

Course Syllabus

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Dept of Sociology, Social Work and Family Sciences

NUT2025 Fundamentals of Nutrition

3 Units / Prerequisite is Chem 103 or 152

Fall 2022

8/30-10/18

Meeting Days: N/A

Meeting Times: N/A

Meeting Location: Online

Final Exam: (Day/Time): Due Oct 18

Instructor: Natasha Godwin MS RDN

Email: ngodwin@pointloma.edu
(<mailto:ngodwin@pointloma.edu>)

Phone: By appointment upon request

Office Location and Hours: By appointment
upon request

PLNU Mission

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

COURSE DESCRIPTION

This course addresses evidence-based foundations of nutrition science and the scientific use of diet in health and well-being. Course content includes dietary guidelines, macro- and micro-nutrients, and an overview on chronic diseases related to nutrition.

COURSE LEARNING OUTCOMES

1. Demonstrate content knowledge of nutrient requirements for growth and development during the lifecycle stages of conception through late maturity.
2. Apply content knowledge to disease prevention and treatment, and start developing skills in teaching/counseling nutrition information to individuals or groups.
3. Apply foundations of knowledge in physical and biological sciences, as they relate to human physiology, nutrient sources and nutrient function
4. Analyze, interpret and evaluate current evidence-based research related to nutrition topics.
5. Examine cultural differences in food-related behaviors when working with peoples of diverse ethnic, religious and socio-economic backgrounds.
6. Evaluate the effects of societal, cultural and financial dynamics upon diet trends, dietary choices and food preparation methods among families, and societies.

Connected Outcomes

DEPARTMENT	PROGRAM	COURSE	ASSESSMENT
1. Students will demonstrate an understanding of the multiple factors that influence the development and quality of life of individuals, families, and communities throughout the lifespan. (Learning)	<p>1.1 Demonstrate content knowledge of nutrient requirements for growth and development during the lifecycle stages of conception through late maturity.</p> <p>1.2 Apply content knowledge to disease prevention and treatment, and start developing skills in teaching/counseling nutrition information to individuals or groups.</p>	<p>1.1.1 Explain nutrition's role in disease prevention, health and well-being</p> <p>1.1.2 Discuss nutritional requirements of individuals and variation in needs, depending on lifecycle stage and activity level</p> <p>1.2.1 Describe the different measures of nutritional requirements/dietary adequacy, e.g., DRIs, RDAs, AIs, TUILs of nutrients, food planning guides</p> <p>1.2.3 Identify the macronutrients and major micronutrients, describing basic</p>	<p>Chapter quizzes</p> <p>Design a high fiber diet</p> <p>Discuss the 2015 Dietary Guidelines for Americans</p> <p>Create a video analysis of a nutrition facts label</p> <p>Alter a given diet to lower the saturated fat content</p> <p>Calculate your RDA for protein</p> <p>Plan a one-day menu meeting your protein needs</p> <p>Analyze a 3-day diet</p> <p>Interview family member on following a modified diet</p>

DEPARTMENT	PROGRAM	COURSE	ASSESSMENT
		functions and food sources of each 1.2.4 Explain how diet is modified in the prevention/treatment of chronic health conditions.	
2. Students will identify appropriate resources to use in application for problem solving. (Learning)	2.1 Apply foundations of knowledge in physical and biological sciences, as they relate to human physiology, nutrient sources and nutrient function.	2.1.1 Describe the process of human digestion, nutrient absorption, nutrient transport and metabolism; 2.1.2 Identify determinants of energy balance and how imbalance can impact long-term health	Chapter quizzes Discuss factors that affect digestion Calculate your BMI and total energy expenditure using standard equations Research fad diets Create a best choice vs worse choice fast food menu
3. Students will analyze research data or original published works, and use critical thinking skills for evaluating products, research, or theories.	3.1 Analyze, interpret and evaluate current evidence-based research related to nutrition topics.	3.1.1 Examine the accuracy and validity of nutrition information sources and claims; 3.1.2 Complete a dietary recall and analysis of the food intake recorded;	Chapter quizzes Create a video analysis of a nutrition facts label Record a 3-day diet food and beverage intake Analyze 3-day diet record Research fad diets Create a best choice vs worse choice fast food menu

DEPARTMENT	PROGRAM	COURSE	ASSESSMENT
4. Students will examine the value of societal diversity and ethical treatment of others as a result of their Christian faith. (Growing)	<p>4.1 Examine cultural differences in food-related behaviors when working with peoples of diverse ethnic, religious and socio-economic backgrounds.</p> <p>4.2 Evaluate the effects of societal, cultural and financial dynamics upon diet trends, dietary choices and food preparation methods among families, and societies.</p>	<p>4.1.1 Describe how cultural and environmental factors could influence food patterns and health beliefs of individuals</p> <p>4.1.2 Display professional behavior: respect and consideration for classmates and instructor</p>	<p>Chapter quizzes</p> <p>Discuss own food choices, and mindless eating</p> <p>Interview family member on following a modified diet</p> <p>Punctual attendance and adherence to online policies</p>

CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 3-unit class delivered over 8 weeks.

It is anticipated that students will spend a minimum of 37.5 participation hours per credit hour on their course work. The time expectations for this course are shown below:

Assignments by Hours

ASSIGNMENTS	HOURS
Reading (13 chapters)	45
Quizzes	7.5
Discussions	23
Videos	8
Teaching a Nutrition Facts Label	4
Diet Change Assignments	6
3-Day Diet Analysis	10

Family Member Diet Interview	5
Fast Food Menu Analysis	2
Metabolism Case Study	2
Total	112.5

REQUIRED TEXT

Insel, P. M. (2017). *Nutrition* (6th edition). Jones & Bartlett Learning.

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law. All supplemental materials posted on this course site (including articles, book excerpts, or other documents) are provided for your personal academic use. These materials may be protected by copyright law and should not be duplicated or distributed without permission of the copyright owner.

ASSESSMENT AND GRADING

Grading Policy

Your grades will be posted in the Canvas grade book no later than midnight on Tuesday of each week beginning in Week Two of this course. It is important to read the feedback provided in the grade book as these comments are intended to help you improve your work. Final grades will be posted within ten days of the end of the class. Multiple measures of evaluation are used in the course, allowing students opportunities to demonstrate their learning in more than one way, and giving consideration to individual learning styles. Course components that will be evaluated include:

1. Discussions

Each week, students will participate in online discussions with classmates, which are related to the week's readings. These discussions replace the interactive dialogue that occurs in the traditional classroom setting. **Discussions represent 20% of the overall course grade.**

2. Quizzes

Quizzes are required for each chapter. Read the chapter, access the quiz, and answer the questions. You have unlimited time, and two attempts at each quiz, however your second attempt will record as your final grade. **Quizzes represent 10% of the overall course grade.**

3. Written Assignments

There are several written assignments due in this 8-week course. They include changing diets to make healthier choices, teaching a nutrition label, completing a case study on metabolism, researching fad diets and interviewing a family member regarding his/her diet change. The final assignment for this course is analyzing a 3-day diet. The purpose of this assignment is to learn more about your dietary intake, as well as your ability to correctly analyze the nutritional value of a

diet. These assignments must reflect college-level writing and critical thinking. **Assignments represent 40% of the overall course grade.**

4. Exams

After each week's instruction, there will be a required exam. The exam will cover the chapters from the previous week. The exams will be timed, and you cannot use your text. **Exams represent 15% of the overall course grade.**

5. Final Exam

The last day of class will involve taking a final exam. It will cover information you should now know and understand after doing the quizzes, projects and weekly exams. Again, the final exam will be timed, and you cannot use your text. **The Final Exam represents 15% of the overall course grade.**

Final grades will be posted within one week of the end of the class. Grades will be based on the following:

Standard Grade Scale Based on Percentages

A	B	C	D	F
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F Less than 59
A- 90-92	B 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

ATTENDANCE

Regular and punctual attendance at all **synchronous** class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (virtual or face-to-face), the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. In some courses, a portion of the credit hour content will be delivered **asynchronously** and attendance will be determined by submitting the assignments by the posted due dates. See [Academic Policies \(https://catalog.pointloma.edu/content.php?catoid=46&navoid=2650#Class_Attendance\)](https://catalog.pointloma.edu/content.php?catoid=46&navoid=2650#Class_Attendance) in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

Asynchronous Attendance/Participation Definition

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will

result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

INCOMPLETE AND LATE ASSIGNMENTS

All assignments are to be submitted by the due dates posted. There will be a 25% reduction of possible points for each day an assignment is late. If missing assignments result in the failure to meet learning outcomes, this instructor may give up to a letter grade reduction on the final grade in addition to the loss of points for missing work. No assignments will be accepted after midnight on Sunday night, the last day of class.

While there are due dates for weekly assignments, you are welcome to post your work earlier in the week. In our discussions, late work means that others may not have the opportunity to respond to your comments. It also means that you will not have the benefit of as much interaction with other students as you will have if your assignment is posted on time. If you know you will be away on the day your assignment is due, please post your work before you leave.

Assignments will be considered late if posted after midnight Pacific Standard Time on the day they are due.

PLNU COPYRIGHT POLICY

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

STATE AUTHORIZATION

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization \(https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures\)](https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures) to view which states allow online (distance education) outside of California.

ACADEMIC HONESTY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As explained in the university catalog, academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the result of another person's creativity and effort. Violations of university academic honesty include cheating, plagiarism, falsification, aiding the academic dishonesty of others, or malicious misuse of university

resources. An instructor who believes a situation involving academic dishonesty has been detected may assign a failing grade for a) that particular assignment or examination, and/or b) the course following the procedure in the university catalog. Students may appeal using the procedure in the university catalog. See [Academic Policies](http://catalog.pointloma.edu/content.php?catoid=8&navoid=864) [_ \(http://catalog.pointloma.edu/content.php?catoid=8&navoid=864\)](http://catalog.pointloma.edu/content.php?catoid=8&navoid=864) for further information.

ACADEMIC ACCOMMODATIONS

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.

SPIRITUAL CARE

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If students have questions, a desire to meet with the chaplain or have prayer requests you can contact the [Office of Spiritual Development](https://www.pointloma.edu/offices/spiritual-development) [_ \(https://www.pointloma.edu/offices/spiritual-development\)](https://www.pointloma.edu/offices/spiritual-development)

SEXUAL MISCONDUCT AND DISCRIMINATION

Point Loma Nazarene University faculty are committed to helping create a safe learning environment for all students. If you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that help and support are available through the [Title IX Office](https://www.pointloma.edu/title-ix) [_ \(https://www.pointloma.edu/title-ix\)](https://www.pointloma.edu/title-ix). Please be aware that under Title IX of the Education Amendments of 1972, it is required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at counselingservices@pointloma.edu [_ \(mailto:counselingservices@pointloma.edu\)](mailto:counselingservices@pointloma.edu) or find a list of campus pastors at the [Title IX Office | Get](#)







[Help Now](https://www.pointloma.edu/title-ix/get-help-now) [_ \(https://www.pointloma.edu/title-ix/get-help-now\)](https://www.pointloma.edu/title-ix/get-help-now)





USE OF TECHNOLOGY

Since most courses will have online components, in order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349) [_ \(https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349\)](https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349) information. Additionally, students are required to have headphone speakers compatible with their computer available to use.











Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.






Course Summary:


Date	Details	Due
Mon Aug 29, 2022	 Academic Honesty Verification Statement (https://canvas.pointloma.edu/courses/65162/assignments/814540)	due by 11:59pm
Wed Aug 31, 2022	 Ch. 01: Food choices - nutrients and nourishment (https://canvas.pointloma.edu/courses/65162/assignments/814532)	due by 11:59pm
	 Introduce yourself (https://canvas.pointloma.edu/courses/65162/assignments/814558)	due by 11:59pm
	 Ch. 02: Nutrition Guidelines and Assessment (https://canvas.pointloma.edu/courses/65162/assignments/814544)	due by 11:59pm
Thu Sep 1, 2022	 Chp 1 Discussion: Why we eat what we eat (https://canvas.pointloma.edu/courses/65162/assignments/814557)	due by 11:59pm
	 Mindless Eating - Why We Eat More Than We Think (https://canvas.pointloma.edu)	due by 11:59pm

Date	Details	Due
	/courses/65162/assignments/814552)	
Fri Sep 2, 2022	 Analyze Dietary Guidelines (https://canvas.pointloma.edu/courses/65162/assignments/814561)	due by 11:59pm
	 Fooducate (https://canvas.pointloma.edu/courses/65162/assignments/814564)	due by 11:59pm
	 Teach a Food Label (https://canvas.pointloma.edu/courses/65162/assignments/814572)	due by 11:59pm
Tue Sep 6, 2022	 Ch. 03: Digestion and Absorption (https://canvas.pointloma.edu/courses/65162/assignments/814529)	due by 11:59pm
	 Digestion Video (https://canvas.pointloma.edu/courses/65162/assignments/814556)	due by 11:59pm
Wed Sep 7, 2022	 Exam 1 (https://canvas.pointloma.edu/courses/65162/assignments/814545)	due by 11:59pm
Thu Sep 8, 2022	 Ch. 04: Carbohydrates (https://canvas.pointloma.edu/courses/65162/assignments/814528)	due by 11:59pm
	 Following a Low Carbohydrate Diet (https://canvas.pointloma.edu/courses/65162/assignments/814555)	due by 11:59pm
Fri Sep 9, 2022	 Increasing Fiber in a Diet (https://canvas.pointloma.edu/courses/65162/assignments/814565)	due by 11:59pm
Mon Sep 12, 2022	 Ch. 05: Lipids (https://canvas.pointloma.edu/courses/65162/assignments/814531)	due by 11:59pm

Date	Details	Due
	 Lipid Digestion Video (https://canvas.pointloma.edu/courses/65162/assignments/814566)	due by 11:59pm
Tue Sep 13, 2022	 Lowering Saturated Fat in a Diet (Groupwork) (https://canvas.pointloma.edu/courses/65162/assignments/814567)	due by 11:59pm
Wed Sep 14, 2022	 Exam 2 (https://canvas.pointloma.edu/courses/65162/assignments/814541)	due by 11:59pm
Thu Sep 15, 2022	 Ch. 06: Proteins and Amino Acids (https://canvas.pointloma.edu/courses/65162/assignments/814535)	due by 11:59pm
	 Protein Supplements (https://canvas.pointloma.edu/courses/65162/assignments/814550)	due by 11:59pm
Fri Sep 16, 2022	 Protein Needs (https://canvas.pointloma.edu/courses/65162/assignments/814570)	due by 11:59pm
Mon Sep 19, 2022	 Ch. 08: Metabolism (https://canvas.pointloma.edu/courses/65162/assignments/814542)	due by 11:59pm
Tue Sep 20, 2022	 Metabolism Video and Case Study (Groupwork) (https://canvas.pointloma.edu/courses/65162/assignments/814568)	due by 11:59pm
Wed Sep 21, 2022	 Exam 3 (https://canvas.pointloma.edu/courses/65162/assignments/814536)	due by 11:59pm
Thu Sep 22, 2022	 10 Commandments of Health (https://canvas.pointloma.edu/courses/65162/assignments/814553)	due by 11:59pm

Date	Details	Due
	 Ch. 10: Fat Soluble Vitamins (https://canvas.pointloma.edu/courses/65162/assignments/814546)	due by 11:59pm
	 Ch. 11: Water-Soluble Vitamins (https://canvas.pointloma.edu/courses/65162/assignments/814543)	due by 11:59pm
Mon Sep 26, 2022	 Ch. 12: Water and Major Minerals (https://canvas.pointloma.edu/courses/65162/assignments/814527)	due by 11:59pm
Tue Sep 27, 2022	 Fad Diets (https://canvas.pointloma.edu/courses/65162/assignments/814549)	due by 11:59pm
Wed Sep 28, 2022	 Ch. 13: Trace Minerals (https://canvas.pointloma.edu/courses/65162/assignments/814533)	due by 11:59pm
Fri Sep 30, 2022	 3-Day Diet Discussion (https://canvas.pointloma.edu/courses/65162/assignments/814547)	due by 11:59pm
	 Exam 4 (https://canvas.pointloma.edu/courses/65162/assignments/814530)	due by 11:59pm
Sun Oct 2, 2022	 3-Day Diet Analysis (https://canvas.pointloma.edu/courses/65162/assignments/814560)	due by 11:59pm
Mon Oct 3, 2022	 Ch. 14: Sports Nutrition (https://canvas.pointloma.edu/courses/65162/assignments/814534)	due by 11:59pm
Tue Oct 4, 2022	 Sports Nutrition Infographic (+Peer Evaluation) (https://canvas.pointloma.edu/courses/65162/assignments/814571)	due by 11:59pm

Date	Details	Due
Wed Oct 5, 2022	 Ch. 14A: Eating Disorders (https://canvas.pointloma.edu/courses/65162/assignments/814526)	due by 11:59pm
Thu Oct 6, 2022	 Addressing Disordered Eating Patterns (https://canvas.pointloma.edu/courses/65162/assignments/814548)	due by 11:59pm
Fri Oct 7, 2022	 Disordered Eating & EAT 26 (https://canvas.pointloma.edu/courses/65162/assignments/814562)	due by 11:59pm
Mon Oct 10, 2022	 Ch. 09: Energy Balance, Body Composition, Weight Management (https://canvas.pointloma.edu/courses/65162/assignments/814537)	due by 11:59pm
	 Diet Analysis (https://canvas.pointloma.edu/courses/65162/assignments/814551)	due by 11:59pm
Tue Oct 11, 2022	 Fast Food Menu Analysis (https://canvas.pointloma.edu/courses/65162/assignments/814563)	due by 11:59pm
Wed Oct 12, 2022	 Ch. 15: Diet and Health (https://canvas.pointloma.edu/courses/65162/assignments/814538)	due by 11:59pm
Thu Oct 13, 2022	 Modified Diet Interview (https://canvas.pointloma.edu/courses/65162/assignments/814569)	due by 11:59pm
	 Reflection on Diet Interview (https://canvas.pointloma.edu/courses/65162/assignments/814559)	due by 11:59pm
Mon Oct 17, 2022	 Longevity Quiz (https://canvas.pointloma.edu/courses/65162/assignments/814554)	due by 11:59pm

Date	Details	Due
Tue Oct 18, 2022	 Final Exam (https://canvas.pointloma.edu/courses/65162/assignments/814539)	due by 11:59pm