Family and Consumer Sciences Department
Scientific Foundations of Nutrition: NFS: 1020

CRN: 26855, 26260
Meeting Days and Time: MWF 8-8:50 am, 9-9:50 am
Semester/Year: Spring 2015
Credit Hours: 3.0 credit hours
Location: NIB #133
Instructor: Lorin Lillywhite
DSU Email Address: lillywhite@dixie.edu
Office Phone: 432-986-2583
Office Hours: By Appointment
Office Location: NIB #134
Prerequisites: None

Course Description from Catalog
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.

General Education Status
The course qualifies as a Life Science GE class.

Required Textbook

Also Required - You cannot complete the course without this!
McGraw-Hill Connect and NutritionCalc Plus. Available at the Bookstore or online
This is the textbook online component. You can purchase this with the ebook or a printed book.
Learning Outcomes
Life Science GE Learning Outcomes

Students successfully completing this course will be able to:

- Explain the major concepts of a view of life, the cell and the genetic basis of life.
- Demonstrate knowledge of the process of science including asking testable questions, using inductive and deductive reasoning in forming hypotheses and in making reliable predictions.
- Define the objective of science and research including distinguishing among the natural sciences, liberal arts and social and behavioral sciences, and pseudo-science.
- Compute ratios, proportions, percentages, decimals, fractions, frequencies and elementary probabilities.
- Describe scientific ideas through oral and written assignments, critiques, questions and/or discussion.
- Critique the content of scientific articles regarding nutrition-related studies.
- Explain experimental designs using the scientific theory.
- 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.
- Identify essential nutrients, their functions and how they relate to the anatomy, physiology, and chemistry of the human body.
- Complete a dietary analysis on their own eating habits and analyze it for nutrient content and adequacy based on concepts taught during the course.

Family and Consumer Sciences 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. Critique the content of scientific articles regarding nutrition-related studies.
2. Explain experimental designs using the scientific theory.
3. 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.
4. Identify essential nutrients, their functions and how they relate to the anatomy, physiology, and chemistry of the human body.
5. Complete a dietary analysis on their own eating habits and analyze it for nutrient content and adequacy based on concepts taught during the course.
6. Analyze current diet and nutritional trends and the effects these have toward good health.
7. 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.

Course Assignments and Assessments

The assignments in this course are in 4 groups:

LearnSmart Modules:

LearnSmart is part of Connect (our online textbook program) and is an adaptive diagnostic tool. They are designed to help you learn the material in each chapter.

LearnSmart has a module that correlates with each chapter. The majority of the class assignments are LearnSmart modules. Not every chapter is assigned for credit; however, students can complete each chapter for their own benefit. Chapters 1, 2, 3, 7, 9, 11, 14, 16, 17, 18 are given 15 points each upon completion. These are due as listed in your assignments section in Canvas and also in Connect.

LearnSmart modules are due on 11:59 pm on the date listed on your class outline. These will not be accepted late. Plan ahead to get them completed in time.

Diet Analysis

There are 2 diet analysis assignments and both use the NutritionCalc Plus program that is part of the Connect package. The first is due at the beginning of the semester and the second is toward the end of the semester. Both include 3 days of recording all food intake and activity.
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.

**Dietary Analysis 1 and Dietary Analysis 2 must be submitted through the Assignment page in Canvas.**

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**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.

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**In Class Assignments**

These are small group activities, quizzes or worksheets that the instructor gives in class. They are worth 5 points each. These cannot be made up if you are absent or not in class when the activity is completed. **They are only excused for students on school sponsored activities.**

**Tests**

Four tests and a comprehensive final examination will be given over the course of the semester. Tests will be given in the Testing Center, while the Final will be held in class. Each test will be multiple choice, taken online through a McGraw-Hill Connect account. Test 1 will cover chapters 1-3, Test 2 will cover chapters 4-7, Test 3 will cover chapters 8-12, and Test 4 will cover chapters 14-17. The Final will be comprehensive, covering things learned in chapters 1-20, with special emphasis on chapters 18-20, which are not covered by other tests.

In addition to the above described tests, quizzes will be given on chapters that are not covered by LearnSmart assignments. Quizzes will be given on the following chapters: 4, 5, 6, 8, 10, 12, and 15. Each quiz will be open to each student to take outside of the Testing Center. Each quiz will randomly assign 15 multiple choice questions from a pool of more than 50 possible questions per chapter, so that each student will have a different combination of questions. Also, there is a 30 minute time limit on each quiz, and feedback on which questions were answered correctly and incorrectly will be delayed until after the quiz is closed. Each quiz is open book, and open notes, but with the time limit, and randomly assigned questions, students must have a solid understanding of all the material covered in the chapter to expect a passing grade.
On chapters where a quiz is assigned, students must also complete a Response Essay. To complete the Response Essay, students must logon to Canvas and find the link Response Essay Files on the bottom of the front class page. On this page are 40+ articles on a variety of nutrition related topics in PDF format. Each essay file is 1-3 pages, and written in conversational form (easy reading) on interesting topics (hopefully) my nutrition students have asked in previous semesters. Choose any article, read the article, and write a 1 page evaluation (double spaced, standard college formatting). This evaluation is simply trying to answer the following questions:

- What interested you about this topic?
- What did you learn from this article?
- What have you heard inside or outside of class that contradicts this article?
- Will this article change your behavior in any way?
- What do you think the public perception of this topic is? Does it agree with or disagree with what you learned?
- Do you agree with or disagree with the position taken in the article? Why?
- What related or additional information would you like to learn more about?

Once the Response Essay is complete, it must be submitted through Canvas under the Assignments page. Do NOT email them to the instructor. Students must choose a different article for each essay and submit their own work.

**Attendance**
Be in CLASS!!! Attendance is not graded, but daily activities such as in class assignments 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!
Grades
Grades will be based on the following:

- Quizzes: 15 pts each (total 105 pts)
- Essays: 10 pts each (total 70 pts)
- Tests: 50 pts each (total 200 pts)
- LearnSmart Assignments: 15 pts each (total 150 pts)
- Dietary Analysis Part 1: 25 pts
- Dietary Analysis Part 2: 50 pts
- In Class Assignments: up to 75 pts
- Final Exam: 100 pts

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.

Course Outline
A paper copy was handed out the first day of class. It is also located on the Class Outline page from the Home page of the course on Canvas.

Departmental Grading Scale

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage Range</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>
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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>
</tr>
<tr>
<td>C-</td>
<td>71-73%</td>
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<tr>
<td>D+</td>
<td>68-70%</td>
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<tr>
<td>D</td>
<td>64-67%</td>
</tr>
<tr>
<td>D-</td>
<td>61-63%</td>
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</tbody>
</table>

Information on semester dates, final exam dates, available resources, college policies and Dmail is listed below. For this and other information, click the following link:

http://dixie.edu/reg/?page=spring2015#resources
Final Exam Schedule

Spring 2015

<table>
<thead>
<tr>
<th>Day</th>
<th>Exam Time</th>
<th>Day</th>
<th>Exam Time</th>
<th>Day</th>
<th>Exam Time</th>
<th>Day</th>
<th>Exam Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri – May 1</td>
<td>Daily, MWF, M Only</td>
<td>Mon – May 4</td>
<td>Daily, MWF, M Only</td>
<td>Tues – May 5</td>
<td>TR, T Only</td>
<td>Wed – May 6</td>
<td>Daily, MWF, M Only</td>
</tr>
<tr>
<td>7:00</td>
<td>7:00 – 9:00</td>
<td>8:00</td>
<td>7:30 – 9:30</td>
<td>9:00</td>
<td>8:00 – 10:00</td>
<td>5:00</td>
<td>3:00 – 5:00</td>
</tr>
<tr>
<td>10:00</td>
<td>9:30 – 11:30</td>
<td>11:00</td>
<td>10:00 – 12:00</td>
<td>12:00</td>
<td>11:00 – 1:00</td>
<td>12:00</td>
<td>12:00 – 2:00</td>
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<tr>
<td>1:00</td>
<td>12:00 – 2:00</td>
<td>2:00</td>
<td>12:30 – 2:30</td>
<td>3:00</td>
<td>2:00 – 4:00</td>
<td>3:00</td>
<td>3:00 – 5:00</td>
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<tr>
<td>4:00</td>
<td>2:30 – 4:30</td>
<td>5:00</td>
<td>3:00 – 5:00</td>
<td>5:00</td>
<td>4:00</td>
<td>3:00 – 5:00</td>
<td></td>
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</tbody>
</table>

Important Semester Dates to remember

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Oct 31</td>
<td>Spring 2015 Bachelor's degree Graduation Application Deadline</td>
</tr>
<tr>
<td>Nov 17</td>
<td>Spring Registration open to Seniors (90+ earned credits)</td>
</tr>
<tr>
<td>Nov 18</td>
<td>Spring Registration open to Juniors (60+ earned credits)</td>
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<tr>
<td>Nov 19</td>
<td>Spring Registration open to Sophomores (30+ earned credits)</td>
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<tr>
<td>Nov 20</td>
<td>Spring Registration open to All Students</td>
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<tr>
<td>Jan 12</td>
<td>Classwork Starts</td>
</tr>
<tr>
<td>Jan 15</td>
<td>Last Day for Waitlist</td>
</tr>
<tr>
<td>Jan 16</td>
<td>Last Day to Add Without Signature</td>
</tr>
<tr>
<td>Jan 19</td>
<td>Martin Luther King Jr. Day</td>
</tr>
<tr>
<td>Jan 22</td>
<td>Drop/Audit Fee Begins ($10 per class)</td>
</tr>
<tr>
<td>Jan 22</td>
<td>Residency Application Deadline</td>
</tr>
<tr>
<td>Jan 27</td>
<td>$50 Late Registration/Payment Fee</td>
</tr>
<tr>
<td>Feb 2</td>
<td>Spring 2015 Associate's degree Graduation Application Deadline</td>
</tr>
<tr>
<td>Feb 2</td>
<td>Pell Grant Census</td>
</tr>
<tr>
<td>Feb 2</td>
<td>Last Day for Refund</td>
</tr>
<tr>
<td>Feb 2</td>
<td>Last Day to drop without receiving a &quot;W&quot; grade</td>
</tr>
<tr>
<td>Feb 4</td>
<td>Courses dropped for non-payment</td>
</tr>
<tr>
<td>Feb 6</td>
<td>Last Day to Add/Audit</td>
</tr>
<tr>
<td>Feb 16</td>
<td>President's Day</td>
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<tr>
<td>Mar 2</td>
<td>Summer 2015 Bachelor's degree Graduation Application Deadline</td>
</tr>
<tr>
<td>Mar 2</td>
<td>Mid-Term Grades Due</td>
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<tr>
<td>Mar 6</td>
<td>Last Day to Drop Individual Class</td>
</tr>
<tr>
<td>Mar 9-13</td>
<td>Spring Break</td>
</tr>
<tr>
<td>Mar 23</td>
<td>Fall Class schedule available online</td>
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</tbody>
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Important Links

As a student at Dixie State University, you have access to several helpful resources:

- [Library](#)
- Computer Lab (located at the [Smith Computer Center](#) and the [Library](#))
- [Disability Resource Center](#) - Provides services and accommodations to students with disabilities.
- [IT Student Help Desk](#) - We provide support for the following: Blackboard Vista, Dmail, wireless, software resources for students, and student laptop lease program.
- [Online Writing Lab](#) - Many writing classes utilize this site. Among other things, students can use the Online Writing Lab to submit papers electronically to the Writing Center.
- [Testing Center](#)
- [Tutoring Center](#) - Free and open to all students. Improve your study skills and clarify concepts and class material.
- [Writing Center](#) - "Our mission is to help you become a better writer by approaching your assignments as a process of invention, writing, and revision."

See our [Campus Map](#) for the location of these and other resources.

**Policies and Statements**

- 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 at the North Plaza Building. The disability will be evaluated and eligible students will receive assistance in obtaining reasonable accommodations. Phone # 435-652-7516.

- Academic dishonesty / Academic integrity policy
- Reference to "Policy for Absences Related to College Functions"
- Disruptive behavior policy / classroom expectations

Dmail

You are required to frequently check your Dmail account. Important class and university information will be sent to your Dmail account, including DSU bills, financial aid/scholarship notices, notices of cancelled classes, reminders of important dates and deadlines, and other information critical to your success at DSU and in your courses. To access your Dmail account, visit go.dixie.edu/dmail. If you do not know your Dmail username or you have forgotten your PIN, visit go.dixie.edu/mydixie and follow the respective instructions.