Family and Consumer Sciences Department

Scientific Foundations of Nutrition: NFS: 1020

CRN: 44475, 45183
Meeting Days and Time: T 5:15-7:45pm
Semester/Year: Spring 2015
Credit Hours: 3.0 credit hours
Location: NIB #133
Instructor: Sara Fausett
DSU Email Address: fausett@dixie.edu
Office Phone: 435-879-4247
Office Hours: After class
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. **You must purchase this by the second week of class.**

*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 1-3, 5, 7, 9, 11, 13, 15 and 17, and 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.

In Class Assignments

These are small group activities, quizzes or worksheets that the instructor gives in class. They are worth 5 points each and one will be dropped. 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

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!!**

**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!

**Grades**
Grades will be based on the following:

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Tests</td>
<td>50-75 pts each</td>
</tr>
<tr>
<td>9 Quizzes</td>
<td>20-25 pts each</td>
</tr>
<tr>
<td>Assignments</td>
<td>15 pts. each</td>
</tr>
<tr>
<td>Student Regulated Learning</td>
<td>10-20 pts</td>
</tr>
<tr>
<td>Dietary Analysis Part 1</td>
<td>25</td>
</tr>
<tr>
<td>Dietary Analysis Part 2</td>
<td>50</td>
</tr>
<tr>
<td>In Class Assignments/quizzes</td>
<td>up to 75</td>
</tr>
<tr>
<td>Final Exam</td>
<td>150</td>
</tr>
</tbody>
</table>

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>
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<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>61-63%</td>
</tr>
</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:


**Final Exam Schedule**

<table>
<thead>
<tr>
<th>Daytime Classes</th>
<th>Exam Day</th>
<th>Exam Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily, MWF, MTWF, MWRF, MW, etc.</td>
<td>Fri, May 1</td>
<td>7:00-9:00am</td>
</tr>
<tr>
<td></td>
<td>Mon, May 4</td>
<td>7:30-9:30am</td>
</tr>
<tr>
<td></td>
<td>Wed, May 6</td>
<td>8:00-10:00am</td>
</tr>
<tr>
<td></td>
<td>Fri, May 1</td>
<td>9:30-11:30am</td>
</tr>
<tr>
<td></td>
<td>Mon, May 4</td>
<td>10:00am-12:00pm</td>
</tr>
<tr>
<td></td>
<td>Wed, May 6</td>
<td>12:30pm-2:30pm</td>
</tr>
<tr>
<td></td>
<td>Fri, May 1</td>
<td>12:00pm-2:00pm</td>
</tr>
<tr>
<td></td>
<td>Mon, May 4</td>
<td>12:30pm-2:30pm</td>
</tr>
<tr>
<td></td>
<td>Wed, May 6</td>
<td>3:00-5:00pm</td>
</tr>
<tr>
<td></td>
<td>Fri, May 1</td>
<td>2:30-4:30pm</td>
</tr>
<tr>
<td>Tue/Thur</td>
<td>Thurs, May 7</td>
<td>7:00-9:00am</td>
</tr>
<tr>
<td></td>
<td>Tues, May 5</td>
<td>8:00-10:00am</td>
</tr>
<tr>
<td></td>
<td>Thur, May 7</td>
<td>9:30-11:30am</td>
</tr>
<tr>
<td></td>
<td>Tues, May 5</td>
<td>11:00am-1:00pm</td>
</tr>
<tr>
<td></td>
<td>Thur, May 7</td>
<td>12:30am-2:30pm</td>
</tr>
<tr>
<td></td>
<td>Tues, May 5</td>
<td>2:00-4:00pm</td>
</tr>
<tr>
<td></td>
<td>Thur, May 7</td>
<td>3:00-5:00pm</td>
</tr>
</tbody>
</table>

**Once a Week or Evening Classes**

Classes which meet once a week and/or in the evening (5:00pm or later) hold Final Exams during the regularly scheduled class time during the Final Exam week.
**Important Semester Dates to remember**

Jan 12  Classwork Starts  
Jan 15  Last Day for Waitlist  
Jan 16  Last Day to Add Without Signature  
Jan 19  Martin Luther King Jr. Day  
Jan 22  Drop/Audit Fee Begins ($10 per class)  
Jan 22  Residency Application Deadline  
Jan 27  $50 Late Registration/Payment Fee  
Feb 2  Spring 2015 Associate’s degree Graduation Application Deadline  
Feb 2  Pell Grant Census  
Feb 2  Last Day for Refund  
Feb 2  Last Day to drop without receiving a "W" grade  
Feb 4  Courses dropped for non-payment  
Feb 6  Last Day to Add/Audit  
Mar 2  Summer 2015 Bachelor’s degree Graduation Application Deadline  
Mar 2  Mid-Term Grades Due  
Mar 6  Last Day to Drop Individual Class  
Mar 9-13  Spring Break  
Mar 23  Fall Class schedules available online  
Mar 23  Summer Registration open to Seniors (90+ credits)  
Mar 24  Summer Registration open to Juniors (60+ credits)  
Mar 25  Summer Registration open to Sophomores (30+ credits)  
Mar 26  Summer Registration open to all students  
Apr 1  Fall 2015 Bachelor’s degree Graduation Application Deadline  
Apr 10  Last Day for Complete Withdrawal  
Apr 13  Fall Registration open to Seniors (90+ credits)  
Apr 14  Fall Registration open to Juniors (60+ credits)  
Apr 15  Fall Registration open to Sophomores (30+ credits)  
Apr 16  Fall Registration open to all students  
Apr 29  Classwork ends  
Apr 30  Reading Day  
May 4-7  Final Exams  
May 8  Commencement  

**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.
- 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 (http://dixie.edu/reg/?page=spring2015)

- 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 - In order to ensure that the highest standards of academic conduct are promoted and supported at the University, students must adhere to generally accepted standards of academic honesty, including but not limited to, refraining from cheating, plagiarizing, falsification, misrepresentation, and/or inappropriately colluding or collaborating. The University shall consistently hold students accountable for instances of academic dishonesty and apply appropriate consequences. For more information, see the Student Academic Misconduct section of DSU policy at http://dixie.edu/humanres/policy/sec5/533.html#appeals

- Reference to "Policy for Absences Related to College Functions" - Dixie State University Policy explains in detail what needs to happen if you anticipate being absent from class because of a university-sponsored activity (athletic events, club activities, field trips for other classes, etc). Please read this information and follow the instructions carefully! The policy can be found at: http://www.dixie.edu/humanres/policy/sec5/523.html

- Disruptive behavior policy / classroom expectations - It is the responsibility of an instructor to manage the classroom environment to ensure a good learning climate for all students. This means that you must refrain from actions such as physical violence, verbal abuse, or harassment; intoxication or illegal drug use; use of profanity; disrespecting others when expressing their own viewpoints; talking while the instructor or another student is talking; and constant questions or interruptions that interfere with classroom presentation. An instructor may ask you to stop the inappropriate behavior, meet with you after class to discuss the problem, or involve the Dean of Students, the department chair, or campus police if necessary. Students can be removed temporarily or permanently from a course for disrupting the learning environment.

**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.