COURSE INFORMATION

Course Number: NFS 1020
Course Name: Scientific Foundations of Nutrition
Credit Hours: 3
Prerequisites: None
Dates: January 7 – May 2, 2013
Times: Thursday 5:15 – 7:45 pm
Location: Education and Family Studies Building, #115
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: Jill Bryan
Phone: 435-879-4327
Email: bryan@dixie.edu
Office: EdFam Building, #116
Office Hours: 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

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**

**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!

**ASSIGNMENTS**

1. LearnSmart modules are due at 11:59 pm on the date listed on your class outline. These will not be accepted late. Dietary Analysis 1 and 2 are due at 11:59 pm the day the assignment is noted on the outline. Assignments need to be submitted in an acceptable format as listed on 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**

Six tests will be given throughout the semester. You will be held accountable for content covered in the reading, 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!!
**GRADES**

Grades will be based on the following:

- **6 Tests** 50 - 60 pts each up to 360
- **Assignments** 10 pts each 100
- **Dietary Analysis** Part 1 25
- **Dietary Analysis** Part 2 50
- **In Class Assignments/quizzes** up to 75
- **Final Exam** 100

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>
</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>

Remember—I don’t give grades, you earn them!