U200-282: Nutrition IL

Course Format: Online

Course Author/s: Wesley Kephart, PhD

Course credits: 3
Pre/Corequisites: Intermediate language requirement

Course Description: The course helps students plan, evaluate, and analyze dietary intake based on sound nutritional guidelines, principles, and knowledge for the purpose of health enhancement, improved mental and physical performance, and decreasing risk of disease.

Required Course Materials
- Wardlaw’s Contemporary Nutrition 10th Edition
  (or 9780073402543)
- Authors: Smith & Collene
  (or Wardlaw & Smith)

Optional/Recommended Course Materials
- N/A

Course Learning Objectives
1. Explain where macronutrients are obtained and how the body uses them.
2. Explain where micronutrients are obtained and how the body uses them.
3. Summarize the role over-nutrition and under-nutrition plays in the development of disease or disorders.
4. Summarize some of the most popular eating lifestyles.
5. Apply the concepts learned to plan and implement a nutrition plan that meets individual needs.

Course Overview

<table>
<thead>
<tr>
<th>MODULE/UNIT #</th>
<th>MODULE/UNIT TOPIC</th>
<th>EVALUATED ACTIVITIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Getting Started Module</td>
<td>Getting Started</td>
<td>Getting Started Test</td>
</tr>
</tbody>
</table>
| Module 1      | -What We Eat and Why -The Human Body | -Calculating Calories Assignment  
|               |                   | -Video discussion What’s Wrong With What We Eat  
|               |                   | -Posting Caloric Value: Useful or Unnecessary?  
|               |                   | -Unit 1 Test                   |
| Module 2      | -Carbohydrates - Protein - Lipids | -Diet Assessment Lab  
|               |                   | -Video Discussion: Sugar on the Brain  
|               |                   | -Eating outside your comfort zone  
|               |                   | -Banning Trans Fats  
|               |                   | -Unit 2 Test                   |

Effective Date 2/18/2021
Module 3  
- Vitamins  
- Minerals and Water  
- Are organically grown foods more nutritious  
- Video Discussion: Teach Every Child about food  
- Understanding Vitamins and Minerals  
- Unit 3 Test

Module 4  
- Healthy Diet Guidelines  
- Weight Control and Energy Balance  
- Truth or Fat Shaming?  
- Video Discussion: Why Dieting Doesn't Usually Work  
- Current Events  
- Topics in Nutrition Video Project  
- Unit 4 Test

Module 5  
- Pregnancy & Breastfeeding  
- Infancy and Adolescence  
- Nutrition during Adulthood and Advanced Age  
- The Breastfeeding Debate  
- Nutrition Through the Lifespan  
- Unit 5 Test

Module 6  
- Eating disorders  
- Undernutrition throughout the world  
- Food Safety  
- Genetically Modified Foods: Safe?  
- Media’s Influence  
- Video Discussion: Learning To Eat Healthy Before Birth  
- Unit 6 Test

Final Exam  
- Cumulative  
- Cumulative Final Exam

**Evaluation Methods**

Your final grade will be based on your performance on the following:

1. Getting Started (2%).
2. Assignments/Labs (12%)
3. Discussions (12%)
4. Video Assignments (7%)
5. Tests/Exams (22%)
6. Video Project (20%)
7. Final Exam (25%)

**Getting Started (2%)**

This test will assess the knowledge of the student to ensure that they have a general understanding of what is expected in the course. The exam will be 2% of the total grade and the student will be allowed multiple attempts.

**Assignments/Labs (12%)**

Multiple assignments with rubrics (included in Canvas) will be used to assess comprehension of various course topics, a list of these assignments are as follows:

- Calculating calories 70pts
- Eating outside your comfort zone 100pts
- Current event assignment 100pts
- Nutrition Through the Lifespan 100pts
- Understanding vitamins and minerals 100pts
Diet Assessment Lab 120pts
Media’s Influence 100pts

Discussions (12%)
Multiple assignments with rubrics (included in Canvas) will be used to get the student to develop their own perspective on class topics, a list of these assignments are as follows:

- Posting Caloric Value 50pts
- Banning Trans Fats 50pts
- Are organically grown foods more nutritious? 50pts
- Truth or Fat shaming? 50pts
- The Breastfeeding Debate 50pts
- Genetically Modified Foods 50pts

Video Assignments (7%)
Students will be asked to watch a short video, provide commentary, and explain what they learned and how it applies to human nutrition, a list of these assignments are as follows:

- Sugar on the Brain 50pts
- What’s wrong with what we eat 50pts
- Teach every child about food 50pts
- Why dieting doesn’t usually work 50pts
- Learning to eat healthy before birth 50pts

Unit Exams (22%)
There are 6 unit exams that consist of multiple choice, true/false, and fill in the blank questions and are utilized to assess comprehension of the textbook and lecture materials.

Video Project (20%)
Students will be asked to make a video either describing how to read a nutrition label or explaining the MyPlate dietary guidelines, an extensive rubric is provided on Canvas.

Final Exam (25%)
A cumulative final exam will be taken at the end of the course which has the same format as previous exams.

Test & Exam Method: Online with Proctoring.
This course requires all students to complete exams online with a proctoring service.

Grading Scale
The following grading scale is used to evaluate all course requirements and determine your final grade:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Score Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>93–100</td>
</tr>
<tr>
<td>B</td>
<td>83–87.9</td>
</tr>
<tr>
<td>C</td>
<td>70–77.9</td>
</tr>
<tr>
<td>D</td>
<td>60–69.9</td>
</tr>
<tr>
<td>AB</td>
<td>88–92.9</td>
</tr>
<tr>
<td>BC</td>
<td>78–82.9</td>
</tr>
<tr>
<td>F</td>
<td>Below 60</td>
</tr>
</tbody>
</table>

Pass/Fail Option

Effective Date 2/18/2021
Students who enroll in an Independent Learning (IL) course under the pass/fail option will receive a final grade of S in place of a final grade equivalent to an A, AB, B, BC, or C and a final grade of U in place of a final grade equivalent to a D or F.