

Nutrition and Development Through the Lifespan

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Text: Brown, J. (2008) *Nutrition Through the Life Cycle*, 3rd edition. Belmont, CA: Thompson Wadsworth.

Course Description: This course examines nutrition across the lifespan from both a biological and psychosocial perspective. The impact of nutrition on preconception, pregnancy, lactation, infancy, childhood, adolescence, adulthood, and aging will be studied. For every phase of life, normal growth and development, nutrient needs, nutrition assessment, and the most common nutritional deficiencies will be addressed.

Course Objectives:

Upon completion of the course, the student will be able to:

1. Identify different nutritional needs that occur at various stages of life.
2. Identify nutritional risk factors for individuals at different life stages.
3. Define appropriate weight gain recommendations for pregnant women, infants, and children.
4. Utilize assessment tools to determine the nutritional adequacy of dietary intakes of individuals at different stages of life.
5. Develop age and developmentally appropriate meal plans.

Final Grades for the course will be determined by the following table:

Course Requirement	Points
Exam 1	100
Exam 2	100
Final Exam	100
Class Involvement (<i>Attendance 15%, Class Participation 35%, Case Study Presentation 50%</i>)	100

364-400 = A	284-307 = C
348-363 = B+	244-283 = D
324-347 = B	≤ 243 = F
308-323 = C+	

Course Policies:

Exams will cover textbook assignments and information presented in class (i.e. lectures, discussions, guest speakers). Missed exams will be scored as zero, unless arrangements are made in advance.

You will be assigned a case study dealing with a specific age population. You will work in groups to answer the questions provided on the case study and to present your findings to the class on April 27th and April 30th.

Class Involvement includes timely arrival in class and participation. Attendance will be taken at the beginning of class and together with class participation (paying attention to lectures and participating in discussions) will be calculated into your final grade.

All assignments must be typed with appropriate writing skills and grammar.

Violations of the University Code of Student Conduct will not be tolerated. Any student found to be cheating or plagiarizing, will be dealt with in accordance to the Academic Integrity Policy: <http://judicialaffairs.rutgers.edu>.

Date	Instructor	Tentative Topics	Assignment
Jan 22	JW/PP	Course Overview	
Jan 26	PP	Concerns for specific stages of life	Chapter 1
Jan 29	JW	Prenatal and Fetal Growth and Development	Chapter 4 (84-99)
Feb 2	PP	Preconception Nutrition Nutrition During Pregnancy	Chapter 2 Chapter 4 (99-123), Chapter 5
Feb 5	PP	Nutrition During Pregnancy-cont	Chapter 4 (99-123), Chapter 5
Feb 9	JW	Breastfeeding	Chapter 6 (156-171, 174-184)
Feb 12	PP	Nutrition During Lactation	Chapter 6 (172-174) Chapter 7
Feb 16	JW	Infant Development	Chapter 8
Feb 19	JW	Infant Development-cont.	Chapter 8
Feb 23	PP	Infant Nutrition	Chapter 9
Feb 26		Exam I	
Mar 2	JW	Toddler Development and Nutrition	Chapter 10
Mar 5	JW	Preschool Development and Nutrition	Chapter 10
March 9	PP	Toddler and Preschooler Nutrition-Special Needs	Chapter 11
March 12	PP	Child Obesity and Special Needs	Chapter 12 (313-322) Chapter 13 (336-342)

March 23	JW	Child and Preadolescent Nutrition and Development	Chap 12 (308-313, 322-327) Chapter 13 (348-350)
March 26	JW	School Lunch Programs	Chapter 12 (327-330)
March 30	PP	Adolescent Nutrition	Chapter 14 (362-380)
April 2	PP	Adolescent Nutrition Special Needs	Chapter 15 (384-393)
April 6	JW	Adolescent Development Issues	Chapter 14 (354-362) Chapter 15 (395-404)
April 9		Exam II	
April 13	PP	Healthy People 2010 Health Objectives	Chapter 16 (408-409)
April 16	JW	Obesity and Other Issues in Adulthood	Chapter 17 (444-452)
April 20	PP	Dietary and Nutrient Recommendations for Adults	Chapter 16 (412-426)
April 23	JW	The Aging Population	Chapter 18 (456-462) Chapter 19 (506-514)
April 27	PP/JW	Nutrition and the Elderly	Chapter 18 (462-483)
April 30	JW/PP	Case Studies	
May 4	JW/PP	Case Studies	
TBD		Final Exam	