COURSE INFORMATION

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

Dates: August 20, 2012 – December 14, 2012
Times: MWF 10-10:50 am, 11-11:50 am, 1-1:50 pm, 2-2:50 pm
Location: Education and Family Studies Building, #115

Text: Contemporary Nutrition; A Functional Approach, 3rd Edition
     Wardlaw, Smith and Collene, 2013
Also Required: McGraw-Hill Connect and NutritionCalc Plus
Available at the Bookstore or online

INSTRUCTOR

Name: Demaree L. Johnson
Phone: 435-652-7856
Email: johnson@mac.dixie.edu
Office: EdFam Building, #125
Office Hours: MWF: 9:30 am -10 am, 3:00pm - 3:30pm
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.

**STUDENT LEARNING OUTCOMES**

**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

**Course Learning Outcomes**

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.

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. 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.

**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. LearnSmart modules are due on 11:59 pm on the date listed on your class outline. These will not be accepted late. Dietary Analysis 1 and 2 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. 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.

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

Seven 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:

- **7 Tests**  
  50 pts each  
  350 points
- **Assignments**  
  10 pts. each  
  100 points
- **Dietary Analysis**  
  Part 1  
  25 points
- **Dietary Analysis**  
  Part 2  
  50 points
- **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.

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!**