Family and Consumer Science Department  
Dixie State University  
Scientific Foundations of Nutrition: NFS 1020

Course Name: Scientific Foundations of Nutrition  
CRN: 44474  
Semester/Year: Fall 2014  
Instructor: Linda M. Wright  
Email Address: lwright@dixie.edu  
Office Hours: MTW: 10:30 a.m. – 12:00 p.m.

Meeting Days and Time: ONLINE  
Location: ONLINE  
Credits: 3  
Office Phone: 652-7866  
Office Location: NIB #110

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, multimedia, 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:


Also Required - You cannot complete the course without this!  
McGraw-Hill Connect and NutritionCalc Plus. Available at the Bookstore or online  
This is the textbook online component. You can purchase this with the ebook or a printed book.
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. Chapters 1-3, 5, 7, 9, 11, 13, 15 and 17 are given 10 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.
Tests:
Six tests will be given throughout the semester. You will be held accountable for content covered in the reading. Tests may include multiple choice and true and false 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!!**

If you are living outside of the St. George area and are unable to take the tests at the DSU testing center, you will need to find a proctor to administer the tests. Please contact the DSU testing center to locate a proctor.

Grades:
Grades will be based on the following:

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td>6 Tests</td>
<td>50-75 pts each</td>
</tr>
<tr>
<td>Modules</td>
<td>10 pts. each</td>
</tr>
<tr>
<td>Dietary Analysis Part 1</td>
<td>25</td>
</tr>
<tr>
<td>Dietary Analysis Part 2</td>
<td>50</td>
</tr>
<tr>
<td>Final Exam</td>
<td></td>
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</tbody>
</table>

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.

Course Outline: The course outline indicates due dates for assignments and tests. It is located on the Canvas home page.

Departmental Grading Scale:

- **A** = 95-100 %
- **A-** = 90-94
- **B+** = 87-89
- **B** = 83-86
- **B-** = 80-82%
- **C+** = 77-79
- **C** = 74-76
- **C-** = 70-73
- **D+** = 67-69%
- **D** = 64-66
- **D-** = 60-63
- **F** = below 59
Information on semester dates, final exam dates, available resources, college policies and Dmail is listed below. For this and other information, click the following link:

http://www.dixie.edu/reg/syllabus/

Final Exam Schedule

### Fall 2014 Final Exam Schedule

#### Daytime Classes

<table>
<thead>
<tr>
<th>Class Type</th>
<th>Class Time</th>
<th>Exam Day</th>
<th>Exam Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily, MWF, MTWF, MWRF, MW, etc.</td>
<td>7:00 a.m.</td>
<td>Mon, Dec 15</td>
<td>7:00 a.m.- 9:00 a.m.</td>
</tr>
<tr>
<td></td>
<td>8:00 a.m.</td>
<td>Wed, Dec 17</td>
<td>8:30 -10:30 a.m.</td>
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<tr>
<td></td>
<td>9:00 a.m.</td>
<td>Fri, Dec 19</td>
<td>9:30 -11:30 a.m.</td>
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<tr>
<td></td>
<td>10:00 a.m.</td>
<td>Mon, Dec 15</td>
<td>10:30 a.m. -12:30 a.m.</td>
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<tr>
<td></td>
<td>11:00 a.m.</td>
<td>Wed, Dec 17</td>
<td>11:00 a.m. - 1:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>12:00 p.m.</td>
<td>Fri, Dec 19</td>
<td>12:00 p.m. - 2:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>1:00 p.m.</td>
<td>Mon, Dec 15</td>
<td>1:00 p.m. - 3:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>2:00 p.m.</td>
<td>Wed, Dec 17</td>
<td>1:30 p.m. - 3:30 p.m.</td>
</tr>
<tr>
<td></td>
<td>3:00 p.m.</td>
<td>Fri, Dec 19</td>
<td>2:30 p.m. - 4:30 p.m.</td>
</tr>
<tr>
<td></td>
<td>4:00 p.m.</td>
<td>Mon, Dec 15</td>
<td>3:30 p.m. - 5:30 p.m.</td>
</tr>
<tr>
<td>Tue/Thur</td>
<td>7:30/8:00 a.m.</td>
<td>Tue, Dec 16</td>
<td>8:00 a.m. - 10:00 a.m.</td>
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<tr>
<td></td>
<td>9:00 a.m.</td>
<td>Thu, Dec 18</td>
<td>9:30 a.m. - 11:30 a.m.</td>
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<td></td>
<td>10:30 a.m.</td>
<td>Tue, Dec 16</td>
<td>10:30 a.m. - 12:30 p.m.</td>
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#### Once a Week or Evening Classes

Classes which meet once a week and/or in the evening (5:00 p.m. or later) hold Final Exams during the regularly scheduled class time during the Final Exam week.

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**Important Semester Dates to remember**

- Aug 25  Classwork Starts
- Aug 28  Last Day for Waitlist
- Aug 29  Last Day to Add Without Signature
- Sep 1   Labor Day
- Sep 4   Drop/Audit Fee Begins ($10 per class)
- Sep 4   Residency Application Deadline
- Sep 9   $50 Late Registration/Payment Fee
- Sep 15  Pell Grant Census
Sep 15    Last Day for Refund
Sep 15    Last Day to drop without receiving a "W" grade
Sep 17    Courses dropped for non-payment
Sep 19    Last Day to Add/Audit
Oct 1     Fall 2014 Associate's degree Graduation Application Deadline
Oct 15    Mid-Term Grades Due
Oct 16-17 Semester Break
Oct 20    Last Day to Drop Individual Class
Oct 27    Spring and Summer 2015 class schedules available online
Nov 3     Spring 2015 Bachelor's degree Graduation Application Deadline
Nov 11    Career Day
Nov 14    Last Day for Complete Withdrawal
Nov 17    Spring Registration open to Seniors (90+ credits)
Nov 18    Spring Registration open to Juniors (60+ credits)
Nov 19    Spring Registration open to Sophomores (30+ credits)
Nov 20    Spring Registration Open to All Students
Nov 26-28 Thanksgiving Break
Dec 12    Classwork Ends
Dec 15-19 Final Exams

Important Links

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: Blackboard Vista, 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.
- **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."

See our **Campus Map** for the location of these and other resources.

Policies and Statements
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.

- Academic dishonesty / Academic integrity policy
- Reference to "Policy for Absences Related to College Functions"
- Disruptive behavior policy / classroom expectations
- 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.