

U200-282: Nutrition II

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 Contemporary Nutrition 9th Edition) ISBN: 9780078021374
 (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

MODULE/U NIT #	MODULE/UNIT TOPIC	EVALUATED ACTIVITIES
Getting Started Module	Getting Started	Getting Started Test
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

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:

A = 93–100	B = 83–87.9	C = 70–77.9	D = 60–69.9
AB = 88–92.9	BC = 78–82.9		F = Below 60

Pass/Fail Option

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.