

Principles of Nutrition
NUTR 240 – 3 credits

Course: NUTR 240 Principles of nutrition

Credit Hours: 3 credits

Course Description: In this introductory nutrition course you will explore the newest frontiers in nutrition and learn how to apply nutrition principles to your own food choices. Solidly based on science, this course will help you to understand how key nutrients (carbohydrates, lipids, proteins, amino acids, vitamins, water and minerals) affect health, disease, energy balance, and weight control. You'll learn how nutrition needs change from infancy to adulthood and into the later years. And you'll explore such global issues as food safety, food technology and world hunger.

Prerequisite (s): None

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: Melissa Coleman, CMT, AHDI-F

Office: Thatcher Hall 2213

Phone: 701-228-5642

melissa.coleman@dakotacollege.edu

Required Textbook: Nutrition and Diet Therapy by DeBruyne, Pinna, and Whitney – 8th edition.

Course Requirements

- The student is expected to read the assigned reading material and come to class prepared for discussion.
- The student is expected to attend class and participate in class discussions and class assignments. Class assignments will count toward your grade. If prior arrangements are not made, late assignments are worth half credit, no exceptions. It is your responsibility to keep all assignments that are graded and handed back to you. In the case of a grade dispute, it is the student's responsibility to provide past assignments to confirm grades. All assignments will be confirmed during the class prior to their due date. The instructor reserves the right to allow the class agenda to fluctuate as the course progresses.

- The student is required to complete chapter exams and final exam. Exams are to be closed book, closed notes, and closed neighbors. These are timed exams taken through Moodle. Only 1 make-up exam is allowed during the semester. If you miss an exam you must contact me within 24 hours of the missed exam to arrange for a time to make up the exam. Exams must be made up within 72 hours of the original exam time. If you do not contact me within 24 hours a grade of 0 will be entered for the exam that was missed. Students are only allowed to make up **ONE** exam per course.
- The syllabus is a living document that is subject to change.

Grading Scale: There are a possible 755 points available for this course which consist of:

Chapter Exams: 5 exams x 40 points = 200 points

Chapter Assignments: 25 assignments x 10 points = 250 points

Video Assignment: 25 points

Fad Diet Midterm Project: 50 points

Nutrition Project: 50 points

Final Exam: 100 points

Attendance: 80 points (2 points per day)

A = 680 to 755 (90% to 100%)

B = 604 to 679 (80% to 89%)

C = 529 to 603 (70% to 79%)

D = 453 to 528 (60% to 69%)

FAIL = 452 and below (59% and below)

Technology: All cell phones and other electronic devices are to be turned off or set to vibrate during class. Texting is not permitted in class.

Student Email Policy: Dakota College at Bottineau is increasingly dependent upon email as an official form of communication. A student's campus-assigned email address will be the only one recognized by the campus for official mailings. The liability for missing or not acting upon important information conveyed via campus email rests with the student.

Electronic Devices: Silence cellular phones, pagers, CD players, radios, and similar devices in the classroom and laboratory facilities. Reasonable laptop-size computers may be used in lecture for taking notes. If this is an IVN course, cell phone must be turned off at all times in class! I will not tolerate texting, playing games, watching videos or anything else that is disruptive to the class and others around you. You will be asked once to put the phone away, if asked again you will be asked to leave. Do NOT wear headphones during tests. They are not allowed.

Classroom Conduct: This class will be a place where all thoughts are welcome, no one fears sharing their opinion, and minds are open to new ideas. You are expected to show respect for each other's differences. Conflicting opinions are part of life and will create dynamic discussions. The instructor reserves the right to end these discussions and the participants will agree to disagree.

Academic Integrity: Plagiarism: To plagiarize is to "steal and pass off the ideas or words of another as one's own" (*Webster's Dictionary*). **Plagiarism will not be tolerated in this course.** When completing a research paper, it is necessary to cite all information gathered from other sources - including direct quotations and

paraphrases - within the text of the paper using parenthetical notes at the end of the documents in a works cited list. A handout regarding the MLA guidelines is available at the writing center if you would like further information. Students are expected to follow MLA guidelines for the research paper. If you have any questions - please contact myself or go to the learning center for more information. **Students found plagiarizing material will receive a "0" for the assignment.**

Cheating: Cheating will not be tolerated. Any student found to be cheating will receive a 0 on the assignment; an additional incidence of cheating will result in the student being dismissed from the course.

Disability Policy: Students who have a disability for which they need accommodations are encouraged to contact their instructor and the Learning Center to request disability support services as soon as possible at the start of the semester.

Tentative Course Outline

Week One	Introduction to class and Syllabus Overview
Week Two	Chapter 1: An overview of nutrition and health Chapter 2: Carbohydrates
Week Three	Chapter 3-Lipids Chapter 4- Proteins and Amino Acids Quiz 1 (1-4)
Week Four	Chapter 5- Digestion and Absorption Chapter 6: Metabolism, Energy Balance ...
Week Five	Chapter 7- Weight Management Chapter 8-Vitamins Quiz 2 (5-8)
Week Six	Video – Assignment
Week Seven	Chapter 9: Water and Minerals Chapter 10: Fitness and Nutrition
Week Eight	Chapter 11: Pregnancy and Lactation Chapter 12: Infancy, Childhood and Adolescence
Week Nine	Chapter 13: Later Adulthood Chapter 14: Illness and Nutrition Care Quiz 3 (11-14)
Week Ten	Chapter 15: Herbal Supplements Chapter 16: Enteral and Parenteral Nutrition
Week Eleven	Chapter 17: Upper GI disorders Chapter 18: Lower GI disorders
Week Twelve	Chapter 19: Malabsorption Chapter 20: Liver and Gallbladder Disease Quiz 4 (17- 20)
Week Thirteen	Chapter 21: Diabetes Chapter 22: Cardiovascular Disease
Week Fourteen	Chapter 23: Kidney Disease Chapter 24: Metabolic and Respiratory Stress Quiz 5 (21-24)
Week Fifteen	Chapter 25: Cancer and HIV
Sixteen	Nutrition Project Presentations Final Exam (1-24) Course Evaluation