

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

COURSE INFORMATION

Course Number: NFS 1020
Course Name: Scientific Foundations of Nutrition

Credit Hours: 3
Prerequisites: None

Dates: August 23, 2006 - December 8, 2006
Times: MWF 8-8:50 a.m., 9-9:50 a.m.
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: Linda M. Wright, M. Ed.
Phone: (435) 652-7866
Email: lwright@dixie.edu
Office: EFS Building, #131

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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 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.

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.**

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 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 in class the day of the assignment. Put assignments in the basket labeled WRIGHT in room 115 during class. **After class, assignments should be turned into the instructor's box/office. (EFS #131).**
2. Assignments are to be done on standard size paper, typed, double spaced. If applicable, use the worksheets in the supplement.
3. Spelling and grammar are graded in all assignments.
4. **No assignments will be accepted more than a week late.**
5. **Twenty percent** of the grade will be deducted for the first day late and **ten percent** each day there after.

The Student Supplement contains more information on specific assignments, please follow the directions!

GRADING

Grades will be based on the following:

6 tests	(Approx. 50 points each)	300
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%	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%	

Grades will be posted after every 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 questions. The final exam will be comprehensive.

Students must take tests in class on the scheduled day. The only exceptions are true emergencies! You must contact the instructor **before** the exam time. Late tests are only given at the discretion of the instructor and a ten percent deduction may apply.

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.

NFS 1020: SCIENTIFIC FOUNDATIONS OF NUTRITION
Fall 2006

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Monday	Wednesday	Friday
	Aug 23: Intro	25: Chap 1: Food Choices & Human Health
28: Chap 1 <u>Internet Exercise #1</u>	30: Chap 2: Nutrition Tools <u>Analyze Nutrition News</u>	Sept 1: Chap 2
Sept 4: <i>Labor Day - No School</i>	6: Chap 2, <u>Eating Practices Paper</u>	8: Chap 3: The Remarkable Body <u>Internet Exercise #2</u>
11: Chap 3	13: <u>TEST #1 (ch 1, 2, 3)</u>	15: Chap 4: Carbohydrates
18: Chap 4	20: Chap 4 <u>Dietary Analysis Part 1</u>	22: Chap 5: Lipids
25: Chap 5 <u>Internet Exercise #3</u>	27: Chap 5	29: <u>TEST #2 (ch 4, 5)</u>
Oct 2: Chap 6: Proteins & Amino Acids	4: Chap 6	6: Chap 6
9: Chap 7: Vitamins <u>5 A Day Challenge</u>	11: Chap 7 <u>Internet Exercise #4</u>	13: <i>Semester Break - No School</i>
16: Chap 7	18: <u>TEST #3 (ch 6, 7)</u>	20: Chap 8: Water
23: Chap 8: Minerals	25: Chap 8	27: Chap 9: Energy Balance
30: Chap 9 <u>Control the Calories</u>	Nov 1: <u>TEST #4 (ch 8, 9)</u>	3: Chap 9 Controversy- Eating Disorders
6: Eating Disorders	8: Chap 10: Physical Activity <u>Dietary Analysis Part 2</u>	10: Chap 10/11: Diet & Health
13: Chap 11 <u>Internet Exercise #5</u>	15: <u>TEST #5 (ch 9c, 10 & 11)</u>	17: Chap 13: Mother & Infant
20: Chap 13	22: <i>Thanksgiving No School</i>	24: <i>Holiday No School</i>
27: Chap 13	29: Chap 14 Child Nutrition	Dec 1: Chap 14 Teen/Adult Nutrition
4: <u>TEST #6 (ch 13 & 14)</u>	6: Chap 12: Food Safety	8: Final Review

FINALS: 8:00 a.m. class:
9:00 a.m. class:

Wed., Dec 13 @ 7:30 a.m.
Fri., Dec 15 @ 10:00 a.m.