



**Dixie State University**  
**Department of Family Studies and Human Development**  
**Syllabus**

**Course Title:** Scientific Foundations of Nutrition

**Meeting Days/Time:** MWF 8am, 9am

**CRN:** 22315, 22316

**Semester/Year:** Spring 2018

**Instructor's Email:** lillywhite@dixie.edu

**Course Number:** FSHD 1020-01, 02

**Credit Hours:** 3

**Instructor:** Lorin Lillywhite

**Instructor's Office Location and Office Hours:**

By Appointment

**Course Description:** Fulfills General Education Life Science requirement. Open to all students who have an interest in human nutrition and how it relates to individual dietary requirements. May be of particular interest to students with an emphasis in Health Sciences, Education, or related fields. Various periods during the life cycle--infancy, childhood, adolescence, pregnancy, and the later years--and their specific nutrient needs will be analyzed as well as the basic nutrients and how they are absorbed and used by the body. Other areas of focus will include nutrition for athletes, eating disorders, weight control, and food safety. Includes lecture, multi-media, applied nutrition group activities, guest lecturers, and computer analysis of personal diet. Students will record and analyze their own diet.

**Course pre-requisites and/or co-requisites:** None

**Lab or course fees:** None

**Required Textbook(s) and Materials:** Contemporary Nutrition: A Functional Approach, 5<sup>th</sup> Edition, Wardlaw, Smith and Collene, 2015

This semester we are implementing the Inclusive Access program for the Nutrition textbook. This new service offers students instant access to online course materials at the lowest price possible. The required course materials cost of \$80.95 will be charged to your student account. Please click on the McGraw-Hill Connect tab to the left to access the course textbook and other resources required for this class. If you have questions about course materials or would like to opt out of the Inclusive Access program, please email Claudia West at west\_c@dixie.edu or call 435-652-7642.

**Course Objectives and Outcomes:**

**Students successfully completing this course will be able to:**

- Explain the major concepts of a view of life, the cell and the genetic basis of life.
- Demonstrate knowledge of the process of science including asking testable questions, using inductive and deductive reasoning in forming hypotheses and in making reliable predictions
- Define the objective of science and research including distinguishing among the natural sciences, liberal arts and social and behavioral sciences, and pseudo-science.
- Compute ratios, proportions, percentages, decimals, fractions, frequencies and elementary probabilities.
- Describe scientific ideas through oral and written assignments, critiques, questions and/or discussion.
- Critique the content of scientific articles regarding nutrition-related studies.
- Explain experimental designs using the scientific theory.
- Demonstrate basic knowledge and concepts in nutrition and apply the relevance of the materials to their everyday lives by giving ample analogies and examples in order to enlighten and motivate them.

- Identify essential nutrients, their functions and how they relate to the anatomy, physiology, and chemistry of the human body.
- Complete a dietary analysis on their own eating habits and analyze it for nutrient content and adequacy based on concepts taught during the course.

### **Family and Consumer Sciences Department Learning Outcomes**

- Define currently accepted theory within the discipline.
- Evaluate theory using applications and exercises to personalize the depth of knowledge and understanding.
- Demonstrate professional practices specific to the discipline by completing assignments, such as:
  - Dietary Analysis with assessment and evaluation
- Analyze course concepts against previously held schema prior to experience in the course
- Show, in writing, the ability to think critically by:
  - Gathering information
  - Comparing and contrasting sources and quality of information
  - Evaluating information for reliability and validity
  - Creating resolutions/proposals to solve questions or problems within the discipline

### **Course Learning Outcomes**

#### **Students successfully completing this course will be able to:**

- Critique the content of scientific articles regarding nutrition-related studies.
- Explain experimental designs using the scientific theory.
- Demonstrate basic knowledge and concepts in nutrition and apply the relevance of the materials to their everyday lives by giving ample analogies and examples in order to enlighten and motivate them.
- Identify essential nutrients, their functions and how they relate to the anatomy, physiology, and chemistry of the human body.
- Complete a dietary analysis on their own eating habits and analyze it for nutrient content and adequacy based on concepts taught during the course.
- Analyze current diet and nutritional trends and the effects these have toward good health.
- Identify the special nutritional concerns of the changing needs throughout the human life span, eating disorders, weight control, disease prevention, physical activity, food safety and technology.

### **Grading:**

Grades will be based on the following:

Quizzes	15 pts each	105
Essays	10 pts each	70
Tests	50 pts each	200
LearnSmart Assignments	15 pts each	150
Dietary Analysis	Part 1	25
Dietary Analysis	Part 2	50
In Class Assignments		up to 75
Final Exam		100

A = 95-100	B = 84-86	C = 74-76	D = 64-66
A- = 90-94	B- = 80-83	C- = 70-73	D- = 60-63
B+ = 87-89	C+ = 77-79	D+ = 65-69	F = Below 59

It is the responsibility of the student to verify that all grades have been correctly placed into CANVAS by the instructor. Monitor CANVAS weekly and notify the instructor immediately, if you are missing a grade or have received an incorrect grade.

Save tests, quizzes, and other assignments to verify your claims. Grades will not be changed without proof of instructor oversight or error, and no grade can be changed once final grades have been entered.

### **Important dates to remember for Spring 2018:**

Semester calendars available at <https://academics.dixie.edu/syllabus/#semester>.

### **Date & Time of Final Exam for this course:**

8:00 a.m. MWF Class: Friday, April 27th, 7:00 a.m. – 8:50 a.m.

9:00 a.m. MWF Class: Tuesday, May 1st, 9:00 a.m. – 10:50 a.m.

**Final Exam Schedule for Spring 2018:** <https://academics.dixie.edu/final-exam-schedule-spring-2018/>

### **DSU Student Academic Conduct and Academic Integrity Policies:**

Please visit <https://academics.dixie.edu/syllabus/#semester> (click on Policies & Statements link) for information on DSU policies related to Academic Dishonesty/Academic Integrity, Disruptive Behavior, Absences related to college functions, Disability/Accessibility Resources, DMail, and Title IX.

### **Important links:**

Disability Resource Center – <https://dixie.edu/drcenter>

Health and Counseling Center – <https://wellness.dixie.edu>

IT Help Desk – <https://dixie.edu/helpdesk>

Library – <http://library.dixie.edu>

Testing Center – <http://dixie.edu/testing>

Tutoring Center – <http://dixie.edu/tutoring>

Writing Center – <https://writingcenter.dixie.edu>

**Instructure Canvas:** If anyone has forgotten their login information or your course is not displaying, please contact the Helpdesk and/or the help desk website <http://www.dixie.edu/helpdesk/>. The Helpdesk is located on the second floor of the Holland building, across from the east elevators. Online tutorials for CANVAS can be found at <http://guides.instructure.com/>.

**Non-student in the classroom and other designated study areas:** (<https://dixie.edu/policylibrary/cat500/> : Attendance) In support of existing policy of the Dixie State University Handbook, it is expected that only bona fide students as defined and classified by the Dixie State University catalog, will attend classes, unless specific prior permission for guests has been obtained from the instructor.

Infants, children, and adolescents are not allowed at Dixie State University except in certain areas and under certain circumstances. University facilities and classrooms are not designed for children, and their presence may disrupt students and teachers. In the event of an emergency where prior approval cannot be obtained 24 hours in advance, the student shall request permission to bring children to class prior to the beginning of class. The decision of the instructor regarding non-students in the classroom is final.

### Course Policies:

**Late work is not accepted. If you miss a day of class, in-class assignments cannot be made up. All out-of-class assignments are available for multiple days prior to their due dates. If you know you will be gone, do them prior to the due date. If you miss a day due to unexpected circumstances, do the extra credit to make up the points.**

The assignments in this course are in 5 groups:

LearnSmart Modules: *LearnSmart* is part of **Connect** (our online textbook program) and is an adaptive diagnostic tool. They are designed to help you learn the material in each chapter. *LearnSmart* has a module that correlates with each chapter. The majority of the class assignments are *LearnSmart* modules. Not every chapter is assigned for credit; however, students can complete each chapter for their own benefit. Chapters 1, 2, 3, 7, 9, 11, 13, 14, 16, 17, 18 are given 15 points each upon completion. These are due as listed in your assignments section in Canvas and also in *Connect*. LearnSmart modules are due on 11:59 pm on the date listed on your class outline. These **will not** be accepted late. Plan ahead to get them completed in time.

### Diet Analysis

There are 2 diet analysis assignments and both use the NutritionCalc Plus program that is part of the **Connect** package. The first is due at the beginning of the semester and the second is toward the end of the semester. Both include 3 days of recording all food intake and activity.

Spelling and grammar are graded on Dietary Analysis 2 and **will not be accepted more than a week late**. **Twenty percent** of the grade will be deducted for the first day late and ten percent each following day.

**Dietary Analysis 1 and Dietary Analysis 2 must be submitted through the Assignment page in Canvas.**

**Technology failure (i.e. computer crashes, internet or email failures, viruses, corrupt files, etc.) will not be an acceptable excuse for late or missing work. It is your responsibility to make sure you can open any files prior to sending them to the instructor.**

### In Class Assignments

These are small group activities, quizzes or worksheets that the instructor gives in class. They are worth approximately 5 points each. These cannot be made up if you are absent or not in class when the activity is completed. **They are only excused for students on school sponsored activities when the instructor is notified prior to the activity and assignment.**

### Tests

Four tests and a comprehensive final examination will be given over the course of the semester. Tests will be given in the Testing Center, while the Final will be held in class. Each test will be multiple choice, taken online through a McGraw-Hill Connect account. Test 1 will cover chapters 1-3, Test 2 will cover chapters 4-7, Test 3 will cover chapters 8-12, and Test 4 will cover chapters 14-17. The Final will be comprehensive, covering things learned in chapters 1-20, with special emphasis on chapters 18-20, which are not covered by other tests. In addition to the above described tests, quizzes will be given on chapters that are not covered by LearnSmart assignments. Quizzes will be given on the following chapters: 4, 5, 6, 8, 10, 12, and 15. Each quiz will be open

to each student to take outside of the Testing Center. Each quiz will randomly assign 15 multiple choice questions from a pool of more than 50 possible questions per chapter, so that each student will have a different combination of questions. Also, there is a 30 minute time limit on each quiz, and feedback on which questions were answered correctly and incorrectly will be delayed until after the quiz is closed. Each quiz is open book, and open notes, but with the time limit, and randomly assigned questions, students must have a solid understanding of all the material covered in the chapter to expect a passing grade.

### Quizzes

On chapters where a quiz is assigned, students must also complete a Response Essay. To complete the Response Essay, students must logon to Canvas and find the link ***Response Essay Files*** on the bottom of the front class page. On this page are 40+ articles on a variety of nutrition related topics in PDF format. Each essay file is 1-3 pages, and written in conversational form (easy reading) on interesting topics (hopefully) my nutrition students have asked in previous semesters. Choose any article, read the article, and write a 1 page evaluation (double spaced, standard college formatting). This evaluation is simply trying to answer the following questions:

- What interested you about this topic?
- What did you learn from this article?
- What have you heard inside or outside of class that contradicts this article?
- Will this article change your behavior in any way?
- What do you think the public perception of this topic is? Does it agree with or disagree with what you learned?
- Do you agree with or disagree with the position taken in the article? Why?
- What related or additional information would you like to learn more about?

Once the Response Essay is complete, it must be submitted through Canvas under the Assignments page. Do NOT email them to the instructor. Students must choose a different article for each essay and submit their own work.

**Class Schedule:** See the class outline handed out in class or on Canvas.