

SYLLABUS
HES 2823 – Introductory Nutrition
An Online Course

PURPOSE OF THE COURSE:

The nutrients, including carbohydrate, lipids, protein, minerals, vitamins, and water, will be the primary focus of the course. Areas covered include function, health consequences, food sources, and recommendations. Obesity and weight management are given significant attention in the course, given the epidemic occurring now in the United States and worldwide. There is also a section on an emerging health problem in the United States, food safety. The course focuses on nutrition as a component of health promotion and disease prevention, although some disease states are covered. A variety of issues of current interest will be addressed.

COURSE DESCRIPTION:

This course is designed to meet the needs of those students who are required to learn about nutrition as a prerequisite for admission into a program, such as nutritional sciences (dietetics), nursing, health and exercise science, dental hygiene and early childhood education. It is also designed to provide a general overview of the science of nutrition for students interested in taking this course to fulfill general education science requirements. Many students will take the course because they have an interest in health and wellness, and this course will provide them valuable life-skills information. Regardless of the reason for taking the course, in order to make informed choices about diet and lifestyle, whether students use the information to improve their own health or to pursue a career, it is imperative that the student understand both the “why and how” of nutrition, along with the “what” of nutrition. Upon completion of the course, students will be capable of making wise consumer decisions and discriminating when confronted with potential faddish or fraudulent information regarding nutrition. Students will also be able to help others make wise choices, whether it be family, friends, or in a professional setting.

COURSE OBJECTIVES:

As a student in this course you will be able to:

- Know how the scientific method works and discuss different experimental controls to be able to determine between reliable and unreliable nutrition information.
- Determine what makes up a nutritious dietary plan by utilizing dietary guidelines and food labels.
- Explain how the body breaks down and utilizes the different types of Carbohydrates including sugars, starches, and fiber.
- Discuss where lipids, proteins and amino acids are found and how they are broken down by the body.
- Explain the principle of energy balance and the processes involved to keep a 'healthy weight'.
- Discuss how various vitamins and minerals contribute to the overall health of your body.
- Discuss food safety and what the primary causes of foodborne illness in the United States and how proper care and handling of food can eliminate these illnesses.

REQUIRED TEXT & MATERIALS:

Smolin LA & Grosvenor MB. Nutrition: Science & Applications – with Nutrition Book. 2nd Ed. John Wiley & Sons, 2010. ISBN-10 0-470-62674-7 and ISBN-13 978-0-470-62674-0

ADDITIONAL MATERIALS:

- Student companion website: www.wiley.com/college/smolin provides practice quizzes, weblinks, flash cards, and other study tools and tips. This is free to the student.
- **iProfile: Assessing Your Diet and Energy Balance** – This program is available both online and on CD-ROM, and can be used to complete personal nutrition assignments.
- **Energy Acquisition: The Digestive System and Metabolism 2.0** – This is truly over and above what the student will be expected to know in the course, but does give wonderful information to the student who wants to know more. Viewing this is completely optional.
- The publishing company also provides the option of what is referred to by the company as **WileyPlus**, which should be of value to students in the online learning process. WileyPLUS is a powerful, yet easy-to-use, technology solution that provides instructors and students with a suite of interactive resources, including:
 - A complete online version of the textbook that has been integrated with other resources such as simulations, animations and video clips.
 - A robust set of presentation tools, such as PowerPoint slides and image galleries.
 - Context-sensitive help for students in the form of direct links to the online text, hints, solutions, and tutorials – right from their homework problems.

ABOUT THE WRITTEN ASSIGNMENTS:

Your assignments will be completed in the form of online lesson assignments or Drop Box Assignments.

There are 12 lessons. Each has a reading assignment and a written assignment. In addition to these 12 written assignments there are two Personal Nutritional Assessments which are to be submitted.

You are only required to send in four of the written assignments, Lessons 1, 4, 7, and 10.

You need to do all the written assignments to properly prepare for exams, even though you are only submitting four. **This requires discipline and commitment on your part.**

What you are expected to do for each lesson is clearly detailed at the end of each lesson. Read these instructions carefully before completing the lessons.

Submit lessons according to the schedule.

Each lesson that is submitted is worth 25 points. You will earn 25 points or zero points which will depend on how well you complete the assignment.

WRITTEN PERSONAL NUTRITION ASSIGNMENTS:

There are two Personal Nutrition Assignments worth 25 points each. These are intended to be introspective about your own eating habits. You are not graded based on how well you eat, rather on the quality of your report, so be honest in your self-evaluations.

EXAMS:

There are four examinations worth 100 points each. You are required to take all four exams. The last exam is not comprehensive. Each examination has a two hour time limit. You may use a calculator but no other books or aids of any kind.

Examinations are approximately 50 questions in length and are some combination of multiple choice, matching and true-false questions. Practice exam questions are provided to give you a better idea of what to expect.

GRADING SCALE:

Each of the four exams is worth a possible 100 points. Each of the four written lessons is worth a possible 25 points. Each of the two written personal nutrition assignments is worth 25 points. Therefore, you can earn up to 550 points in the course. The grading scale is as follows:

Points	Grade
550-495	A
494-440	B
439-385	C
384-330	D
Below 330	F

ACADEMIC INTEGRITY CODE:

As a student taking a course at the University of Oklahoma you are expected to uphold the academic integrity code. Please visit <http://integrity.ou.edu> and familiarize yourself with the standards you will be held to while taking your course.

RELIGIOUS OBSERVANCE:

It is the policy of the University to excuse the absences of students that result from religious observances and to reschedule examinations and additional required classwork that may fall on religious holidays, without penalty.

REASONABLE ACCOMMODATION POLICY:

Students requiring academic accommodation should contact the disability resource center for assistance at (405) 325-3852 or tdd: (405) 325-4173. For more information please see the disability resource center website <http://www.ou.edu/drc/home.html>. Any student in this course who has a disability that may prevent him or her from fully demonstrating his or her abilities should contact me personally as soon as possible so we can discuss accommodations necessary to ensure full participation and facilitate your educational opportunities.

TITLE IX RESOURCES AND REPORTING REQUIREMENT:

For any concerns regarding gender-based discrimination, sexual harassment, sexual misconduct, stalking, or intimate partner violence, the University offers a variety of resources, including advocates on call 24/7. To learn more or to report an incident, please contact the Sexual Misconduct Office at 405-325-2215 (8 to 5, M-F) or OU Advocates at 405-615-0013 (24/7). Also, please be advised that a professor/GA/TA is required to report instances of sexual harassment, sexual assault, or discrimination to the Sexual Misconduct Office. For more information, please see <http://www.ou.edu/eoo>.

HES 2823 Course Plan

Lesson 1

1. View Lesson 1: Nutrition - Food for Good Health Power Point.
2. Read Chapter 1: Nutrition – Food for Health in the *Nutrition: Science & Applications* text.
3. Complete Lesson 1 Assignment in Canvas.

Lesson 2

1. View Lesson 3: Nutrition Guidelines – Applying the Science of Nutrition Power Point.
2. Read Chapter 2: Nutrition Guidelines – Applying the Science of Nutrition in the *Nutrition: Science & Applications* text.
3. Answer the Review Questions found on page 72. Do Not Submit.
4. View the Personal Nutrition Assignment 1: Food Group Self-Assessment Power Point and then, complete and submit Personal Nutrition Assignment 1: Food Group Self-Assessment to the dropbox in Canvas.
5. Complete the Personal Nutrition Assignment 1 Notification in Canvas.

Lesson 3

1. View Lesson 3: Carbohydrates: Sugars, Starches, and Fiber Power Point.
2. Read Chapter 4: Carbohydrates: Sugars, Starches, and Fiber in the *Nutrition: Science & Applications* text.
3. Answer the Review Questions found on page 153-154. Do Not Submit.
4. Complete Practice Exam 1 in Canvas.
5. Schedule Exam 1.
6. Take Exam 1.

Lesson 4

1. View Lesson 4: Nutrition - Food for Good Health Power Point.
2. Read Chapter 5: Nutrition – Food for Health in the *Nutrition: Science & Applications* text.
3. Complete Lesson 4 Assignment in Canvas.

Lesson 5

1. View Lesson 5: Proteins and Amino Acids Power Point.
2. Read Chapter 6: Proteins and Amino Acids in the *Nutrition: Science & Applications* text.
3. Answer the Review Questions found on page 246. Do Not Submit.

Lesson 6

1. View Lesson 6: Energy Balance and Weight Management Power Point.
2. Read Chapter 7: Energy Balance and Weight Management in the *Nutrition: Science & Applications* text.
3. Answer the Review Questions found on page 298. Do Not Submit.
4. Complete the Learning Check questions found on page 316. Do Not Submit.
5. Complete Practice Exam 2 in Canvas.
6. Schedule Exam 2.
7. Take Exam 2.

Lesson 7

1. View Lesson 7: The Water-Soluble Vitamins Power Point.
2. Read Chapter 8: The Water-Soluble Vitamins in the *Nutrition: Science & Applications* text.
3. Complete Lesson 7 Assignment in Canvas.

Lesson 8

1. View Lesson 8: The Water-Soluble Vitamins Power Point.
2. Read Chapter 9: The Water-Soluble Vitamins in the *Nutrition: Science & Applications* text.
3. Answer the Review Questions found on page 391-392. Do Not Submit.
4. Answer the Learning Check found on page 400. Do Not Submit.

Lesson 9

1. View Lesson 9: Water and Electrolytes Power Point.
2. Read Chapter 10: Water and Electrolytes in the *Nutrition: Science & Applications* text.

3. Answer the Review Questions found on page 429. Do Not Submit.
4. Complete Practice Exam 3 in Canvas.
5. Schedule Exam 3.
6. Take Exam 3.

Lesson 10

1. View Lesson 10: Major Minerals and Bone Health Power Point.
2. Read Chapter 11: Major Minerals and Bone Health in the *Nutrition: Science & Applications* text.
3. Complete Lesson 10 Assignment in Canvas.

Lesson 11

1. View Lesson 11: The Trace Elements Power Point.
2. Read Chapter 12: The Trace Elements in the *Nutrition: Science & Applications* text.
3. Answer the Review Questions found on page 494. Do Not Submit.
4. Answer the Learning Check found on page 506. Do Not Submit.
5. View the Personal Nutrition Assignment 2: Nutrient Self-Assessment Power Point and then, complete and submit Personal Nutrition Assignment 2 to the dropbox in Canvas.
6. Complete the Personal Nutrition Assignment 2 Notification in Canvas.

Lesson 12

1. View Lesson 12: Food Safety Power Point.
2. Read Chapter 17: Food Safety in the *Nutrition: Science & Applications* text.
3. Answer the Review Questions found on page 699. Do Not Submit.
4. Answer the Learning Check found on page 714. Do Not Submit.
5. Complete Practice Exam 4 in Canvas.
6. Schedule Exam 4.
7. Take Exam 4.