

Discussion Topic

[Wk 5 | Discussion -
Impact of Social Media
on Mental Health](#) due by 11:59pm

Wed Feb 7, 2024

Assignment

[Wk 5 | In-Class Meeting
Attendance](#) due by 11am

Thu Feb 8, 2024

Discussion Topic

[Wk 5 | Book Club
Presentation #1](#) due by 11:59pm

Wed Feb 14, 2024

Discussion Topic due by 11:59pm

[Wk 6 | Discussion -
Impact of Substance
Abuse on Mental Health](#)

Thu Feb 15, 2024 Assignment
[Wk 6 | In-Class Meeting
Attendance](#) due by 11am

Fri Feb 16, 2024 Assignment
[Wk 6 | Women's
Research Paper](#) due by 11:59pm

Wed Feb 21, 2024 Discussion Topic
[Wk 7 | Discussion -
Prenatal Counseling](#) due by 11:59pm

Thu Feb 22, 2024 Assignment
[Wk 7 | In-Class Meeting
Attendance](#) due by 11am

Assignment
[Wk 7 | Book Club
Journal Entry #5](#) due by 11:59pm

Wed Feb 28, 2024 Discussion Topic
[Wk 8 | Discussion -
Postpartum Women](#) due by 11:59pm

	Assignment	
	Wk 8 In-Class Meeting Attendance	due by 11am
Thu Feb 29, 2024		
	Assignment	
	Wk 8 Book Club Journal Entry #6	due by 11:59pm
Fri Mar 1, 2024	Quiz	due by 11:59pm
	Mid-Course Survey	
Wed Mar 13, 2024	Discussion Topic	due by 11:59pm
	Wk 9 Discussion - Breastfeeding and Mental Health	
	Assignment	
	Wk 9 In-Class Meeting Attendance	due by 11am
Thu Mar 14, 2024		
	Quiz	due by 11:59pm
	Wk 9 Midterm Exam	
Wed Mar 20, 2024	Discussion Topic	due by 11:59pm
	Wk 10 Discussion - Foundations for Child Feeding	

Thu Mar 21, 2024	Assignment Wk 10 In-Class Meeting Attendance	due by 11am
Wed Mar 27, 2024	Discussion Topic Wk 11 Discussion - Article/Video Reflection	due by 11:59pm
Thu Mar 28, 2024	Assignment Wk 11 In-Class Meeting Attendance	due by 11am
	Discussion Topic Wk 11 Book Club Presentation #2	due by 11:59pm
Wed Apr 3, 2024	Discussion Topic Wk 12 Discussion - Eating Disorders and Pregnancy	due by 11:59pm
	Assignment Wk 12 Family Tree Project	due by 11:59pm
Thu Apr 4, 2024	Assignment	due by 11am

[Wk 12 | In-Class Meeting Attendance](#)

Fri Apr 5, 2024 Assignment
[Wk 10 | Calcium Self-Assessment](#) due by 11:59pm

Wed Apr 10, 2024 Discussion Topic
[Wk 13 | Discussion - Impact of Menopause](#) due by 11:59pm

Thu Apr 11, 2024 Assignment
[Wk 13 | In-Class Meeting Attendance](#) due by 11am

Assignment
[Wk 13 | Book Club Journal Entry #7](#) due by 11:59pm

Wed Apr 17, 2024 Discussion Topic
[Wk 14 | Discussion - Heart Disease](#) due by 11:59pm

Thu Apr 18, 2024 Assignment
[Wk 14 | In-Class Meeting Attendance](#) due by 11am

	Assignment	
Fri Apr 19, 2024	Wk 14 Women of Influence Research Paper	due by 11:59pm
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	Discussion Topic	
Wed Apr 24, 2024	Wk 15 Discussion - Stress Fractures and the Female Athlete Triad Syndrome	due by 11:59pm
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	Assignment	
	Wk 15 In-Class Meeting Attendance	due by 11am
Thu Apr 25, 2024		
	Discussion Topic	
	Wk 15 Book Club Presentation #3: Final Thoughts	due by 11:59pm
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	Assignment	
Fri Apr 26, 2024	End-of-Course Evaluation	due by 11:59pm
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	Quiz	
Thu May 2, 2024	Final Exam	due by 11:59pm
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