

# Course Prospectus

## NUTR 207: Introductory Nutrition

### Overview

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Welcome to Introductory Nutrition. The purpose of this course is to give students the knowledge and skills necessary to make healthy dietary choices. The course will focus on basic nutritional concepts, including macronutrients and micronutrients and associated disease states, metabolism, weight management, food safety and nutritional needs through the life cycle, as well as current issues in nutrition. Material presented will be based on established research as well as recent research findings. Students will be able to take what is taught through lectures, group discussions and assignments and apply it to their own diets.

### Course catalog description for this course

This is a basic nutrition course with emphasis on nutrients and their relationship to the human body, including human nutritional requirements and nutritive values of various foods. Key issues include dietary standards for diet adequacy and healthy eating for prevention of chronic diseases. Upon completion, students should be able to identify the components of a healthy diet and evaluate his or her own diet, as well as have an understanding of current issues in food systems.

### Prerequisites and corequisites

There are no prerequisites or corequisites for this course.

### Course credit

Three (3) semester hours.

### Instructional objectives

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At the end of this course, students will be able to:

1. Identify the importance of having a healthy diet
2. Design a healthy diet using nutritional standards and food guidance systems
3. Discriminate between sources of nutrition information with varying levels of reliability
4. Demonstrate understanding of the functions and sources of macronutrients and micronutrients, as well as associated deficiencies and toxicities
5. Identify the role of nutrition on various life factors and stages, including energy balance, physical activity, food safety and nutritional needs through the life cycle
6. Identify current issues related to food production and distribution, and design an ideal food system

### Students with disabilities

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The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a

learning environment that provides for reasonable accommodation of their disabilities. Students who believe they have a disability requiring an accommodation should inform the instructor.

### **Technology access**

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This course requires web access and the student also has to have an established e-mail account. Adobe Acrobat Reader is necessary to view documents that are PDF files. It may be downloaded free at <https://get.adobe.com/reader/>, which may then be installed and used to access PDF documents on the course website.

### **Course evaluation**

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Student input is welcome for improving this course. Making suggestions by e-mail is helpful. Our goal in this course is to facilitate the successful achievement of all instructional objectives by all students. At the end of the course students have the opportunity to assess the course. We want to make distance learning courses as effective as we can. We may also ask some other questions concerning a student's experience in distance learning to help us improve our program. We appreciate students letting us know how we can improve our products and services for them and other distance learners.

### **Textbooks**

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The instructor will assign textbook readings, online readings, and activities to supplement the lectures. The textbook is *Nutrition: An Applied Approach*, Third Edition, by Janice Thompson and Melinda Manore. Students will also be required to read one food system-related book from a selection of books provided by the instructor.

### **Course requirements and expectations**

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Course requirements will include:

1. Four open book, non-cumulative multiple choice exams
2. Weekly online discussion
3. Media literacy project
4. Diet analysis project
5. Food systems paper

### **DUE DATES AND EXTENSIONS**

Students must complete the course by the last official day of instruction as set forth in the academic calendar. Students are additionally expected to complete exams and assignments by their assigned due dates. Only in special circumstances will an extension be provided. Students who believe they are experiencing special circumstances may speak with the instructor to request an extension. It is left to the instructor's discretion whether or not an extension will be granted.

### **STUDY TIPS**

Distance learning emphasizes self-motivation. The instructor functions as a facilitator with the student as the driving force in mastering course content. Students are

encouraged to not put off completing the lectures and assignments. While there are many different learning styles, the following strategy should serve the needs of most students.

- Listen to the lecture recording and take notes, adhering to the schedule provided
- Review the lecture content and notes
- Complete lecture homework assignments
- Questions which arise may be:
  1. Researched in the textbook, readings or online
  2. Posted on the course online forums
  3. Asked of the instructor via email

## LECTURES

The course is comprised of PowerPoint presentations and audio lectures by Annette Triplett, MS. Links to lecture files are placed in lessons.

## EXAMINATIONS

Four non-cumulative multiple choice examinations will be used for assessment. Each of the exams will consist of 50 questions. Students will have ninety (90) minutes to complete each exam. The exams will be open book, meaning students can consult their notes and books. Under no circumstances are students to print the exams.

## Grading

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Grades for the semester will be based on the following scheme:

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|--------------------------------------|-----|
| • 4 multiple choice exams (10% each) | 40% |
| • Weekly discussion                  | 10% |
| • Media literacy project             | 10% |
| • Diet analysis project              | 15% |
| • Food systems paper                 | 25% |

Students also have the opportunity to receive 5% bonus points by being physically active throughout the semester. The form of physical activity can be decided by the student (walking, running, biking, swimming, dancing, tennis, etc.). Speak with the instructor if you are not sure if a specific activity counts as physical activity. The requirements for the bonus points are:

- 9 weeks of physical activity
- At least 3 days/week
- At least 30 minutes each day

Grades are assigned in the traditional American style of an A, B, C, D, or F. In distance learning we believe that mastery of the subject matter is achieved when a student can demonstrate that they have achieved 80% of the objectives for a course. That means that we want students to earn at least 80% in this course. If they do not do so then they have not developed the mastery we would like them to have. We want this course to be competency-based and so it is possible for the entire class to receive an A or a B. There is no artificial curving of scores in the assignment of grades (if you don't know what that means, don't worry about it). Mastery of the material is what one's goal should be.

Grades are assigned by percentages as follows:

A 90-100%

B 80-89%

C 70-79%

D 60-69%

F Below 60%

### **Academic irregularity**

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Students have the responsibility to conduct themselves in such a manner as to avoid any suspicion that they are improperly giving or receiving aid on any assignment or examination. An academic irregularity not only includes cheating but also includes plagiarism (taking another's ideas and/or words and presenting them as if they were the writer's own) and the submitting of the same paper in separate courses without prior consent from the faculty members concerned. In cases of suspected academic irregularity, faculty members are authorized to refuse to grade such papers, in whole or in part, or examinations, and to record each of them as a failure. If an academic irregularity is sufficiently serious, the University may take one or more of, but not limited to, the following actions:

1. Drop the student from the course with a grade of F;
2. Place the student on academic probation; and/or
3. Dismiss the student from the University.

### **Course topics**

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- Introduction to nutrition
- Designing a healthy diet, MyPlate, dietary guidelines
- Scientific method, research, media literacy
- Digestion and absorption
- Carbohydrates, diabetes
- Fat, cardiovascular disease
- Protein, vegetarianism, PEM
- Macronutrient metabolism
- Water and alcohol
- Vitamins and minerals
- Dietary supplements
- Energy balance, weight management, fad diets
- Physical activity
- Eating disorders
- Food safety
- Pregnancy and infancy
- Childhood to late adulthood
- Introduction to food systems
- Food, Inc.
- Agriculture policy
- Solutions to food systems challenges