

**Course Prefix/Number/Title:**

NUTR 240- Principles of Nutrition

**Number of Credits:**

3 credits

**Course Description:**

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.

**Pre-/Co-requisites:**

None

**Course 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

**Instructor:**

Lori Slaubaugh

**Office:**

Virtual

**Office Hours:**

Monday- Friday 9am- 5pm (CST)  
Available via phone, email or zoom

**Phone:**

701-208-0230

**Email:**

Lori.Slaubaugh@dakotacollege.edu

**Lecture/Lab Schedule:**

Class meets completely online

**Textbook(s):**

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.

**Tentative Course Outline:**

Course is divided into eight (8) two week units and a final exam/paper. Unless otherwise noted each unit starts on Monday and ends on a Sunday.

**General Education Competency/Learning Outcome(s) OR CTE Competency/Department Learning Outcome(s):**

Employ industry-specific skills in preparation for workplace readiness  
Combine general education and vocational skills curriculum

**Relationship to Campus Focus:**

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. All papers required to be submitted to SafeAssign

***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. Plagiarism on discussion posts will result in a zero (0) for the weeks discussion points. Plagiarism on papers/essays/exams will result in an zero (0) for the assignment. Multiple occurrences of plagiarism may result in further academic consequences.

**Student Email Policy:**

Dakota College at Bottineau is increasingly dependent upon email as an official form of communication. A student's campus-assigned email address will be the only one recognized by the Campus for official mailings. The liability for missing or not acting upon important information conveyed via campus email rests with the student.

**Academic Integrity:**

According to the DCB Student Handbook, students are responsible for submitting their own work. Students who cooperate on oral or written examinations or work without authorization share the responsibility for violation of academic principles, and the students are subject to disciplinary action even when one of the students is not enrolled in the course where the violation occurred. The Code detailed in the Academic Honesty/Dishonesty section of the Student Handbook will serve as the guideline for cases where cheating, plagiarism or other academic improprieties have occurred.

**Disabilities or Special Needs:**

Students with disabilities or special needs (academic or otherwise) are encouraged to contact the instructor and Disability Support Services.

**Title IX:**

Dakota College at Bottineau (DCB) faculty are committed to helping create a safe learning environment for all students and for the College as a whole. Please be aware that all DCB employees (other than those designated as confidential resources such as advocates, counselors, clergy and healthcare providers) are required to report information about such discrimination and harassment to the College Title IX Coordinator. This means that if a student tells a faculty member about a situation of sexual harassment or sexual violence, or other related misconduct, the faculty member must share that information with the College's Title IX Coordinator. Students wishing to speak to a confidential employee who does not have this reporting responsibility can find a list of resources on the DCB Title IX webpage.