Family and Consumer Sciences Department

Scientific Foundations of Nutrition:  NFS:  1020

CRN:  41977, 41979, 41980, 41981
Meeting Days and Time:  MWF 10-10:50 am, 11-11:50 am, 1-1:50 pm, 2-2:50 pm
Semester/Year:  Fall 2014
Credit Hours:  3.0 credit hours
Location:  NIB #133
Instructor:  Demaree Johnson
DSU Email Address:  johnsond@dixie.edu
Office Phone:  432-652-7856
Office Hours:  MWF: 9:30 am -10 am, 3:00pm - 3:30pm
Office Location:  NIB #111
Prerequisites:  None

Course Description from Catalog
The study of basic human nutrition as related to individual dietary requirements, and an overview of various trends and controversies concerning diet, fitness and health.

General Education Status
The course qualifies as a Life Science GE class.

Required Textbook
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.
Learning Outcomes

Life Science GE Learning Outcomes

Students successfully completing this course will be able to:

- Explain the major concepts of a view of life, the cell and the genetic basis of life.
- Demonstrate knowledge of the process of science including asking testable questions, using inductive and deductive reasoning in forming hypotheses and in making reliable predictions.
- Define the objective of science and research including distinguishing among the natural sciences, liberal arts and social and behavioral sciences, and pseudo-science.
- Compute ratios, proportions, percentages, decimals, fractions, frequencies and elementary probabilities.
- Describe scientific ideas through oral and written assignments, critiques, questions and/or discussion.
- Critique the content of scientific articles regarding nutrition-related studies.
- Explain experimental designs using the scientific theory.
- 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.
- Identify essential nutrients, their functions and how they relate to the anatomy, physiology, and chemistry of the human body.
- Complete a dietary analysis on their own eating habits and analyze it for nutrient content and adequacy based on concepts taught during the course.

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, 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
Course Learning 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.

Course Assignments and Assessments

The assignments in this course are in 5 groups:

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 by the third week of class.**

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.

SLR Assignments

This a group of assignment dealing with learning how to be a Self-Regulated Learner. Self-regulated learning is the skill set and practice of strategically planning, monitoring, controlling, and evaluating ones’ own learning. These assignment are designed to help you learn how to learn the material in this class and any other classes you are taking. There will be three assignments that will help you reflect on your learning and how you can improve on it. All of these assignments will take minimal time, but should help you improve your learning abilities. All assignments will be worth 10-20 points.

In Class Assignments

These are small group activities, quizzes or worksheets that the instructor gives in class. They are worth 5 points each and one will be dropped. 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.

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!!**

**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.

**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.

**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:

<table>
<thead>
<tr>
<th>Component</th>
<th>Points Each</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Tests</td>
<td>50-75 points each</td>
<td>300</td>
</tr>
<tr>
<td>LearnSmart</td>
<td>10 points each</td>
<td>100</td>
</tr>
<tr>
<td>SRL Assignments</td>
<td>10-20 points each</td>
<td>40</td>
</tr>
<tr>
<td>Dietary Analysis Part 1</td>
<td></td>
<td>25</td>
</tr>
<tr>
<td>Dietary Analysis Part 2</td>
<td></td>
<td>50</td>
</tr>
<tr>
<td>In Class Assignments/Quizzes</td>
<td>up to 75</td>
<td></td>
</tr>
<tr>
<td>Final Exam</td>
<td></td>
<td>150</td>
</tr>
</tbody>
</table>

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.

Course Outline
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.

Departmental Grading Scale

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>95%-100%</td>
</tr>
<tr>
<td>A-</td>
<td>91%-94%</td>
</tr>
<tr>
<td>B+</td>
<td>88-90%</td>
</tr>
<tr>
<td>B</td>
<td>84-87%</td>
</tr>
<tr>
<td>B-</td>
<td>81-83%</td>
</tr>
<tr>
<td>C+</td>
<td>78-80%</td>
</tr>
<tr>
<td>C</td>
<td>74-77%</td>
</tr>
<tr>
<td>C-</td>
<td>71-73%</td>
</tr>
<tr>
<td>D+</td>
<td>68-70%</td>
</tr>
<tr>
<td>D</td>
<td>64-67%</td>
</tr>
<tr>
<td>D-</td>
<td>61-63%</td>
</tr>
</tbody>
</table>

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:
Fall 2014 Final Exam Schedule

<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>
</tr>
<tr>
<td></td>
<td>9:00 a.m.</td>
<td>Fri, Dec 19</td>
<td>9:30 - 11:30 a.m.</td>
</tr>
<tr>
<td></td>
<td>10:00 a.m.</td>
<td>Mon, Dec 15</td>
<td>10:30 a.m. - 12:30 a.m.</td>
</tr>
<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>
</tr>
<tr>
<td></td>
<td>9:00 a.m.</td>
<td>Thu, Dec 18</td>
<td>9:30 a.m. - 11:30 a.m.</td>
</tr>
<tr>
<td></td>
<td>10:30 a.m.</td>
<td>Tue, Dec 16</td>
<td>10:30 a.m. - 12:30 a.m.</td>
</tr>
<tr>
<td></td>
<td>12:00 p.m.</td>
<td>Thu, Dec 18</td>
<td>12:00 p.m. - 2:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>1:00 p.m.</td>
<td>Tue, Dec 16</td>
<td>1:00 p.m. - 3:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>2:30 p.m.</td>
<td>Thu, Dec 18</td>
<td>2:30 p.m. - 4:30 p.m.</td>
</tr>
<tr>
<td></td>
<td>4:00 p.m.</td>
<td>Tue, Dec 16</td>
<td>3:30 p.m. - 5:30 p.m.</td>
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</table>

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.

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
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 20</td>
<td>Last Day to Drop Individual Class</td>
</tr>
<tr>
<td>Oct 27</td>
<td>Spring and Summer 2015 class schedules available online</td>
</tr>
<tr>
<td>Nov 3</td>
<td>Spring 2015 Bachelor's degree Graduation Application Deadline</td>
</tr>
<tr>
<td>Nov 11</td>
<td>Career Day</td>
</tr>
<tr>
<td>Nov 14</td>
<td>Last Day for Complete Withdrawal</td>
</tr>
<tr>
<td>Nov 17</td>
<td>Spring Registration open to Seniors (90+ credits)</td>
</tr>
<tr>
<td>Nov 18</td>
<td>Spring Registration open to Juniors (60+ credits)</td>
</tr>
<tr>
<td>Nov 19</td>
<td>Spring Registration open to Sophomores (30+ credits)</td>
</tr>
<tr>
<td>Nov 20</td>
<td>Spring Registration Open to All Students</td>
</tr>
<tr>
<td>Nov 26-28</td>
<td>Thanksgiving Break</td>
</tr>
<tr>
<td>Dec 12</td>
<td>Classwork Ends</td>
</tr>
<tr>
<td>Dec 15-19</td>
<td>Final Exams</td>
</tr>
</tbody>
</table>

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