



UNDERSTANDING NUTRITION BASICS # NUT.100.1.03

INSTRUCTOR: KATHY G. WISE, RD, LD, LDN

Name of Course:	Understanding Nutrition Basics	
Course Number:	NUT.100.1.03	
Instructor(s):	Kathy G. Wise, RD, LD, LDN	
Hours/CEU Credit :	.3 CEU	
Course Start Date:	Wed, Jan 17, 2007	
Course End Date:	Wed, Jan 31, 2007	
Class Size:	Min: 8	Max: 15
Course Registration Cut Off Date: Wed., Nov. 1, 2006	(If a minimum of 8 students have not registered by 5:30 pm EDT, Fri., Jan. 12, 2007, the course will be canceled.)	
Course Cancellation Date:	January 12, 2007 (Qualifications for refund are explained in "I" of this form.)	

A. Course Description	Understanding Nutrition Basics will serve as a SuperSlow Instructor's basis to understanding the complex role food plays in disease and optimal health.
B. Course Purpose:	The purpose of the course is to increase core knowledge of basic nutrition. It is designed for participants with little or no prior knowledge of the science of nutrition.

C. Learning Objectives - At the end of this program the participant will be able to:

1. Identify the role nutrition plays in normal growth, development and disease prevention.
2. Identify macronutrients and micronutrients and their role in the body.
3. Compare and contrast forms of Carbohydrates, Proteins, Lipids, and chemically altered nutrients.
4. Graph and list the benefits of balancing nutrients and energy expenditure and discover how to determine energy values.
5. Present an awareness of phytochemicals and antioxidants and their role in preventative health.

D. Expected Outcomes

1. The participant will have basic knowledge of nutrition to help them identify nutrition fiction and myths from facts.
2. The participant will gain insight to how food is broken down and utilized by the body for various processes.
3. The participant will acquire pertinent information that will enable them to help their clients make better food choices to meet their health and wellness goals.
4. The participant will have the opportunity to analyze their food intake to identify excesses, deficiencies and make necessary changes to establish a well balanced nutrition plan.

E. Topics

1. What is Nutrition?
2. Why is Nutrition Important?
3. Nutrients, their role in health and sources.
4. Getting the Right Balance of Nutrients.
5. Daily Value and Recommended Daily Intake, Phytochemicals and Antioxidants.



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F. Assignments prior to Class # 1:

Monitor and record your food intake for one week on the food journal provided; fax for Instructor review and discussion in Class # 1

Class #1:	Basic Principals of Nutrition
Key Learning Points:	<ol style="list-style-type: none"> 1. Identify the scientific principals of nutrition. 2. Identify the role nutrition plays in normal growth, development and disease prevention. 3. Identify macronutrients and micronutrients and their role in the body and recommended and safe limits for intake. 4. Understand the role and identify forms of Carbohydrates Identify proteins, amino acids, lipids and vitamins, food sources and their role in the body. 5. Identify and differentiate between lipids that are necessary or unhealthy.
Class #2:	Proteins, Lipids and Vitamins - The purpose of the class is to gain a basic understanding of the role proteins, lipids and vitamins play in health, identify food sources and daily requirements.
Key Learning Points:	<ol style="list-style-type: none"> 1. Identify proteins, amino acids, lipids and vitamins, food sources and their role in the body. 2. Identify and differentiate between lipids that are necessary or unhealthy. 3. Understand vitamins role in energy metabolism and recommended and safe limits for intake.
Class #3:	Minerals, Water and Energy Balance - The purpose of the course is to understand the role minerals and water play in metabolism and health and discover how to maintain energy balance.
Key Learning Points:	<ol style="list-style-type: none"> 1. Identify Macro and Trace Minerals and basic functions in body. 2. Understand water requirements and its role in the body. 3. Understand energy sources and importance of energy balance. 4. Understand how to calculate energy needs.

G. Class Structure

- **Class 1:** 90% of Class Leader Presentation - 10% of Student Participation. Predominately instructor leading discussion teaching students to perform a practice, learn to use a form, etc.
- **Class 2 – 75% / 25%:** The instructor will lead/present 75% of the time with questions either held until the end or interruptions permitted.
- **Class 3 – 75% / 25%:** The instructor will lead/present 75% of the time with questions either held until the end or interruptions permitted.

Specific Course Dates – Please Mark Your Calendar

Class Begin and End Times (Select Your Time Zone Below)				
7:00 pm to 8:00 pm Atlantic Time 6:00 pm to 7:00 pm Eastern Time 5:00 pm to 6:00 pm Central Time			4:00 pm to 5:00 pm Mountain Time 3:00 pm to 4:00 pm Pacific Time	
Who	Month	Day of The Week	Class Dates	
All Students	Nov.	Wed.	01-17-07	Class # 1
All Students	Nov.	Wed.	01-24-07	Class # 2
All Students	Nov.	Wed.	01-31-07	Class # 3



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H. COURSE TELE-CLASS HOURS

Total Hours <u>Tele-classes</u> (Distance Learning): .3 CEU	Approx. Reading/Preparation Time: 45 – 60 minutes	Total Class Hours: 3	Total Evaluation Time: 15 min.
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Software Application Requirements: Everything Below Applies – You Must Have The Following

- I HAVE Acrobat Reader for My PDF (may be needed to access documents from recommended resource websites)
- I **DO NOT** have Acrobat Reader so I will download the latest version free of charge by visiting the official Adobe weblink <http://www.adobe.com/products/acrobat/readstep2.html>
- GoToMeeting is provided free of charge in conjunction with your class orientation appointment

Hardware Requirements: Conference Bridge Telephone - Land-based (best) Computer with system requirements below

System Requirements:

- Required: Internet Explorer 5+ or Netscape 6+
- Required: Cable modem, ISDN, DSL or better Internet connection.
- Recommended: Java Virtual Machine enabled
- Recommended: Minimum of Pentium 300 with 64 MB of RAM

Tele-Course Conference Bridge # and Pin #: Information will be included with course material

I. COURSE FEE AND MATERIALS

COURSE FEE

- Course Fee: \$85 per student (Does not include course materials)
- *Repeat Course Fee: For Credit \$85 per student (Does not include course materials)
*Repeat Course means that **you did not previously pass/complete**
- **AUDIT Course: For NO Credit \$85 per student (Does not include course materials)
** **By permission and when class size permits. Listening and not participating in the class**

Cost for Audio CD Class Makeup: See Policies and Procedures

- USA \$28 USD (includes shipping) International \$33 USD (includes shipping)

Audit Course Fee: No Credit (by permission) \$85

Course Materials:

Required Courseware Only:

- Courseware: \$25 per student (Includes US postage and handling)
- Courseware: \$32 per student (Includes International postage and handling)

Total Cost For Class + Materials:

- Courseware + Registration - US Mail \$110.00 USD (Includes postage and handling)
- Courseware + Registration - International \$117.00 USD (Includes International postage and handling)

Recommended Resources (not required):

- a. M. Shills, M. Shike, A. Ross, B. Cabalero, R. Cousins (2005) Modern Nutrition in Health and Disease, 10th edition
- b. Dietary Reference Intakes: Vitamin, Minerals, The National Academies, 2001
- c. M. Barasi (2003) Human Nutrition: A Health Perspective
- d. The 2000 Dietary Guidelines for American: foundation of US nutrition-policy



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REQUIRED Class Orientation – Prior to Class Attendance:

Contact Roxie Borisch: www.registrar@sszi.com to set appointment for a “test drive” to:

- Download software – free of charge and test
 - GoToMeeting
- Test connectivity of my equipment for best viewing
- Familiarize me with software control panel and attendee options
- Conference Bridge Review: Q&A

J. CEU Course Policies and Procedures

1. What if I need to cancel taking this course?

If you are unable to take a CEU Course that you have registered and paid for, then you must cancel 2 weeks (14 calendar days) before the first class or forfeit the entire class fee.

2. How to cancel taking this course – What to do:

Go To:

www.sszi.com/coursecancellation

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2. The following information must be included: Your Name, Your Telephone Number, Your e-mail Address, Date Course Begins, Name of Course, Course Instructor.

3. Confirmation of your Course Cancellation:

You will receive a confirmation by email or regular mail that your cancellation has been received, and **you will be asked to acknowledge that you have received this notice.**

- If sent by email, we will use the email address that we have on file for you when you registered unless otherwise indicated.

4. Administrative Fee
(for your course registration, un-registration, class logistics, coordination with instructor, etc):

There is a non-refundable \$35 administrative fee for each course that is cancelled regardless of when the cancellation is made.

5. Rescheduling Fee (rescheduling from one to another, logistics, coordination with instructor, etc.)

If you reschedule a substitute course at the time you cancel your course, you will pay only the rescheduling fee (\$25) and **not** incur the Administrative Fee above.

6. Refund Policy: This course is refundable – See Refund Terms

Refund Terms: If a refunded course fee is applicable, you will receive your refund within 30 calendar days of your cancellation notice. Not all courses are refundable.

K. CEU Course Evaluation REQUIRED

In compliance with IACET guidelines, prior to issuing your Continuing Education Units (CEUs), the SuperSlow Zone Institute (SSZI) is required to receive your completed assessment of the course you registered for and participated in. Your evaluation will be placed in your student file and a copy will be sent to Dr. Scott Preissler, Compliance Officer. Additionally your assessment will be used to give each instructor feedback on how registrants perceive him/her in teaching excellence. The confidential results of all evaluations will be tabulated and made available to faculty, through Continuing Education and Compliance (CECI) division of SSZI to help monitor the quality and outcomes of this instructional experience.