



Family and Consumer Sciences Department
NFS 1020-09: Scientific Foundations of Nutrition (3.0 Credit hours)
Fall 2017 - CRN 42633

Instructor: Lauren Tingey M.S., R.D.
Email Address: lauren.tingey@dixie.edu
Office Hours: by appointment

Class Location: WEDU #133
Meeting Days and Time: T TH 1:00 p.m.-2:15 p.m.
Course date Range: Aug 21, 2017-Dec 15, 2017
Fees required: 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.

Prerequisites: None **General Education Status:** *Fulfills General Education Life Science requirement*

Required Textbook and Materials: **Contemporary Nutrition: A Functional Approach**, 5th Edition, Wardlaw, Smith and Collene, 2015; **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 Department and GE Learning Outcomes:

Course 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 will be able to:

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.

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. Chapters 1-3, 5, 7, 9, 11, 13, 15, 17 and 19 are given 13 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 in your class outline. These **will not** be accepted late. Plan ahead to get them completed on time.

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.

Diet Analysis: There are two 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 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. No late assignments. **Dietary Analysis 1 and Dietary Analysis 2 must be submitted through the assignment page in Canvas.**

In Class Assignments: Small group activities or worksheets will be assigned on random class days. They are worth 5 points. 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.**

Exams And Quizzes: There are 9 quizzes and three exams 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. Quizzes will open Friday morning and close Monday night. Time limit is set for 20 minutes. Exams The final exam will be comprehensive and will be taken I the classroom.

Assessments: There are two different types of assessments: module assessments and a comprehensive final exam.

There will be two module assessments given throughout the semester, 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. **Students must take the assessments in the Testing Center on the scheduled dates indicated on the class outline. The only exceptions are *true emergencies* and college related absences where the instructor is contacted in writing with documentation BEFORE the start date of the test. NO RETAKE OR MAKEUP TESTS WILL BE ALLOWED!!**

The final exam will be comprehensive and will be held Thursday 14, December 1:00- 2:50 p.m. in WEDU 133.

Grades: Grades are calculated as following:

Assignments and in-class quizzes and activities:

LearnSmart modules (11 total)	15 points each	165 points
Dietary Analysis	Part 1	25 points
Dietary Analysis	Part 2	75 points
In Class work (9 total)	5 points each	45 points
Quizzes (9 total)	25 each	225 points

Assessments:

Unit Assessments (2 total)	50 points each	100points
Final Exam		100 points
Total:		735 points

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.

Departmental Grading Scale:

A = 95-100%	B+ = 88-90%	C+ = 78-80%	D+ = 68-70%	F = 0-59%
A- = 91-94%	B = 84-87%	C = 74-77%	D = 64-67%	
	B- = 81-83%	C- = 71-73%	D- = 60-63%	

Class Policies and Statements

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:

<http://catalog.dixie.edu/codeofstudentrightsresponsibilities/>

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.

Attendance: 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 absences are the only exception and only with the proper documentation in advance 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 was 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.

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 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. 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 Wellness Center: <https://wellness.dixie.edu/> - \$10 medical and mental health visits.

IT Help Desk – dixie.edu/helpdesk – Provides support for Canvas, dmail, wireless, software resources for students and student laptop lease program.

Library – library.dixie.edu

Online Writing Lab - <http://dsc.dixie.edu/owl/> - an online site that guides you to pages to help you with your writing.

Testing Center – testing.dixie.edu

Tutoring Center – tutoring.dixie.edu – Free and open to all students. Improve your study skills and clarify concepts and class material.

Writing Center – writingcenter.dixie.edu – Free for DSU students, The writing center's mission is to "help you become a better writer..."

Semester Schedule – Fall 2016

Aug. 21	Classes begin
Aug. 21	Tuition & Fees Due
Aug. 24	Last day to Waitlist
Aug. 25	Last day to ADD without signature
Aug. 25	Courses dropped for non-payment
Aug. 29	\$50 Late registration fee
Aug. 30	DROP/AUDIT fee begins (\$10 per class)
Aug. 30	Residency Application deadline
Sept. 1	Last day for 100% refund
Sept. 4	Labor Day Holiday (no classes)
Sept. 5	50% Tuition Refund Begins
Sept. 11	Pell Grant Census
Sept. 11	Last day for refund
Sept. 11	Last day to drop without receiving a “W” grade
Sept. 15	Last day to ADD / AUDIT classes
Oct. 2	Fall Associate's Degree Graduation application deadline
Oct. 11	Midterm grades due
Oct. 12-13	Semester Break (no classes)
Oct. 16	Last day to DROP individual classes
Oct. 23	Spring and Summer 2018 class schedules available online
Nov. 1	Spring 2018 Bachelor's degree Graduation Application Deadline
Nov. 10	Last day for complete withdrawal from all classes
Nov. 13	Spring 2018 Registration open to Seniors (90+ credits)
Nov. 14	Spring 2018 Registration open to Juniors (60+ credits)
Nov. 15	Spring 2018 Registration open to Sophomores (30+ credits)
Nov. 16	Spring 2018 Registration open to all students
Nov. 22-24	Thanksgiving Break (no classes)
Dec. 8	Last day of classes
Dec. 14	Final Exam, 1:00- 2:50 p.m. WEDU 133

Outline

Week	Chapter	Assignments/Tests
Week 1 Aug 22 Aug 24	Introductions, Course Business Chapter 1: Nutrition, Food Choices, and Health	Canvas Intro Assignment: Aug 24 Module 1: Due Aug 29
Week 2 Aug 29 Aug 31	Chapter 2: Guidelines for Designing a Healthy Diet	Module 2: Due Aug 31 TEST #1: CH 1-2 Testing Center Aug 31- Sept 4
Week 3 Sept 5 Sept 7	Chapter. 3: The Human Body: A Nutrition Perspective	Module 3: Due Sept 7 Quiz Chapter 3: Sept 8-11
Week 4 Sept 12 Sept 14	Chapter 4: Carbohydrates	Dietary Analysis Part 1 DUE: Sept 12 Quiz Chapter 4: Sept 15-18
Week 5 Sept 19 Sept 21	Chapter 5: Lipids	Module 5: Due Sept 21 Quiz Chapter 5: Sept 22-25
Week 6 Sept 26 Sept 28	Chapter 6: Proteins	
Week 7 Oct 3 Oct 5	Chapter 7: Energy Balance & Weight Control Chapter 8: Overview of Micronutrients	Module 7: Oct 5 Test #2: Testing Center CH 6 & 7 Oct 5-11
Week 8 Oct 10	Chapter 9: Nutrient Involved in Fluid & Electrolyte Balance	Module 9: Due Oct 12 Fall Break – October 12-13

Oct 12		
Week 9 Oct 17 Oct 19	Chapter 10: Nutrients that Function as Antioxidants	Quiz Chapter 10: Oct 19-23
Week 10 Oct 24 Oct 26	Chapter 11: Nutrients Involved in Bone Health Chapter 12: Energy Metabolism	Module 11: Due Oct 26 Quiz Chapters 11 & 12: Oct 27-30
Week 11 Oct 31 Nov 2	Chapter 13: Blood Health & Immunity	Dietary Analysis Part 2 Due Oct 31 Module 13: Due Nov 2 Quiz Chapter 13: Nov 3-6
Week 12 Nov 7 Nov 9	Chapter 14: Fitness & Sports	Quiz Chapter 14: Nov 10-13
Week 13 Nov 14 Nov 16	Chapter 15: Eating Disorders Chapter 16: Undernutrition Throughout the World	Module 15: Due Nov 16 Quiz Chapter 15 & 16: Nov 17-20
Week 14 Nov 21	Chapter 17: Safety of our Food Supply	Module 17: Due Nov 22 * Quiz Chapters 17: Nov 24-27 Nov 23 Thanksgiving- no class
Week 15 Nov 28 Nov 30	Chapter 18: Pregnancy and Breastfeeding Chapter 19: Nutrition from Infancy Through Adolescence	Extra Credit: Nov 30 Module 19: Due Nov 30
Week 16 Dec 5 Dec 7	Chapter 20: Nutrition During Adulthood Review for Final Exam	REVIEW FOR FINAL
FINAL EXAM – IN CLASSROOM Thursday December 14th – 1:00-2:50		