

MURRAY STATE UNIVERSITY

DEPARTMENT: NUTRITION, DIETETICS, AND FOOD MANAGEMENT

COURSE PREFIX: NTN

COURSE NUMBER: 230

CREDIT HOURS: 3

I. TITLE: Nutrition

II. COURSE DESCRIPTION AND PREREQUISITE(S): Principles of nutrition related to normal health include ethnic, cultural, and socioeconomic factors that determine eating patterns; nutrient component of foods and their functions; physical and chemical processes of using food nutrients.

Prerequisite(s): None.

III. COURSE OBJECTIVES: Students will be able to

- A. understand connection between food and health;
- B. understand the influence of socioeconomic, cultural and psychological factors on food and nutrition behavior;
- C. demonstrate ability to calculate and interpret nutrient composition of foods;
- D. evaluate nutrition information provided to the public for actual facts and determine fallacies in information;
- E. understand the functions, intake recommendations and food sources of nutrients; and
- F. evaluate nutrient intake using current technology and apply information to improve eating habits and promote wellness.

Foundation Knowledge Requirements & Learning Outcomes for DPD's:

KR3.2.a: Learning Outcome: Students are able to apply knowledge of the role of environment, food and lifestyle choices to develop interventions to affect change and enhance wellness in diverse individuals and groups.

IV. CONTENT OUTLINE:

- A. Nutrition, Food Choices and Health
- B. Macronutrients
- C. Micronutrients and Water
- D. Applied Nutrition

V. INSTRUCTIONAL ACTIVITIES:

- A. Reading – Students are expected to read chapters prior to class to aid in class discussion and student understanding. Students will be tested over reading material in addition to lecture and class discussions.
- B. Class notes – PowerPoint presentations will be posted on Canvas prior to class and generally outline class lecture and discussion.
- C. Student assignments/projects – These activities are designed to assist students in applying the information that is presented in class. Timely completion of all assignments is essential to successful completion of class. Unannounced assignments and/or quizzes – These activities are designed to check for student understanding for material and/or increase student class participation.
- D. Group work – Students may be asked to work in groups for two assignments as well as many in-class activities. Active participation and contribution to groups will help to formulate class participation points.

VI. FIELD, CLINICAL AND/OR LABORATORY EXPERIENCES: None.**VII. TEXT(S) AND RESOURCES:**

- A. Thompson, J.; Manore, M.; Vaughan, L. (2014). *The science of nutrition* (3rd ed.). USA: Pearson.
- B. MasteringNutrition website (www.masteringnutrition.pearson.com)
- C. MyDietAnalysis website (accessed through the MasteringNutrition website)
- D. Canvas
 - i. Announcements, calendar, assignments, supplemental materials/resources, lecture slides

VIII. EVALUATION AND GRADING PROCEDURES:

- A. Final grades will be determined using the following point scale:
 - A = 810
 - B = 720
 - C = 630
 - D = 540
 - E = 450 or below

ASSIGNMENT	POINTS
4 Exams (100 pts each)	400
Food Label Assignment	50
Personal Nutrition Project	100
Fad Diet Project	75
Vitamin Presentation	50
15 Nutri-Cases (5 pts each)	75

5 Nutrition Debate Assignments (15 pts each)	75
In-class Work	75
TOTAL POINTS POSSIBLE	900

- B. Instructions and information for all assignments are available on Canvas.
- i. Unless otherwise stated, all responses for assignments should be in sentence format and, where appropriate, in paragraph format. One word responses to questions will not receive full credit.
- C. All assignments are to be submitted on Canvas.
- D. Late assignments **WILL NOT** be accepted without making arrangements with the instructor prior to the due date. Technical problems (including issues with Canvas) will not excuse a late submission.
- i. If a problem occurs while attempting to submit an assignment on Canvas, credit will still be awarded; however, the following steps must be taken:
 1. Click on the Help link in the top-right corner of Canvas and “Report a Problem”
 - a. This creates a log of what happened and when
 2. Immediately email the assignment to the instructor (jpaine@murraystate.edu)
 - a. Note: Students are still responsible for submitting the assignment on Canvas
- E. In-class work and pop quizzes cannot be made up.
- i. Alternative assignments will be available for students with a university excused absence.
- F. Make up exams will only be given when the instructor is provided with a university excused absence or other unavoidable absence as approved by the instructor. Students must communicate the absence prior to the exam time. Please refer to the current Undergraduate Bulletin for additional information.
- IX. ATTENDANCE POLICY:** Students are expected to adhere to the MSU Attendance Policy outlined in the current MSU *Bulletin*.
- X. ACADEMIC HONESTY POLICY:** Murray State University takes seriously its moral and educational obligation to maintain high standards of academic honesty and ethical behavior. Instructors are expected to evaluate students’ academic achievements accurately, as well as ascertain that work submitted by students is authentic and the result of their own efforts, and consistent with established academic standards. Students are obligated to respect and abide by the basic standards of Personal and professional integrity.

Violations of Academic Honesty include:

Cheating - Intentionally using or attempting to use unauthorized information such as books, notes, study aids, or other electronic, online, or digital devices in any academic exercise; as well as unauthorized communication of information by any means to or from others during any academic exercise.

Fabrication and Falsification - Intentional alteration or invention of any information or citation in an academic exercise. Falsification involves changing information whereas fabrication involves inventing or counterfeiting information.

Multiple Submission - The submission of substantial portions of the same academic work, including oral reports, for credit more than once without authorization from the instructor.

Plagiarism - Intentionally or knowingly representing the words, ideas, creative work, or data of someone else as one's own in any academic exercise, without due and proper acknowledgement.

Instructors should outline their expectations that may go beyond the scope of this policy at the beginning of each course and identify such expectations and restrictions in the course syllabus. When an instructor receives evidence, either directly or indirectly, of academic dishonesty, he or she should investigate the instance. The faculty member should then take appropriate disciplinary action.

Disciplinary action may include, but is not limited to the following:

- 1) Requiring the student(s) to repeat the exercise or do additional related exercise(s).
- 2) Lowering the grade or failing the student(s) on the particular exercise(s) involved.
- 3) Lowering the grade or failing the student(s) in the course.

If the disciplinary action results in the awarding of a grade of E in the course, the student(s) may not drop the course.

Faculty reserve the right to invalidate any exercise or other evaluative measures if substantial evidence exists that the integrity of the exercise has been compromised. Faculty also reserve the right to document in the course syllabi further academic honesty policy elements related to the individual disciplines.

A student may appeal the decision of the faculty member with the department chair in writing within five working days. Note: If, at any point in this process, the student alleges that actions have taken place that may be in violation of the Murray State University Non-Discrimination Statement, this process must be suspended and the matter be directed to the Office of Institutional Diversity, Equity and Access. Any appeal will be forwarded to the appropriate university committee as determined by the Provost.

XI. NON-DISCRIMINATION POLICY AND STUDENTS WITH DISABILITIES:

Policy Statement

Murray State University endorses the intent of all federal and state laws created to prohibit discrimination. Murray State University does not discriminate on the basis of race, color, national origin, gender, sexual orientation, religion, age, veteran status, or

disability in employment, admissions, or the provision of services and provides, upon request, reasonable accommodation including auxiliary aids and services necessary to afford individuals with disabilities equal access to participate in all programs and activities. For more information, contact the Executive Director of Institutional Diversity, Equity and Access, 103 Wells Hall, (270) 809-3155 (voice), (270) 809-3361 (TDD).

Students with Disabilities

Students requiring special assistance due to a disability should visit the Office of Student Disability Services immediately for assistance with accommodations. For more information, students should contact the Office of Student Disability Services, 423 Wells Hall, Murray, KY 42071. 270-809-2018 (voice) 270-809-5889(TDD).