Course Syllabus **Thursday Class**

FUNDAMENTALS OF NUTRITION

Course HUN # 2201 CRN 20733 Spring 2015 3 Credit hours Venice Web/Online

Instructor: Regina Noble, M.S.

Consulting hours: Send a message to: [nobler@scf.edu](mailto:nobler@scf.edu). Before class starts or after class ends send messages through college e-mail. During the class, it is preferred that all messages be sent through Canvas e-mail messages. If necessary, students may contact the instructor by telephone, between 9:00 a.m. and 5:00 p.m. at (845) 389-3742.

**Course Description**: This course presents the basic fundamentals of human nutrition by application of principles in chemistry, biochemistry and microbiology. The properties, functions, requirements, interrelationships and metabolism of nutrients are presented. Students will learn to calculate individual calorie and nutrient needs. Current nutrition topics are discussed.

**Course Objectives** Upon satisfactory completion of this course, students will be able to:

1. Define nutrition and apply the concept to professional and personal life.

2. Describe how various factors affect our food habits

3. Understand the basis of the scientific method as it is used in the field of nutrition.

4. Describe the following tools for designing a healthful diet: Diet References,

Dietary Guidelines and Food Labels.

5. Analyze food intake and use diet-planning principles to create a healthful diet pattern.

6. Identify the structure, function, food sources, requirements and diseases of

carbohydrates.

7. Identify the structure, function, food sources, requirements and diseases of proteins.

8. Identify the structure, function, food sources, requirements and diseases of lipids.

9. Identify the function, food sources, requirements and diseases of vitamins.

10. Identify the function, food sources, requirements and diseases of minerals.

11. Identify the function, requirements and diseases of water.

12. Describe the uses of energy by the body and what constitutes energy balance.

13. Describe obesity, list causes and risks and describe the components of a healthy

weight-reduction plan.

14. Describe the nutritional needs for wellness and sports.

15. Outline the causes and effects of typical persons affected by, and treatment for,

eating disorders.

16. Outline basic nutrient requirements and diet guidelines throughout the life cycle.

17. List the relationship of diet in development, prevention and treatment of heart

disease, diabetes and cancer.

18. Describe procedures to reduce the risk of food-borne illness.

19. Understand the reasons for using chemical additives and pesticides in food.

20. Discuss current issues related to nutrition in promoting good health.

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**Required Text:** Whitney and Rolfes, Understanding Nutrition, 13th edition, Wadsworth Cengage Learning Publishing. 2013. Textbooks are available in the college bookstore.

To rent a textbook or purchase an e-textbook, contact the publisher at: [www.cengagebrain.com/shop/isbn](http://www.cengagebrain.com/shop/isbn). The isbn number is: 9781 1335 87521.

Lecture notes will be available in Canvas. Powerpoint slides accompany each class. They include an outline and an audio component. Reading of the textbook chapters and lecture notes in Canvas should be completed by the day prior to the next scheduled class. Posting a comment about this information into the Discussion Forum connected with each class is required for attendance. This also serves as discussion with other students and the instructor.

**Required Technology**

This is an online class. Students are required to have a medium level of computer skills. See the college catalog for details of ability required in taking online classes. Adequate computer capability is needed with 256 megabytes of RAM. Access to the internet is essential. Connection by DSL or cable is recommended. Students should have a student e-mail account and know their address.

Assistance with college e-mail and student access to the SCF network can be obtained by submitting a ticket to the Information Technology department from the SCF home page, by going to the About SCF tab or by calling (941)752-5357 from 7:00am until 7:00pm weekdays except Fridays until 5:00pm.

Assistance with Canvas technology can be obtained through the Online Learning staff by calling (941)752-5357 or from the SCF home page through the Academics tab.

Grading is based on the system at State College of Florida M/S.

A 90-100 B 80-89 C 70-79 D 60-69

A grade of C is required for a course to apply toward a degree.

A grade of A includes excellence in participation and attendance

A grade of B includes complete work and accurate knowledge.

A grade of C includes familiarity with and participation in course work

A grade of D includes unsatisfactory participation in course work.

A grade of F includes failure to participate in lectures, write exams or complete projects.

The **semester grade** will be determined by grades on:

Two examinations: 60 % of the grade

Two tests 20 % of the grade

Research report/Presentation: 10 % of the grade

Diet Analysis 10 % of the grade

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**Research report and summary presentation**

Students will choose a nutrition topic, with advisement from the instructor. The body of the report and references are required to be in APA formatting. A summary of the research findings will be presented in written or power pint slide format.

**Diet Analysis** A three-day food record will be completed. Calorie and nutrient intakes are to be calculated. These amounts will be compared to recommended intake amounts to evaluate a diet for health.

**Attendance**

Regular class attendance is expected of all students. Attendance will be taken for each class. The degree of attendance demonstrated by each student does carry weight in grading. Posting comments about lecture information are required for attendance. Posts will be due by the day prior to the next class. Late posting for Module 1 will be accepted until the Mid-term exam. Late posting for Module 2 will be accepted until the Final Exam. Absence from class that is known should be discussed with the instructor prior to the missed class or before the next class by: sending the instructor an e-mail message. Unexcused Absences prior to **January 26, 2015** will be evaluated for No Show reporting.

**Withdrawal** Students may withdraw from a course without grade penalty, prior to the mid-point in the semester. For this semester, this date is **March 25, 2015.** Students should initiate the withdrawal procedure, although are strongly encouraged to speak with the instructor prior to doing so. Also, prior to or by this date, the instructor may withdraw the student if the student has not been attending or participating in the class.

A **Schedule of Class** dates, tests and exams for this course, are attached to this syllabus and will be entered into the Canvas calendar. Keep this schedule for further reference.

**Policies**

Missed tests and the Mid-Term exam may be able to be made up before the next class or possibly through the Assessment and Testing Center on campus. Test and exam scores will be subject to a one point deduction for each class after the test until it is taken. The Final Exam will have no make-up exam. Assignments not turned in by the due date, will be subject to a one point deduction for each class that it is not completed after the due date.

**Violations**

**Plagiarism** is the use of ideas, facts, opinions, illustrative material, data, direct or indirect wording of another scholar and/or writer, professional or student, without giving proper credit. Expulsion, suspension, or any lesser penalty, including a failed grade for the project, may be imposed for plagiarism.

Using resource material or cheating on tests or exams will result in a 0 grade for that assessment. A review will be conducted by the college and may result in a lowered or failed grade for the course. All reports will be reviewed through [www.turnitin.com](http://www.turnitin.com)

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Privacy: Your online participation in any course means that you may have access to personal information and academic work produced by other students and the Instructor. To protect privacy rights, no personal information or private communication with classmates or the Instructor should be revealed to anyone not enrolled in your class.

Academic work produced by other students or the Instructor should Not be shared or revealed to anyone not enrolled in your class or be used for any purpose beyond its original intent without the permission of the student or instructor.

**Standards of Conduct**

Students are expected to abide by all Lancer Student Handbook guidelines.

**Special Needs** Students with special needs can access the Disability Resource Center in the college Student Services departments on the Bradenton and Venice campuses.

Access to these departments can be made through calling 1 (941) 727-6381 or online through <http://www.scf.edu/studentservices/default.asp>

See the next two pages for the Schedule of Classes

Print out or keep the Schedule of Classes for future Reference

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**Schedule of Classes** **Thursday Class**

**Module 1**

**CLASS DATE TOPICS**

1 January 15 **CH 1** Syllabus Review, nutrition research,

nutrition professionals

**CH 2** Components of a healthy diet, food labels,

Food Guides

2 January 22 **CH 3** Digestion, absorption, and transport of nutrients

**CH 4**  Carbohydrates – sugar, starches, fiber, dental health

3 January 29 **CH 5** Lipids: Triglycerides, omega 3, 6 9 oils

DHA/EPA, saturated fats, unsaturated oils

**CH 6** Proteins, vegetarian diets, amino acids

4 February 5  **Test 1** Chapters 1-6 Classes 1-3

**CH 7** Metabolism, Alcohol and health

**CH 8 & 9** Weight Management, eating disorders

5 February 12 **CH 10** Water soluble vitamins B & C

Food sources and supplements

**CH 11** Fat soluble vitamins A, D, E & K

6 February 19 **CH 12** Major Minerals

**CH 13** Trace minerals

**Review** of Classes 1 through 6, Chapters 1-13

7 February 26 **Mid-Term Examination**  Classes 1-6 Chapters 1-13

Description/Requirements of Diet Analysis and Research Report

8 March 5 **Diet Analysis Due**

9 March 19 **CH 15** Nutrition in Pregnancy & Lactation

**CH 16** Nutrition in Infancy & Childhood

10 March 26 **CH 16 & 14** Nutrition in Adolescence and Fitness

**CH 17** Nutrition in Adults & the Later Years

11 April 2 **CH 18** Diet and Health in diabetes, heart disease, cancer

and other health issues, Herbal remedies

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**Schedule of Classes**  Thursday Class

**CLASS DATE TOPICS**

12 April 9 **Test 2** Chapters 14 -18, Classes 9 - 11

**CH 19** Food safety in group living, restaurants, at home

Food and water and the earth’s environment

13 April 16 **CH 20** Hunger in the United States & the World

14 April 23 Research Reports, Presentations & Discussion

Review of Classes 7 through 13, Chapters 14 through 20

15 April 30 Research Reports, Presentations & Discussion

Review of Classes 7 through 13, Chapters 14 through 20

16 May 7 **Final Examination** Classes 7 through 15, Chapters 14-20