

Course: NUTR 240 Principles of Nutrition

Credit Hours: 3 credits

Course Description: In this introductory nutrition course you will apply the science and application of nutrition, nutrition interventionism of chronic and acute illness, promoting health and wellness throughout the life span, and national nutrition concerns.

Prerequisite/Co-Requisite Courses:

No prerequisite courses required; lower division credit, open to any student.

Course Learning Objectives: After completing this nutrition course, you will be able to:

- Interpret what the scientific facts tell us about nutrition and health
- Understand why we eat what we eat
- Explain the nutrition standards and guidelines
- Describe the processes of digestion, absorption, and transport
- Describe the major nutrients, vitamins, and minerals and their roles in the body
- Understand the concepts of energy balance and weight control
- Recognize the relationship between physical fitness, health, and nutrition
- Explain the relationship between diet and health
- Describe the nutritional needs at various stages of the life cycle
- Understand the basic principles of food safety
- Recognize the growing problem of hunger in the global economy

Instructor Information:

- Susan Indvik BSN, RN
- Email: susan.e.indvik@dakotacollege.edu
- Phone: 701-228-5460
- Office hours by appointment; please contact faculty by phone or e-mail.

Lecture Schedule: M-W-F, 11-11:50 am, Thatcher Hall, Room 2211.

Required Textbooks: Blake, J. S. (2016). *Nutrition and You* (4th ed.). Hoboken: Pearson. ISBN- 13: 978-0-13-416754-1

Course Requirements

Active participation and class discussion is required. Expectations include reading all assigned chapters and materials, participating in group discussions, and completing all assigned work within the allowed time frame.

Course Outline: Refer to course topical outline for course schedule, assignments, exams and a break-down of course grades.

Relationship to Campus Theme: The goal of Principles of Nutrition is to introduce nutrition and provide an educational continuum for degree advancement.

Classroom Policies

Assessment Methods: Assessment methods include participation in classroom discussions, unit quizzes, a mid-semester exam, and a final exam. No cell phone use unless otherwise instructed. No late admittance to class, be on time.

Grading Policy: Class grade will be calculated by dividing total points earned by total points possible and grades will be assigned according to the following:

A= 100-90%

B= 89-80%

C = 79- 70%

D= 69-60%

F= 59-0%

No late assignments, quizzes, and/or tests will be allowed without prior arrangements.

Academic integrity: All discussions, papers, projects, and exams must be personally completed. Academic honesty is expected of all students. Cheating and/or plagiarism may include: using unauthorized assistance on any exam, paper or project; or course material from an instructor or student; or submitting the same academic work for credit more than once without consent. Violations will result in receiving a "zero" on the assignment or exam if cheating is suspected by the instructor.

Disability Policy: Any students requiring accommodations should contact the Student Success Center (701)228-5668 and the instructor for further assistance.

Tentative Course Outline: Schedule subject to change

Week 1	Introduction to class and syllabus overview, Chapter 1
Week 2	Chapter 2 & 3
Week 3	Chapter 4; Test Chapter 1, 2, & 3
Week 4	Chapter 4
Week 5	Chapter 5 & 6
Week 6	Chapter 7, Test Chapter 4, 5, & 6
Week 7	Chapter 8
Week 8	Chapter 9, Test Chapter 7, 8, & 9
Week 9	Chapter 10
Week 10	Chapter 11, Test Chapter 10 & 11
Week 11	Chapter 12
Week 12	Chapter 13, Test Chapter 12 & 13
Week 13	Chapter 14
Week 14	Chapter 15, Test Chapter 14 & 15
Week 15	Chapter 16, Project Chapter 16
Week 16	Final Review

Please note: The instructor reserves the right to change the syllabus if needed.