COURSE INFORMATION

Course Number: NFS 1020
Course Name: Scientific Foundations of Nutrition
Credit Hours: 3
Prerequisites: None

Times: TU-TR 9:00-10:15, 10:30-11:45, 1:00-2:15
Location: Education and Family Studies Building, #115

      Sizer and Whitney, Thomson, 2010
      Dietary Analysis Plus, 10.0

INSTRUCTOR

Name: Beverly Knox, R.D., C.D.
Phone: 435-879-4247
Email: knox@dixie.edu
Office: EdFam Building, #116
Office Hours: Immediately following class or by appointment
STUDENT SUPPORT SERVICES

Drop in tutoring is a service provided all registered Dixie State College students and is available for all subjects. Students can take advantage by accessing: http://dsc.edu/tutoring/index.htm

The Writing Center in the Browning Learning Center, Room 105
Online Writing Lab at http://dsc.dixie.edu/owl/

Help from a librarian:
http://library.dixie.edu/ or visit the Val A. Browning Library in person during regular hours.

The Testing Center’s hours of operation are posted online at
http://dsc.dixie.edu/testingcenter/officehours.htm

Proper documentation of a disability is required in order to receive services or accommodations. Any student eligible for and requesting reasonable academic accommodations due to a disability must provide a letter of accommodation to their professor from the Disability Resource Center within the first two weeks of the beginning of classes. Please contact the Center on the main campus to follow through with the documentation process. We are located in the Student Services Center Room #201, or you may call for an appointment and further information regarding the Americans with Disabilities Act (ADA) at 652-7516.

Dmail:
Important class and college information will be sent to your Dmail email account. This information includes your DSC bill, financial aid/scholarship notices, notification of dropped classes, reminders of important dates and events, and other information critical to your success in this class and at DSC. All DSC students are automatically assigned a Dmail email account. If you don’t know your name and password, go to www.dixie.edu and select “Dmail” for complete instructions. You will be held responsible for information sent to your Dmail email, so please check it often.

IMPORTANT DATES TO REMEMBER

Sep 17, 2010 Last day to ADD classes
Oct. 18, 2010 Last day to DROP or AUDIT classes, Midterms posted
Nov. 12, 2010 Last day for Complete Withdrawal

Please note, if you must withdraw from this class, for any reason, it is your responsibility to do this officially by completing the paperwork at the registrar’s office. This must be done before the drop deadline for complete withdrawal. If you fail to do this, you will still receive a grade in this class, regardless of whether you attend or not.
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

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!

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 in class the day the assignment is noted on the outline. Put assignments in the basket labeled Knox in room 115 during class. After class, assignments should be turned into the instructor’s box (EFS office)
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.

Vista Blackboard contains more information on specific assignments, please follow the directions!

TESTS

Six tests plus a final exam 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. You will need a pencil and scantron for each test. 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 exam time. Late tests are only given at the discretion of the instructor and a ten percent deduction may apply.

**GRADES**

Grades will be based on the following:

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

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

Grades will be posted after every test. However, you are responsible for keeping track of your own grade and making sure that it is correct.

**REMEMBER—I DON'T GIVE GRADES, YOU EARN THEM!**