



UNDERSTANDING NUTRITION BASICS # NUT.100.1.40
INSTRUCTOR: KATHY G. WISE, RD, LD, LDN

Name of Course	Understanding Nutrition Basics
Course Number	NUT.100.1.40-Session 12
Instructor(s)	Kathy G. Wise, RD, LD, LDN
Hours/CEU Credit	.4 CEU Credits (Four One-Hour Classes)
Course Start Date	Tuesday, March 9, 2010
Course End Date	Tuesday, March 30, 2010
Class Size	Minimum: 8 Maximum: 15
Course Registration Cut-Off Date	(If a minimum of 8 students have not registered by 5:30 pm EDT, Wed., February 24 2009 , the course will be cancelled.)

Specific Course Dates – Please Mark Your Calendar

Class #	Month	Day of The Week	Class Dates	Class Begin and End Times (Select Your Time Zone Below)
Class # 1	March	Tuesday	3-9-10	7:00 pm – 8:00 pm Atlantic
Class # 2	March	Tuesday	3-16-10	6:00 pm – 7:00 pm Eastern
Class # 3	March	Tuesday	3-23-10	5:00 pm - 6:00 pm Central
Class # 4	March	Tuesday	3-30-10	4:00 pm – 5:00 pm Mountain 3:00 pm – 4:00 pm Pacific

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.



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4. Getting the Right Balance of Nutrients.
5. Daily Value and Recommended Daily Intake, Phytochemicals and Antioxidants.

F. Assignments prior to Class # 1:

Monitor and record your food intake for one week on the food journal and complete self assessment; fax for Instructor review and discussion in Class # 1. (This will be sent to you via email upon registration.)

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 and Lipids - The purpose of the class is to gain a basic understanding of the role proteins and lipids play in health, identify food sources and daily requirements.
Key Learning Points:	<ol style="list-style-type: none"> 1. Identify proteins, amino acids and lipids and their role in the body. 2. Identify and differentiate between lipids that are necessary or unhealthy.
Class #3:	Vitamins, Minerals, Water and Energy Balance - The purpose of the class is to understand the role vitamins, 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. Understand vitamins role in energy metabolism and recommended and safe limits for intake. 2. Identify Macro and Trace Minerals and basic functions in body. 3. Understand water requirements and its role in the body. 4. Understand energy sources and importance of energy balance. 5. Understand how to calculate energy needs.
Class #4:	Test Review and Roundup QA Discussion of Classes 1 – 3

G. Class Structure

- **Class 1:** One-hour teleconference class and Go To Meeting Presentation on Computer: 90% of Class Leader Presentation - 10% of Student Participation. Predominately instructor leading discussion and teaching students.
- **Class 2 – 75% / 25%:** One-hour teleconference class and Go To Meeting Presentation on Computer: Instructor leading/presenting 75% of the time with questions either held until the end or interruptions permitted.
- **Class 3 – 75% / 25%:** One-hour teleconference class and Go To Meeting Presentation on Computer: Instructor leading/presenting 75% of the time with questions either held until the end or interruptions permitted.
- **Class 4 – 30%/70%:** One-hour teleconference class for Test Review and Questions/Answers Discussion of Classes 1 – 3. (No Go To Meeting on last class – teleconference call only.)

H. COURSE TELECONFERENCE HOURS

Total Hours Teleconference (Distance Learning): .4 CEU	Approx. Reading/Preparation Time: 45 – 60 minutes Pre-Class Assignments: Emailed to you prior to class	Total Class Hours: 4	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>



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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

Teleconference Bridge # and Pin #: Information will be included with course material

I. COURSE FEE AND MATERIALS

COURSE FEE

Course Fee: \$140 per student (Does not include course materials)

Course Materials:

Required Courseware Only:

- Courseware: \$25 per student (Includes US postage and handling)
- Courseware: \$35 per student (Includes International postage and handling)

Total Cost For Class + Materials:

- Courseware + Registration - US Mail \$165.00 USD (Includes postage and handling)
- Courseware + Registration - International \$175.00 USD (Includes International postage and handling)

Cost for Recording - Class Makeup: See Policies and Procedures \$25

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

REQUIRED Class Orientation – Prior to Class Attendance:

Prior to attending class, you will be contacted by the Registrar to make arrangements for a “test drive” to:

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



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J. CEU Course Policies and Procedures

<p>1. What if I need to cancel taking this course?</p>	<p>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.</p>
<p>2. How to cancel taking this course – What to do:</p>	<p>1. Email: registrar@superslowzone.com 2. The following information must be included: Your Name, Your Telephone Number, Your e-mail Address, Date Course Begins, Name of Course, Course Instructor.</p>
<p>3. Confirmation of your Course Cancellation:</p>	<p>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.</p> <ul style="list-style-type: none"> ▪ If sent by email, we will use the email address that we have on file for you when you registered unless otherwise indicated.
<p>4. Administrative Fee (for your course registration, un-registration, class logistics, coordination with instructor, etc):</p>	<p>There is a non-refundable \$35 administrative fee for each course that is cancelled regardless of when the cancellation is made.</p>
<p>5. Rescheduling Fee (rescheduling from one to another, logistics, coordination with instructor, etc.)</p>	<p>If you reschedule a substitute course <u>at the time you cancel your course</u>, you will pay only the rescheduling fee (\$25) and not incur the Administrative Fee above.</p>
<p>6. Refund Policy: This course is refundable – See Refund Terms</p>	<p>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.</p>

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.

*** IMPORTANT NOTE:**

In order to receive your Continuing Education Credits for this course, you must complete and return all pre-class, class assignments and evaluation as indicated. Failure to comply will result in forfeiture of course.



CEU COURSE DESCRIPTION

SuperSlow Zone Institute

Authorized Provider



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ENROLLMENT – Submit Page 5 Only for Enrollment Purposes

Fax To: (866) 687-7585 (24/7 – No Cover Sheet Required)

If you prefer to e-mail your enrollment print, complete and scan it or create a PDF and e-mail to: registrar@sszi.com

A. Your Name: Please print legibly	
B. Today's Date	
C. Phone Number where we can easily reach you about this course	
D. Your Email Address	
E. Name of Course	UNDERSTANDING NUTRITION BASICS
F. Course Number	NUT.100.1.40: Session 12
G. Instructor(s)	Kathy G. Wise, RD, LD, LDN
H. CEU Credits	.4
I. Course Start /End Date	Start: Tues., March 9, 2010 End: Tues., March 30, 2010 Enroll By: Wed., Feb. 24, 2010
J. Class Size Requirements	▪ Minimum: 8 Students ▪ Maximum 15 Students
Important Go To Meeting – Please Check:	<input type="checkbox"/> I need to make arrangements to do a “test drive” of the Go To Meeting <input type="checkbox"/> I have already done a Go To Meeting and do not need a “test drive”
K. COURSE FEE & MATERIALS	
1. Course Fee	Registration \$140 USD
2. Required Courseware Only	<input type="checkbox"/> Courseware: \$25 (Includes US postage and handling) <input type="checkbox"/> Courseware: \$35 (Includes International postage and handling)
3. Total Cost For Class + Materials	<input type="checkbox"/> Courseware + Registration - US Mail \$165.00 USD (Includes postage and handling) <input type="checkbox"/> Courseware + Registration - International \$175.00 USD (Includes International postage and handling)
4. Check Here if Paying by Check: <input type="checkbox"/>	Make your check payable to: SuperSlow Zone, LLC
<i>Please Note That This Process Takes Longer Thus Delaying Enrollment Confirmation</i>	Please mail your check to: The SuperSlow Zone, LLC, Attn: Continuing Education 1326 Palmetto Avenue, Winter Park, FL 32789
5. If You Pay By Credit Card (AmX, Discover, Visa, MasterCard)	List your credit card number below:
6. Expiration Date/Security Code	Expiration: _____ 3-Digit Security Code: _____
7. Name as it appears on credit card	
8. Billing Address (where your credit card statement is sent) <i>Please print legibly!</i>	Street: _____
	City: _____ State: _____ Zip: _____
9. If Courseware is to be mailed to an address other than the one provided above, please indicate:	Street: _____
	City: _____ State: _____ Zip: _____
10. Your Signature – Required <i>My signature also acknowledges that I will be prepared for the course by completing my course pre-assignments and evaluation as indicated. Failure to do so will result in forfeiture of class with no refund.</i>	<input type="checkbox"/> Yes! Enroll me: _____ Your Signature Required Above