



Dixie State University
Department of Family Studies and Human Development
Syllabus

Course Title: Scientific Foundations of Nutrition

Course Number: NFS 1020-42

Meeting Days/Time: Online Monday thru Saturday.
Off on Sunday

Credit Hours: 3.0 credit hours

CRN: 22325

Instructor: David Hall

Semester/Year: Spring 2018

Instructor's Phone Number: 208-244-1715

Instructor's Email: Prefer Canvas email.

Secondary email dhall@dixie.edu

Instructor's Office Location and Office Hours:

Canvas online Monday thru Saturday. Off on Sunday

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, 5th Edition, Wardlaw, Smith and Collene, 2017

Please Read: This semester we are piloting a new Inclusive Access program. 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. You will have access to the course textbook and other resources on the first day of class through your course Canvas account (FSHD 1020). If you have any questions about course materials or would like to opt out of the Inclusive Access program, please email Don Steck at steck@dixie.edu or call (435) 634-2051.

Also just a reminder, if the students already have a current access code and book they do not have to buy it again. They will just need to contact Don Steck and opt out. If they drop the class they can contact him as well and the money will be refunded.

Course Objectives and Outcomes:

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.

4. 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

Course Objectives	Corresponding Course Assessment
<p>Critique the content of scientific articles regarding nutrition-related studies.</p> <p>Explain experimental designs using the scientific theory.</p>	<p><u>LearnSmart Modules:</u></p> <p><i>LearnSmart</i> 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.</p> <p><i>LearnSmart</i> has a module that correlates with each chapter. The majority of the class assignments are <i>LearnSmart</i> modules. Not every chapter is assigned for credit however, students can complete each chapter for their own benefit. Chapters 1-3, 5, 7, 9, 11, 13, 15, 17 and 19 are given 15 points each upon completion. These are due as listed in your assignments section in Canvas and also in <i>Connect</i>.</p> <p>LearnSmart modules are due on 11:59 pm on the date listed on your class outline. These <u>will not</u> be accepted late. Plan ahead to get them completed in time.</p>
<p>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.</p>	<p><u>Diet Analysis</u></p> <p>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.</p> <p>Dietary Analysis 1 and Dietary Analysis 2 must be submitted through the Assignment page in Canvas.</p>
<p>Identify essential nutrients, their functions and how they relate to the anatomy, physiology, and chemistry of the human body.</p>	<p><u>Self Regulated Learning (SRL)</u>-This assignment is designed to help you set and meet your personal goals in this class.</p>
<p>Complete a dietary analysis on their own eating habits and analyze it for nutrient content and adequacy based on concepts taught during the course.</p>	<p>Diet Analysis-See above</p>
<p>Analyze current diet and nutritional trends and the effects these have toward good health.</p>	<p>Diet Analysis-See above</p>

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.	LearnSmart Modules- See above
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Grading:

Grades will be based on the following:

6 Tests	50 pts each	300
Assignments	15 pts. each	165
SRL 1	10 pts.	10
SRL 2	10 pts.	10
SRL 3	20 pts.	20
Dietary Analysis	Part 1	25
Dietary Analysis	Part 2	50
Final Exam		100

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.

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

Each semester, you must maintain a 3.0 GPA. All course grades must be C or a better grade. Ds are not accepted; you will need to retake the class if you have a D for a course.

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.

Extra Credit:

Keep up with your reading and do your assignments as outlined and you will not need extra credit. One extra credit assignment for 10-15 points will be given during the semester. No other extra credit will be allowed.

Tests:

Six tests will be given throughout the semester. You will be held accountable for content covered in the reading, class discussions, and lectures. Tests may include multiple choice, true and false, short answer and essay type questions. The final exam will be comprehensive.

Students must take the tests in the Testing Center on the scheduled dates indicated on the class outline. The only exceptions are true emergencies and college related absences. You must contact the instructor BEFORE the close of the test. *NO RETAKE OR MAKEUP TESTS WILL BE ALLOWED!!*****

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: List day, date, time, and location here.

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

DSU Student Academic Conduct, Academic Integrity, Other Policies:

Please visit <https://academics.dixie.edu/syllabus/#semester> (click on Policies and 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.

Non-student in the classroom and other designated study areas: ([Policy 525: 4.4](#)) 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.

Title IX, Harassment and Nondiscrimination: For DSU's Title IX, Harassment, and Nondiscrimination policies, please [click here to see Policy 154](#).

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. Website: <https://dixie.edu/drcenter>.

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/>.

Academic Integrity:

Failure to comply with academic integrity, honesty, and behavior standards may result in course failure or administrative withdrawal from the class. DON'T CHEAT!

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.

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. If you do not know your Dmail username or you have forgotten your PIN, visit go.dixie.edu/mydixie and follow the respective instructions.

Course Outline

It is also located on the Class Outline page from the Home page of the course on Canvas.