



Dixie State University
Department of Family Studies and Human Development
Syllabus

Course Title: Scientific Foundations of Nutrition
Meeting Days/Time: Wednesdays at 5.15-7.45pm
CRN: 42638
Semester/Year: Fall 2017
Instructor's Email: fausett@dixie.edu

Course Number: 1020 Section 50
Credit Hours: 3
Instructor: Sara Fausett
Instructor's Phone Number: 435-879-4247
Instructor's Office Location and Office Hours:
By appointment only

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: \$80.95

Required Textbook(s) and Materials: The required course materials cost \$80.95 which 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](tel:4356342051).

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
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Explain Experimental design using the scientific theory	Learn Smart 1-2
Demonstrate basic knowledge and concepts in nutrition and apply the relevance of the materials in everyday life by giving analogies	Weekly in class assignments, case studies as per instructor during class, and extra credit assignment
Identify essential nutrients, their functions, and how they relate anatomy, physiology, and chemistry of the human body	Reading chapters 3-6, 9-13, and 18, LearnSmart 3, 5, 9, 11, 13, and 18, and in class assignments
Complete dietary analyses of their own eating habits for nutrient content and adequacy based on concepts taught during the course	Dietary Analysis 1 and 2
Analyze current diet and nutritional trends and the effects these have toward good health	Reading chapters 7-8, 14-16, LearnSmart 15, in class assignments during chapters 7-8 and 14-15, and in class discussion on chapters 7-8, and 14-15.
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	Reading chapters 6-8, 14-17, LearnSmart 6, 15, 18, in class assignments during chapters 6- 8, 14-15, and 17- 18, and in class discussion on chapter 6- 8 and 14-18.
Critique the content of scientific articles regarding nutrition-related studies	Reading chapters 1-2, LearnSmart 1-2, and in class discussion on chapters 1-2

Grading: Based on a percentage of total points earned in the class throughout the semester.

A = 94-100	B = 83-86	C = 73-76	D = 63-66
A- = 90-93	B- = 80-82	C- = 70-72	D- = 60-62
B+ = 87-89	C+ = 77-79	D+ = 67-69	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 Fall 2017:

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

Date & Time of Final Exam for this course: Monday December 11, 2017 from 7-9pm

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.

Course Policies: Course Assignments and Assessments

1. **LearnSmart Modules:** *LearnSmart* is part of **Connect** 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. Students can complete each chapter for their own benefit. Chapters 1-3, 5, 7, 9, 11, 13, 15 and 17, and 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.
2. **Diet Analyses:** There are 2 diet analysis assignments and both use the NutritionCalc Plus program that is

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.

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 late. Twenty percent** of the grade will be deducted for the first day late and ten percent each following day.

3. In Class Assignments: These are small group activities, quizzes or worksheets that the instructor gives in class. 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.**
4. Tests and Quizzes: Two tests in the testing center and 9 quizzes 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 in class and on paper.

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!!*

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!**

Grades

Grades will be based on the following:

2 Tests	30-50 pts each	80
9 Quizzes	20-25 pts each	220
Assignments	15 pts. each	150
Student Regulated Learning	10-20 pts	40
Dietary Analysis	Part 1	25
Dietary Analysis	Part 2	50
In Class Assignments/quizzes		up to 75
Final Exam		150

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.

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.

Class Schedule: A paper copy was handed out the first day of class. It is also located on the Class Outline page from the Home page of the course on Canvas.