FCSC 1141 Principles of Nutrition

Semester/Year: Spring 2015

Lecture Hours: 3  Lab Hours: 0  Credit Hours: 3

Class Time: 9:30-10:45 am  Days: T, Th  Room: EI 103

Instructor’s Name: Kelsey M. Phillips, Ph.D.

Instructor’s Contact Information:
Office Phone: EI 121
(307)268-2873
Email: kelseyphillips@caspercollege.edu

Office Hours:
Monday: 1-3 pm
Tuesday: 1-2 pm
Wednesday: 1-3 pm
Thursday: 1-2 pm

Course Description: This course is designed to give students a general understanding of nutrition concepts. The course content emphasizes key nutrients and the human body’s need for and utilization of those nutrients. Students will be informed of the importance of individualized nutrition plans, and will be exposed to some of the latest research in nutrition. Also addressed are nutritionally relevant topics such as eating disorders, nutritional supplements, dieting and food safety. Recommended for nutrition majors, physical education, early childhood education majors and other interested non-majors.

Statement of Prerequisites: None

Goal: Students will be given a general overview of the field of nutrition.

Outcomes:
1. Demonstrate effective oral and written communication
2. Solve problems using critical thinking and creativity
3. Use appropriate technology and information to conduct research
4. Describe the value of personal, civic, and social responsibilities
5. Use quantitative analytical skills to evaluate and process numerical data

Course Objectives:
After the successful completion of this course, the students will be able to:

1. Convey the importance of nutrition in everyday life and healthful living
2. Design and develop meal plans in accordance with current guidelines
3. Name and describe the major nutrients
4. Describe the physiological processes involved in utilizing these nutrients
5. Describe how nutrition principles change during life stages
6. Convey nutrition principles as they pertain to national and global issues
7. Read, critique and analyze current peer-reviewed literature
**Methodology:**

Students should be prepared to devote a minimum of 4 hours per week to this course, 9 hours is recommended. Students will be required to actively participate and engage in course content. Content will be delivered using PowerPoint slides, videos, computer simulations, in-class experiments and activities, in-class discussions, field trips, presentations, and service learning activities.

**Evaluation Criteria:** Grades will be earned based upon the accumulation of points from exams, quizzes, a nutrition analysis project, and participation in discussion forums. Your scores from each assignment will be available on the Moodle site as soon as the assignment has been graded. Please keep all returned assignments. If there is a discrepancy between a posted grade and that on a returned assignment or exam, please contact me immediately.

Final Grades will be derived as follows:

- 15 points  Academic Honesty Contract
- 15 points  Syllabus Quiz
- 20 points  Fruit and vegetable label
- 100 points 12 Quizzes (worth 10 points each- lowest two scores dropped)
- 500 points 6 Unit Exams (worth 100 points each- lowest score is dropped)
- 150 points Nutrition Analysis Project (breakdown provided below)
  - Part I- (30 points) Food and Activity Log
  - Part II- (50 points) Energy Balance, Micronutrient intake
  - Part III- (20 points) Construction of a Personalized 1-day Ideal Diet
  - Part IV- (50 points) Analysis
- 75 points Vitamin Presentation
- 125 points Service Learning

Semester grades will be assigned according to the final percentage of total points possible earned by each student as follows:

- 90% and above = A
- 80% - 89% = B
- 70 -79% = C
- 60 -69% = D
- 0 -59% = F

Grades may be slightly curved at the end of the semester, which is solely at my discretion. In the case of border-line grades, attendance, classroom participation, and contribution to team efforts will be used to determine the final course grade.

**Extra credit:** I will not offer individual extra credit opportunities; please do not ask for them. If I do offer extra credit, it will be offered to the entire class. Here is one extra credit opportunity available to everyone (it’s worth 15 points):
Come visit me during office hours (or call if you can’t come in) between January 19 and April 25. During this time, you can ask for help on an assignment, discuss your performance in the course, design a study-plan, or discuss anything else related to helping you achieve your academic goals. I’m here to help you!

Required Text, Readings, and Materials:

**Textbook:**

*Contemporary Nutrition*, 10th Edition, by and Smith and Collene

**Video:**

*A Place at the Table*. You may download this through Amazon, Google Play, VuDo, Netflix. A copy is also available for checkout at the Casper College Library.

**Additional readings:** Additional readings will be provided to you either in class or through the course Moodle homepage. Information from these may be used for exams

**Computer and internet access:** Each student in the course will be required to log onto the course Moodle website. The recommended internet browser for the Moodle website is Mozilla Firefox, which is freely downloaded. It is highly recommended that you use Mozilla Firefox when taking online quizzes, as errors that occur from using any other internet browser may result in errors or crashes that could negatively impact your grade. Students may use computers on campus, at home or at other facilities that have internet access.

**Access to your student gmail account:** All students are provided with a MyCC gmail account. I will utilize your assigned gmail account to share Google Sheets, Docs and Slides. You are required to use your MyCC account, as I will not share with other accounts.

**Apps:** We will utilize smartphones and tablets in our classroom for course-related activities. You will be told when it is okay to utilize the device in class. Within the first week of class, please download the following apps for use in our classroom: Skitch, Socrative Student, Google Slide, Google Docs, Google Sheets. If you do not have a smartphone or tablet, I have iPads that can be checked out for in-class use.

Class Policies:

**Course Materials:** Course materials will be made available on a weekly basis. The weeks’ materials will be made available to you on Tuesday mornings. You will be required to follow the weekly schedule outlined in the syllabus. I cannot allow students to “work ahead.”

**Quizzes and Unit Exams:**

All quizzes and unit exams in the course will be administered through the course Moodle website. Please see the weekly course schedule below for timing of quizzes and exams.

- Quizzes will open at 7am on Tuesday, and close at 11:55 pm the following Monday. Quizzes are limited to one attempt, but are not timed.
- Unit exams will open on Thursday at 7 am and close at 11:55 pm the following Wednesday. Unit exams are limited to one attempt and have a 60 minute time limit.
On occasion, we have to modify our in-class schedule. If it becomes necessary to modify a quiz or unit exam deadline, I will announce the change **in class**.

You are allowed to drop one unit exam and two quizzes. Make-ups on quizzes and exams ARE NOT ALLOWED!

**Assignment due dates and acceptable file types:**

Class assignments must be submitted electronically via the course Moodle website. Files are to be submitted as a portable document file (.pdf). Other file formats will not be accepted, and will be assigned a score of zero. All assignments are due at midnight of the date listed in the schedule of the syllabus. Sometimes, technical problems arise. For that reason, I provide a 12 hour grace period for trouble shooting your submission. If your assignment is not submitted within that 12 hour grace period, it is considered late and will be assigned a score of zero. Please click the submit for grading button once you have finalized your submission.

**All assignments must be submitted electronically through Moodle. Due to security reasons, I cannot accept assignments via email or in hard copy!**

**Preparation for class:**

Prior research has shown that active learning significantly increases student performance in science courses, and that effect is especially pronounced in smaller classes (Freeman, et al., 2014). In my classroom, you will engage in several "hands-on" activities, and you will be expected to take an active role in your learning. Class sessions will be conducted with the assumption that you have completed the assigned reading and reviewed any relevant recorded lectures **prior** to attending class. Please come prepared each day ready to “dig into nutrition.”

**Service Learning:**

Service learning is a type of problem-based learning that integrates a service to our community with the course curriculum. Past experience has shown that this opportunity increases student understanding of course content, fosters comradery in the classroom, and enriches your learning experience with field-relevant experience. Your active participation in our service learning project is essential for success. Please attend all group working sessions and make agreed upon deadlines.

**Class attendance:**

Principles of nutrition is a very fun, fast-moving course. On occasion, it may be necessary to miss a class session. One or two absences can be recovered from with minimal impact on achieving course outcomes. However, repeated absences will impact your ability to learn and master the material. Please schedule all appointments outside of our class meeting time. Do not plan on getting out of class early, we will utilize all of our class time! Important announcements are made at the beginning and ending of class sessions. Please make every effort to arrive to class on time. If you are late, enter the classroom quietly. Please do not ask me to “catch you up” on what you missed during the class session, we can talk after class. If you must leave early, please do so quietly.

**Communication and classroom etiquette:**

Right before class is a very busy time for me. It takes quite a bit of work to prepare the hands-on activities we will complete in class. Except for emergencies, please reserve questions for office hours and after class; those times are less chaotic, and I’ll be much better able to provide you with individualized help!

In our classroom, we will all work as a team. I am part of that team. Good communication, courtesy and respect for all of our team members is critical for developing a productive learning environment.
Electronic devices have changed the way we learn, communicate and socialize. They can be a powerful tool in the classroom, but they can also be a powerful and terrible distraction. We will utilize our electronic devices in our classroom, however, until I specifically ask you to use any device (tablet, laptop, smartphone, etc.), they are to be silenced and put away. If an electronic device makes any noise or is utilized in a way (this includes text messaging, social media) that does not directly relate to our coursework, I will stop class and everyone will take a pop quiz. 

A special note on laptops: Research has shown that students who take notes with a pen and perform better on conceptual examination questions than students who utilize laptops (Mueller and Oppenheimer, 2014). Your laptop may come in handy for data collection and tabulation, however I strongly advise using a pen and paper for in-class notes.

**Academic Integrity**

I demand academic integrity in my classroom. Do not allow others to copy your work, and do not provide your assignments or examinations to other students. Likewise, do not accept or utilize these types of materials if someone offers them to you. Do not copy passages from your textbook or electronic sources; put all of your work into your own words. All plagiarism and cheating will be disciplined according to the guidelines in your student handbook.

**Last Date to Change to Audit Status or to Withdraw with a W Grade:**

April 14, 2016

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

**Chain of Command:** If you have any problems with this class, you should first contact the instructor to attempt to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take the matter through the appropriate chain of command starting with the Department Head/Program Director, the Dean, and lastly the Vice President for Academic Affairs.

**Academic Dishonesty:** (Cheating & Plagiarism) Casper College demands intellectual honesty. Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was committed or expulsion from school. See the Casper College Student Code of Conduct for more information on this topic.

**Official Means of Communication:** Casper College faculty and staff will employ the student’s assigned Casper College email account as a primary method of communication. Students are responsible to check their account regularly.

**ADA Accommodations Policy:** If you need academic accommodations because of a disability, please inform me as soon as possible. See me privately after class, or during my office hours. To request academic accommodations, students must first consult with the college’s Disability Services Counselor located in the Gateway Building, Room 344, (307) 268-2557, bheuer@caspercollege.edu. The Disability Services Counselor is responsible for reviewing documentation provided by students requesting accommodations, determining eligibility for accommodations, and helping students request and use appropriate accommodations.
Schedule for the Course

The following pages contain a tentative course outline. It is expected that you complete the assigned reading PRIOR to class. The exact dates of lecture topics may change, however service learning workdays are firm.

<table>
<thead>
<tr>
<th>Week (Tuesday’s Date)</th>
<th>Topic/Assignment</th>
<th>Assigned Reading</th>
<th>Quiz/Exam</th>
<th>Important Dates and Deadlines</th>
</tr>
</thead>
</table>
| 1 Jan 19              | **Unit 1: Overview of Nutrition and the Human Body**  
                        Science and pseudoscience, the scientific method | Chapter 1, syllabus     | Quiz 1- Ch. 1    |                              |
| 2 Jan 26              | Dietary guidelines, Food labeling                                                | Chapter 2               | Quiz 2- Ch. 2    | Pick your vitamin            |
| 3 Feb 2               | The Human Body                                                                   | Chapter 3               | Quiz #3-Chapter 3| Overview of Service Learning Project (Tuesday) |
| 4 Feb 9               | **Unit 2: The Energy Yielding Nutrients and Energy Balance**  
                        Carbohydrates, Lipids | Chapter 4               | Unit 1 Exam      | Nutrition Analysis Part I    |
|                       |                                                                                 |                         | Quiz #4- Ch. 4   | Due Feb 9                    |
| 5 Feb 16              | Lipids                                                                           |                         | Quiz 5- Ch. 5    | Service Learning Work Day (Tuesday) |
| 6 Feb 23              | Lipids, Proteins                                                                 | Chapter 5               | Quiz 6- Ch. 6    | Love Your Body Week!         |
| 7 Mar 1               | Proteins                                                                         | Chapter 6               |                 | Conduct our Survey!          |
| 8 Mar 8               | Energy Balance                                                                    | Chapter 7               | Unit 2 Exam      |                              |
| 9 Mar 15              |                                                                                  |                         |                 | Spring Break                 |
| 10 Mar 22             | **Unit 3: Vitamins, Minerals and Water**                                         | Chapters 8-9            | Quiz 8- in class | Nutrition Analysis Part II   |
|                       | Vitamin Presentations  
                        Minerals & water |                         | Unit 3 Exam      | Due Mar 22                   |
<p>| 11 Mar 29             | <strong>Unit 4: Life Cycle Nutrition</strong>                                                 | Chapter 14              | Quiz 9- Ch. 14   | Service Learning Work Day (Tuesday) |</p>
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<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Chapters</th>
<th>Quiz</th>
<th>Exam/Assignment</th>
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<tbody>
<tr>
<td>12 Apr 5</td>
<td>Childhood and adult nutrition</td>
<td>Chapter 15-16</td>
<td>Quiz 10-Ch. 15-16</td>
<td>Nutrition Analysis Part III Due Apr 18</td>
</tr>
<tr>
<td>13 Apr 12</td>
<td><strong>Unit 5: Nutrition in athletics and eating disorders</strong></td>
<td>Chapters 10-11</td>
<td>Unit 5 Exam</td>
<td>Guest Lecture on Eating Disorders- You don't want to miss this! (Thursday)</td>
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<tr>
<td>14 Apr 18</td>
<td><strong>Unit 6: Food waste, insecurity and safety</strong></td>
<td>Ch. 12</td>
<td>Quiz 11-Ch. 12</td>
<td>Rehearsal for Final Examination (Tuesday)</td>
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<td>15 Apr 26</td>
<td>Sustainable and Global Nutrition</td>
<td>Ch. 12</td>
<td>Quiz 12-Ch. 13</td>
<td>1. Final Presentation: May 5 (time TBA)</td>
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<td>2. Nutrition Analysis Part IV Due May 2</td>
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<td>16 May 2</td>
<td>Food safety &amp; regulations</td>
<td>Ch. 13</td>
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<tr>
<td>17 May 9</td>
<td>Final reflection- during the scheduled final exam period</td>
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