



Family and Consumer Sciences Department
FSHD 1020-06: Scientific Foundation of Nutrition (3.0 Credit Hours)
Spring 2018 – CRN 22320

Instructor: Tara-Lyn Ledbetter

Phone: (915) 603-8195

Office Location: WEDU #134

Email Address: tara-lyn.Ashworth-Ledbetter@dixie.edu

Office Hours: By appointment

Class Location: WEDU #133

Meeting Days and Time: M,W,F 12:00-12:50 pm

Course date Range: Jan 8 – May 8 2018

Fees: None

Course Description: 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.

General Education Status: Fulfills General Education Life Science requirement

Course pre-requisites: None

Required Textbook(s) and Materials: *Contemporary Nutrition: A Functional Approach, 5th Edition, Wardlaw, Smith and Collene, 2016; Also Required- McGraw-Hill Connect and NutritionCalc Plus.*

Available at the Bookstore or online. This is the textbook online component and you cannot complete the course without this. You can purchase this with the ebook or a printed book.

Course Objectives and Outcomes:

Students successfully completing this course will be able to:

1. Critique the content of scientific articles regarding nutrition related studies.
2. Explain experimental designs using the scientific theory.
3. 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.
4. Identify essential nutrients, their functions and how they relate to the anatomy, physiology, and chemistry of the human body.
5. Complete a dietary analysis on their own eating habits and analyze it for nutrient content and adequacy based on concepts taught during the course.
6. Analyze current diet and nutritional trends and the effects these have toward good health.
7. 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.

All students in Family and Consumer Sciences Department Learning Outcomes:

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

Life Science GE Learning Outcomes. Students successfully completing this course will be able to:

1. Explain the major concepts of a view of life, the cell and the genetic basis of life.
2. Demonstrate knowledge of the process of science including asking testable questions, using inductive and deductive reasoning in forming hypotheses and in making reliable predictions.
3. Define the objective of science and research including distinguishing among the natural sciences, liberal arts and social and behavioral sciences, and pseudo-science.
4. Compute ratios, proportions, percentages, decimals, fractions, frequencies and elementary probabilities.
5. Describe scientific ideas through oral and written assignments, critiques, questions and/or discussion

Grading:

Grades: The grade for the course is determined by a combination of in class assignments, quizzes and activities and out of class work (approximately 30% of your grade) and 6 unit assessments and a comprehensive final exam (approximately 70% of your grade). Grades will be posted on Canvas; however, you are responsible for keeping track of your own grade and making sure that it is correct and contacting the instructor if there is a problem. Grades are calculated as following:

A = 90-100	B = 80-85	C = 70-75	D = 60-65
B+ = 86-89	C+ = 76-79	D+ = 66-69	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. I suggest to take a picture with your phone or a screenshot upon completion. Grades will not be changed without proof of instructor oversight or error, and no grade can be changed once final grades have been entered.

Course Assignments and Assessments

Assignments: There are several different assignment types that will be given throughout the semester.

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. You must purchase this the first week of class.

LearnSmart has a module that correlates with each chapter and while the majority of the class assignments are LearnSmart modules, not every chapter is assigned for credit. However, it is recommended that students complete each chapter for their own benefit and as a review for the comprehensive final. Odd Chapters ONLY are given worth 15 points each upon completion. These are due as listed in your assignments section in Canvas and also in Connect. **YOU MUST COMPLETE THE ENTIRE ASSIGNMENT FOR FULL POINTS.** LearnSmart modules are due on 11:59 pm on the date listed in your class outline. These will not be accepted late. Plan ahead to get them completed on time.

Dietary Analysis 1 & 2: There are two diet analysis assignments and both use the NutritionCalc Plus program that is part of the McGraw Hill **Connect package**. The first is due at the beginning of the semester and the second is toward the end of the semester. Both include THREE days of recording all food intake and all activity.

Spelling and grammar are graded on Dietary Analysis 2 and it is to be turned in on time. If the assignment is late, twenty percent of the grade will be deducted for the first day late and ten percent each following day. The assignment will not be accepted more than one week late. Dietary Analysis 1 and Dietary Analysis 2 must be submitted through the assignment page in Canvas.

In Class Assignments: Attendance will be graded, through small group activities, quizzes or worksheets assigned on random class days. They are worth 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 or emergencies with a doctor's note.

Assessments: There are two assessments: The midterm and a final exam assessments will be given in class. There will be 20 small module assessments given on each chapter in connect, which will hold you accountable for content covered in the readings, class discussions, and lectures. Assessments may include multiple choice, true and false, short answer and essay type questions. The only exceptions are true emergencies and college related absences or emergencies where the instructor is contacted in writing with documentation BEFORE the start date of the test. **NO RETAKE OR MAKEUP TESTS WILL BE ALLOWED!**

Assignments and in-class quizzes and activities:

LearnSmart modules	(10 total) 15 points each	150 points
Dietary Analysis Part 1		50 points
Dietary Analysis Part 2		50 points
In Class work	5-25 points each	150 points
Unit Assessments	20 @ 20 points each	400 points
Midterm Exam		150 points
Final Exam		150 points
Total:		1100 points

Extra Credit: Keep up with your reading and do your assignments as outlined and you will not need extra credit. 1-3 Extra credit assignments worth 5-15 points each will be given during the semester.

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. Lateness will be determined by the date the correct file is sent.

Important dates to remember for Fall 2017:

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

Spring 2018

Academic Calendar

Date	Description
Jan. 8	Classes begin
Jan. 8	Tuition & Fees Due
Jan. 11	Last day to Waitlist
Jan. 12	Courses dropped for non-payment
Jan. 12	Last day to ADD without signature
Jan. 12	\$50 Late registration fee
Jan. 15	Dr. Martin Luther King, Jr. Day (no classes)
Jan. 17	Residency Application deadline
Jan. 18	DROP/AUDIT fee begins (\$10 per class)
Jan. 22	Last day for 100% refund
Jan. 23	50% refund period begins
Jan. 29	Pell Grant Census
Jan. 29	Last day for refund
Jan. 29	Last day to drop without receiving a "W" grade
Feb. 1	Spring 2018 Associate's degree Graduation Application Deadline
Feb. 2	Last day to ADD / AUDIT classes
Feb. 19	President's Day Holiday (no classes)
Feb. 26	Midterm grades due
Mar. 1	Summer 2018 Bachelor's degree Graduation Application Deadline
Mar. 2	Last day to DROP individual classes
Mar. 12 - 16	Spring Break (no classes)
Mar. 19	Fall 2018 schedule available online
Mar. 19	Summer 2018 Registration open to Seniors (90+ credits)
Mar. 20	Summer 2018 Registration open to Juniors (60+ credits)
Mar. 21	Summer 2018 Registration open to Sophomores (30+ credits)
Mar. 22	Summer 2018 Registration open to all students
Apr. 2	Fall 2018 Bachelor's degree Graduation Application Deadline
Apr. 6	Last day for complete withdrawal from all classes
Apr. 9	Fall 2018 Registration open to Seniors (90+ credits)
Apr. 10	Fall 2018 Registration open to Juniors (60+ credits)
Apr. 11	Fall 2018 Registration open to Sophomores (30+ credits)
Apr. 12	Fall 2018 Registration open to all students
Apr. 25	Classes end
Apr. 26	Reading Day
Apr. 27	Final Exams <u>FRIDAY APRIL 27th @ 11:00am-12:50pm</u>
Apr. 30 - May 3	Final Exams
May 1	Associate's degree Graduation Deadline - Summer 2018
May 4	Commencement
May 8	Final grades due, 5:00 p.m.

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

DSU Student Academic Conduct and Academic Integrity Policies:

Academic Integrity: Failure to comply with academic integrity, honesty, and behavior standards may result in course failure or administrative withdrawal from the class. Dishonesty will not be tolerated in any form. DO NOT cheat or plagiarize or help others to do so. For a list of academic expectations please see the "Code of Student Rights and Responsibilities in the catalog: <https://catalog.dixie.edu/codeofstudentrightsresponsibilities/>

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.

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:

Assignments and Tests: Assignments can be turned in early or on time. Late work will not be accepted unless otherwise noted in the instructions. Tests must be completed within the window of time given. Students are required to follow the syllabus and the tentative schedule for assignment and testing due dates. If there are any changes, you will be notified in advance by the instructor. Missed tests may not be made up. In-class assignments and quizzes may not be made up. Absences related to college functions will be excused for in class work only if proper documentation is given well in advance.

Helpful resources and links for assignments and tests:

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

Library - <http://library.dixie.edu>

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

Free and open to all students. Improve your study skills and to clarify concepts and class materials.

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

Free for DSU students. The writing centers' mission is to "help you become a better writer."

Attendance: Please be in CLASS! Attendance is taken and graded through activities such as in class assignments, group activities and quizzes and cannot be made up. College sponsored or medical absences are the only exception and only with the proper documentation of the absence.

Cell Phones: Cell phones must be on silent mode during class sessions and texting during class will be considered disruptive behavior. If you have an emergency and need to take a call, please do so outside the classroom to be respectful and courteous to your fellow students and the instructor.

Course Outline and Schedule: This is reviewed the first day of class and is also located on the Course Map page on Canvas. It contains the due dates for assignments and tests.

Disruptive behavior/classroom expectations: Disruptive behavior in class may lead to an administrative withdrawal. Disruptive behavior is defined as any behavior that interferes with the teacher's ability to teach or the learning of other students. Some examples of disruptive behavior include: Physical violence, verbal abuse, or harassment, Intoxication or illegal drug use, use of profanity, failing to respect others when expressing their

own viewpoints, talking while the instructor or another student is talking, constant questions or interruptions that interfere with classroom presentation.

You will be notified of your withdrawal in this way:

1. A verbal request to comply with behavioral expectations of the class.
2. One written warning letting you know that you have not made the required behavioral adjustment.
3. Administrative withdrawal.

Disability Statement: If you suspect or are aware that you have a disability that may affect your success in the course you are strongly encouraged to contact the Disability Resource Center (DRC) located at the North Plaza Building. The disability will be evaluated and eligible students will receive assistance in obtaining reasonable accommodations. Phone # 435-652-7516. Disability Resource Center. The disability center provides services and accommodations to students with learning differences and disabilities.

Visit– <https://dixie.edu/drcenter> for more information.

Dmail: You are required to frequently check your Dmail account. Important class and university information will be sent to your Dmail account, including DSU bills, financial aid/scholarship notices, notices of cancelled classes, reminders of important dates and deadlines, and other information critical to your success at DSU and in your courses. To access your Dmail account, visit go.dixie.edu/dmail. Your Dmail username is your DixieID (e.g. D00111111) If you have forgotten your PIN, visit go.dixie.edu/mydixie and click the Forgot Pin button. Electronics in the Classroom: personal computing devices are only allowed in the classroom if the student is utilizing the device for the sole purpose of taking notes and/or learning for the class. (e.g. using social media, the internet, or working on an assignment for another class will not be permitted).

Questions: If you wish to discuss course material or have questions, please make an appointment with the instructor during office hours. Appointments may be booked through Canvas.

Title XI Statement: DSU seeks to provide an environment that is free of bias, discrimination, and harassment. If you have been the victim of sexual harassment/misconduct/assault we encourage you to report this to the college's Title IX Director, **Cindy Cole, (435) 652-7731, cindy.cole@dixie.edu**. If you report to a faculty member, she or he must notify the Title IX Director about the basic facts of the incident.

Student Resources and Important links: As a student at DSU, you have access to many helpful resources: Campus Map - <https://dixie.edu/campus-maps/> Computer Labs – located at Holland Centennial Commons. Contact the IT Help Desk if needed. Disability Resource Center – drcenter.dixie.edu – Provides services and accommodations to students with learning differences and disabilities. Health and Counseling Center – <https://wellness.dixie.edu> (10\$ medical and mental health visits)

Semester and Class Schedules:

<u>Week</u>	<u>Date</u>	<u>Course Topics</u>	<u>Readings Due</u>	<u>Assignments Due</u>	<u>Quizzes and Tests Due</u>
1	08 Jan	Introductions and course business	Chapter 1		
	10 Jan	Chapter 1 Nutrition, Food Choices and Health			
	12 Jan	Chapter 1 Cont- Start Chapter 2		LS Module #1 :Due	Quiz 1: Due 14 Jan
2	15 Jan	NO CLASS- MLK DAY	-----	-----	-----
	17-19 Jan	Chapter 2 guidelines for Designing a Healthy Diet	Chapter 2	Discussion Extra Credit 2 pts	Quiz 2: 24 Jan
3	22-24 Jan	Chapter 3: The Human Body		LS Module #3: Due 28 Jan	Quiz #3: Due 28 Jan

	26-29 Jan	Chapter 4: Carbohydrates	Chapter 4	Dietary Analysis part 1 Due: 09 Feb	Quiz #4 : Due 03 Feb
4	29-31 Jan	Chapter 5: Lipids	Chapter 5	LS Module #5: Due 04 Feb	Quiz #5: Due 04 Feb
4 5	02-05 Feb	Chapter 6: Protein	Chapter 6		Quiz #6: Due 11 Feb
	07 Feb	Chapter 7: Energy Balance and Weight Control	Chapter 7		
	09 Feb	Chapter 7 Continued		LS Module #7: Due 14 Feb	Quiz #7: 04 14 Feb
6	12-14 Feb	Chapter 8: Overview of the Micronutrients	Chapter 8		Quiz #8: Due 18 Feb
	16 Feb	Chapter 9: Nutrients Involved in Fluid and Electrolyte Balance	Chapter 9		Quiz #9: Due 21 Feb
7	19 Feb	NO CLASS- PRESIDENTS DAY	-----	-----	-----
	21 Feb	Chapter 9 Continued		LS Module #9 Due 25 Feb	
8	23-26 Feb	Chapter 10: Nutrients that Function as Antioxidants	Chapter 10		Quiz #10: Due 03 March
	28 Feb -02 March	Chapter 11: Nutrients Involved in Bone Health	Chapter 11	LS Module #11: 07 March	Quiz #11: Due 07 March
9	05-07 March	Chapter 12: Micronutrient Function in Energy and Metabolism	Chapter 12		Quiz #12: Due 11 March
	09 March-19 March	Chapter 13: Nutrients that Support Blood Health and Immunity	Chapter 13	LS Module #13: Due 25 March	Quiz #13: Due 25 March
10	12-16 MARCH	SPRING BREAK	SPRING	BREAK	SPRING BREAK
11	19 March	Chapter 13 Continued			
	21 March-23	Chapter 14: Fitness and Sports	Chapter 14	Dietary Analysis 2: Due 30 March	Quiz #14: Due 28 March
12	26-28 March	Chapter 15: Eating Disorders	Chapter 15	LS Module #15: Due 01 April	Quiz #15: Due 01 April
	30 March-02 April	Chapter 16: Undernutrition Throughout the world	Chapter 16		Quiz #16: Due 07 April
13	04 April	Chapter 17: Safety of our Food Supply	Chapter 17		
	06 April	Chapter 17 Continued		LS Module #17: Due 11 April	Quiz #17: Due 11 April
14	09-11 April	Chapter 18: Pregnancy and Breastfeeding	Chapter 18		Quiz #18: Due 15 April
15	13-16 April	Chapter 19: Nutrition from Infancy through Adolescence	Chapter 19	Discussion Extra Credit 2 pts	Quiz #19: Due 22 April
	18 April	Chapter 19 Continued		LS Module #19: Due 22 April	
16	20-23 April	Chapter 20: Nutrition During Adulthood	Chapter 20		Quiz #20: Due 25 April

	23-26 April	FINAL EXAM REVIEW			
	27 April	FINAL EXAM 11:00-12:50pm WEDU #133 IN CLASS			