

# ***Dixie State College Family and Consumer Science Syllabus Fall 2006***

## COURSE INFORMATION

<b>Course Number:</b>	<b>NFS 1020</b>
<b>Course Name:</b>	<b>Scientific Foundations of Nutrition</b>
<b>Credit Hours:</b>	<b>3</b>
<b>Prerequisites:</b>	<b>None</b>
<b>Dates:</b>	<b>August 23, 2006 - December 6, 2006</b>
<b>Times:</b>	<b>MWF 10-10:50 am, 11-11:50 am, 1-1:50 pm</b>
<b>Location:</b>	<b>Education and Family Studies Building, #115</b>
<b>Text:</b>	<b>Nutrition: Concepts and Controversies, Tenth Edition Sizer and Whitney, Thompson, 2005</b>
<b>Supplement:</b>	<b>Required, available in the bookstore</b>

## INSTRUCTOR

<b>Name:</b>	<b>Demaree Johnson, M.S.</b>
<b>Phone:</b>	<b>(435) 652-7867</b>
<b>Email:</b>	<b>johnsn_d@dixie.edu</b>
<b>Office:</b>	<b>EFS Building, #125</b>

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## STUDENT SUPPORT SERVICES

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

<http://dsc.dixie.edu/tutoring/>

**Help with writing papers:**

Writing Lab in the Browning Learning Center, room 105

Online Writing Lab at

<http://dsc.dixie.edu/owl/>

**Help from a librarian:**

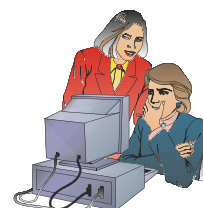
<http://library.dixie.edu/> or visit the library in person during regular hours.

**The Testing Center's** hours of operation are posted online at

<http://dsc.dixie.edu/testingcenter/officehours.htm>.

**Disability Resource Center:**

If you are a student with a medical, psychological or learning disability and would like accommodations, contact Sherri Dial at the Disability Resource Center (652-7516) in the Student Services Center. The Disability Resource Center will determine your eligibility and determine the appropriate accommodations related to your disability.



## COURSE DESCRIPTION

(Course description as listed in catalog)

## COURSE OBJECTIVES

**Students successfully completing this course will be able to:**

1. (Course objectives
2. Include any general GE objectives first.
3. Next list any department or section objectives.
4. Last include course objectives.)
- 5.

## 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.**

## CLASS POLICIES

## ASSIGNMENTS

(Include any information you need to about assignments)

## GRADING

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

(# of tests	(__ points each)	total points
# of assignments	(__ points each)	total
# of Quizzes etc		
		Grand total)

**The final grade will be calculated upon the following percentages:**

A 95-100%	B+ 88-90%	C+ 78-80%	D+ 68-70%	F Below 60 %
A- 91-94%	B 84-87%	C 74-77%	D 64-67%	
	B- 81-83%	C- 71-73%	D- 60-63%	

(State how you will let students know their grades)

## TESTS

(List information about tests—how many and where and how they will be administered, what will they cover. Also include your policies concerning tests.)

## EXTRA CREDIT

(If you allow extra credit, include that information here. Extra credit points, if given at all, should be very limited)

**Disability Resource Center:**

**If you are a student with a medical, psychological or learning disability and would like accommodations, contact Sherri Dial at the Disability Resource Center (652-7516) in the Student Services Center. The Disability Resource Center will determine your eligibility and determine the appropriate accommodations related to your disability.**

## 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:**

4. Explain and apply major concepts of a view of life, the cell and the genetic basis of life.
5. Demonstrate knowledge of the process of science including asking testable questions, using inductive and deductive reasoning in forming hypotheses and in making reliable predictions.
6. Explain the objective of science and research including distinguishing among the natural sciences, liberal arts and social and behavioral sciences; and pseudo-science.
7. 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.**

## CLASS POLICIES

IMPORTANT!!!!!! Please Read

### **Attendance**

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

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 *Johnson* in room 115 during class. After class, assignments should be turned in to the instructor's office. (EFS 125).
2. They are to be done on standard size paper, typed, double spaced (this is preferred) or written in black, legibly on every other line on only one side of the paper.
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.
5. →No assignments will be accepted more than a week late.
6. →Twenty percent of the grade will be deducted for the first day late and ten percent each day after that.

**The student supplement contains more information on specific assignments.**

## GRADING

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

<u>5 Tests</u>	<u>(50 points each)</u>	<u>250</u>	<u>15</u>
<u>Family Eating Practices paper</u>	<u>-</u>	<u>-</u>	
<u>Other assignments (8-10)</u>	<u>(10-15 points each)</u>	<u>80</u>	
<u>Dietary Analysis</u>	<u>(2 parts)</u>	<u>75</u>	
<u>Final Exam</u>	<u>-</u>	<u>100</u>	
<u>Quizzes and In-class activities (variable)</u>	<u>-</u>	<u>?</u>	



**The final grade will be calculated upon the following percentages:**

<u>A 95-100%</u>	<u>B+ 88-90%</u>	<u>C+ 78-80%</u>	<u>D+ 68-70%</u>	<u>F Below 60 %</u>
<u>A- 91-94%</u>	<u>B 84-87%</u>	<u>C 74-77%</u>	<u>D 64-67%</u>	
	<u>B- 81-83%</u>	<u>C- 71-73%</u>	<u>D- 60-63%</u>	

**Grades will be posted after every assignment or test. However, you are responsible for keeping track of your own grade and making sure that it is correct.**

## 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!***