COURSE INFORMATION

Course Number:  NFS 1020  
Course Name:  Scientific Foundations of Nutrition  
Credit Hours:  3  
Prerequisites:  None  
Dates:  August 22\textsuperscript{nd} – December 16\textsuperscript{th}  
Times:  Thursdays 5:15-7:45  
Location:  Education and Family Studies Building, #115  
Text:  Nutrition: Concepts and Controversies, 12\textsuperscript{th} Edition  
Sizer and Whitney, Thomson, 2010  
AND  
Diet Analysis+ 9.0 Available at the Bookstore or online  

INSTRUCTOR

Name:  Jaylene Mortensen RD, CDE  
Phone:  435-879-4247 (This is the dept. secretary. She will forward messages to me since I do not have an office on campus)  
Email:  jmortensen@dixie.edu (preferred)  
Office Hours:  By appointment only

For information on semester dates, final exam dates, available resources, college policies and Dmail, click the following link:

http://www.dixie.edu/reg/syllabus/
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 for eligibility determination. Proper documentation of impairment is required in order to receive services or accommodations. DRC is located at the ground floor of the Financial Aid Office. Visit or call 652-7516 to schedule appointment to discuss the process. DRC Coordinator determines eligibility for and authorizes the provision of services.

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. 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

Attendance
Be in CLASS!!! Attendance is not graded, but there will be daily activities such as in class assignments and quizzes are graded and cannot be made up!

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. Assignments are due the day the assignment is noted on the outline. Put assignments in the basket labeled MORTENSEN in room 115 during class. Outside of class, assignments will need to me email to the professor. (This applies to both early and late assignments.)
2. Assignments are to be done on standard size paper, typed, and double spaced. If applicable, use the worksheets in the supplement.
3. No assignments will be accepted more than a week late
4. **Twenty percent** of the grade will be deducted for the **first day** late and ten percent each day after that.

**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**

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. Tests will be given in the testing center using the computerized testing format. The final exam will be comprehensive and given in class during finals week. It will be written. You will be required to bring a pencil and a scantron.

**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 first day the exam is offered. 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:

- **6 Tests**  
  About 50 pts ea.  
  300

- **Assignments**  
  About 10 pts. ea.  
  80

- **Dietary Analysis Part 1**  
  25

- **Dietary Analysis Part 2**  
  50

- **In Class Assignments/ quizzes**  
  variable

- **Final Exam**  
  100

Grades will be posted after every test. However, you are responsible for keeping track of your own grade 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 points will be given during the semester. No other extra credit will be allowed.

The final grade will be calculated upon the following percentages:

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<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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<tr>
<td>B</td>
<td>84-87%</td>
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<tr>
<td>B-</td>
<td>81-83%</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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<td>C-</td>
<td>71-73%</td>
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<td>D+</td>
<td>68-70%</td>
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<td>D</td>
<td>64-67%</td>
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<td>D-</td>
<td>60-63%</td>
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<td>F</td>
<td>Below 60%</td>
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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.