



NORTHWEST FLORIDA STATE COLLEGE

HUN 2201 Nutrition, 3 credit hours Fall 2016

- Professor: Kinsey Lowrey
- Office Hours: Available before and after class, by email, or by appointment.
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- Email: lowreyk1@nwfsc.edu
- Final Exam: December 12, 2016
- Web Page: <http://www.nwfsc.edu/faculty/profiles/lowrey-kinsey/index.cfm>
- Reference Number: 10519
- Campus/Room: Fort Walton Beach Campus/room 412
- Class Days: Monday
- Class Times: 12:30-1:45pm
- Electronic Resources: NWFSC email, D2L, Diet & Wellness Plus, MindTap

Course Description

HUN 2201 – Nutrition 3 Credit Hours

Nutrition is a course that will introduce you to the essentials of human nutrition. Topics will include the classifications, sources and functions of nutrients, digestion, absorption and metabolism of foods in the human body. Although basic scientific principles of nutrition will be the primary focus of the course, practical applications for nutrition will be emphasized including diet planning and personal dietary analysis. This course is a non-laboratory.

Course Prerequisite

No Prerequisites for this course.

Course Materials

Understanding Nutrition, 14th edition by Whitney & Rolfes- Cengage Publishing
Diet & Wellness Plus Software and access code
MindTap

Student Learning Outcomes

- SS-1. Recognize the scientific method and research concepts used in Nutrition.
- SS-2. Identify physiological functions and interactions of nutrients in the human body
- SS-3. Identify ways to conceptualize nutrition concepts within diverse dietary patterns to meet nutrient needs.
- SS-4. Use appropriate social, psychological and scientific methods to analyze nutritional issues.

SS-5. Demonstrate understanding of dietary and nutritional principles by completing a comprehensive dietary analysis.

Grading Procedures

860 total possible points

- **EXAMS** 450 points
 - 4 exams, lowest dropped when calculating final grades, 150 points each

- **HOMEWORK** 100 points
 - 4 homework packets, due on exam days, See details in Assignment section below

- **ATTENDANCE POINTS** 35 points
 - See details in Assignment section below

- **CURRENT EVENT** 25 points
 - See details in Assignment section below

- **DIET EVALUATION ASSIGNMENT** 75 points
 - See details in Assignment section below

- **NUTRITIONAL ANALYSIS *MINI* ASSIGNMENT** 25 points
 - See details in Assignment section below

- **NUTRITIONAL ANALYSIS PROJECT** 150 points
 - See details in Assignment section below

Grading scale:

A = 100-90%

B = 89-80%

C = 79-70%

D = 69-60%

F = 59 or lower

Incomplete Grades

At the discretion of the instructor, an incomplete grade ("I") may be awarded when the student is unable to finish the required work because of unforeseen extenuating circumstances such as illness or TDY assignment. To receive an "I" grade, the student must have successfully completed a significant portion of the required coursework and be able to finish the remaining work without attending class. An "I" grade will automatically convert to a grade of "F" if the student does not complete the remainder of the coursework by the established deadline.

Make-up Work

No makeup work will be allowed without proper documentation. An excused absence requires proper documentation. Examples of documentation include: doctor's note, manager or supervisor note (if work related), etc. The documentation MUST provide contact information (phone number, email, etc.) from the individual excusing the absence. A note from your parent(s), grandparent(s), sibling(s) will NOT suffice. Talk to me ASAP if any issue arises and you are uncertain what kind of documentation to provide.

Classroom Conduct

Be on time and prepared for class. Excessively tardy students will begin to have tardy count as absences. No cell phones allowed during class except in case of emergency and must notify instructor. Please keep side conversation to a minimum, these conversations are a distraction to the instructor and your classmates and can cause a delay in class. Instructor has the right to warn and/or dismiss disruptive and disrespectful students from class. If issues continue to persist, the student(s) will not be allowed to attend class until permission is granted from the Science department Chair or from the Dean of students.

Class Attendance

Students who stop attending class or are not able to pass the course due to attendance expectations stated in the syllabus may receive a failing grade of "FA." An "FA" grade is a failing grade in GPA calculations and may impact the receipt of federal aid in subsequent courses. Students traveling for college-approved activities will not be penalized academically but will be responsible for missed work.

Students are expected to attend all of their scheduled classes, as attendance is one of the strongest predictors of success. Therefore, **12** hours of missed class may result in a penalty of **30%** (a percentage penalty assessed on the final course grade).

ATTENDANCE POINTS 35 points

Attendance is expected and will be calculated in your total points for the course. There will be 8 **random** days chosen by the professor in which attendance will be taken for credit/points. Attendance days are worth 5pts each with 7 out of 8 days counting toward your grade. However, if you are present for every attendance day, all 8 random days, you will receive a 5pt bonus (40pts total).

Assignments

- **EXAMS** 450 points

There will be 4 exams given in class this semester, in which the lowest score will be dropped when calculating final grades (3 exams count toward final grade). Exams are worth 150 points each. After the first person finishes his/her exam and exits the classroom, NO student arriving after that time will be allowed to take the exam and will receive a zero/F grade. Exams will be combination of multiple-choice and, possibly, short answer or fill-in blank. **NO make-up exams will be given (excluding extreme circumstances with proper documentation & will be assessed on an individual basis).** No cheating will be tolerated.

Anyone found cheating would be immediately dropped from the course and will receive an F grade.

- **HOMEWORK packet(s)** due on Exam days, *25 points each* (4 HW assignments x 25points = 100 points total)
Due to the structure of this course, homework will be assigned to supplement class time and lecture. Completed homework will be due on exam days (HW #1, HW #2, HW #3, HW #4). Homework assignments *will be announced in class*. If you miss a class, it is your responsibility to find out if homework assignment(s) was announced. Homework assignments will vary from chapter/section summaries, review questions, short answer discussions, etc. *Homework assignments need to be typed, due by end of scheduled class time, and no late HW will be accepted.*
- **ATTENDANCE POINTS** *35 points*
Attendance is expected and will be calculated in your total points for the course. There will be 8 **random** days chosen by the professor in which attendance will be taken for credit/points. Attendance days are worth 5pts each with 7 out of 8 days counting toward your grade. However, if you are present for every attendance day, all 8 random days, you will receive a 5pt bonus (40pts total).
- **CURRENT EVENT** *25 points*
Obtain an article from any media source (internet, magazine, newspaper, etc.) that discusses a nutrition related topic of interest to you. The article must be current, not dating past 6 months; failure to do so will result in a 10pt deduction. **THE ARTICLE MUST BE SUBMITTED WITH YOUR TYPED REPORT.**
- You are responsible for reading your article, summarizing it, and answering the following questions:
 - Where did you find the article?
 - Who wrote it/Author(s)
 - Date it was written
 - Summary of the article
 - Whether or not you think the article is supplying good nutrition advice? Why/why not?
 - How is the information is relevant to your life?
- Make sure assignment is bound together (staple, paper clipped).
- -Failure to do so will result in point deduction.
- **-Folding the corners over DOES NOT count as bound together!**
- **DIET EVALUATION ASSIGNMENT** *75 points*
Student is responsible for researching a specific **DIET** (NO supplements or pills/powders) and provide a *TYPED, double-spaced* evaluation (aim for 3-4pages long however take as much time as you need to cover everything. Please no fluff or fillers, facts only. Items that need to be discussed in this write-up include:
- **Background info** (15pts)
 - Provide a summary:

- Person whom founded the diet or made it mainstream, etc.
 - Where it originated from (region/country) or a disease, prevention, branching from another diet, etc.
- **Special instructions or Disclaimers** (10pts)
 - Discuss specific details about the diet, i.e. typical daily intake of food; emphasis on certain food(s), avoidance of certain foods; exercise encouraged & how often; etc.
- **PRO/CONS** (40pt...see break down below)
 - List all positives/pros you see in the diet (15pt)
 - List all negatives/cons you see in the diet (15pt)
 - Based off the diet planning principles discussed in class, decide whether the diet would be considered **nutritionally sound** & whether or not **you would try this diet**. You should discuss these principles and whether or not all or some of them are implemented/encouraged. (10pt)
 - *You will need to say yes or no and use the phrase “nutritionally sound” as well as say yes or no to whether you would try the diet...failing to follow these directions will result in a reduction in points.*
- **Reference Page (separate sheet of paper)** (10pt...see break down below)
 - Simple version will suffice; detailed work cited is not necessary. List website, research, magazine, book & author, etc. used to obtain your info; if website was used I want you to provide me with exact link. I should be able to type link in and find info used. (5pt)
 - For each reference/source you use, determine if the source is credible & why. (Typically .com websites are NOT credible or reliable sources, however .gov, .edu, etc. are typically very credible; if you are using a book/author look at his or hers credentials, are they a MD or PhD doctor? A registered dietitian? Etc.) I will help with difficulty determining the credibility of a source. (5pt)
- **ASSIGNMENT MUST BE TYPED and BOUND TOGETHER in order for it to be accepted & graded.**
- **Plagiarism will NOT be tolerated and anyone found plagiarizing will be immediately dropped from the course and receive an F grade.**
- **NUTRITIONAL ANALYSIS ***MINI*** ASSIGNMENT 25 points**
 Keep a food record, write down **every** food & drink you consume, for three days (ideally two week days and one weekend day). Access Diet & Wellness Plus Software you purchased (Mind Tap with access code). Input your food record and print out your **3-day AVERAGE** reports. Printed 3-day average reports to be submitted include: **Energy Balance, Fat Breakdown, Intake vs Goals, Macronutrient Ranges, MyPlate Analysis, Profile DRI Goals, and Intake Spreadsheet** (*reports are automatically generated based off the inputted information*). Further explanation and examples will be provided in class before the due date.
- **NUTRITIONAL ANALYSIS PROJECT 150 points**
 Examples and explanation will be provided in class, sent out (directions only) through school email, and are accessible on my course website (directions only will be on course website).

Optional Space for Instructor

This syllabus outlines projected course sequence and requirements for the semester. AT ANY TIME, your instructor can make adjustments and/or changes. Any changes made to the course will be clarified via email and in class.

Some basic expectations, include (but not limited to):

- ✓ **Let me know if you will be missing class PRIOR to missing. The more information you give me beforehand the easier it can be to reschedule things missed.**
 - **NO LATE ASSIGNMENTS WILL BE ACCEPTED**
 - **Assignments can always be submitted early, but can NEVER be turned in late**
 - Email can also be used to submit an assignment.
 - Emailed assignments **MUST** be received during your scheduled class time on the due date or submitted early. A hard copy may need to be submitted next time you attend class; instructor will let you know.
 - Assignments can be submitted to my mailbox in room 402 on FWB campus with the same guidelines as submitting via email. One of the secretaries will assist you by accepting the assignment, time & date it, then place in my mailbox for you.
 - As a college student it is **your** responsibility to contact me if there is an issue or concern; parents, siblings, spouse(s), should only contact me regarding any class issue as an absolute last result/emergency preventing you from contacting me.
 - An excused absence requires proper documentation. Examples of documentation include: doctor's note, manager or supervisor note (if work related), etc. The documentation **MUST** provide contact information (phone number, email, etc) from the individual excusing the absence. A note from your parent(s), grandparent(s), sibling(s) will **NOT** suffice. Talk to me ASAP if any issue arises and you are uncertain what kind of documentation to provide.
- **Course Sequence:**

Below is a tentative schedule for the semester. I am flexible and want to provide thorough explanation of topics/concepts ensuring comprehension of material. Items below are subject to change and class will be given ample notification of all changes (via email & in class). Regularly checking your email is important for class, including but not limited to important announcements, class cancellation, clarification of topics, etc. can and will be emailed to your NWFSC email account.

<u>Class date</u>	<u>Activity Description</u>
August 22	First day class, Syllabus
August 29	Lecture
September 5	<i>Labor Day, No Class</i>
September 12	Current Event Assignment Due , Lecture
September 19	Exam1, Homework Packet 1 Due
September 26	Lecture
October 3	<i>Mini Assignment workday, No class</i>
October 10	Mini assignment Due , Lecture
October 17	Exam2, Homework Packet 2 Due
October 24	Diet Evaluation Assignment Due , Lecture

October 31	Lecture
November 7	Exam3, Homework Packet 3 Due
November 14	Lecture
November 21	<i>Nutritional Analysis Project Workday, No Class</i>
November 28	Nutritional Analysis Project Due , Lecture
December 5	Exam 4, Homework Packet 4 Due
December 12	Post Course Discussion

Email –

Email is the official communication medium of the College. Please check your email regularly for any class and College notifications. The instructor will regularly check email before and after class and during the week. Weekend availability will be limited. When you email, include first and last name and class day and time in subject line (e.g. John Smith 12:30pm Mondays).

Desire 2 Learn -

Like all NWF State College classes, this class uses Desire 2 Learn (D2L), a platform for online learning. You can access this class’s D2L site at [Desire 2 Learn](#), or through RaiderNet. You will find the class syllabus and other resources.

Cell Phone/Electronic Devices

Cell phones, pagers, and other such electronic devices must not distract from learning. Courtesy to the professor and other students requires that phones be on vibrate or silent mode during class. No student should initiate conversations, including texts, during class activities. Use of electronic communication devices during examinations or other graded activities may constitute grounds for disciplinary action; such devices must be completely out of sight during exams or other assessments. Where emergency or employment situations require access to electronic communication services, arrangements may be made in advance with the instructor. It is NOT acceptable to have a cell phone or any electronic device out to record or take pictures of students, the instructor, any guest speakers, course content including but not limited to notes, examples of assignments, etc.

Emergency College Closure

In the event of unusual or extraordinary circumstances, the schedule, requirements, and procedures in this course are subject to change. If the college closes for inclement weather or other emergency, any exams, presentations, or assignments previously scheduled during the closure period will automatically be rescheduled for the first regular class meeting held once the college re-opens. If changes to graded activities are required, students will not be penalized as a result of the adjustments, but will be responsible for meeting revised deadlines and course requirements.

Children in the Classroom

As a courtesy to other students and the learning process, students may not bring children with them to class sessions. Health and safety concerns prohibit children from accompanying adult students in any lab, shop, office, or classroom or other college facility where potential hazards

exist. If a child-related emergency means you must miss class, contact the instructor as soon as possible to determine your options. (The full “Children on Campus” policy statement appears in the College Catalog.)

Student Rights, Responsibilities, and Academic Integrity

Students are responsible for adherence to all college policies and procedures, including those related to academic freedom, cheating, classroom conduct, computer/network/e-mail use and other items included in the *Northwest Florida State College Catalog and Student Handbook*. Students should be familiar with the rights and responsibilities detailed in the current *Northwest Florida State College Catalog and Student Handbook*. Plagiarism, cheating, or any other form of academic dishonesty is a serious breach of student responsibilities and may trigger consequences which range from a failing grade to formal disciplinary action.

RESOURCES

The Academic Success Center (ASC) is located in the Activities Center (Building 410) on the Niceville Campus. The ASC provides free learning support services such as tutoring, ESOL, and writing assistance for all NWF State College students. Individual and group tutoring is available in a wide range of subjects on a walk-in-basis and by appointment. For more information, call the Academic Success Center at (850) 729-5389 or visit our website at [Free Tutoring](#).

Math Labs are located in the Math Building (300), Room 131, on the Niceville Campus and in Building FW-47, Room 702 on the Fort Walton Beach Campus and Room 131 at the Robert L. F. Sikes Education Center at the Crestview Center. The math labs are open to all students and provide free walk-in tutoring for all mathematics courses. For lab hours, students may call the Math Department at (850) 729-5377 or visit our website at [Math Lab](#).

Smarthinking is an online, real-time tutoring offered free to students, who may access this service via RaiderNet.

Open Computer Labs

There are numerous open computer labs throughout the NWF State College campuses. Students may access our website for lab locations and hours: [Computer lab location and hours](#)

Testing Center

Testing Centers administer college admissions tests, placement tests, proctored exams, ACT/SAT, GED, CLEP, and DSST (formerly known as DANTES). Make-up exams may be taken in the Testing Center, depending upon instructor policies on late work. General test information concerning tests, testing center locations, and hours may be accessed on the Testing Center website at [Testing Center](#).

Library, Online Reference Materials, and Resources

The library is a comprehensive, learning resource center providing information in print, digital, and multimedia formats to support the educational objectives of the College. In addition to in-

house materials, online services and resources can be accessed through the Learning Resource Center website. Library hours are posted each semester at the building entrance and on the LRC website at [Learning Resource Center](#)

[Assistance for Military and Veterans](#)

Northwest Florida State College supports our military and veterans students. You may contact NWF State College Hurlburt Center Educational Services Building at 850-200-4190 or visit our website at [Support Our Military](#)

[Students with Disabilities](#)

Northwest Florida State College supports an inclusive learning environment for all students. If you have disabilities for which accommodations may be appropriate to assist you in this class, please contact the Office of Disability Support Services on the Niceville Campus, or call 850-729-6079 (TDD 1-800-955-8771 or Voice 1-800-955-8770).