



The Principles of Nutrition

NUR205 – Wesleyan College

Syllabus

Summer 2024, May 13 - June 14

Professor Contact Information

Professor: TBA

Office Hours: by appointment

Contact Information: TBA

Text/ISBN: Course pack document available to you free of charge via Moodle as part of preparation for instruction covered in lecture recordings and as independent study outside of instructor's lecturing.

Policies and Procedures

Course Goals

To study elementary principles of nutrition and their practical application. The objectives include providing an overview of the scientific principles of nutrition, summarize digestion and metabolism of nutrients, discuss the role nutrients play in human anatomy, physiology, and disease prevention, summarize age and life stage specific nutritional requirements, overview the role of nutrition in aging, and review age-related chronic health conditions.

Prerequisites

None

Credit Hours

3

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- Identify the forces that influence an individual's eating pattern.
- Demonstrate knowledge of the dietary goals and guidelines set for Americans by listing these guidelines and specifying ways to implement them into the planning of healthful diets.
- Analyze the nutritional adequacy of daily food intake by calculating the daily intake of specific nutrients and comparing them to an established standard and identifying alternative diet plans.
- Identify food myths, fads, and fallacies and why each is incorrect.
- Demonstrate understanding of how to read and interpret food labels.
- Explain how DRIs are developed and outline their role in healthful diet planning.



- Describe the process of digestion, absorption and metabolism. This includes identifying parts of the digestive system, describing the mechanical and enzymatic activities involved in digestion, and discussing the hormonal regulation of the digestive processes.
- Demonstrate a comprehension of carbohydrates, lipids, and protein by discussing their structure, classifications, function, and dietary sources. Identify the association between the three energy-yielding nutrients and disease.
- Demonstrate a comprehension of energy balance and weight control. Discuss prudent ways to manage body weight. Outline the association between abnormal body weight and selected co-morbidities.
- Demonstrate a comprehension of selected water-soluble and fat-soluble vitamins by describing their individual and collective functions, requirements, dietary sources, deficiency and toxicity symptoms.
- Demonstrate a comprehension of selected minerals by describing their functions, requirements, dietary sources, deficiency and toxicity symptoms.
- Demonstrate knowledge of nutritional requirements throughout the life cycle by listing the specific nutrient needs of pregnancy, lactation, infancy, childhood, adolescence, adult life, and in older adults.

Participation and Grading

Your grade in this course will be determined by your performance in the following categories:

| Assignments | Percentage |
|--------------|-------------|
| Discussion | 10 % |
| Assignments | 13 % |
| Quizzes | 27 % |
| Exams | 50 % |
| Total | 100% |

Exams – 50%

Four exams (3 weekly and one final) will be given throughout the semester. Please note that each exam is comprehensive, meaning that each exam will be based on all lectures and course pack/textbook readings from the beginning of the semester until the time the exam is offered. The same applies to the final exam. All exams are offered via Moodle, including the final exam. You will have one attempt to take the Moodle-based exams and there will be a time limit to submit them (please check Moodle for details). The table below includes information regarding the content of each exam, time period during which each exam will be offered, and the percentage of the final grade each exam is worth.

| Exam # | Content | Date exam becomes available | Date by which exam must be completed | Grade |
|--------|---|-----------------------------|--------------------------------------|-------|
| Exam 1 | Lectures from week 1 and course pack reading chapter 1-4 | 5/17 | 5/20 | 5% |
| Exam 2 | Lectures from week 1 and 2 and course pack reading chapter 1-8 | 5/24 | 5/27 | 10% |
| Exam 3 | Lectures from week 1, 2, and 3 and course pack reading chapter 1-12 | 5/31 | 6/3 | 15% |



| | | | | |
|--|--|-----|------|-----|
| Final exam | All lectures and all chapters from the course pack reading | 6/7 | 6/10 | 20% |
| <p>Please, ALWAYS use the “PrtScn” (print screen) feature on a keyboard of the confirmation page that you submitted the exam. Also, if you have a problem while taking the exam (e.g. internet outage) use the Print Screen option to document the problem. Attach it to an e-mail and send it to me.</p> | | | | |

Quizzes – 27%

Students will have the opportunity to read the course pack and earn a credit for each reading assignment by taking Moodle-based quizzes. There will be a deadline for taking each quiz. Students will not be permitted to take quizzes after the deadline except in cases of prolonged illness, hospitalization, and other extreme circumstances. Short-term issues, such as having a cold, headache or stomach problem, do not constitute a valid reason to have the deadline extended. Each quiz is set up for 3 attempts with the highest grade of the attempts that will be counted toward the grade.

| Quiz | Date the quiz becomes available | Date by which the quiz has to be submitted* | Weighted grade |
|--------------------|---------------------------------|---|----------------|
| Quiz 1 through 4 | 5/13 | 5/17 | 1.5% each |
| Quiz 5 through 8 | 5/17 | 5/21 | 1.5% each |
| Quiz 9 through 12 | 5/21 | 5/25 | 1.5% each |
| Quiz 13 through 16 | 5/25 | 5/29 | 1.5% each |
| Quiz 17 through 18 | 5/29 | 6/2 | 1.5% each |

*the quiz will be available until 11:59am of the date listed in the table

Assignment- diet analysis/healthy eating index – 13%

Use the MyPlate pictorial dietary recommendation to evaluate your own diet in terms of diet quality. Discuss the degree your diet is consistent with the dietary guidelines represented by the MyPlate recommendations. Propose changes to your diet in order to make it more consistent with the MyPlate recommendations.

Live discussions – 10% (2% each)

Students will have the opportunity to meet with the instructor and teaching assistant in five live discussions.

Detail Policies

1.Grades

The final grades will be based on grades achieved from all exams, quizzes, and assignments. There will be no extra credit assignments given. No grade will be dropped.

2.Exams



If you do get permission to take an exam at a different time you will be expected to take it within a week from the original date.

3.Academic honesty

Any violation of academic integrity will result in automatic failure of the course. Violation of academic integrity includes among other things lying and cheating (copying information from the internet for an assignment is a form of cheating). You are to take each exam individually. Taking it and discussing it with another student constitutes cheating. Honesty is expected at all times.

4.Professionalism

Students are expected to act professionally at all times. This includes referring to the instructor, teaching assistant and other students with respect and courtesy.

Grading Scale:

The grading scale in the class will be as follows:

A=90-100%

B=80-89%

C=70-79%

D=60-69%

F=59% And Below

You may track your running weighted grade throughout the term via our course site. Please be aware, however, that the course grade you see in the site will reflect only assignments and activities you have already completed and that your professor has graded.

Academic Integrity

Wesleyan's College expects student to show integrity in all of their work. Cheating, plagiarism, unauthorized collaboration, inventing or falsifying information, turning in work for more than one class without authorization, or helping someone else are all violations of the Honor Code and are not tolerated. Any of these forms of cheating will not be tolerated and will be grounds for a grade of zero on the exam or assignment and a grade of F for the course, in addition to any penalties imposed by the Provost.

Potential Changes to Course Schedule

The following week-to-week schedule is a general plan for the course. Deviations may be necessary and will be announced in advance via announcement and/or e-mail. Students should check their course site announcements and emails at least once every twenty-four hours throughout the term to watch for updates regarding this course.



Course Schedule

Week 1

Course introduction
Introduction to nutrition and nutrients
Introduction of dietary assessments
Nutrition: every day choices
Dietary guidelines and principles
Basic principles of nutrition research
Fed diets. How to recognize prudent health and nutrition information
How to understand food labels
Digestion: From Meals to Molecules
Carbohydrates. Sugars, starches, and fibers

Quiz 1-4

Exam 1

Week 2

Lipids: Fats, Phospholipids, and Sterols
Proteins: amino acids, enzymes, hormones, and more
Health effect of macronutrients
Energy balance and weight management
Eating disorders

Quiz 5-8

Exam 2

Week 3

Energy and nutrient metabolism
Water- and fat-soluble vitamins
Vegetarian diets
Nutrition and athletic performance
Issues in food safety

Quiz 9-12

Exam 3

Week 4

Water, macro and trace minerals
Water and alcohol
Nutrition in disease prevention and treatment
Nutrition in the lifecycle. Pregnancy, lactation, infancy and children
Nutrition in the lifecycle. Adults

Quiz 13-16

Assignment – diet analysis/healthy eating index



Week 5

Nutrition in the lifecycle. Elderly, oldest old and centenarians
Malnutrition around the world

Quiz 17-18

Final exam

Civility in the Academic Community

Students, faculty, and staff are expected to treat one another with respect in all interactions both during class meetings and on the Moodle course site. Rude, disruptive and/or disrespectful behaviors as determined by a faculty member interfere with other students' rights and with the professor's ability to teach. Therefore, any student exhibiting unacceptable behaviors during a class meeting or Moodle collaborative activity will be asked to leave and will be counted absent for that class period or activity. Failure to cooperate with this process will result in disciplinary action that may include withdrawal from the class or dismissal from the College. Violations will be reported to the Provost.

Disabilities Statement

Wesleyan College is committed to equal education, full participation and access to facilities for all students. Any student who requires reasonable academic accommodations, use of auxiliary aids or facility access for a class must first register with Disability Resources by contacting Jill Amos, Director of Disability and Advocacy Services, jamos@wesleyancollege.edu or (478) 757-5219. If reasonable accommodations are established, students should request Accommodation Letters from Disability Resources then schedule an appointment to meet with the professor to determine how the accommodations will be implemented for each class as early in the semester as possible. Accommodations require advance notice to implement and will not be retroactively administered for the semester. Accommodations that decrease the integrity of a course will not be approved.

Privacy in Teaching & Learning Spaces

In order to promote an environment in which ideas may be freely expressed, the interior offices; in-person and virtual classrooms; and Moodle course sites at Wesleyan are private spaces. The unauthorized creation of photographic images, audio recordings, or video recordings of students or faculty in these spaces is considered to be disruptive behavior which may result in a student's removal from class according to the professor's discretion. The distribution of unauthorized images or recordings, or of class meeting recordings shared by a professor for instructional purposes, without the express written permission of the College is strictly prohibited and is subject to disciplinary action by the Provost of the College.