DIXIE STATE COLLEGE OF FAMILY AND CONSUMER SCIENCE
Syllabus Fall 2011

COURSE INFORMATION

Course Number: NFS 1020
Course Name: Scientific Foundations of Nutrition
Credit Hours: 3
Prerequisites: None
Dates: August 22, 2011-December 16, 2011
Times: Online (blackboard)
Location: Online (blackboard)

      Sizer and Whitney, Thomson, 2011

Supplement: Online (blackboard)

INSTRUCTOR

Name: David W. Hall, R.D., C.D., M.B.A.
Phone: 435-879-4247 or 208-244-1715
Email: Blackboard
Office: Online
Office Hours: Online
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://www.dixie.edu/testing/

Our new site will be on the first floor of the Career Ctr & Financial Aid Building, No. 15 on our map. (It is where the radio station use to be)

TESTING CENTER HOURS
Please see testing website for times and closers.

http://www.dixie.edu/testing/

Disabilities

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 account, so please check it often.

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**Semester Schedule**

**2011 Fall Semester**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apr 11</td>
<td>Registration open to Seniors (90+ credits)</td>
</tr>
<tr>
<td>Apr 12</td>
<td>Registration open to Juniors (60+ credits)</td>
</tr>
<tr>
<td>Apr 13</td>
<td>Registration open to Sophomores (30+ credits)</td>
</tr>
<tr>
<td>Apr 14</td>
<td>Open Registration</td>
</tr>
<tr>
<td>Aug 22</td>
<td>Classwork Starts</td>
</tr>
<tr>
<td>Aug 24</td>
<td>Last Day to Add Without Signature</td>
</tr>
<tr>
<td>Aug 29</td>
<td>Drop/Audit Fee Begins ($10 per class)</td>
</tr>
<tr>
<td>Sep 5</td>
<td>Labor Day</td>
</tr>
<tr>
<td>Sep 6</td>
<td>$50 Late Registration/Payment Fee</td>
</tr>
<tr>
<td>Sep 12</td>
<td>Pell Grant Census</td>
</tr>
<tr>
<td>Sep 12</td>
<td>Last Day for Refund</td>
</tr>
<tr>
<td>Sep 12</td>
<td>Last Day to drop without receiving a &quot;W&quot; grade</td>
</tr>
<tr>
<td>Sep 13</td>
<td>Courses dropped for non-payment</td>
</tr>
<tr>
<td>Sep 16</td>
<td>Last Day to ADD Classes</td>
</tr>
<tr>
<td>Sep 30</td>
<td>Graduation Application Deadline</td>
</tr>
<tr>
<td>Oct 12</td>
<td>Mid-Term Grades Due</td>
</tr>
</tbody>
</table>
Oct 13-14 Semester Break

Oct 17     Last Day to DROP/AUDIT Classes

Nov 11     Last Day for Complete Withdrawal

Nov 14     Spring Registration open to Seniors (90+ credits)

Nov 15     Career Day

Nov 15     Spring Registration open to Juniors (60+ credits)

Nov 16     Spring Registration open to Sophomores (30+ credits)

Nov 17     Spring Registration Open to All Students

Nov 23-25 Thanksgiving Break

Dec 9      Classwork Ends

Dec 12-16 Final Exams
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.

FCS Department Objectives:

Students taking FCS courses will:

- Study currently accepted theory within the discipline
- Expand understanding of theory using applications and exercises that personalize the depth of knowledge and understanding.
- Complete assignments demonstrating professional practices specific to the discipline.
  1. Dietary Analysis with assessment and evaluation
- Analyze course concepts against previously held schema prior to experience in the course
- Show, in writing, the ability to think critically
  2. Gather information
  3. Compare and contrast sources and quality of information
  4. Evaluate information for reliability and validity
  5. Create resolutions/proposals to solve questions or problems within the discipline
- Achieve a passing grade on the comprehensive final exam for the course
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

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 the day the assignment is noted on the outline. Please place your assignments online the week they are due.

2. Assignments are to be done on standard size paper, typed, and double spaced. If applicable, use the worksheets in the supplement. Points will be taken off if not done correctly.

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.

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

TESTS

Five tests will be given throughout the semester. You will be held accountable for content covered in the reading, class discussions, and lectures. Tests include multiple choice and true and false type questions. All of the tests will be in the testing center on dates outlined. The final exam will be comprehensive and will be available in the testing center. I am going to allow 1 page of notes front and back for each test, which will not be allowed outside the testing center.

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:

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 Tests</td>
<td>50 pts ea.</td>
<td>250</td>
</tr>
<tr>
<td>Assignments</td>
<td>10 pts. ea.</td>
<td>80</td>
</tr>
<tr>
<td>Dietary Analysis Part 1</td>
<td>Part 1</td>
<td>25</td>
</tr>
<tr>
<td>Dietary Analysis Part 2</td>
<td>Part 2</td>
<td>50</td>
</tr>
<tr>
<td>Discussions/quizzes/participation</td>
<td>Participation</td>
<td>25</td>
</tr>
<tr>
<td>Final Exam</td>
<td></td>
<td>100</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>530</td>
</tr>
</tbody>
</table>

**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:**

<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>B-</td>
<td>81-83%</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>60-63%</td>
</tr>
<tr>
<td>F</td>
<td>Below 60%</td>
</tr>
</tbody>
</table>

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. Note that outline and syllabus are tentative schedules and that I reserve the right to make changes as needed.