

Dixie State College Family and Consumer Science

Syllabus Fall 2006

COURSE INFORMATION

Course Number: NFS 1020 Credit Hours: 3

Course Name: Scientific Foundations of Nutrition

Prerequisites: None

Dates: August 22, 2006 - December 7, 2006

Times: Tues, Thurs 9:00 - 10:15, 10:30 - 11:45 am; Tues only 5:00 - 7:20 pm

Location: Education and Family Studies Building, #115

Text: Nutrition: Concepts and Controversies, Tenth Edition,
Sizer and Whitney, Thompson, 2005

Supplement: Required, available in the bookstore

INSTRUCTOR

Name: Marylynn Goudy, M.S. **Office:** EFS Building, #131 (inside #105)

Phone: (435) 652-7866 **Office Hours:** T & most TH, 11:45 - 1:00 pm

Email: goudy@dixie.edu

STUDENT SUPPORT SERVICES

Drop in tutoring is available to all registered Dixie State College students:

["http://dsc.dixie.edu/tutoring/index/htm"](http://dsc.dixie.edu/tutoring/index/htm)

Help with writing papers:

Writing Lab in the Browning Learning Center, room 105

Online Writing Lab at <http://dsc.dixie.edu/owl/>

["http://dsc.dixie.edu/tutoring/index/htm"](http://dsc.dixie.edu/tutoring/index/htm):

If you are a student with a physical or mental impairment and would like to request accommodations, please contact the Disability Resource Center (652-7516) in Room 201 of the Student Services Center. The Disability Resource Center will determine your eligibility for services based upon complete professional documentation. If you are deemed eligible, the Disability Resource Center will further evaluate the effectiveness of your accommodation requests and will authorize reasonable accommodations that are appropriate for your disability.

Help from a librarian:

["http://library.dixie.edu/"](http://library.dixie.edu/) or visit the library in person during regular hours.

The Testing Center

All tests except the Final Exam must be taken in the Testing Center. The Testing Center's hours of operation are posted online at <http://dsc.dixie.edu/testingcenter/officehours.htm>. It is **YOUR** responsibility to take the tests during the time offered.

1

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.

COURSE OBJECTIVES

Students successfully completing this course will be able to:

1. Explain and apply 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. Explain the objective of science and research including distinguishing among the natural sciences, liberal arts and social and behavioral sciences; and pseudo-science.
4. Students will compute ratios, proportions, percentages, decimals, fractions, frequencies and elementary probabilities.
5. Communicate 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 material 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. Demonstrate the ability to apply nutritional guidelines for a balanced and healthy diet by designing a 3-day menu using the food guide pyramid, using food labels as a tool to make more nutritionally sound choices, and analyzing current nutritional trends and research.
13. Address 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.

COLLEGE WITHDRAWAL POLICY

If you must withdraw from this class, for any reason, it is **your responsibility** to do this officially by completing paperwork at the registrar's office. This must be done before the drop deadline of **Sept. 27** or **Nov. 17** for complete withdrawal. If you fail to do this, you will still receive a grade in this class, **regardless of whether you attend or not.**

2

CLASS POLICIES

IMPORTANT!!!!!! Please Read

ATTENDANCE

Be in class. Your grade is not based on attendance, but in-class activities and quizzes cannot be made up!

DISRUPTIVE BEHAVIOR

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. Assignments are due by **4:00 PM** on the day of the assignment. Put assignments in the basket labeled **Goudy** in room 115 during class. **After class, assignments should be turned in to the instructor's office. (EFS 125).**
2. Unless otherwise specified, all assignments are to be done on standard size paper, typed, double spaced.
3. Papers torn from a loose leaf binder or written in pencil will be returned without a grade.
4. Spelling and grammar are graded in all assignments. College level writing is expected. Help is available on campus if needed.
5. Late assignments will be handled as follows: **Twenty percent** of the grade will be deducted for the first day late and **ten percent** each day after that. No assignments will be accepted more than a week late.

The student supplement contains more information on specific assignments.

3

GRADING

Grades will be based on the following:

5 Tests (50 points each) 250

Family Eating Practices paper 15

Other assignments (8-10) (10-15 points each) 80

Dietary Analysis (2 parts) 75

Final Exam 100

Quizzes and In-class activities (variable) ?

The final grade will be calculated upon the following percentages:

A 95-100% **A-** 91-94%

B+ 88-90% **B** 84-87% **B-** 81-83%

C+ 78-80% **C** 74-77% **C-** 71-73%

D+ 68-70% **D** 64-67% **D-** 60-63%

F Below 60 %

Grades will be posted on Instructor's office door after every test. However, you are responsible for keeping track of your own grade and making sure that it is correct. Please come see me during office hours with any problems.

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 question. The final exam will be comprehensive.

Students must take tests on the scheduled day. The only exceptions to this are true emergencies! You must contact the instructor **before 4 pm** on the testing day. Late tests are only given at the discretion of the instructor. If a late test is allowed, ten percent will be deducted.

EXTRA CREDIT

Keep up with your reading and do your assignments as outlined and you won't need extra credit. One extra credit assignment for 10 points will be given. No other extra credit is allowed.

Remember, I don't give grades

—you earn them!

DIXIE STATE COLLEGE
NFW 1020 - Goudy
SCIENTIFIC FOUNDATIONS OF NUTRITION
Class Schedule (Subject to change)

DAY TOPICS TUESDAY ASSIGNMENTS

Week 1 Introduction and syllabus.

Ch. 1: Food Choices and Human Health

Week 2 Ch 2: Nutrition Tools -- Standards and Health Assessment Quiz 1-3

Guidelines Analyze the News 1-8

Week 3 Ch. 3: The Remarkable Body Food Label Assignment 1-4

9.7-9 Test #1 Chapters 1-3

Week 4 Ch. 4: The Carbohydrates Portion Distortion Assignment 1-5

Week 5 Ch. 5: The Lipids Eating Practices Paper 1-9

9.21-23 Test #2 Chapters 4-5

Week 6 Ch. 6: Proteins and Amino Acids

Week 7 Ch. 7: The Vitamins Dietary Analysis Part 1: **1-12**

10.5-7 Test #3 Chapters 6-7

Week 8 Ch. 8: Water and Minerals 5-a-Day Challenge Assignment 1-11

Vitamin/Mineral Supp. Assignment 1-6

Week 9 Ch. 9: Energy Balance and Healthy Control the Calories Assignment 1-10

Body Weight

Week 10 Ch. 9: Energy Balance and Healthy

Body Weight

10.26-28 Test #4 Chapters 8-9, 9C

Week 11 Ch. 10: Nutrients, Physical Activity, The American Plate Assignment 1-7

and The Body's Responses

Week 12 Ch. 11: Diet and Health

DAY TOPICS TUESDAY ASSIGNMENTS

Week 13 Ch. 12: Food Safety and Technology Dietary Analysis Part 2: **1-13 - 1-19**

11.9-11 Test #5 Chapters 10-12

Week 14 Ch. 13: Mother and Infant

Week 15 Ch. 14: Child, Teen, and Older Adult

Final Review

Final Exams will be held in this room: Bring a Scantron!

1020-03 Thursday, December 14, 8:00 - 10:00 am

1020-05 Tuesday, December 12, 9:30 - 11:30 am

1020-50 Tuesday, December 5, 5:00 - 7:00 am

You MUST take the Final at the time scheduled for your class, or receive an F on the test.