

NUTR 120-01
NUTRITION AND WELLNESS
SUMMER 2012 SYLLABUS
ABILENE CHRISTIAN UNIVERSITY

ACU Mission: Our mission at Abilene Christian University is to educate our students for Christian service and leadership throughout the world.

Course Description:

Credit: 3 hours

When & Where: Online

Prerequisites: None

Course description: This course addresses current trends in nutrition (information and misinformation), basic nutrient information, the impact of nutrients, diet, and weight control on health, food safety issues, and world nutrition. It empowers the student to ask questions and seek answers appropriately.

Purpose and audience: The course is offered as a science option in the university core requirements for all bachelor's degrees but is not specifically required for any degree plan. It is designed to introduce the student to the basic concepts of current nutrition information and how to obtain reliable information.

Format: Online podcasts, reports, and projects.

Conduct of the Course: Text materials will be covered by students individually.

Questions about the material are encouraged via email. Reports, projects, and discussion will be completed and submitted online. Chapter quizzes will be timed and taken online.

Overview of Content: The course examines eating patterns of people today, the importance and roles of nutrients, health as it is affected by diet throughout our lives, weight management, health claims, food safety, and the world's food supply.

Required Text: Janice Thompson and Melinda Manore, Nutrition: An Applied Approach, including MyNutritionLab with MyDietAnalysis Student Access Kit, ISBN: 10:0321763653, 3rd Edition, Pearson Benjamin Cummings, 2012.

Websites: www.aw-bc.com/thompson

www.mynutritionlab.com

www.mydietanalysis.com

www.nlm.nih.gov

www.niddk.nih.gov/health/nutrit/nutrit.htm

www.cancer.org

www.americanheart.org

www.pueblo.gsa.gov/cic_text/health/fraudulent-health/frdheal.htm

www.geocities.com/HotSprings/5704/edlist.htm

vm.cfsan.fda.gov

Many other web sites are recommended in the textbook.

Course goal: By completing this course, students should be able to explain basic information about nutrition trends and issues, locate and assess sources of

current information about nutrition and wellness, evaluate their own nutrition profile, and apply healthful habits.

Instructor's philosophy: I Cor. 10:31 states "Whether, then, you eat or drink or whatever you do, do all to the glory of God." We should try to be as Christ-like as possible in all of our activities and serve Him to the fullest extent. Food is a basic need for the body, which is the Lord's temple. For optimal health, appropriate choices concerning foods and diet need to be made. Basic knowledge of reliable nutrition information is fundamental to making those choices. When we take care of the Lord's temple, we are able to concentrate on serving Him more fully.

	Competency	Measurement Instrument	Measurement Standard
1	The student will understand basics of macronutrients and micronutrients.	A. Quiz scores	A. The student will correctly identify textbook content on nutrients.
2	The student will describe basic information related to current and ongoing nutrition topics.	A. Quiz scores B. Nutrition myth busters	A. The student will correctly identify textbook content on nutrition topics. B. The student will describe and detail erroneous and valid nutrition information based on case study scenarios.
3	The student will be able to use a computerized nutrition analysis program to evaluate eating behavior.	A. Personal Dietary Analysis project	A. The student will analyze their own dietary intake by correctly using a computerized dietary analysis program.
4	The student will describe why and how sound nutrition is important for the body and how eating patterns affect health and society.	A. Quiz scores B. Nutrition myth busters C. Personal Dietary Analysis project	A. The student will correctly identify textbook content on the importance of nutrition and how it can affect health. B. The student will describe sound nutrition and articulate its importance for health. C. The student will describe how their own dietary intake can affect their health. D. The student will describe how poor eating habits can affect society and how ethics are involved.
5	The student will apply basic nutrition knowledge to improving the individual diet.	A. Quiz scores B. Supermarket	A. The student will correctly identify ways to improve diet. B. The student will research

		project C. Personal Dietary Analysis project	food products and analyze nutrient content to determine if each product is recommended for health. C. The student will apply nutrition knowledge and describe how their own diet can be improved based on results of the computerized dietary analysis.
6	The student will demonstrate the scientific method	A. Research Experiment	A. The student will develop a research experiment and demonstrate the steps of the scientific method.
7	The student will locate and assess current nutrition information, distinguishing between reliable and unreliable sources.	A. Research project	A. The student will locate Internet sources of questionable nutrition information and assess why they are questionable. The student will locate Internet sources of valid nutrition information. The student will distinguish differences between questionable and valid sources.
8	The student will evaluate scientific research	A. Article review	A. The student will review an article from a peer-reviewed scientific journal and evaluate whether the research is valid and reliable.
9	The student will be able to use information technology to obtain sound nutrition information.	A. Research project	A. The student will use valid Internet sites to obtain sound nutrition information.

Course Requirements:

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| 1. Chapter quizzes worth 10 points each, 160 points total. | 22.5% of grade |
| 2. Personal Dietary Analysis worth 100 points. | 14.1% of grade |
| 3. Supermarket Project Discussion worth 100 points. | 14.1% of grade |
| 4. Research Experiment worth 100 points. | 14.1% of grade |
| 5. Article Review worth 50 points. | 7.0% of grade |
| 4. Research Project worth 100 points. | 14.1% of grade |
| 5. Nutrition Myth Busters Reports worth 50 points each, 100 points total. | 14.1% of grade |
| 6. A total of 710 points is possible for the course. | |

Grading Scale: A = 90-100%, B= 80-89%, C = 70-79%, D=60-69%, F=59% or below

What the Professor Expects From You:

1. **Read** and **study** each chapter.
2. If you do not understand the material after studying, **ask questions**.
3. **Review** each chapter before taking the practice chapter quiz.
4. **Complete** the assignments by the time they are due.
5. Have a **good attitude** about learning – a “**can do**” **attitude**.
6. Be a **self-learner** (for a lifetime).

IF YOU DECIDE TO STOP PARTICIPATING IN THE CLASS, IT IS YOUR RESPONSIBILITY TO DROP THE CLASS OR RISK GETTING AN “F.”

Attendance

This course will require participation even before the first day of class, and regular participation is imperative each day of class. Unavoidable absences from class should be communicated to the professor as soon as possible. Work or travel commitments are not approved excuses for late or incomplete coursework or participation.

Email Conventions

Please include the course name, “NUTR 120”, in the subject line of all emails. Also, please include your first AND last name at the end of all emails. Do not assume that your email address is adequate for identifying yourself. If the email has an assignment attached, please include the name of the assignment in your email. Make sure your name is on the assignment. Do not forget to actually attach the assignment.

Team 55 Support

Please direct all technical questions concerning computer problems to Team 55.

Academic Integrity

Violations of academic integrity and other forms of cheating, as defined in ACU’s Academic Integrity Policy, involve the intention to deceive or mislead or misrepresent, and therefore are a form of lying and represent actions contrary to the behavioral norms that flow from the nature of God. Violations will be addressed as described in the Policy. While the university enforces the Policy, the most powerful motive for integrity and truthfulness comes from one’s desire to imitate God’s nature in our lives. Every member of the faculty, staff, and student body is responsible for protecting the integrity of learning, scholarship, and research. The full Policy is available for review at the Provost’s office web site (<http://www.acu.edu/campusoffices/provost>) and the following offices: provost, college deans, dean of campus life, director of student judicial affairs, director of residential life education and academic departments.

NUTR 120 SYLLABUS OUTLINE

UNIT 1 – Introduction and the Healthful Diet

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| Day 1 | Chapter 1 – The Role of Nutrition in Our Health
Chapter 1 Quiz
Chapter 2 – Designing a Healthful Diet
Chapter 2 Quiz |
| Day 2 | Chapter 3 – The Human Body: Are We Really What We Eat?
Chapter 3 Quiz |
| Day 3 | Chapter 4 – Carbohydrates: Plant-Derived Energy Nutrients
Chapter 4 Quiz
Article Review Due |

UNIT 2 – Macronutrients and Their Functions

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| Day 4 | Chapter 5 – Fats: Essential Energy-Supplying Nutrients
Chapter 5 Quiz
Diet Analysis Project Due |
| Day 5 | Chapter 6 – Proteins: Crucial Components of All Body Tissues
Chapter 6 Quiz |

UNIT 3 – Micronutrients and Their Functions

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| Day 6 | Chapter 7 – Nutrients Involved in Fluid and Electrolyte Balance
Chapter 7 Quiz |
| Day 7 | Chapter 8 – Nutrients Involved in Antioxidant Function
Chapter 8 Quiz
Supermarket Project Discussion |
| Day 8 | Chapter 9 – Nutrients Involved in Bone Health
Chapter 9 Quiz
Research Experiment Proposal Due |
| Day 9 | Chapter 10 – Nutrients Involved in Energy Metabolism and Blood Health
Chapter 10 Quiz |

UNIT 4 – Healthful Body Weight and Physical Activity

- Day 10 Chapter 11 – Achieving and Maintaining a Healthful Body Weight
Chapter 11 Quiz
Nutrition Myth Busters #1 Due
- Day 11 Chapter 12 – Nutrition and Physical Activity: Keys to Good Health
Chapter 12 Quiz
Nutrition Myth Busters #2 Due

UNIT 5 – Food Safety and Life Cycle Nutrition

- Day 12 Chapter 13 – Food Safety and Technology: Impact on Consumers
Chapter 13 Quiz
- Day 13 Chapter 14 – Nutrition Through the Life Cycle: Pregnancy and the First
Year of Life
Chapter 14 Quiz
Research Project Due
- Day 14 Chapter 15 – Nutrition Through the Life Cycle: Childhood to Late
Adulthood
Chapter 15 Quiz
Research Experiment Results Due