COURSE INFORMATION

Course Number: NFS 1020
Course Name: Scientific Foundations of Nutrition/ONLINE
Credit Hours: 3
Prerequisites: None
Dates: August 20, 2012 – December 14, 2012
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: Linda M. Wright
Phone: 435-652-7866
Email: lwright@dixie.edu
Office: EDFAM Building, #131
Office Hours: MTWR: 11:00 a.m.–12:00 p.m. or by appointment
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
6. Achieve a passing grade on the comprehensive final exam for the course

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

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 as noted on the outline and should be submitted through Canvas.
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.

**TESTS**

Seven tests will be given throughout the semester. You will be held accountable for content covered in the reading and powerpoints. Tests may include multiple choice and true and false 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!!*

If you are living outside of the St. George area and are unable to take the tests at the DSC testing center, you will need to find a proctor to administer the tests. Please contact the DSC testing center to locate a proctor.
GRADES

Grades will be based on the following:

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
<th>Score</th>
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<tbody>
<tr>
<td>7 Tests</td>
<td>50 pts each</td>
<td>350</td>
</tr>
<tr>
<td>Modules</td>
<td>10 pts each</td>
<td>100</td>
</tr>
<tr>
<td>Dietary Analysis Part 1</td>
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<td>25</td>
</tr>
<tr>
<td>Dietary Analysis Part 2</td>
<td></td>
<td>50</td>
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<tr>
<td>Discussions on Canvas</td>
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<td>up to 75</td>
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<tr>
<td>Final Exam</td>
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<td>150</td>
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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:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A</td>
<td>95-100%</td>
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<tr>
<td>A-</td>
<td>91-94%</td>
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<tr>
<td>B</td>
<td>88-90%</td>
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<td>B-</td>
<td>84-87%</td>
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<tr>
<td>C</td>
<td>78-80%</td>
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<tr>
<td>C-</td>
<td>74-77%</td>
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<tr>
<td>D</td>
<td>68-70%</td>
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<tr>
<td>D-</td>
<td>64-67%</td>
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<tr>
<td>F</td>
<td>Below 60%</td>
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Remember—I don’t give grades, you earn them!