

CASPER COLLEGE COURSE SYLLABUS  
**FCSC 1141 Principles of Nutrition**

**Semester/Year: Fall 2015**

**Lecture Hours: 3**

**Lab Hours: 0**

**Credit Hours:3**

**Class Time: Online**

**Days: Asynchronous delivery. Room: N/A**

**Instructor's Name: Kelsey M. Phillips, Ph.D.**

**Instructor's Contact  
Information:**

**Office Phone:**  
  
(307)268-2873

**Email:**

Contact through Moodle email  
for questions about the course!

Use this one ONLY as a backup:  
kelseyphillips@caspercollege.edu

**Office Hours:**

**Monday: 2:15-3 pm**

**Tuesday: 9:30- 11:30 am**

**Wednesday: 4-5 pm (by appointment ONLY)**

**Thursday: 9:30-11:30**

**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, early childhood education majors and other interested non-majors.

**Statement of Prerequisites:** None

**Goal:** Students will be given a general overview of the field of nutrition.

**Outcomes:**

1. Demonstrate effective oral and written communication
2. Solve problems using critical thinking and creativity
3. Use appropriate technology and information to conduct research
4. Describe the value of personal, civic, and social responsibilities
5. Use quantitative analytical skills to evaluate and process numerical data

**Course Objectives:** 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

**Methodology:**

Students should be prepared to devote *a minimum* of 4 hours per week to this course, 9 hours is recommended. Online lessons will incorporate PowerPoint slides, videos and recorded lectures that will complement the assigned readings. Participation in online discussion forums will also be required. Unit examinations, a cumulative midterm and final examination, periodic online quizzes, reading and writing assignments, and a personal nutrition analysis project will be assigned for the purpose of addressing course outcomes.

**Evaluation Criteria:** Grades will be earned based upon the accumulation of points from exams, quizzes, a nutrition analysis project, and participation in discussion forums. Your scores from each assignment will be available on the Moodle site as soon as the assignment has been graded. Please keep all returned assignments. If there is a discrepancy between a posted grade and that on a returned assignment or exam, please contact me immediately.

Final Grades will be derived as follows:

15 points	Academic Honesty Contract
15 points	Syllabus Quiz
100 points	12 Quizzes (worth 10 points each- lowest two scores dropped)
400 points	5 Unit Exams (worth 100 points each- lowest score is dropped)
120 points	7 Discussion Forums (worth 20 points each- lowest score is dropped)
150 points	Nutrition Analysis Project (breakdown provided below)
	Part I- (30 points) Food and Activity Log
	Part II- (50 points) Energy Balance, Micronutrient intake
	Part III- (20 points) Construction of a Personalized 1-day Ideal Diet
	Part IV- (50 points) Analysis
100 points	Midterm Examination
100 points	Final Examination

Semester grades will be assigned according to the final percentage of total points possible earned by each student as follows:

90% and above	= A
80% - 89.9%	= B
70 -79.9%	= C
60 -69.9%	= D
0 -59.9%	= F

Grades may be curved at the end of the semester, which is solely at my discretion. I do not offer extra credit to individuals, so please do not ask for these assignments. I reserve the right to allow participation to influence assignment of the final course grade.

## Required Text, Readings, and Materials:

**Textbook:** Contemporary Nutrition, 10th Edition, by and Smith and Collene

**Additional readings:** Additional readings will be provided to you via the Moodle website. Various handouts may be provided, and information in these may be used for exams.

**Video:** Each student will be required to stream or rent the documentary, “A Place at the Table.” You can download this through Amazon, Google Play, VuDo

**Computer and internet access:** Please note that each student in the course will be required to log onto the course Moodle website. The recommended internet browser for the Moodle website is Mozilla Firefox, which is freely downloaded. It is highly recommended that you use Mozilla Firefox when taking online quizzes, as errors that occur from using any other internet browser may result in errors or crashes that could negatively impact your grade. Students may use computers on campus, at home or at other facilities that have internet access.

## Class Policies:

**Course Materials:** Course materials will be made available on a weekly basis. The weeks’ materials will be made available to you on Tuesday mornings. You will be required to follow the weekly schedule outlined in the syllabus. I cannot allow students to “work ahead.”

**Midterm and Final Examinations:** The mid-term and final examinations *are proctored, password protected, cumulative and closed-book.*

- Students who reside in the Casper, WY area are required to schedule a time for their exam through the Casper College Academic Testing Center <http://www.caspercollege.edu/act/index.html>
- Students who reside outside of the Casper, WY area are responsible for identifying a *testing center*. Individual proctors will not be considered. You are responsible for making your appointment, paying any proctoring fees, and knowing the policies and hours of the testing center. *Within the first two weeks* of class, please email me with the following information:
  - the name of the testing center
  - a contact person
  - Email address AND phone number

Some testing centers require a fee for proctoring. It is your responsibility to this fee, and is considered to be part of the cost of a distance education course.

- **If you fail to make arrangements with a proctor within the first two weeks of class, I cannot guarantee that you will be able to take the midterm or final examination.**

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**Testing arrangements will NOT be made during the week of the midterm or final examinations!**

### ***Quizzes and Unit Exams:***

All quizzes and unit exams in the course will be administered through the course Moodle website. Please see the weekly course schedule below for timing of quizzes and exams.

- Quizzes will open at 7am on Tuesday, and close at 11:55 pm the following Monday. Quizzes are limited to one attempt, but are not timed.
- Unit exams will open on Thursday at 7 am and close at 11:55 pm the following Wednesday. Unit exams are limited to one attempt and have a 60 minute time limit.

**You are allowed to drop one unit exam and two quizzes. Make-ups on quizzes and exams ARE NOT ALLOWED!**

### ***Assignment due dates and acceptable file types:***

Class assignments must be submitted electronically via the course Moodle website. Files are to be submitted as a portable document file (.pdf). Other file formats will not be accepted, and will be assigned a score of zero. All assignments are due at midnight of the date listed in the schedule of the syllabus. Sometimes, technical problems arise. For that reason, I provide a 12 hour grace period for trouble shooting your submission. If your assignment is not submitted within that 12 hour grace period, it is considered late and will be assigned a score of zero. Please click the submit for grading button once you have finalized your submission.

**All assignments must be submitted electronically through Moodle. Due to security reasons, I cannot accept assignments via email or in hard copy!**

### ***Discussion Forums:***

We will use discussion forums to clarify and supplement the assigned reading material, and your participation is crucial! Information that is not in your textbook is presented in the online forums, and will be used in examinations. Discussion forums will open on the Wednesday of the week it appears in the course schedule. Some discussions will only last for one week, whereas other will span two weeks, so be sure to read the schedule at the end of this syllabus. It is critical that you participate consistently throughout the entire duration of the discussion forum. The discussion will evolve, and I will introduce new content during that discussion. Again, you will be held responsible for the material covered in discussion forums. A grading rubric will be provided to you.

### **Last Date to Change to Audit Status or to Withdraw with a W Grade:**

November 12, 2015

**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 to attempt to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take the matter through the appropriate chain of command starting with the Department Head/Program Director, the Dean, and lastly the Vice President for Academic Affairs.

**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 for more information on this topic.

**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.

**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](mailto: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.

## Schedule for the Course

The following pages contain a tentative course outline. The exact dates of lecture topics and class activities may change.

**Midterm and final exam dates are firm.**

Week (Monday's Date)	Topic/Assignment	Assigned Reading	Discussion	Quiz/Exam/Due Dates
1 Aug 24	<b>Unit 1: Overview of Nutrition and the Human Body</b>	Chapter 1, syllabus, welcome letter	Dihydrogen monoxide and the scientific method.	Quiz #1- Chapter 1
2 Aug 31	Dietary guidelines, ChooseMyPlate.gov, food labels	Chapter 2		Quiz #2- Chapter 2
3 Sept 7	The human body	Chapter 3- focus on p.87-89, 96-106, 107-112		Quiz #3- Chapter 3 Nutrition Analysis Part 1 due- Sept 11
4 Sept 14	<b>Unit 2: The Energy Yielding Nutrients and Energy Balance</b> Carbohydrates	Chapter 4	The peer review process & the truth about lactose intolerance	Unit 1 Examination Quiz #4- Chapter 4
5 Sept 21	Lipids	Chapters 5		Quiz #5- Chapters 5
6 Sept 28	Proteins	Chapter 6		Quiz #6- Chapter 6
7 Oct 5	Energy Balance	Chapter 7	What diet is the best for weight loss?	Unit 2 Examination
8 Oct 12	<b>MIDTERM EXAMINATION</b> <b>Comprehensive of Units 1-2</b> The midterm examination (comprehensive of Units 1-2) opens at 7 am on October 12, and closes at 5pm on October 15			
9 Oct 19	<b>Monday &amp; Tuesday: Fall Break</b> <b>Unit 3: Vitamins, Minerals and Water</b> Vitamins	Chapter 8	What is in a supplement? Do dietary supplements actually work?	Quiz #7- Chapter 8

10 Oct 26	Minerals, Water	Chapter 9		Quiz #8- Chapter 9 Nutrition Analysis Project Part II due- Oct 30 Unit 3 Examination
11 Nov 2	<b>Unit 4: Nutrition in athletics and eating disorders</b> Sports nutrition & Disordered Eating	Chapters 10-11	Looking at disordered eating	Quiz #9- Chapters 10-11 Unit 4 Examination Nutrition Analysis Project Part III due- Nov 6
12 Nov 9	<b>Unit 5: Life Cycle Nutrition</b> Nutrition during pregnancy and breastfeeding	Chapter 14		Quiz #10- Chapter 14  Nutrition Analysis Project Part IV due- November 13
13 Nov 16	Childhood & Adult Nutrition	Chapter 15-16 View: A Place at the Table Documentary	A place at the table, and sustainable nutrition	Quiz #11- Chapter 15-16
14 Nov 23	Finish childhood and adult nutrition <b>Happy Thanksgiving</b>			
15 Nov 30	Food safety & regulations	Chapter 13		Quiz #12- Chapter 13 and assigned reading
16 Dec 7	Sustainable and Global Nutrition	Chapter 12	Issues in Global Nutrition	Unit 5 Examination
17 Dec 14	<b>FINAL EXAMINATION (Cumulative of Units 3-5)</b> The final examination (comprehensive of Units 3-5) opens at 7 am on December 15 and closes at 5 pm on December 17			