

Fall 9-1-2018

## NUTR 221N.01C: Basic Human Nutrition

Mary Jeanne Doyle

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## COURSE SYLLABUS

COURSE: NUTR 221N: Basic Human Nutrition

Instructor: Mary Jeanne Doyle, MS, RDN, CSSD, LD

Contact Information: [maryjeanne.doyle@umontana.edu](mailto:maryjeanne.doyle@umontana.edu). Please send any email messages to me at this email address. Students must send messages from their UM Email accounts and not from personal email accounts.

Date: Fall 2018

Credits: 3

Prerequisites: There are no prerequisites for this course. However, it is strongly recommended that you have taken a college-level science course and an introductory writing course prior to enrolling in this course.

Course Textbook: Loose-leaf textbook is provided in addition to an e-book. Note: Price is included with cost of tuition. Directions on how to access both and course materials will be provided.

Smith, A., Collene, A., & Spees, C. (2019). Wardlaw's Contemporary Nutrition, Eleventh Edition, with Connect Plus. New York, NY: McGraw-Hill.

### COURSE OVERVIEW:

This course is designed to apply scientific concepts to a basic foundation of nutrition principles, to critically review the concepts and controversies in the field, and to provide up-to-date nutrition information. Students will become acquainted with critical thinking skills that will help them evaluate and personalize nutrition information. This course includes the presentation of nutrients required, digestion, and a discussion of nutritional needs throughout the life cycle. Students will also be introduced to principles of nutrition therapy in relation to meeting nutritional needs of various individuals with diverse backgrounds and medical conditions.

### COURSE OBJECTIVES:

Upon completion of this course the student will be able to:

1. Identify how physiological needs throughout the lifecycle impact nutrition requirements.
2. Describe how age, economics, culture, and state of wellness influence development of a plan to meet nutritional needs.
3. Evaluate nutrition information from a variety of sources and make informed decisions about his or her own diet and overall health.
4. Discuss food and water safety and the measures that can be taken to prevent foodborne illness in the population.
5. Understand the role nutrition plays in illness and disease, and be able to apply that information to the clinical setting.

## COURSE POLICIES:

Class attendance is expected and considered essential to learning the course material. In addition to some traditional class lectures this semester, there will be several presentations by guest speakers. Attendance at these presentations is required. A total of 5 points will be deducted from your overall points total for the course for each unexcused absence for these guest lectures.

All assignments must be submitted in class by the due date, with the exception of the Moodle Student Tutorial assignment which must be submitted in the Course Supplement in Moodle. Please Note: Assignments submitted beyond the due date will not be accepted.

## SPECIAL CONSIDERATIONS:

The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and Disability Services for Students (DSS). If you think you may have a disability adversely affecting your academic performance and you have not already registered with DSS, please contact DSS in Lommasson Center 154, by phone at 243-2243, or click on [DSS](http://umt.edu/DSS) to access website (<http://umt.edu/DSS>). I will work with you and DSS to provide an appropriate accommodation. Please contact me as soon as possible if you require accommodation.

## TEST MAKE-UP:

Missed tests need to be made up within one week of original date given, unless you receive a specific extension by the instructor. You are responsible for contacting the instructor to schedule a make-up. Failure to do so will result in a zero grade for the missed test. All make-up exams will be provided in the Missoula College Learning Center. You must contact the instructor before you schedule a make-up exam with the Learning Center.

Make-up exams will only be provided under specific circumstances. A make-up exam can be given if there is a personal/medical event, work-related absence, or university responsibility that caused you to miss class. A written excuse must be provided by medical, university, or work staff.

If you participate in university athletics or other activities, and you need to be absent from a scheduled exam, you must arrange for the make-up exam prior to your departure.

GRADES:

Moodle 101 Tutorial=	10 pts.
Four unit exams (approx. 50 pts. each)=	200 pts.
Fifth Exam - Finals Week (non-cumulative)=	50-60 pts.
Dietary Analysis Assignments=	200 pts.
Popular Diet Research Project=	75 pts.
Group Research Project/Presentation=	75 pts.

Grading Scale (No plus/minus grades assigned.):

A = 90-100%

B = 80-89%

C = 70-79%

D = 60-69%

F = <60%

TENTATIVE TEST SCHEDULE:

Exam 1 (Chapters 1-3):	Sept 6
Exam 2 (Chapters 4-7):	Oct 4
Exam 3 (Chapters 8-9):	Oct 18
Exam 4 (Chapters 10-13):	Nov 15
Exam 5 (Chapters 14-16):	Finals Week – Tuesday, December 11

TENTATIVE PROJECT DUE DATES:

Popular Diet Research Project:	October 2
Dietary Analysis Assignments:	Due Throughout the Semester (See Detailed Schedule)
Group Project Presentations:	Begin December 4

Late Assignments Will Not Be Accepted. An extended due date can only be given if there is a personal/medical event, work-related absence, or university responsibility that caused you to miss class. A written excuse must be provided by medical, university, or work staff. If you participate in university athletics or other activities, and you need to be absent from class the day the assignment is due, you must arrange to submit the assignment prior to your departure, or you must receive prior permission by the instructor in order for late assignments to be accepted.

There will not be any classes held on the following dates:

September 3 – Labor Day

November 6 – Election Day

November 12 – Veteran's Day

Other Holidays this Semester:

November 21 through November 23 – Thanksgiving Travel and Holiday

## NUTR 221N - Nutrition – Fall 2018 Schedule

### Detailed Schedule (subject to change):

### Assignments Due:

Aug 28 – Introduction to the Course & Begin Chapter 1 Discussion

Aug 30 – Chapter 1, cont. & Chapter 2

Sept 4 - Chapter 3

**Sept 6 – EXAM 1**

Sept 11 – Chapter 4

*Moodle Assignment Due Aug 31 – in Moodle*

*Diet & Exercise Anal Assign 1- Food Records Due*

*Diet & Exercise Anal Assign 2–Computer Anal Due*

Sept 13 – Guest Lecturer - Diabetes

Sept 18 – Chapter 5

Sept 20 - Chapter 5, cont. & Begin Chapter 6

Sept 25 – Chapter 6, cont. & Guest Lecturers (2)

*Diet Analysis Assignment 3 – Carbohydrates Due*

*Diet Analysis Assignment 4- Fats Due*

Sept 27 – Chapter 7

Oct 2 - Chapter 7, cont.

*Diet Analysis Assignment 5- Proteins Due*

*Popular Diet Research Project Due*

**Oct 4 – EXAM 2**

Oct 9 – Chapter 8

Oct 11 – Chapter 9

*Diet Analysis Assignment 6- Vitamins Due*

Oct 16 – Guest Lecturer - Osteoporosis

**Oct 18 – EXAM 3**

*Diet Analysis Assignment 7- Minerals Due*

Oct 23 – Chapter 10

Oct 25 – Chapter 11 & Begin Chapter 12

Oct 30 – Complete Chapter 12

Nov 1 – Guest Lecturers (2) - Hunger

*Assignment 8- Physical Activity Due*

Nov 6 – Election Day – No Classes

Nov 8 - Chapter 13 & Introduce Group Project

Nov 13 – Guest Lecturer – Food Safety

**Nov 15- EXAM 4**

Nov 20 – Chapter 14

Nov 21-23 – Thanksgiving Travel Day & Holiday

Nov 27 – Chapter 14, cont. & Begin Chapter 15

Nov 29 – Chapter 15, cont. & Begin Chapter 16

*Diet Analysis Assignment 9-Review Due*

Dec 4 – Group Project Presentations & continue Chapter 16 Discussion

Dec 6 - Group Project Presentations

**Dec 10 – 14 Finals Week – Exam 5: Tuesday, Dec 11- 10:10 AM – 12:10 PM**