



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

**Course Title:** Scientific Foundations of Nutrition

**Meeting Days/Time:** Tuesday 9 am & 10:30 am

**CRN:** 42627, 42629

**Semester/Year:** Fall 2017

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

**Course Number:** FSHD 1020 03 & 05

**Credit Hours:** 3

**Instructor:** Jill Bryan, MS, RD

**Instructor's Phone Number:** WEDU #133

**Instructor's Office Location and Office Hours:**  
Tuesday 8:30-9:00 am

**Prerequisites:** None

**Lab and other fees:** None

**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.

**General Education Status:** Life Science

**Required Textbook (s) /Recommended Books/other materials:**

**Contemporary Nutrition: A Functional Approach**, 5th Edition Wardlaw, Smith and Collene, 2017

**Also Required** - *You cannot complete the course without this!*  
McGraw-Hill *Connect* and *NutritionCalc Plus*.

**Department Learning Objectives:**

**FCS 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

## **Course Objectives:**

### **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.

## **GE objectives:**

### **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.

## **Course Assignments and Assessments:**

### **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. The chapters listed on the course outline 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. Lateness will be determined by the date the correct file is sent.

### **Exams & Quizzes:**

Six quizzes and two exams will be given throughout the semester. You will be held accountable for content covered in the reading, LearnSmart modules, class discussions, and lectures. Quizzes and exams may include multiple choice, true/ false and application questions. Quizzes will be taken online through Connect from any location and exams will be taken online through Connect in the Testing Center. The final exam will be comprehensive and will be taken in the classroom.

**Students must take the tests in the DSU 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!!**

### **Grades:**

Grades will be based on the following:

Quizzes & Exams	25-50 pts each	~300 pts
Modules	15 pts. each	135 pts
In class assignments	Variable	up to 75 pts
Dietary Analysis	Part 1	25 pts
Dietary Analysis	Part 2	75 pts
Final Exam		100 pts

### **Extra Credit**

Keep up with your reading and do your assignments as outlined and you will not need extra credit. Extra credit assignments will be given during the semester for a maximum total of 15 points. No other extra credit will be allowed.

**Course Outline: The course outline indicates due dates for assignments and tests. It is located in the Canvas and will be handed out the first day of class.**

### **Departmental Grading Scale:**

A = 95-100 %	B- = 80-82%	D+ = 67-69%
A- = 90-94	C+ = 77-79	D = 64-66
B+ = 87-89	C = 74-76	D- = 60-63
B = 83-86	C- = 70-73	F = below 59

### **Attendance**

Be in CLASS!!! Attendance is not graded, but daily activities such as in class assignments and quizzes are graded and cannot be made up! College sponsored absences are the only exception.

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.

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.

### **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!**

## **AVAILABLE RESOURCES**

As a student at Dixie State University, you have access to several helpful resources:

- [Library](#)
- Computer Lab (located at the [Smith Computer Center](#) and the [Library](#))
- [Disability Resource Center](#) - Provides services and accommodations to students with disabilities.
- [IT Student Help Desk](#) - We provide support for the following: Canvas, Dmail, wireless, software resources for students, and student laptop lease program.
- [Online Writing Lab](#) - Many writing classes utilize this site. Among other things, students can use the Online Writing Lab to submit papers electronically to the Writing Center.
- [Student Success Center \(www.dixie.edu/studentsuccess\)](http://www.dixie.edu/studentsuccess) - The Student Success Center (SSC) at Dixie State University is a collaboration of various student-centered programs and resources geared towards helping our students achieve their educational and personal goals.
- [Testing Center](#) - The Testing Center at DSU is comprised of 3 separate testing operations: a Classroom Testing Center, a Prometric Center, and an additional Professional Testing Center.
- [Tutoring Center](#) - Free and open to all students. Improve your study skills and clarify concepts and class material.
- [Writing Center](#) - "Our mission is to help you become a better writer by approaching your assignments as a process of invention, writing, and revision."

## **Policies and Statements**

- [Academic dishonesty / Academic integrity policy](#), see section 4C.
- [Disruptive behavior policy](#), see section 2, Student Behavior and section 5, Student Professional Conduct.
- [Absences related to college functions](#), see university Student Services policy 23.5
- Disability/Accessibility Resources

If you are a student with a medical, psychological, or learning disability or think you might have a disability and would like accommodations, contact the [Disability Resource Center](#) (652-7516) in the North Plaza. The Disability Resource Center (<http://dixie.edu/drcenter/>) will determine eligibility of the student requesting accommodations and determine the appropriate accommodations related to the disability.

- 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](http://go.dixie.edu/dmail). If you do

not know your Dmail username or you have forgotten your PIN, visit [go.dixie.edu/mydixie](https://go.dixie.edu/mydixie) and follow the respective instructions.

- Title IX 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](mailto: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.

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 Fall 2017:**

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 Fall 2017:** <https://academics.dixie.edu/syllabus/#finals>

**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.