



# SYLLABUS

**Course Title:** Science of Nutrition  
**Prerequisites:** none  
**Instructor:** Cindy Salmon, RD, LD  
**Phone:** (907) 457-6688

**Number:** HLTH 203  
**Credits:** 3  
**Location:** Distance Education Course  
**email:** FFCJS@uaf.edu

**Lesson Dropbox:** <http://distance.uaf.edu/dropbox.php>

## Course Readings/Materials

- 📖 *Understanding Nutrition*, 11th Edition. Whitney, Eleanor N., Rolfes, Sharon R., West/Wadsworth Publishing Company, Belmont, California, 2008.  
Tech support: 1-800-423-0563, support @thomsonlearning.com
- 📖 Diet Analysis Plus CD-ROM
- 📖 This Course Guide (contains all assignments)

## Course Description

This is an introductory nutrition course that studies the principles of nutrition and their relation to the life cycle. Through this course, the student can develop a greater awareness of the importance of nutrition to both their personal health and the health of others, while learning to obtain information from reliable nutrition sources.

The course consists of 19 lessons, a midterm examination, and a final examination. Each lesson consists of a reading assignment, chapter summary, a self-help section, and a written assignment.

## Course Goals

The goal of this course is to provide students with a working knowledge of nutritional science. This will allow students to apply the anatomy, chemistry, and biology of nutrition to specific health related conditions and diseases. The knowledge and skills obtained from this course will be useful to students of health education, health sciences, food science, culinary arts, and those students interested in learning more about their own health.

## Student Learning Outcomes

At the completion of this course, students will be able to:

- Describe the metabolism of carbohydrates, proteins, fats, vitamins, minerals and water.
- Discuss factors that affect an individual's nutritional intake and nutritional status throughout one's lifespan.
- Discuss the relationship between specific dietary factors and disease processes or health-related conditions.
- Describe ways in which students could modify their own diets and lifestyles to improve their health status.
- Evaluate nutrition claims, information, and resources for accuracy and reliability.

## Instructional Methods

Reading assignments, case studies and other written assignments will be used as instructional methods in this course. Use of a computer with Internet access and a CD-ROM drive will be needed to complete some of the assignments. A self-help section is included in each lesson. It lists terms or concepts that are important to understanding the material. These words may also appear on the examinations.

A companion website has been set up in Blackboard so students can access up-to-date announcement and current information about health-related topics, additional external links, a course gradebook, and exams. Students will automatically be entered into the course in blackboard upon their registration. If you don't have access to the internet you may take your exams on paper either at the CDE office or by making arrangements for an approved proctor.

To access blackboard go to: <http://classes.uaf.edu>. See the blackboard handout that came with your course materials for details about usernames and passwords.

## Written Assignments

Each lesson contains a written assignment which you are to prepare and submit for grading. It is a good practice to read the assigned chapter thoroughly before completing the written assignment. Assignments will be typewritten on one side of the page, leaving room between questions so that I can write in comments or corrections. If you have questions on an assignment, please contact me. Submit each assignment directly to the Center for Distance Education for grading as soon as it is completed by mail, dropbox, or fax. If mailed, a completed Lesson Cover Sheet must be attached to each assignment submitted for grading. Lessons may be submitted electronically using this web site: <http://distance.uaf.edu/dropbox.php>

I try to grade all lessons within seven days of receiving them. Remember that mailing time adds a couple of days at either end. When you get behind and try to play catch-up (submitting multiple assignments all at once), I get behind too! The class will flow more smoothly for

everyone if you stay on track and submit your lessons in a timely manner.

Assignments should be completed in the order in which they appear in the study guide. When unsatisfactory assignments are returned to the student, they must be satisfactorily reworked and resubmitted for a second review by the instructor before a final grade for the course will be assigned. This course cannot be completed quickly because of the quantity of material involved. Assignments 9-19 should not be submitted for grading until you have completed the midterm examination. A self-help section is included in each lesson. This section lists terms or concepts that are important to understanding the material. You will find these terms in the textbook; use the index and glossary to explore these topics. These words may also appear on the examinations. The instructor will underline or write in important points on your graded lessons. Study these hints carefully for the exams. Feel free to ask questions, either in writing or by telephone.

## Plagiarism/Academic Integrity

The UAF Student Code of Conduct applies to all lessons and exams. If you desire to study with another student taking the course, please do so. ***However, you must author the coursework independently. Any correlation between lessons from separate students will be scrutinized for potential deviation from the UAF Student Code of Conduct Policy and will carry academic consequences.***

## Course Calendar

You, and only you, are responsible for completing the course by the end of this semester. As it is doubtful that the course can be completed both quickly and successfully, the most important thing you can do before starting is to make up a realistic schedule for completion. I strongly encourage you to pace yourself by submitting two lessons per week.

Lessons cannot be submitted all at once. Before taking the midterm exam, Lessons 1-8 must be handed in. The same applies to Lessons 9-19 with the final exam. It is to your advantage to submit the lessons early enough to allow time for grading and return to you before the exam.

If less than the entire course (including exams) has been submitted by the work completion date for that semester, then a grade will be determined on a case by case basis.

No temporary INCOMPLETE grades will be issued unless 1) one-half of the course (lessons 1-8 and the mid-term exam) has been submitted with a passing grade by the end of the work completion date, and 2) student has had an emergency situation arise that has prevented the student from finishing the course. A Request for Incomplete form is available on-line at <http://distance.uaf.edu/students/>.

If a temporary INCOMPLETE is given, the instructor reserves the right to decide how long the student will be given to complete the course (usually up to one month). This will be decided on an individual basis. If the course has not been completed by the date specified by the instructor, a letter grade will be issued. There are no Permanent Incompletes.

## Midterm Examination

A request for the midterm examination is in the lesson study guide. The request and any questions are to be sent to the Center of Distance Education, or you can request exams online at <http://distance.uaf.edu/archives/students/substudents/exams.php>. Your instructor can not help you with arranging for an exam. Contact the CDE office directly.

Exams have a combination of matching, multiple choice, and essay questions. Review your assignments and associated areas of the text to prepare for the exam. Practice multiple choice and essay questions are in the back of each chapter. The examination has a total of 100 possible points.

## Final Examination

A request for the final examination is in the lesson study guide. The request is to be sent to the Center for Distance Education. The final examination has a total of 100 points.

## Evaluation

The final grade for this course is built on points gained from quality written assignments, the midterm examination, and the final examination. The points for written assignments will be put directly on each assignment.

<b>Grade</b>	<b>Absolute Cumulative Points</b>
A (90-100%)	360 or above
B (80-89%)	320-359
C (70-79%)	280-319
D (60-69%)	240-279
<b>F (&lt;60%)</b>	<b>239- or below</b>

**The course assignments, available points, and grading scale are listed in the table provided. Points will be tabulated into grades based on absolute values.**

Chapter and Topic		Assignment	Points
1	An Overview of Nutrition	Case Study: Cultural Differences & Nutrition	10
		Nutrition on the 'Net Essay	10
2	Planning a Healthy Diet	Case Study: Planning a Healthy Diet	10
3	Digestion, Absorption, and Transport	Case Study: Distressed Digestion	10
4	The Carbohydrates	Case Study: Simple Sugar and Complex Carbohydrates	10
5	The Lipids	Case Study: Not Too Much but Not Too Little: Understanding Fats in Foods	10
6	Protein: Amino Acids	Case Study: Vegetarian Diets	10
7	Metabolism	Case Study: Feasting & Fasting	10
8	Energy Balance & Body Composition	Case Study: Satiating & Appetite	10
MIDTERM EXAM		Chapters 1-8. Study Assignments, vocabulary, lesson booklet chapter summaries	100
9	Weight Management	Case Study: Diet Strategies for Overweight and Obese Individuals	10
		Extra Credit: FAD Diets Essay	10
10	Water Soluble Vitamins	Lesson Booklet questions	10
		Extra Credit - Supplements Essay	10
11	Fat Soluble Vitamins	Lesson Booklet questions	10
12	Water & Major Minerals	Lesson Booklet questions	10
		Extra Credit - Case Study: Hidden Sodium	10
13	The Trace Minerals	Lesson Booklet questions & Case Study: Iron Deficiency & Toxicity	10
14	Fitness	Case Study: Can Physical Fitness Come In a Bottle?	10
15	Pregnancy & Lactation	Case Study: Preparing for Pregnancy	10
16	Infancy, Childhood & Adolescence	Case Study: Food Choices Differ Among Age Groups	10
17	Adulthood and the Later Years	Case Study: Drug & Nutrient Interactions in the Elderly	10
18	Diet & Health	Case Study: Genetic Predisposition to Chronic Disease	10
19	Consumer Concerns	Food Safety On The Go	10
FINAL EXAM		Chapters 9-19. Study Assignments, vocabulary, lesson booklet chapter summaries	100
Lesson Points			200
Exam Points			200
Total		Used when calculating % for final grade	400
Extra Credit Points			30



# Personal Information Sheet

The following information will help your instructor make this educational experience more meaningful for you. Please include this completed form with your first lesson.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

Purpose of your Enrollment: \_\_\_\_\_

\_\_\_\_\_

## **FORMER EDUCATION**

High School: \_\_\_\_\_

College: \_\_\_\_\_

Other: \_\_\_\_\_

Occupation: \_\_\_\_\_

Comments: Use this space and back of this page to introduce yourself to the instructor. S/he will be interested in anything you have to say about yourself. Thank you.