Proposal Form For Addition And Revision Of Courses

1. Proposing College / School: Human Sciences
   Department: Nutrition, Dietetics and Hospitality Management

2. Course Prefix and Number: NTRI 5100
3. Effective Term: Spring 2013

4. Course Title:
   Nutrition in Disease Prevention
   Abbreviated Title (30 characters or less): Nutr in Disease Prevention

5. Requested Action:
   - [ ] Renumber a Course
   - [X] Add a Course
   - [ ] Revise a Course

6. Course Credit:
   Contact/Group Hours: 2
   Scheduled Type (e.g.: Lab, Lecture, Practicum, Directed Study): Lecture
   Weekly or Per Term? Credit Hours: 2
   Anticipated Enrollment: 20

   Maximum Hours (Repeatability): 2

   Total Credit Hours: 2

7. Grading Type:
   - [X] Regular (ABCDF)
   - [ ] Satisfactory/Unsatisfactory (S/U)
   - [ ] Audit

8. Prerequisites/Corequisites:
   Use "P:" to indicate a prerequisite, "C:" to indicate a corequisite, and "P/C:" to indicate a prerequisite with concurrency.
   P-NTRI 4820, P-NTRI 4830

9. Restrictions:
   List specific restriction in space above.
   - [ ] College
   - [X] Major
   - [ ] Standing
   - [ ] Degree

10. Course Description:
    (20 Words or Less; exactly as it should appear in the Bulletin)
    The functions, safety, and efficacy of selected nutrients and herbs in the prevention and/or treatment of selected diseases / conditions

11. May Count Either:
    - [ ] Program Type
    - [ ] Program Title
    (Indicate if this particular course cannot be counted for credit in addition to another)

12. Affected Program(s):
    (Respond "N/A" if not included in any program; attach memorandum if more space is required)

<table>
<thead>
<tr>
<th>Program Type</th>
<th>Program Title</th>
<th>Requirement or Elective?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Major</td>
<td>BS Nutrition and Wellness option</td>
<td>Required</td>
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</tbody>
</table>

13. Overlapping or Duplication of Other Units' Offerings:
    (If course is included in any other degree program, is used as an elective frequently by other unit(s), or is in an area similar to that covered by another college/school, attach correspondence with relevant unit)
   - [ ] Applicable
   - [X] Not Applicable
14. Justification:
The dietary supplement industry is a billion dollar a year business. Students majoring in nutrition need to have an understanding of supplement regulation and how to evaluate the scientific literature and evidence of a supplement's effectiveness and safety.

(Include a concise, yet adequate rationale for the addition/revision of the course, citing accreditation, assessments (faculty, graduate, and/or external) where applicable)

15. Resources:
Existing library materials, classroom space, and faculty are adequate for this course. No additional resources are needed.

(Indicate whether existing resources such as library materials, classroom/laboratory space, and faculty appointments are adequate to support the proposed addition/revision; if additional resources are required, indicate how such needs will be met, referencing the appropriate level of authorization — i.e.: Dean — where necessary; if no additional resources or shifting of resources will be necessary, respond "Not Applicable")

16. Student Learning Outcomes:
Upon completing this course, students will be able to: 1. describe guidelines and laws affecting the manufacturing and marketing of dietary supplements in the United States; 2. identify functions, safety, and efficacy of selected nutrients and herbs in the prevention and/or treatment of cancer and conditions affecting the digestive, cardiovascular, and immune systems as well as the eye and joints; 3. evaluate health claims on dietary supplement labels or in advertising materials; 4. research, critically evaluate, and interpret scientific published studies to be able to write a paper examining the effectiveness of a dietary supplement in the prevention and/or treatment of a disease / health condition.

(State in measurable terms (reflective of course level) what students should be able to do when they have completed this course)

17. Course Content Outline:

Week Number(s) Topic
1 Dietary Supplements: Definitions, Laws, and Manufacturing Practices

2 Experimental Design, Critical Interpretation of Research, and Health Claims

3 Use of Supplements for the Prevention and/or Treatment of Selected Digestive Disorders - some of the supplements to be discussed in lecture include prebiotics such as fructooligosaccharides, milk thistle, and ginger

4 & 5 Use of Supplements for the Prevention and/or Treatment of Selected Cardiovascular Conditions - some of the supplements to be discussed in lecture include vitamin E, niacin, calcium, flaxseed, fish oil, garlic, and coenzyme Q10 [health claim due week 4]

6 Midterm Examination

7 Use of Supplements for the Prevention and/or Treatment of Selected Eye Conditions - some of the supplements to be discussed in lecture include zinc, beta-carotene, lutein, and vitamins C and E [supplement evaluation paper due week 7]

8 & 9 Use of Supplements for the Prevention and/or Treatment of Joint, Wounds, and Inflammatory Disorders - some of the supplements to be discussed in lecture include glucosamine, chondroitin sulfate, flaxseed, fish oil, vitamin E, arginine, and glutamine

10 - 12 Use of Supplements for the Prevention and/or Treatment of Cancer - some of the supplements to be discussed in lecture include selenium, beta-carotene, vitamins C, D, and E, green tea, calcium, soy proteins and isoflavones [supplement evaluation paper due week 10]

13 & 14 Student Presentations of the Research Papers
18. Assignments / Projects:

A. Examinations - two exams (midterm and final) will be given. Exams will be a combination of multiple choice, short answer, matching, and/or fill in the blank. Each exam will be worth 100 points for a total of 200 points (~66%) of the total 300 points. Other assignments, listed below, will focus on the critical evaluation of health claims and interpretation of published scientific studies. Addresses objectives 1 and 2.

B. Health Claims - students will examine health-related claims found in product ads (from magazines or the internet or on a product label) and evaluate them for scientific accuracy. One product ad evaluation will be completed during the semester; students must turn in both a copy of the ad and their evaluation. The health claim evaluation is worth 20 points (~7%) out of 300 total points. Addresses objective 3.

C. Supplement Evaluation Research Papers - students will be responsible for selecting two different dietary supplements that are purported to prevent and/or treat a specific disease or condition. For each of the chosen supplements, students will write a paper presenting information from at least 3 scientific journal articles that support the ability of the nutrient to prevent or treat the disease and 3 scientific articles that do not support the use of the supplement. Students will turn in both their papers on each supplement chosen as well as copies of the articles reviewed. Students also will present the findings from one of the evaluation papers to the class. Each supplement evaluation research paper is worth 35 points, and the class presentation is worth 10 points for a total of 80 points (~27%) out of 300 total points. Addresses objective 4.

(List all quizzes, projects, reports, activities and other components of the course grade -- including a brief description of each assignment that clarifies its contribution to the course's learning objectives)

19. Rubric and Grading Scale:

The Grading Rubric for Supplement Evaluation Research Papers is provided on the course syllabus.

Total course points 300

90 - 100.0% (270 - 300 points) A
80 - 89.9% (240 - 268.9 points) B
70 - 79.9% (210 - 239.9 points) C
60 - 69.9% (180 - 209.9 points) D
< 59.9% (< 180 points) F

(List all components of the course grade -- including attendance and/or participation if relevant -- with point totals for each; indicate point totals and ranges or percentages for grading scale; for S/U grading, detail performance expectations for a passing grade)

20. Justification for Graduate Credit:

(Include a brief statement explaining how the course meets graduate educational standards (i.e., rigorous standards for evaluation, development of critical thinking and analytical skills, etc.).)

(Included below are standard statements regarding course policies. If necessary, a statement may be altered to reflect the academic policies of individual faculty members and/or the academic unit or department, provided that there is no conflict with the Tiger Cub, Faculty Handbook, or any existing university policy.)

POLICY STATEMENTS

Attendance: Although attendance is not required, students are expected to attend all classes, and will be held responsible for any content covered in the event of an absence.

Excused Absences: Students are granted excused absences from class for the following reasons: illness of the student or serious illness of a member of the student's immediate family, the death of a member of the student's immediate family, trips for student organizations sponsored by an academic unit, trips for university classes, trips for participation in intercollegiate athletic events, subpoenas for a court appearance, and religious holidays. Students who wish to have an excused absence from class for any other reason must contact the instructor in advance of the absence to request permission. The instructor will weigh the merits of the request, and render a decision. When feasible, the student must notify the instructor prior to the occurrence of any excused absences, but in no case shall such notification occur more than one week after the absence. Appropriate documentation for all excused absences is required. Please see the Tiger Cub for more information on excused absences.
Make-Up Policy: Arrangement to make up a missed major examination (e.g., hour exams, mid-term exams) due to properly authorized excused absences must be initiated by the student within one week of the end of the period of the excused absence(s). Except in unusual circumstances, such as the continued absence of the student or the advent of university holidays, a make-up exam will take place within two weeks of the date that the student initiates arrangements for it. Except in extraordinary circumstances, no make-up exams will be arranged during the last three days before the final exam period begins.

Academic Honesty Policy: All portions of the Auburn University student academic honesty code (Title XII) found in the Tiger Cub will apply to university courses. All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee.

Disability Accommodations: Students who need special accommodations in class, as provided for by the Americans With Disabilities Act, should arrange for a confidential meeting with the instructor during office hours in the first week of classes (or as soon as possible if accommodations are needed immediately). The student must bring a copy of their Accommodation Letter and an Instructor Verification Form to the meeting. If the student does not have these forms, they should make an appointment with the Program for Students with Disabilities, 1288 Haley Center, 844-2006 (V/TTY).
Nutrition in Disease Prevention (New Proposed)
(Spring Semester 2013)

Course Information
Course: NTRI 5100
Course Title: Nutrition in Disease Prevention
Location and Time: TBA

Credit Hours: 2
Prerequisites: NTRI 4820 and NTRI 4830
Instructor: Sareen S. Gropper, Ph.D., R.D., L.D.
Professor
Office: 102C Poultry Science Building
Phone: 334-844-3271
e-mail: groppss@auburn.edu
Office hours: TBA

Bulletin Course Description (proposed)
NTRI 5100 Nutrition in Disease Prevention (2). LEC. 2. Pr., NTRI 4820, NTRI 4830.
The functions, safety, and efficacy of selected nutrients and herbs in the prevention
and/or treatment of selected diseases / conditions.

I. Course Textbook (required)
A. Fragakis AS, Thomson C. The Health Professional’s Guide to Popular Dietary
Supplements. Chicago, IL: American Dietetic Association. Latest edition will be
required.
B. Hendler SS. Physicians’ Desk Reference for Nutritional Supplements. Montvale,
NJ: Physicians’ Desk Reference, Inc. Latest edition will be required.

II. Course Objectives
A. Students will be able to describe guidelines and laws affecting the manufacturing
and marketing of dietary supplements in the United States
B. Students will be able to identify the functions, safety, and efficacy of selected
nutrients and herbs in the prevention and/or treatment of cancer and conditions
affecting the digestive, cardiovascular, and immune systems, as well as the eye
and joints
C. Students will be able to evaluate health claims on dietary supplement labels
D. Students will be able to research, critically evaluate, and interpret scientific
published studies to be able to write a paper examining the effectiveness of a
dietary supplement in the prevention and/or treatment of a disease / health
condition
III. Academic Honesty
Academic dishonesty is an offense that will be reported to the Academic Honesty Committee. All portions of the Auburn University Honesty code found in the Tiger Cub apply in this class.

IV. Course Outline

<table>
<thead>
<tr>
<th>Week Number(s)</th>
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<tbody>
<tr>
<td><strong>Topic</strong></td>
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<tr>
<td>1</td>
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<td>2</td>
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<td>3</td>
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<td>8 &amp; 9</td>
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<td>10 - 12</td>
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<tr>
<td>13 &amp; 14</td>
</tr>
<tr>
<td>15</td>
</tr>
</tbody>
</table>

V. Course Assignments and Grading
A. Examinations - two exams (midterm and final) will be given. Exams will be a combination of multiple choice, short answer, and discussion. Each exam will be worth 100 points for a total of 200 points (~66%) of the total 300 points. Other assignments, as discussed next, will focus on critical evaluation of health claims and interpretation of published, scientific studies.
B. **Health Claims** - students will examine a health-related claim found in a product ad (from magazines or the Internet) and evaluate it for scientific accuracy. One product ad evaluation will be completed during the semester; students must turn in a copy of the ad and their evaluation. The health claim evaluation is worth 20 points (~7%) out of 300 total points, and is due week 4.

C. **Supplement Evaluation Research Papers** - students will be responsible for selecting two different dietary supplements that are purported to prevent and/or treat a specific disease or condition. For each of the chosen supplements, students will write a paper presenting information from at least 3 scientific journal articles that support the ability of the nutrient to prevent or treat the disease and 3 scientific articles that do not support the use of the supplement. Students will turn in their papers on each supplement chosen as well as copies of the articles reviewed. Students also will present the findings from one of the evaluation papers to the class. Each supplement evaluation research paper is worth 35 points, and the class presentation is worth 10 points for a total of 80 points (~27%) out of 300 total points. Presentations will be done during weeks 13 and 14. The first supplement evaluation paper is due week 7 and the second paper is due week 10.

### Grading rubric for written assignments

<table>
<thead>
<tr>
<th>Grade</th>
<th>Depth and Breadth of Coverage</th>
<th>Critical Elements</th>
<th>Structure, Language and Conventions</th>
</tr>
</thead>
<tbody>
<tr>
<td>A - 90%*</td>
<td>All aspects of the topic were addressed and researched in great depth</td>
<td>The written work shows great depth of thought, excellent development of topic, logical analysis and insight into the subject</td>
<td>All aspects of the written work conform to a high academic / professional standard</td>
</tr>
<tr>
<td>B 80-89.9%</td>
<td>Most aspects of the topic were addressed and researched in great depth</td>
<td>The written work shows some evidence of analysis supported by logical argument and insight into the subject</td>
<td>Most aspects of the written work conform to a high academic / professional standard</td>
</tr>
<tr>
<td>C 70-79.9%</td>
<td>Most aspects of the topic were addressed and researched adequately</td>
<td>The written work shows some evidence of elementary analysis and development of the topic</td>
<td>Most aspects of the written work conform to an acceptable academic / professional standard</td>
</tr>
<tr>
<td>D 60-69.9%</td>
<td>Basic aspects of the topic were addressed and researched adequately</td>
<td>The written work is mainly descriptive, showing basic understanding of the topic</td>
<td>The written work displays basic structure</td>
</tr>
<tr>
<td>F &lt;59.9%</td>
<td>Topic was superficially / inadequately addressed</td>
<td>The written work demonstrates limited understanding of the topic</td>
<td>The written work is not of an academic / professional standard</td>
</tr>
</tbody>
</table>
D. Course Grading Scale
Total course points 300

<table>
<thead>
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<td>(&lt; 180 points)</td>
<td>F</td>
</tr>
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</table>

VI. Class Attendance and Make-up Policies
Students are expected to attend all classes, and will be held responsible for any content covered in the event of an absence. Students are granted excused absences from classes for the following reasons: illness of the student, serious illness of a member of the student’s immediate family, the death of a member of the student’s immediate family, trips for student organizations sponsored by an academic unit, trips for university classes, trips for participation in intercollegiate athletic events, subpoena for a court appearance, and religious holidays. Students who wish to have an excused absence for any other reason must contact the instructor in advance of the absence and request permission. The instructor will weigh the merits of the request, and render a decision. When feasible, the student must notify the instructor prior to the occurrence of any excused absences, but in no case shall such notification occur more than one week after the absence. Appropriate documentation for all excused absences is required in order to be eligible for make-up work. Please see the Tiger Cub for more information on excused absences.

Arrangements to make up a missed major examination (e.g.:hour exams, mid-term exams) due to properly authorized excused absences must be initiated by the student within one week of the end of the period of the excused absence(s). Except in unusual circumstances, such as the continued absence of the student or the advent of university holidays, a make-up exam will take place within two weeks of the date that the student initiates arrangements for it. Except in extraordinary circumstances, no make-up exams will be arranged during the last three days before the final exam period begins. The format of make-up examinations may differ from the original format.

VI. Academic Honesty Policy
All portions of the Auburn University student academic honesty code (Title XII) found in the Tiger Cub apply to this university course. All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee.

VII. Special Accommodations for Students with Disabilities
Students who need special accommodations in class, as provided by the American Disabilities Act, should follow university approved procedures. If you need assistance, make an appointment with the Program for Students with Disabilities, 1244 Haley Center, 844-2096. Examination accommodations should be arranged at least one week in advance.