

Instructor name: Cynthia Inman, MS RD LD (Please call me, Cindi)
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Office Hours: Email me for an appointment and we can set up a Zoom meeting. If you are unfamiliar with Zoom, please visit <http://www.siue.edu/its/zoom/> for tutorials and how-to videos.

About the Course

Course description

In this course we will examine human nutritional concerns, requirements, and metabolism from conception through the aging process. We will analyze cultural, environmental, psychosocial, physical, and economic factors affecting nutritional status through the life span. We will also examine different methods for assuring adequate nutrition through dietary selection and promotion of health throughout the life cycle. Methods of nutritional assessment for each stage of the life cycle will be examined. Lecture, discussion, and collaborative activities will be used to disseminate course content.

Prerequisite knowledge and credit hours

NUTR 250 – Introduction to Human Nutrition, 3 credit hours

Course goals and objectives:

This course analyzes the changing nutritional requirements and relative dietary issues which are specific to the different stages of the life cycle. Expected student outcomes include the following:

1. The student will be able to identify specific nutrient requirements for each stage of the life cycle.
2. The student will be able to relate nutrient needs to developmental levels and plan diets which will adequately meet nutritional needs of given levels.
3. The student will be able to describe the importance of environment, feeding skills, psychosocial situations and other factors to total nutrition and the development of eating habits.
4. The student will be able to select, utilize and evaluate appropriate materials and methods for communication of nutrition information to a given audience.
5. The student will be able to evaluate dietary intakes and feeding programs throughout the life cycle.
6. The student will be able to describe the role of the nutrition professional in promoting adequate nutrition and health.
7. The student will be able to apply nutrition knowledge gained to real world scenarios in the different stages of life.

Teaching methods: lecture, discussion, group presentations, current media. I strongly encourage open discussion as long as it pertains to the topic at hand. I believe we all learn better when we work together and help each other out. This rule applies to everything EXCEPT exams/quizzes.

Course textbooks

Nutrition through the Life Cycle by Judith Brown, published by Cengage ISBN 978-1-337-91933-3

Obtain your textbook as soon as possible. See the [Winter Session web page](#) for textbook information and their holiday hours and other important information to help you succeed in this fast-paced winter session course.

Click on this link for tips on online learning. [Online learning tips and help.](#)

Important Winter Term Dates

December 20 – Official login for all Winter Session classes begins

December 20 – Last day a student may withdraw from a course and receive a full refund

December 31, 2022 – Last day a student may withdraw to receive a W on transcript. No refund will be issued.

January 9, 2022 - Last day of Winter Session

About the Instructor

Welcome

Hello and welcome to the online NUTR 327 winter session class. In this course we will examine human nutritional concerns, requirements, and metabolism from conception through the aging process. We will analyze cultural, environmental, psychosocial, physical, and economic factors affecting nutritional status through the life span. We will also examine different methods for assuring adequate nutrition through dietary selection and promotion of health throughout the life cycle. Methods of nutritional assessment for each stage of the life cycle will be examined. Recorded lectures, discussion boards, and projects will be used to disseminate course content.

I like to remember the following quotes, or sayings, and are good for all of us to think about on a daily basis:

“Be where you are”

Question, and be a critical thinker

Bio

Hi there. Here is a little about myself: I am a Registered Dietitian and an Exercise Physiologist. I earned my Bachelor of Science degree in dietetics from Bowling Green State University (Ohio) and did my graduate work in exercise physiology at Texas A&M University. I grew up in Colorado and knew I wanted to be a dietitian before I graduated high school. I was a competitive swimmer and wanted to do everything possible to help me be a better swimmer. One thing that was not discussed much back then was nutrition, although I knew it played a huge role in how I felt swimming and my overall health. That is why I decided to study nutrition in college and become a dietitian. I have worked in many areas of nutrition and exercise physiology including clinical (working in hospitals), research, out-patient clinics, and teaching. I don't swim anymore as I prefer the bike. I ride competitively and for fun. I've been to France several times to ride my bike and I absolutely love it.

My number one goal is for you to have a good understanding of nutrition throughout life and how recommendations and requirements changes from pregnancy to old age. Communication is extremely important so please email me with questions or concerns. I will reply as soon as possible. As many of you might be doing, I will be traveling (going back to Colorado) for part of this Winter term but will be as present as possible in order to help you learn this material.

Teaching Philosophy

My goals as a teacher are: 1) Teach students to think critically, apply knowledge, and solve problems, rather than memorize information; 2) Help students understand how the material is relevant to their future careers and personal lives; 3) Provide students with hands on experience and activities to allow them to learn by doing; 4) Teach information in a variety of methods (drawing, video clips, text on power point slides, physical activities, analogies) in order to reach a broad audience with different preferred learning methods; 5) Utilize technology and innovative teaching methods to make the information appealing and attractive to the current generation; and 6) Incorporate data from peer-reviewed publications to keep information current and expose students to research.

Communicating with the instructor

You can contact me by email, cynman@siue.edu and allow 5-10 hours for a response. I do check email often but with the holidays I may be delayed on certain days.