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Office Hours:
Tue 11:00 am - 1:00 pm; Th 11:30 am - 1:30 pm
PLEASE SIGN UP for as many time slots as you need at:
https://calendar.google.com/calendar/selfsched?sstoken=UVA3cFNRcmxB5WIHfGRIZmFIbHR8ZWQ3ZDc2YTM0NTU2YjMjg1NTA3OGU0Y2VkNGE4MWI
(This link is also on blackboard.)
I also can meet at many other times by appointment.
(just email me to set up a time).

Course Description:
Full Course; 4 NS, QFR

Why do dietary recommendations continually change? This course will examine why it is
difficult to determine the relationship between nutrition and health and how to evaluate newly
emerging dietary claims. We will discuss the strengths and limitations of different types of
nutritional research and will apply this information to current controversies, e.g. do vitamins
prevent cancer? Does dietary fat affect coronary heart disease? We will also discuss societal
issues such as how government agencies decide on dietary recommendations and the laws
governing dietary supplements.

Course Objectives:
In this course, I hope to help you:

• Understand the different types of nutritional studies and how they are conducted.
• Evaluate the strengths and weaknesses of each type of study
• Find articles describing research on nutritional topics that interest you
• Interpret graphs and tables displaying the results from such research.
• Critically evaluate hypotheses that connect diet to health and support your evaluation
  with evidence.
• Enhance your analytical, discussion, and writing skills.
Schedule Overview
(subject to modification if necessary)

Week 1
8/29, 8/31
Why nutrition is so confusing?
Introduction to nutrition and to epidemiological thinking.
Assessing reliability of nutritional information sources.

Week 2
9/7
Lab: Dietary Risk Factors for High Blood Pressure.
(No class 9/5, labor day)

Week 3-4
9/12 - 9/21
Nutritional studies: Designs and limitations

Weeks 5-7
9/26 - 10/10
Searching the research literature
Case studies in nutritional research:
Folic Acid and Neural Tube Defects in Newborns
Vitamin A and Cancer
Dietary Fat and Breast Cancer
Fish Oil and Coronary Heart Disease
(No class 10/12, Yom Kippur)

Fall Break (10/17 - 10/21)

Week 8
10/24, 10/26
Identifying your nutritional controversy

Week 9
10/24, 10/26
Discussion of the effects of Starvation
Discussion TBD

Weeks 10-12
10/31 - 11/21
Discussions of nutritional controversies
(no class 11/23, Wed. before Thanksgiving)

Week 13
11/28, 11/30
Food Politics: The USDA food pyramid and nutritional guidelines
Nutritional supplements

Week 14
12/5, 12/7
Discussion and Peer Review of Paper 2: Nutritional News Articles
Assignments and Grading

10% Dietary Risk Factors for High Blood Pressure
   Dietary assessments
   Proposed dietary changes
   Lab report

10% Nutritional Study Designs
   Problem Set
   Critique of newspaper articles

20% Discussions
   Participation in in-class discussions and problem solving
   Leading Discussions

16% Analysis of Eight Nutritional Research Articles

12% Paper 1: Recommendations about Fish Oil (3 pages)
   1st iteration
   Final version

22% Paper 2: Nutritional News Article on a topic of your choice (4-6 pages)
   Annotated bibliography
   1st iteration
   Peer review of classmates' papers
   Final version

10% Informal Writing Assignments

100% total

Readings
We will be using three books repeatedly throughout the semester. The science library has copies of all these book on reserve.


Important note about Sizer and Whitney: The 14th edition has just been published. However, it is over $200 and there are no used copies available yet. You rent a copy of the 13th edition for from the bookstore or buy it from Amazon ~$40, so that is the version we will be using for our class. Alternatively, you can use the copy in the science library.

Other readings will be made available online through Blackboard.
You can reach Blackboard by going to http://oncampus.oberlin.edu. Once there, hit the “Blackboard” tab on the upper right of your screen. Type in your user name and password, and scroll down the screen to find the centrally located subheading “My online course sites.” FYSP 022 should be listed there.
Late policy
No extensions will be given without prior consent, except in the case of an unexpected emergency (e.g. illness with a doctor's note, death in the family). Assignments handed in late without prior consent or appropriate documentation will be marked down 20% per day late.

Honor Code
As members of the Oberlin College Community, each of us is expected to adhere to the Honor Code. I will tell you how the honor code applies to each specific assignment, but in general:

Problem Solving
Problem sets and lab reports are open book and you are encouraged to discuss the material with other students, but the final work must be your own. In particular, you should never directly look at someone else’s lab write-up or problem set before they are due.

Writing
Papers must be written individually. Drafts may be read and commented on by other students in the class, but the writing itself must be yours.

What constitutes plagiarism?
You should never copy text from anywhere without citing it and putting it in quotes, you should never have someone else doing any writing for you, and you should be careful that paraphrasing is more than just looking through a thesaurus.

Sources of Help
You may always come to me for help or use reference librarians, writing tutors, or tutors at the Quantitative Skills Center.

At the end of each academic exercise all students must write the Honor Pledge:
"I affirm that I have adhered to the Honor Code in this assignment."

You must pledge the honor code on every assignment that you turn in.
If you forget to sign the honor pledge, I will withhold your grade until you write the Honor Pledge correctly, although I will not penalize you for the oversight.


Special Accommodations
Oberlin provides a number of resources for people needing special accommodations (note takers, extra time on exams, etc.). Contact Jane Boomer, Coordinator for Students with Disabilities, Room G27, Peters Hall (ext. 5-5588; jane.boomer@oberlin.edu). All discussions between you and Ms. Boomer remain confidential, and I will only receive information that describes the type of accommodation needed.
Where to get help

Quantitative skills Center
Sun.- Thu., 7 pm - 11 pm; Science Library and Mudd Library 052
http://new.oberlin.edu/office/clear/for-students/drop-in-tutoring/index.dot
Drop in help analyzing quantitative data (graphs, tables, statistics) or deciphering scientific papers. Staffed by students from a variety of natural science majors with strong backgrounds in quantitative methods.

Writing Center
Sun 2 pm – 12 am, Mon - Thu. 7 pm – 12 am; Mudd Library 101A and Mudd 052
https://new.oberlin.edu/arts-and-sciences/departments/rhetoric-writing-associates-program/writing-center.dot
Drop-in writing consultation for students working on academic assignments for any class and on any topic. The Center is staffed by student Writing Associates and welcomes all writers to a private one-on-one writing session. Students can visit the Writing Center at any stage of their writing process.

Of course, I’ll be helping you with your writing and problem solving, and you may sign up for office hours at any time. We’ll also do a number of activities as a group as well.