## COURSE INFORMATION

<table>
<thead>
<tr>
<th>Course Number:</th>
<th>NFS 1020</th>
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<tbody>
<tr>
<td>Course Name:</td>
<td>Scientific Foundations of Nutrition</td>
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<tr>
<td>Credit Hours:</td>
<td>3</td>
</tr>
<tr>
<td>Prerequisites:</td>
<td>None</td>
</tr>
<tr>
<td>Dates:</td>
<td>January 9, 2012 – May 3, 2012</td>
</tr>
<tr>
<td>Times:</td>
<td>MWF 10-10:50 am, 11-11:50 am, 1-1:50 pm, 2-2:50 pm</td>
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<tr>
<td>Location:</td>
<td>Education and Family Studies Building, #115</td>
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<td></td>
<td>Sizer and Whitney, Thomson, 2010</td>
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<tr>
<td>Diet Analysis+</td>
<td>Available at the Bookstore or online</td>
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## INSTRUCTOR

<table>
<thead>
<tr>
<th>Name:</th>
<th>Demaree L. Johnson</th>
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<tbody>
<tr>
<td>Phone:</td>
<td>435-652-7856</td>
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<tr>
<td>Email:</td>
<td><a href="mailto:johnson@ed.dixie.edu">johnson@ed.dixie.edu</a></td>
</tr>
<tr>
<td>Office:</td>
<td>EdFam Building, #125</td>
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<tr>
<td>Office Hours:</td>
<td>MWF: 9:30 am - 10 am, 3:00pm - 3:30pm</td>
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For information on semester dates, final exam dates, available resources, college policies and Dmail, click the following link:

http://www.dixie.edu/reg/syllabus/
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 in the North Plaza Building. The disability will be evaluated and eligible students will receive assistance in obtaining reasonable accommodations. Phone # 435-652-7516

COURSE DESCRIPTION

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.

COURSE OBJECTIVES

FCS Department Objectives

1. Study currently accepted theory within the discipline
2. Expand understanding of theory using applications and exercises that personalize the depth of knowledge and understanding.
3. Complete assignments demonstrating professional practices specific to the discipline:
   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
   a. Gather information
   b. Compare and contrast sources and quality of information
   c. Evaluate information for reliability and validity
   d. Create resolutions/proposals to solve questions or problems within the discipline
6. Achieve a passing grade on the comprehensive final exam for the course

Students successfully completing this course will be able to:

1. Explain and apply 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. Explain the objective of science and research including distinguishing among the natural sciences, liberal arts and social and behavioral sciences, and pseudo-science.
4. Students will compute ratios, proportions, percentages, decimals, fractions, frequencies and elementary probabilities.
5. Communicate scientific ideas through oral and written assignments, critiques, questions and/or discussion.
6. Critique the content of scientific articles regarding nutrition-related studies.
7. Explain experimental designs using the scientific theory.
8. 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.
9. Identify essential nutrients, their functions and how they relate to the anatomy, physiology, and chemistry of the human body.
10. Complete a dietary analysis on their own eating habits and analyze it for nutrient content and adequacy based on concepts taught during the course.
11. Analyze current diet and nutritional trends and the effects these have toward good health.
12. Demonstrate the ability to apply nutritional guidelines for a balanced and healthy diet by designing a 3-day menu, using the food guide pyramid, using food labels as a tool to make more nutritionally sound choices, and analyzing current nutritional trends and research.
13. Address 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.

CLASS POLICIES

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!
ASSIGNMENTS

1. Assignments are due at 4 pm the day the assignment is noted on the outline. Put assignments in the basket labeled JOHNSON in room 115 during class. After class, assignments should be turned into the instructor’s office (EFS #125)

2. Assignments are to be done on standard size paper, typed, and double spaced. If applicable, use the worksheets in the supplement.

3. Spelling and grammar are graded in all assignments

4. No assignments will be accepted more than a week late

5. Twenty percent of the grade will be deducted for the first day late and ten percent each day after that.

You may email your assignments to your instructor, however you are responsible for making sure they arrive 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.

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!!
GRADES

Grades will be based on the following:

- 6 Tests: About 50 pts ea. = 300 points
- Assignments: About 10 pts. ea. = 70 points
- Dietary Analysis Part 1 = 25 points
- Dietary Analysis Part 2 = 50 points
- In Class Assignments/Quizzes = variable points
- Final Exam = 100 points

Grades will be posted on Blackboard and a cumulative grade sheet will be posted after every test. 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.

The final grade will be calculated upon the following percentages:

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

Remember—I don’t give grades, you earn them!