



**PHCJ 524 ST in PH PRACT: 7ICVN PLANT-BASED NUTR (1-3)**  
**Plant-Based Diets for Healthy People, Populations, and the Planet**  
**7<sup>th</sup> International Congress on Vegetarian Nutrition**  
**February 26-28, 2018**

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### **Course Description**

This course is offered in conjunction with the LLU School of Public Health's 7<sup>th</sup> International Congress on Vegetarian Nutrition. The course will provide students exposure to the most recent findings and best practices on plant-based diets and its effects on the health of individuals, populations, and the planet. Students will attend plenary lectures, symposia presentations, short oral presentations, and poster sessions. An updated list of topics is available on the Program page of the 7<sup>th</sup> International Congress on Vegetarian Nutrition Congress website: [www.vegetariannutrition.org](http://www.vegetariannutrition.org).

### **Credit and Cost**

One to three (1-3) quarter units at standard LLU-SPH 2018 winter tuition rate. Tuition is to be paid at time of registration.

### **Date and Location**

7<sup>th</sup> International Congress on Vegetarian Nutrition Congress, February 26-28, 2018  
Opsahl Gymnasium, Drayson Center, Loma Linda University

### **Registration Dates**

Open until February 25, 2018.

### **Course Objectives**

Upon attendance to the 7<sup>th</sup> International Congress on Vegetarian Nutrition and successful completion of the course, the student should be able to

- Recognize that diets associated with health promotion all have a common theme of minimally-processed foods that are mostly plant-based.
- Review and discuss current evidence on the role of consuming a plant-based diet on physical and cognitive health of individuals throughout the lifespan, on public health specifically on chronic diseases and the epidemic of obesity, and on the environment and the planet.

- Summarize findings from existing large cohort studies, clinical trials, and other cohort studies that focus on vegetarian nutrition regarding diseases and conditions of public health importance, such as mental/cognitive health and reversal of certain cardio-metabolic diseases.
- Appraise scientific information on controversial issues related to plant-based nutrition and identify gaps that need further investigation.
- Review the scientific literature and write a report on a topic related to plant-based nutrition that is of personal interest.

## Academic Requirements

For those taking the course for 1 unit:

- Attend all three days of conference lectures and discussions (18 hours). Sign the attendance sheet found in the conference assistance table.
- Complete and submit a full conference evaluation at the last day of the conference.

For those taking the course for two units:

- Attend all 3 days of conference lectures and discussions (18 hours). Sign the attendance sheet found in the conference assistance table.
- Complete and submit a full conference evaluation no later than the last day of the conference.
- For five (5) symposia of your choice, write for each symposium a 1-page summary and a 1-paragraph personal reflection/s on what was learned and how the knowledge gained will be used as a public health professional. Use APA formatting, double-spacing, Times Roman 12-pt font, 1-in margins, and provide citations. Reports are due on or before March 11, 2018.

For those taking the course for 3 units:

- Attend all 3 days of conference lectures and discussions (18 hours).
- Complete and submit a full conference evaluation no later than the last day of the conference.
- For five (5) symposia of your choice, write for each symposium a 1-page summary and a 1-paragraph personal reflection/s on what was learned and how the knowledge gained will be used as a public health professional. Use APA formatting, double-spacing, Times Roman 12-pt font, 1-in margins, and provide citations. Reports are due on or before March 11, 2018.
- From among the topics presented at the conference, select a topic that is of interest to you and write a 10-page term paper. Use APA formatting, double-spacing, Times Roman 12-pt font, 1-in margins, and provide at least 10 citations of peer-reviewed articles published during the last 5 years. Term paper is due on or before March 11, 2018. Please see grading rubric for this assignment.

All submissions for this class will be done online through the submission page on the course shell on Canvas. **Late assignments will not be accepted** so please plan accordingly. If you have any questions or concerns, please contact the course instructor through email ([gsiapco@llu.edu](mailto:gsiapco@llu.edu)).

## LLU Policy on Academic Integrity

Assignments, including group projects, must represent the original work of each student. Use of other's work (i.e., former students, non-enrolled students, paper mills, or published, Internet, or other "borrowed" materials) is considered plagiarism. Plagiarism, including cheating on the examination, may result in a failing grade for the course or other outcomes since this behavior represents failure to meet the academic standards of the University.

To avoid this issue, please submit your work on Canvas using Turnitin. If your similarity score is 10% or more, check your in-text citation to make sure you have cited all sources of ideas that you borrowed. If you have used the ideas ad verbatim, be sure to use quotation marks and include the page number of the source in your citation. However, avoid the latter (quotes from other works) by paraphrasing the information in your own words and giving the appropriate citation. Too many quotes is tantamount to work that is highly borrowed, not original.

### GRADING POLICY

Final grade in the course is assigned according to the following scale:

- 95-100% = A
- 90-94% = A-
- 85-89% = B+
- 83-85% = B
- 80-82% = B-
- 79-76% = C+
- 75-73% = C
- 72-70% = C

### GRADING RUBRIC FOR ALL REPORTS (SUMMARIES AND TERM PAPER)

ELEMENT	%
<b>Content and Organization:</b>	<b>65%</b>
Key elements are covered in a substantive way	20
Content is comprehensive, accurate, and/or persuasive	20
The response develops around a central theme	15
Major points are stated clearly; are supported by specific details, examples, or analysis; and are organized logically	20
<b>Readability and Style</b>	<b>15%</b>
Sentences are complete, clear, and concise.	5
Sentence transitions are present and maintain flow of thought	10
<b>Mechanics</b>	<b>20%</b>
Headings, font styles, white space and APA style (5%)	5
Grammar, spelling and punctuation (10%)	10
References APA format	5
<b>Total</b>	<b>100%</b>