COURSE INFORMATION

Course Number: NFS 1020
Course Name: Scientific Foundations of Nutrition
Credit Hours: 3
Prerequisites: None
Dates: Jan 9, 2012 – May 3, 2012
      Sizer and Whitney, Wadsworth, 2011
Supplement: Required, found on Blackboard

INSTRUCTOR

Name: Linda M. Wright, M.Ed.
Phone: 435-652-7866
Email: lwright@dixie.edu or blackboard email
Office: EdFam Building, #131
Office Hours: Mondays and Wednesdays: 10:00 a.m. – 11:30 a.m.
              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

Americans with Disabilities Act (ADA) Statement:

Students with medical, psychological, learning or other disabilities desiring reasonable academic adjustment, accommodations, or auxiliary aids to be successful in this class will need to contact the DISABILITY RESOURCE CENTER Coordinator ( Baako Wahabu) for eligibility determination. Proper documentation of impairment is required in order to receive services or accommodations. Visit or call 652-7516 to schedule appointment to discuss the process. DRC Coordinator determines eligibility for and authorizes the provision of services.

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

Important dates can be found at: http://new.dixie.edu/reg/?page=spring2012
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. 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

Watch for class announcements on blackboard to indicate any modifications to the class outline.

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. Turn in all assignments through blackboard assignment dropbox on or before the due date listed on the class outline.
2. **No assignments will be accepted more than a week late**
3. **Twenty percent** of the grade will be deducted for the first day late and ten percent each day after that.

The student supplement contains more information on specific assignments, please follow the directions!

TESTS

Six tests will be given throughout the semester. You will be held accountable for content covered in the reading and power point presentations. Tests may include multiple choice, true and false, short answer and essay type questions. The tests will be taken online at the DSC testing center. 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.**

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. Other university testing centers or community libraries may be options. You will need to let the instructor know so that arrangements can be make to secure the password needed to take the tests.

GRADES

Grades will be based on the following:
6 Tests  
Assignments  
Dietary Analysis  
Dietary Analysis  
Discussions on blackboard  
Final Exam  

<table>
<thead>
<tr>
<th>6 Tests</th>
<th>About 50 pts ea.</th>
<th>300</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assignments</td>
<td>About 10 pts. ea.</td>
<td>70</td>
</tr>
<tr>
<td>Dietary Analysis</td>
<td>Part 1</td>
<td>25</td>
</tr>
<tr>
<td>Dietary Analysis</td>
<td>Part 2</td>
<td>50</td>
</tr>
<tr>
<td>Discussions on blackboard</td>
<td>variable</td>
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<tr>
<td>Final Exam</td>
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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 on blackboard. However, you are responsible for keeping track of your own grade and making sure that it is correct. Please contact me if you have any questions.

**NFS 1020: SCIENTIFIC FOUNDATIONS OF NUTRITION/ONLINE**

**LINDA M. WRIGHT, M.Ed.**

**EFS Building # 131**

lwright@dixie.edu

<table>
<thead>
<tr>
<th>Week</th>
<th>Chapter</th>
<th>Assignments/Tests</th>
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| Week 1 | Chap 1: Food Choices & Human Health | Analyze Nutrition News  
**DUE:** Jan 12  
Discussion: Introductions Due: Jan 13 |
| Week 2 | Chap 2: Nutrition Tools - Standards and Guidelines | Food Label Quiz  
**DUE:** Jan 19  
Discussion: My Plate Due Jan 20th |
<table>
<thead>
<tr>
<th>Week 3</th>
<th>Jan 23-27</th>
<th>Chap. 3: The Remarkable Body</th>
<th>Test #1: Chapters 1, 2, &amp; 3 Jan 26-30</th>
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<tbody>
<tr>
<td>Week 4</td>
<td>Jan 30 – Feb 3</td>
<td>Chap 4: The Carbohydrates: Sugar Starch, Glycogen, and Fiber</td>
<td>Dietary Analysis Part 1 DUE: Feb 2 Discussion/Carbs Due Feb 2</td>
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<tr>
<td>Week 5</td>
<td>Feb 6-10</td>
<td>Chap 5: The Lipids: Fats, Oil, Phospholipids, and Sterols</td>
<td>Portion Distortion DUE: Feb 9 Test #2: Chapters 4 &amp; 5: Feb 9-13</td>
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<tr>
<td>Week 6</td>
<td>Feb 13-17</td>
<td>Chap 6: The Proteins and Amino Acids</td>
<td>Discussion/Protein DUE: Feb 16</td>
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<tr>
<td>Week 8</td>
<td>Feb 27 – March 2</td>
<td>Chap 8: Water and Minerals</td>
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<tr>
<td>Week 9</td>
<td>March 5-9</td>
<td>Chap 9: Energy Balance and Healthy Body Weight</td>
<td>Control the Calories DUE: March 8</td>
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<tr>
<td>Week 10</td>
<td>March 12-16</td>
<td><strong>Spring Break</strong></td>
<td><strong>Spring Break</strong></td>
</tr>
<tr>
<td>Week 11</td>
<td>March 19-23</td>
<td>Chap 9: Controversy – Eating Disorders</td>
<td>Test #4: Chapters 8 &amp; 9 March 22-26</td>
</tr>
<tr>
<td>Week 12</td>
<td>March 26-30</td>
<td>Chap 10: Nutrients, Physical Activity and Body’s Responses</td>
<td>Dietary Analysis Part 2 DUE: March 29</td>
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<tr>
<td>Week 13</td>
<td>April 2-6</td>
<td>Chap 11: Diet and Health</td>
<td>What is Your Cancer Risk? DUE: April 5</td>
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| Week 14 | Chap 12: Food Safety and Food Technology | Favorite Food Product **DUE: April 12**  
Test #5: Chapters 10, 11, & 12  
April 12-16 |
| Week 15 | Chap 13: Life Cycle Nutrition: Mother and Infant  
Chap 14: Child, Teen, and Older Adult | **Vending Machine DUE: April 19**  
Test #6: Chapters 13 & 14: April 19-23 |
| Week 16 | Chap 15: Hunger and the Global Environment | **Review for Final Exam** |

**FINAL IN THE TESTING CENTER:**