

Principles of Nutrition

NUTR 240

Course: NUTR 240 Principles of nutrition

Credit Hours: 3 credits

Course Description: Course content includes the science and application of nutrition, nutrition interventions in chronic and acute illness, promoting health and wellness throughout the life span, and national nutrition concerns.

Course Content: In this introductory nutrition course you will explore the newest frontiers in nutrition and learn how to apply nutrition principles to your own food choices. Solidly based on science, this course will help you to understand how key nutrients (carbohydrates, lipids, proteins, amino acids, vitamins, water and minerals) affect health, disease, energy balance, and weight control. You'll learn how nutrition needs change throughout the life span and you'll explore such global issues as alcohol, weight management, nutrition & fitness, food safety, food technology, consumerism & sustainability, and world hunger.

Prerequisite (s): None

Course Learning Objectives: After completing this nutrition course, you will be able to:

- Interpret what the scientific facts tell us about nutrition and health
- Understand why we eat what we eat
- Explain the nutrition standards and guidelines
- Describe the processes of digestion, absorption, and transport
- Describe the major nutrients, vitamins, and minerals and their roles in the body
- Understand the concepts of energy balance and weight control
- Recognize the relationship between physical fitness, health, and nutrition
- Explain the relationship between diet and health
- Describe the nutritional needs at various stages of the life cycle
- Understand the basic principles of food safety
- Recognize the growing problem of hunger in the global economy
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Instructor Information:

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- Wolford, ND 58385
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Lecture Schedule: Class meets completely online.

Technology Required: High speed internet access

Required Textbooks: Blake, J. S. (2016). *Nutrition and You* (4th ed.). Hoboken: Pearson. ISBN- 13: 978-0-13-416754-1

Course Requirements

Active participation in online discussion is required. Expectations include reading all assigned chapters and materials, participating in online group discussions, and completing all assigned work within the allowed time frame.

Course Outline: Refer to course topical outline for course schedule, assignments, exams and a break-down of course grades.

Relationship to Campus theme: The goal of principles of nutrition is to provide an introduction to nutrition and provide an educational continuum for degree advancement.

Classroom Policies

Assessment Methods: Assessment methods include participation in discussion boards, 2 projects, unit quizzes, a mid-semester exam, and a final exam. Instructor may require use of Tegrity proctoring and Respondus lock down per discretion.

Grading Policy. Class grade will be calculated by dividing total points earned by total points possible and grades will be assigned according to the following:

A= 100-90%
B= 89-80%
C = 79- 70%
D= 69-60%
F= 59-0%

Any late assignments or quizzes will be reduced by **10% per day** unless prior exception granted by instructor or extenuating circumstances. Late exams will be reopened only with extenuating circumstances per instructor's discretion.

Academic integrity: Tests are timed, opened book. All discussions, papers, projects, and exams must be personally completed. Academic honesty is expected of all students. Cheating and/or plagiarism may include: using unauthorized assistance on any exam, paper or project; or course material from an instructor or student; or submitting the same academic work for credit more than once without consent. Violations will result in receiving a "zero" on the assignment or exam if cheating is suspected by the instructor.

Disability Policy: Any students requiring accommodations should contact the Learning Center for assistance.