

**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***

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### **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. PREREQUISITE**

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. Blackboard [recommended browsers](#)
- D. Microsoft Office

#### **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
<b>Total</b>	<b>1010</b>

**B. Scale**

A = 940–1010    A- = 920–939    B+ = 900–919    B = 860–899    B- = 840–859  
 C+ = 820–839    C = 780–819    C- = 760–779    D+ = 740–759    D = 700–739  
 D- = 680–699    F = 679 and below

**C. Disability Assistance**

Students with a documented disability may contact Liberty University Online's Office of Disability Accommodation Support (ODAS) at [LUODAS@liberty.edu](mailto:LUODAS@liberty.edu) to make arrangements for academic accommodations. Further information can be found at [www.liberty.edu/disabilitysupport](http://www.liberty.edu/disabilitysupport)

## ***COURSE SCHEDULE***

### **HLTH 643**

Textbook: Nelms et al., *Nutrition Therapy and Pathophysiology: Dietary Treatments of Chronic Diseases for the Public Health Nutritionist* (2011).

<b>MODULE/ WEEK</b>	<b>READING &amp; STUDY</b>	<b>ASSIGNMENTS</b>	<b>POINTS</b>
<b>1</b>	Nelms et al.: chs. 2–5 2 presentations	Course Requirements Checklist Class Introductions DB Forum 1	10 0 125
<b>2</b>	Nelms et al.: chs. 7–8, 10 2 presentations	DB Forum 2	125
<b>3</b>	Nelms et al.: ch. 13 2 presentations	Case Study A	100
<b>4</b>	Nelms et al.: chs. 14–15 3 presentations 1 website	Case Study B Community Nutrition Project Part 1	100 0
<b>5</b>	Nelms et al.: ch. 18	Case Study C Community Nutrition Project Part 2	100 70
<b>6</b>	Nelms et al.: ch. 16 2 presentations	Case Study D	100
<b>7</b>	Nelms et al.: chs. 23–24 2 presentations	Case Study E Community Nutrition Project Part 3	100 80
<b>8</b>	Nelms et al.: ch. 25 2 presentations	Case Study F	100
<b>TOTAL</b>			<b>1010</b>

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.