COURSE INFORMATION

Course Number: NFS 1020  
Course Name: Scientific Foundations of Nutrition  
Credit Hours: 3  
Prerequisites: None  
Times: MWF 10-10:50 am, 11-11:50 am, 1-1:50 pm, 2-2:50 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: Demaree L. Johnson  
Phone: 435-652-7856  
Email: johnsondl@dixie.edu  
Office: EdFam Building, #125  
Office Hours: MWF: 9:30 am - 10 am, 3:00pm - 3:30pm
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 on 11:59 pm on the date listed on your class outline. These will not be accepted late. 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.

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. 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 pts each (300)
- Assignments: 10 pts. each (100)
- Dietary Analysis Part 1: 25
- Dietary Analysis Part 2: 25
- 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!
<table>
<thead>
<tr>
<th>Monday</th>
<th>Wednesday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 7 Intro to class</td>
<td>9 Chap 1: Choosing What you Eat and Why</td>
<td>11 Chap 1</td>
</tr>
<tr>
<td>Jan 14 Chap 2: Guidelines for Designing a Healthy Diet</td>
<td>16 Chap 2 Test 1 ch 1-2 (Th-M)</td>
<td>18 Chap 3: The Human Body LearnSmart 2</td>
</tr>
<tr>
<td>Jan 21 MLK Day</td>
<td>23 Chap 3</td>
<td>25 Chap 3 Diet Analysis 1</td>
</tr>
<tr>
<td>Jan 28 Chap 4: Carbohydrates LearnSmart 3</td>
<td>30 Chap 4</td>
<td>Feb 1 Chap 5: Lipids</td>
</tr>
<tr>
<td>Feb 4 Chap 5</td>
<td>6 Chap 5 LearnSmart 5 Test 2 ch 3-5 (Th-M)</td>
<td>8 Chap 6: Proteins</td>
</tr>
<tr>
<td>Feb 11 Chap 6</td>
<td>13 Chap 7 Energy Balance &amp; Weight Control</td>
<td>15 Chap 7 LearnSmart 7</td>
</tr>
<tr>
<td>Feb 18 President’s Day</td>
<td>20 Chap 8: Overview of the Macronutrients Test 3 ch 6-8 (Th-M)</td>
<td>22 Chap 9: Nutrients Involved in Fluid and Electrolyte Balance</td>
</tr>
<tr>
<td>Feb 25 Chap 9 LearnSmart 9</td>
<td>27 Chap 10: Nutrients that Function as Antioxidants</td>
<td>Mar 1 Chap 10</td>
</tr>
<tr>
<td>Mar 4 Chap 11: Nutrients Involved in Bone Health LearnSmart 11</td>
<td>6 Chap 11 Test 4 ch 9-11 (Th-M)</td>
<td>8 Chap 12: Micronutrient Function in Energy Metabolism and Blood Health</td>
</tr>
<tr>
<td>Spring Break</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mar 18 Chap 12</td>
<td>20 Chap 12</td>
<td>21 Chap 13 Nutrition: Fitness and Sports</td>
</tr>
<tr>
<td>Mar 25 Chap 13 LearnSmart 13</td>
<td>27 Chap 14: Eating Disorders</td>
<td>29 Chap 14 Test 5 ch 12-14 (F-T)</td>
</tr>
<tr>
<td>Apr 1 Chap 15: Undernutrition Throughout the World LearnSmart 15</td>
<td>3 Chap 15</td>
<td>5 Chap 16: Safety of our Food Supply Diet Analysis 2</td>
</tr>
<tr>
<td>Apr 8 Chap 16</td>
<td>10 Chap 17 Pregnancy and Breastfeeding</td>
<td>12 Chap 17 LearnSmart 17 Test 6 ch 15-17 (F-T)</td>
</tr>
<tr>
<td>Apr 15 Chap 18: Nutrition from Infancy through Adolescence</td>
<td>17 Chap 18</td>
<td>19 Chap 18</td>
</tr>
<tr>
<td>Date</td>
<td>Event</td>
<td></td>
</tr>
<tr>
<td>--------</td>
<td>---------------------------------</td>
<td></td>
</tr>
<tr>
<td>Apr 22</td>
<td>Chap 19: Nutrition During Adulthood</td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>Final Review</td>
<td></td>
</tr>
</tbody>
</table>

**Final Exams in room 115**

- 10 am class  
  Fri, Apr 26   10 am
- 11 am class  
  Mon, Apr 29   10 am
- 1 pm class   
  Fri, Apr 26   noon
- 2 pm class   
  Mon, Apr 29   12:30 pm

All information for this class can be found on Canvas. To access it, go to [www.dixie.edu](http://www.dixie.edu) and click on Canvas in the left hand column. Enter your Dmail username and Banner PIN.