

CASPER COLLEGE COURSE SYLLABUS

Course Number and Title: FCSC 1141, Principles of Nutrition

Semester/Year: Fall 2015

Lecture Hours: 3

Lab Hours: 0

Credit Hours: 3

Class Time: Section 02:

12-1:15pm

Days: MW

Room: LS 109

Instructor's Name: Brandi R.K. Atnip, B.S., M.S.

Instructor's Office #:

LS 110

268-2541

Email: batnip@caspercollege.edu

Office Hours: MWF 10:00 AM – 10:50 AM

Tues 12:00 PM – 12:50 PM & 2:15 – 2:45 PM

Thurs 2:15 – 2:45 PM

Other times available by appointment

Course Description:

This course is designed to give students a general understanding of nutrition concepts. The course content emphasizes key nutrients and the human body's need for and utilization of those nutrients. Students will be informed of the importance of individualized nutrition plans, and will be exposed to some of the latest research in nutrition. Also addressed are nutritionally relevant topics such as eating disorders, nutritional supplements, dieting and food safety. Recommended for nutrition majors, physical education and early childhood education majors and other interested non-majors.

Statement of Prerequisites: None

Goal: To present to the student the basic principles of nutrition and its role in maintaining health.

Outcomes:**

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

1. Convey the importance of nutrition in everyday life and healthful living
2. Name and describe the major nutrients
3. Describe the physiological processes involved in utilizing these nutrients
4. Describe how nutrition principles change during life stages
5. Convey nutrition principles as they pertain to global issues

**** The degree to which the student achieves these outcomes is dependent on the effort provided by the student and is reflected in the grade earned in this class.**

Methodology:

This is a lecture course. There will be reading/writing assignments and personal journaling assignments where you will record your dietary intake and your energy expenditure.

Required Text, Readings, and Materials:

Your lecture text is: Discovering Nutrition, 5th Edition, by Insel, Turner and Ross
The instructor will provide all additional readings.

Class Policies:

Cell phones are to be turned to a “vibrate” or “silent” mode at all times. There will be **NO TEXTING** for any purpose. If you must take a call, please exit the classroom and conduct your call in the front lobby of the Life Science Building.

General Information:

As a college student, it is your responsibility to determine whether or not your attendance in this class is required. As an instructor, it is my responsibility to ensure that the optimal learning environment is provided to all students. The following are examples of expected behaviors in any college classroom:

- Attend all class meeting and be on time. If you are late, **discreetly** enter the classroom through the rear doors.
- Listen to questions/statements made by your fellow classmates; these may enhance your understanding of the material.
- Expect to receive pertinent course materials/handouts during the designated course times. If you are unable to obtain these materials at these times, **it becomes your responsibility to obtain them from a fellow classmate, or from the instructor, during her office hours.** Don't expect late, partially completed or illegible work to be graded.
- Always exercise your right to ask questions. There is absolutely no such thing as a “stupid question” and your instructor is not beyond being able to learn from you. Be active in your learning.

Comments:

Nutrition is a very exciting and rapidly advancing science. The principles on which this discipline is based are relatively simple, yet their application and effect on individuals varies widely. In this course it is my hope that you will master the basic principles, become keenly aware of how these principles are playing out in your life and health, and become enlightened and excited about the pace of nutritional research and application in the world around you.

Evaluation Criteria:

Your progress in this course will be measured in a variety of ways. One of the most important tools you have as a student is your ability to communicate. Thus, you must be able to clearly articulate, verbally and in written form, your understanding of nutrition and nutritionally relevant topics. You should always use a dictionary to check spelling and grammar, as improper spelling and grammar could adversely affect your grade on written assignments. You will be evaluated by 3 criteria: lecture examinations (these may consist of multiple choice, true/false, matching, fill-in-the-blank, and short answer questions); journal article responses; and personal diet/exercise journal assignments.

Examination Policy:

There will be ***NO MAKE-UP EXAMS*** in this course. Exam dates listed on this syllabus are tentative and subject to change. The instructor will notify you at least 2 lecture sessions ahead of time if a change is to be made to the exam schedule. It is your responsibility to check your personal schedule with ALL exam dates and to notify the instructor in advance of the scheduled exam time if there is a conflict. See the Casper College Student Handbook for information on how to handle absences due to illness or death in family. If a student is more than 30 minutes late for an exam they will be considered absent for that date.

All students will have the option of taking a cumulative lecture exam during finals week and utilizing the score on that exam to replace a low or missed lecture test score from earlier in the semester.

All exams will be returned at the next lecture session.

Grading:

Your grade in the course will be assigned based on the percentage of the total points you earn.

6 Lecture Exams	50 points each	= 300 points
Energy Consumption Journal	100 points	= 100 points
Energy Expenditure Journal	100 points	= 100 points
Journal Readings/Reflection	10 points each	= 100 points
TOTAL POINTS = 600		
90% = A = 540 points or higher		
80% = B = 539 - 480		
70% = C = 479 - 420		
60% = D = 419 - 360		
<60% = F = below 359 points		

Student Rights and Responsibilities:

Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities as a Casper College Student.

Chain of Command:

If you have any problems with this class, you should first contact the instructor in order to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take your problem through the appropriate chain of command starting with the Department Head, Dr. Scott Johnson, then the Academic Dean, Dr. Grant Wilson, and lastly the Vice President for Academic Affairs, Dr. Shawn Powell.

Academic Dishonesty - Cheating & Plagiarism:

Casper College demands intellectual honesty. Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was committed or expulsion from school. See the Casper College Student Code of Conduct.

Official Means of Communication: Casper College faculty and staff will employ the student's assigned Casper College email account as a primary method of communication. Students are responsible to check their account regularly. This is also, where you will find course evaluation links during course evaluation periods.

ADA Accommodations Policy:

If you need academic accommodations because of a disability, please inform me as soon as possible. See me privately after class, or during my office hours. To request academic accommodations, students must first consult with the college's Disability Services Counselor located in the Gateway Building, Room 344, (307) 268-2557, bheuer@caspercollege.edu. The Disability Services Counselor is responsible for reviewing documentation provided by students requesting accommodations, determining eligibility for accommodations, and helping students request and use appropriate accommodations.

The Instructor reserves the right to change this syllabus at any time, as long as the students are properly notified in

Tentative Lecture Schedule

WEEK OF:			Reading Assignment
August	24 & 26	Syllabus Review & Introduction Why do we eat the way we do?/Introduction to Nutrients/ Linking Nutrients, Foods and Health Food Guides and Food Labels	Chapter 1-2
August	31 & 10/2	Continue week 1 material and begin Chapter 4 – Digestion & Absorption	Chapter 3
September	7 & 9	NO CLASS ON MONDAY – Labor Day Finish week 2 and begin Nutrients: Carbohydrates	Chapter 4
September	14 & 16	EXAM 1 Finish Carbohydrates and begin Lipids	Chapter 5
September	21 & 23	Finish Lipids and begin Proteins	Chapter 6
September	28 & 30	Finish Nutrients Exam 2	
October	5 & 7	Metabolism, Energy Balance, & Weight Management	Chapter 8
October	12 & 14	Finish week 7, discuss first journaling assignment, misc. course content	Work on Energy Consumption Journal
October	19 & 21	NO CLASS – Fall Break Exam 3	
October	26 & 28	Intro to Fat & Water Soluble Vitamins Discuss supplements	Chapter 7 & 2
November	2 & 4	Exam 4 Minerals & Water	Chapter 8
November	9 & 11	Finish Minerals Nutrition and Exercise	Chapter 9 ECJ Assignment Due Nov. 11
November	16 & 18	Nutrition and Exercise Discuss second journaling assignment, misc. course content.	Work on Energy Expenditure Journal
November	23 & 25	Eating Disorders Exam 5 Begin Life Cycle Nutrition (Maternal & Infant)	Chapter 9, pg. 435 Chapter 11
November	30 & 12/2	Continue Life Cycle Nutrition Nutrition in Childhood & Adulthood	Chapter 12
December	7 & 9	Diet and Health	Chapter 10 EEJ Assignment Due Dec. 9
December	14	Finals Week – Exam 6	TBA