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 2015
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 before 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 15 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.

Class Policies

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</td>
<td>300-450</td>
</tr>
<tr>
<td>LearnSmart</td>
<td>15</td>
<td>150</td>
</tr>
<tr>
<td>SRL Assignments</td>
<td>10-20</td>
<td>40</td>
</tr>
<tr>
<td>Dietary Analysis Part 1</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Dietary Analysis Part 2</td>
<td>50</td>
<td></td>
</tr>
<tr>
<td>In Class Assignments/Quizzes</td>
<td>up to 75</td>
<td></td>
</tr>
<tr>
<td>Final Exam</td>
<td>125</td>
<td></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.

**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>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>

**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.

**Title XI Statement**
DSU seeks to provide an environment that is free of bias, discrimination, and harassment. If you have been the victim of sexual harassment/misconduct/assault we encourage you to report this to the college's Title IX Director, Cindy Cole, (435) 652-7731, cindy.cole@dixie.edu. If you report to a faculty member, she or he must notify the Title IX Director about the basic facts of the incident.
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 Exams Schedule

Fall 2015 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 14</td>
<td>7:00 a.m.- 9:00 a.m.</td>
</tr>
<tr>
<td></td>
<td>8:00 a.m.</td>
<td>Wed, Dec 16</td>
<td>8:30 - 10:30 a.m.</td>
</tr>
<tr>
<td></td>
<td>9:00 a.m.</td>
<td>Fri, Dec 18</td>
<td>9:30-11:30 a.m.</td>
</tr>
<tr>
<td></td>
<td>10:00 a.m.</td>
<td>Mon, Dec 14</td>
<td>10:30 a.m.- 12:30 a.m.</td>
</tr>
<tr>
<td></td>
<td>11:00 a.m.</td>
<td>Wed, Dec 16</td>
<td>11:00 a.m.- 1:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>12:00 p.m.</td>
<td>Fri, Dec 18</td>
<td>12:00 p.m.- 2:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>1:00 p.m.</td>
<td>Mon, Dec 14</td>
<td>1:00 p.m.- 3:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>2:00 p.m.</td>
<td>Wed, Dec 16</td>
<td>3:00 p.m.- 5:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>3:00 p.m.</td>
<td>Fri, Dec 18</td>
<td>2:30 p.m.- 4:30 p.m.</td>
</tr>
<tr>
<td></td>
<td>4:00 p.m.</td>
<td>Mon, Dec 14</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 15</td>
<td>8:00 a.m.- 10:00 a.m.</td>
</tr>
<tr>
<td></td>
<td>9:00 a.m.</td>
<td>Thu, Dec 17</td>
<td>9:30 a.m.- 11:30 a.m.</td>
</tr>
<tr>
<td></td>
<td>10:30 a.m.</td>
<td>Tue, Dec 15</td>
<td>10:30 a.m.- 12:30 p.m.</td>
</tr>
<tr>
<td></td>
<td>12:00 p.m.</td>
<td>Thu, Dec 17</td>
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</tr>
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<td></td>
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<td>Tue, Dec 15</td>
<td>1:00 p.m.- 3:00 p.m.</td>
</tr>
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<td></td>
<td>2:30 p.m.</td>
<td>Thu, Dec 17</td>
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</tr>
<tr>
<td></td>
<td>4:00 p.m.</td>
<td>Tue, Dec 15</td>
<td>3:30 p.m.- 5:30 p.m.</td>
</tr>
</tbody>
</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 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 the [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.

**Semester Schedule**

**2015 Fall Semester**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apr 13</td>
<td>Fall Registration open to Seniors (90+ credits)</td>
</tr>
<tr>
<td>Apr 14</td>
<td>Fall Registration open to Juniors (60+ credits)</td>
</tr>
<tr>
<td>Apr 15</td>
<td>Fall Registration open to Sophomores (30+ credits)</td>
</tr>
<tr>
<td>Apr 16</td>
<td>Fall Registration open to all students</td>
</tr>
<tr>
<td>Jul 15</td>
<td>Fall 2015 Application Deadline For International Students</td>
</tr>
<tr>
<td>Aug 17</td>
<td>Courses dropped for non-payment</td>
</tr>
<tr>
<td>Aug 17</td>
<td>Tuition &amp; Fees Due</td>
</tr>
<tr>
<td>Aug 24</td>
<td>Classwork Starts</td>
</tr>
<tr>
<td>Aug 27</td>
<td>Last Day for Waitlist</td>
</tr>
<tr>
<td>Aug 28</td>
<td>Last Day to Add Without Signature</td>
</tr>
<tr>
<td>Sep 1</td>
<td>$50 Late Registration/Payment Fee</td>
</tr>
</tbody>
</table>
Sep 2  Drop/Audit Fee Begins ($10 per class)
Sep 2  Residency Application Deadline
Sep 4  End of 100% Refund Period
Sep 7  Labor Day
Sep 8  Start 50% Refund Period
Sep 14  Pell Grant Census
Sep 14  Last Day for Refund
Sep 14  Last Day to drop without receiving a "W" grade
Sep 18  Last Day to Add/Audit
Oct 1  Associate's degree Graduation Application Deadline - Fall 2015
Oct 14  Mid-Term Grades Due
Oct 15-16  Fall Break
Oct 19  Last Day to Drop Individual Class
Oct 26  Spring and Summer 2016 class schedules available online
Nov 2  Bachelor's degree Graduation Application Deadline - Spring 2016
Nov 13  Last Day for Complete Withdrawal
Nov 16  Spring Registration open to Seniors (90+ credits)
Nov 17  Spring Registration open to Juniors (60+ credits)
Nov 18  Spring Registration open to Sophomores (30+ credits)
Nov 19  Spring Registration Open to All Students
Nov 25-27  Thanksgiving Break
Dec 11  Classwork Ends
Dec 14-18  Final Exams