Course Number and Title:  FCSC 1141 Sections N1/N2, Principles of Nutrition Online

Semester/Year:  Fall 2006

Lecture Hours:  N/A  Lab Hours: 0  Credit Hours: 3

Instructor’s Name:  Shawnna J. Murphy
Instructor’s Office #:  N/A
Phone #:  307-262-2475 (Cell phone – main contact phone)
Email Address:  shawnnamurphy@yahoo.com (Please refer to student letter for email info)
Office hours:  N/A

Course Description:
This course is an overview of the principles of human nutrition via the Internet. The course includes study of the metabolism of various nutrients and their physiological function in the body. It is recommended for nutrition majors, nursing and health related majors, physical education and early childhood education majors as well as other interested parties.

Statement of Prerequisites:  None

Goal:
As a result of successful completion of FCSC 1141, students shall develop an understanding of the major dietary constituents and energy needs of the body and how nutrition relates to health and disease.

The generalized Specific Objectives (Outcomes):
Specifically, the student should develop a general understanding of the following:

- Basic biochemistry and function of specific nutrients
- Food safety and global food supply
- Basic nutrition assessment practices
- How diet and nutrition interact in health and disease
- Basic sports nutrition
- Nutrition as it relates to various stages of human development (infant to elderly)

Methodology:
To be successful in this course you must be an independent learner. By virtue of the nature of an Internet course, there is reduced direct contact with an instructor. This means you must be a self-motivated, disciplined student to keep up with assignments, Internet discussions and reading materials. This is a non-traditional format and requires an extra degree of commitment on your part. It is not an easy way out.
Most of the material for this course will be posted at the class web site off the Casper College homepage via the dedicated WebCT site and via the textbook and CDs.

As a student you will be required to read your textbook, read supplementary items provided by me, read exam notes, participate in discussions, take quizzes and take exams.

Continual communication is important!! There are bound to be problems (hopefully minor ones). Together we will work these out. Problems beyond your control may have no impact on your grade - it is at my discretion to decide whether these circumstances impact your grade.

**Evaluation Criteria:**
Evaluation of students will be from: diet journal, quizzes, exams (includes 1 retake), assignment(s). The semester grade is based on A=90%, B=80%, C=70%, D=60%, and below 60% is failing.

**Tentative Point Breakdown**:  
3 Exams worth 100 pts each (300 total points)  
1 Exam worth 50 pts (50 points)  
2 Quizzes worth 20 pts each (40 total points)  
1 Assignment (20 points)  
1 Diet Journal (100 points)  

Total Points = 510*
*One additional assignment may be added during the semester

Projected missed exams are to be arranged with me before the test date.

**Required Text, Readings, Materials:**
Wadsworth publishing. 2004.*
*This text is packaged with a diet analysis CD ROM that is also required. *The disc that is in the back of the book is NOT the diet analysis disc.
Students must have access to the Internet’s World Wide Web with a web browser such as Internet Explorer. Email communication, exam notes, discussions, quizzes and exams will be posted on the course web site (WebCT).

**Last Date to Change to Audit Status or Withdraw with a W Grade:** Students will be allowed to withdraw at any time prior to the week of the last exam. Students will be allowed to audit only if all course work up to the audit date has been completed. Completion of course work after the date of audit is also required to receive an “AUDIT” on a transcript. Should any course work NOT be completed after date of audit, a “W” will instead appear on the transcript. If you see problems, get help fast and we might be able to avoid this.

**Student Rights and Responsibilities:**
Please refer to the Casper College Student Conduct and Judicial code for information concerning you rights and responsibilities as a Casper College student.

It is the policy of Casper College to provide appropriate accommodation to any student with a documented disability. If you have a need for accommodation in this course, please make an appointment to see me at you earliest possible convenience.

**Tentative Calendar or Schedule Indicating Course Content:**

The semester will cover topics stemming from the following areas:

<table>
<thead>
<tr>
<th>TOPIC</th>
<th>CHAPTERS</th>
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<tbody>
<tr>
<td>2. Vitamins, Water &amp; Minerals, Alcohol and Nutrition</td>
<td>6-8</td>
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