Note:

Course content may be changed, term to term, without notice. The information below is provided as a guide for course selection and is not binding in any form, and should not be used to purchase course materials.
COURSE SYLLABUS
HLTH 643
NUTRITION AND CHRONIC DISEASE

COURSE DESCRIPTION
This course reviews current research on the relationship of genetics, chronic disease and the role of medical nutritional therapy. The class also explores nutrition and the aging process with an emphasis on the interactions of physiological stages and lifestyle choices.

RATIONALE
It is nutrition’s important role in the treatment and prevention of chronic diseases that makes this class an essential component for the MPH program. While students may enter the class with an awareness of the detriments associated with various chronic diseases, it is through the material covered in this class that, they will learn treatment aspects and application of nutritional therapy for chronic diseases.

I. PREREQUISITES
For information regarding prerequisites for this course, please refer to the Academic Course Catalog.

II. REQUIRED RESOURCE PURCHASE
Click on the following link to view the required resource(s) for the term in which you are registered: http://bookstore.mbsdirect.net/liberty.htm

III. ADDITIONAL MATERIALS FOR LEARNING
A. Computer with basic audio/video output equipment
B. Internet access (broadband recommended)
C. Microsoft Word
   (Microsoft Office is available at a special discount to Liberty University students.)

IV. MEASURABLE LEARNING OUTCOMES
Upon successful completion of this course, the student will be able to:
A. Justify why all ages are part of the continuum of opportunities for the prevention and control of chronic disease.
B. Differentiate between the leading chronic diseases, their risk factors and recommended diets.
C. Examine the relationship obesity, diet, excess weight gain, and physical activity have on chronic disease.
D. Examine food consumption patterns and trends as they pertain to chronic disease development.
E. Compare the risk factors of chronic diseases with the Word of God.

V. COURSE REQUIREMENTS AND ASSIGNMENTS
A. Textbook readings and lecture presentations/notes
B. Course Requirements Checklist
   After reading the Syllabus and Student Expectations, the student will complete the related checklist found in Module/Week 1.
C. Discussion Board forums (2)
   The student will complete two Discussion Board forums. Each discussion will consist of a thread and at least two replies. The instructor is looking for substantial, thoughtful, and critical discussions. Threads must be 400-500 words and replies must be 200-300 words each.
D. Case Studies (6)
   The student will assume the role of a nutrition care provider to assess and evaluate six case studies related to various chronic diseases. After doing the assigned reading, the student will fully answer all case study questions provided on Blackboard and submit their responses. All assignments must be completed in current AMA format.
E. Community Nutrition Project
   This project includes three parts: 1) Select Event & Vendors, 2) Written Plan, and 3) PowerPoint Presentation. The student will assume the role of a Public Health Nutritionist and write a plan to educate vendors about offering healthy food alternatives at a local community event. The student will develop a PowerPoint presentation with guidelines to be presented to vendors who offer food at these community events. The outcome of this project is to educate vendors in the local community about the risks of chronic disease and to show vendors how they can play a role in lowering the risk of chronic disease. This assignment must be completed in current AMA format.

VI. COURSE GRADING AND POLICIES
A. Points
   Course Requirements Checklist 10
   Discussion Board forums (2 at 125 pts ea) 250
   Case Studies (6 at 100 pts ea) 600
   Community Nutrition Project
      Part 1: Select Event & Vendors 0
      Part 2: Written Plan 70
      Part 3: PowerPoint Presentation 80
   Total 1010
B. Scale

D- = 680–699   F = 679 and below

C. Late Assignment Policy

If the student is unable to complete an assignment on time, then he or she must contact the instructor immediately by email.

Assignments that are submitted after the due date without prior approval from the instructor will receive the following deductions:

1. Late assignments submitted within one week of the due date will receive a 10% deduction.
2. Assignments submitted more than one week late will receive a 20% deduction.
3. Assignments submitted two weeks late or after the final date of the class will not be accepted.
4. Late Discussion Board threads or replies will not be accepted.

Special circumstances (e.g. death in the family, personal health issues) will be reviewed by the instructor on a case-by-case basis.

D. Disability Assistance

Students with a documented disability may contact Liberty University Online’s Office of Disability Academic Support (ODAS) at LUOODAS@liberty.edu to make arrangements for academic accommodations. Further information can be found at www.liberty.edu/disabilitysupport
# COURSE SCHEDULE

**HLTH 643**


<table>
<thead>
<tr>
<th>MODULE/WEEK</th>
<th>READING &amp; STUDY</th>
<th>ASSIGNMENTS</th>
<th>POINTS</th>
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<td>1</td>
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<td>Course Requirements Checklist Class Introductions DB Forum 1</td>
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<tr>
<td>2</td>
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<td>DB Forum 2</td>
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<tr>
<td>4</td>
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<tr>
<td>5</td>
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<td>Case Study C</td>
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<td>6</td>
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<td>Case Study D</td>
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<td>Nelms et al.: chs. 23–24 2 presentations</td>
<td>Case Study E Community Nutrition Project Part 2</td>
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<td>Case Study F Community Nutrition Project Part 3</td>
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<td><strong>TOTAL</strong></td>
<td><strong>1010</strong></td>
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DB = Discussion Board

**NOTE:** Each course week begins on Monday morning at 12:00 a.m. (ET) and ends on Sunday night at 11:59 p.m. (ET). The final week ends at 11:59 p.m. (ET) on Friday.