

**SCIENTIFIC FOUNDATION OF NUTRITION AND HEALTH  
NUTR 1020 SECTION 002 – SPRING SEMESTER 2007**

<b>CLASS TIME:</b>	Tuesday/Thursday 9:10 PM – 10:30 PM
<b>LOCATION:</b>	HPR E 206
<b>ASSIST. PROFESSOR</b>	<b>Beverly G. Bradshaw PhD. RD. CD</b> Office: HPER-North 208 Box: HPER-North 214 Phone: 585-3191 (also voice mail) E-mail: <a href="mailto:beverly.bradshaw@health.utah.edu">beverly.bradshaw@health.utah.edu</a>
<b>OFFICE HOURS:</b>	Wednesdays 10:00 am – 11:30 am or by appointment
<b>TEACHING ASSISTANTS:</b>	Michelle Openshaw Linda Tsai  Office: HPER N 224 Phone: 585-5936 Office Hours: TBA

**CLASS MATERIALS:**

- Course syllabus available on the web: [www.health.utah.edu/nutr](http://www.health.utah.edu/nutr)
- **TEXT: *Required* Wardlaw G.M. Smith A.M. *Contemporary Nutrition, Updated 6<sup>th</sup> Edition* McGraw Hill Publishers 2006.**
- **NOTES / ASSIGNMENTS PACKET: *Required*** The Notes / Assignments Packet is available for purchase at the Union Copy Center, Room 158. Please have for class by Thursday January 11, 2007.

**OBJECTIVES:**

- Know basic function, digestion, absorption, metabolism, food sources, dietary requirements, deficiency, and toxicity of the nutrients: carbohydrates, protein, fat, water, vitamins, and minerals.
- Understand how to critically evaluate current nutrition information and recommendations.
- Understand the role of nutrition in the causation, prevention, and treatment of diseases such as obesity, diabetes, heart disease, and osteoporosis.
- Learn to analyze and modify personal eating patterns.
- Discuss aspects of sports nutrition, body image, weight maintenance, food safety, genetics and nutrition, and hunger.

**This class** is designed to provide you with a broad overview of the science of nutrition. Please take some time to read the chapters assigned before we cover them in class. Even if you have very little time, at least skim the chapter and read the summary. This will help you solidify new information much better and allow you the opportunity to do well on assignments and exams.

**University College Advising – University of Utah:** Consider that for every hour that a course carries for credit, it generally requires two hours of studying per week outside of class. NUTR 1020 is three semester credits. Six hours of studying per week outside of class is recommended. It is advisable to plan ahead.