

Introduction to Nutrition Science
Course Syllabus for Sections 8771 and 8773
Spring 2020

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Course #: FDNTR 219
Section 8771: Thursday 8:45-11:50 Muir 163 West Campus
Section 8773: Thursday 1:30- 4:35 Muir 163 West Campus

Required Text and Software bundle: Whitney and Rolfes, Understanding Nutrition, 15TH Edition, Thomson Learning, Inc., 2018. Loose leaf text with Diet Analysis Access Code: ISBN: **978-0-357-00898-0**. **Bundle is available at Pirates Bookstore**

If you buy individually:

Required Text: Whitney and Rolfes, Understanding Nutrition, Whitney and Rolfes, Understanding Nutrition, 15TH Edition, Thomson Learning, Inc., 2018. ISBN: 978-1337392693

Required Software: Diet and Wellness+, Cengage Learning, Inc
This comes with the text above, BUT if you already have a text, you can order it by itself:
ISBN: 9781285856230

Exam requirement: Scantron 882, Number 2 pencil, a good eraser; calculator may be used

Prerequisites: None; Completion or concurrent laboratory chemistry is recommended

Contact Information: I do not have office hours; therefore the best way to reach me is through email at kraftc@mjc.edu. Emails **must** have your NAME and the class time (AM or PM) in the subject line.

Example: Jane Walker Nutrition 219 AM (or PM). *Please activate your Pirates Link email account.*

Enrollment:

If you plan on dropping the class, it is your responsibility to do so. It is possible that I may fail to drop you and then be forced to give you an F grade at the end of the semester. If you do not attend the first and second class period, you will be dropped. Students are responsible for understanding the MJC withdrawal policy and applicable deadlines

Course Description: This class is an overview of the science of nutrition and its relationship to health and disease. We will be reviewing each of the major nutrients and their function in the body to include carbohydrates, protein, lipid, vitamins, minerals, and water. The role of food and nutrients in energy balance and weight control, in the life cycle, in health maintenance, and disease prevention will also be discussed. A personal nutrition assessment will be performed using a computerized dietary analysis program.

Class Format: Material will be presented through class lecture, discussion, videos, case studies, and small group activities. Additional resources are available at the library, class website, and text companion website. The Tutoring Center is also available if you feel you need additional help. The class website and or Canvas will be used for posting Power Point slideshows, study guides, websites, and announcements. PowerPoints on the website may not always correlate exactly with the slides in class. ***To achieve the most successful outcome in this class, it is advised to download the study guide questions for each chapter and bring them to class;*** the majority of the study guide questions will be reviewed at class meetings and will generally be covered on the exams (but not exclusively). **Canvas will be used to post all class grades.**

Class Policies:

As students, you are expected to contribute to each class session by arriving on time, being attentive, participating in the class discussion, and being respectful to the instructor and fellow students. Students are responsible for all class material, projects, handouts, exam dates which are listed on the class schedule which is posted on the class website. **For security, the classroom door will be closed 15 minutes after class starts, and immediately after break ends.**

Disruptive conversations, sleeping, and playing with electronic devices are not acceptable behavior in the classroom. Talking to your neighbor during lecture is very disrespectful and disruptive to the instructor as well as your classmates and will be addressed. In addition to arriving on time, students are expected to stay the whole class period. Please avoid disrupting fellow students and the instructor by arriving late or leaving early. If a situation arises that consistently causes you to be late or absent, please contact me.

Use of cell phones during class time is prohibited.

This is a nutrition class; therefore, food items brought into the classroom may be subject to label review by the instructor and class. Please don't be embarrassed if I ask to see the label on your chips, soda or other food item.

Academic Honesty:

Honest and ethical students are protected in this class. The MJC Standards of Student Conduct can be accessed here: <http://www.mjc.edu/current/resources/responsibilities/code-of-conduct.html>. These standards remind students of their responsibility to behave honestly and ethically. It is your responsibility to familiarize yourself with these standards. Please be extremely careful that you do not engage in any behavior that could even be construed as cheating. Outside of class, students are allowed to study together. However, copying another student's homework is not acceptable. If the instructor determines that students have "relied" too heavily on each other in preparing homework or any other project, the students may be assigned no credit. Future occurrences could result in academic disciplinary action. During an exam, talking to another student, looking at another student's paper, using a web browser, using cheat notes, etc. are not permitted. Violations of academic integrity will not be tolerated, will be reported, and will lead to zero credit for the exam or project. This includes, but is not limited to, cheating, plagiarism and misrepresentation of information. Again, please refer to the Student Code of Conduct; possible consequences are described in the MJC Catalog.

Students with Disabilities:

I am happy to make academic adjustments for students with documented disabilities; please notify me at **the first day of class**. Please contact the Disability Services if this applies to you. Disability Services is located in Sierra Hall Room 255 and their phone number is 575-7733.

Make-up policy: There are 4 exams, a Nutrition Assessment Project, and Final. I am adjunct faculty, and therefore I do not have office hours, which makes it difficult to schedule make-up exams. Therefore, I will drop the lowest grade of the 1st 4 exams **or** a missed exam; the **Final Exam and Nutrition Assessment Project are mandatory**. Make-up exams will not be scheduled, with the exception of extreme emergency, at the discretion of the instructor, in which documentation may be required.

Evaluation will be based on the following:

Exams x 3	225 points (75 points each)
Nutrition Assessment	<u>75 points</u>
Class Participation	25 points
Final	<u>75 points</u>
Total points possible	400 points

Five exams, which includes final, will be given. All exams, including the final, will be in multiple choice format. The final will include the last 4 chapters discussed in class as well as some cumulative questions; a study guide will be available. The lowest score of the first 4 exams will be dropped by the instructor. Class participation is based on completing in-class case studies, worksheets, and group discussions. A Scantron 882 and pencil is required; scrap paper and a calculator may be used.

Extra Credit: *Additional (bonus) points may be awarded via class participation in various class discussions, case studies, and exercises, after your 25 points have been earned. These are worked on during class and you must be present and participate in order to receive them. A maximum of 10 extra credit points may be earned.*

The final grade in the class will be based on the following scores:

360-400	A
320-359	B
280-319	C
240-279	D
<239	F

Final Date: Section 8771: April 30, 2020 at the same time as your class period in the same room (8:45 AM)
Section 8773: April 30, 2020 at the same time as your class period in the same room. (1:30 PM)
The final is cumulative and MANDATORY. There is a study guide for the cumulative section on the class website under Chapter 20.

Library & Learning Center

Library & Learning Center: library, tutoring and computer labs are now under one roof on each campus. Tutoring includes an open lab, Writing Center, Math Drop-In Center, Social Sciences lab and SI. All other labs fall under other divisions.

Library & Learning Center

East – Library Building

West – Yosemite Hall 235

Course Learning Outcome (CLO)

Outcome (CLO): Evaluate personal dietary intake for nutrition adequacy using diet analysis software.

Assessment: Each student will submit a written evaluation comparing their 3-day dietary intake to the U. S. Dietary Reference Intakes, using diet analysis software, and identify specific foods that can be consumed to improve their nutrition status.

Nutrition 219-Course Objectives:

1. Identify the principles and guidelines governing the nutrient requirements for healthy individuals.
2. Describe the processes of digestion, absorption, transport, metabolism, storage and excretion of six major categories of nutrients studied.
3. Describe changing nutrition requirements throughout the lifecycle and select appropriate foods to meet those requirements.
4. Critically analyze nutrition information including food labels and supplements based on sound scientific principles.
5. Identify consumer concerns regarding food composition and safety.
6. Identify notable nutrients in the food groups and apply the dietary planning principles to ensure nutritional adequacy.
7. Evaluate and apply need for modification of personal nutrient intake to meet RDA standards for age, gender and activity level.
8. Define the role of the macro/micronutrients in foods and their effect on growth, maintenance and repair, fitness, and the prevention of deficiency and chronic disease.
9. Identify causes and consequences of hunger and under/over nutrition in the U.S. and in developing countries.