



Kinesiology Department

College of Health Sciences

NUT 2025 Fundamentals of Nutrition

3 units

Fall 2023

MWF 1:30-2:25 pm

Evans Hall room 122

Final Exam: Monday, December 11th 1:30-4:00 pm

| | |
|-----------------------------------|--|
| Instructor title and name: | Dr. Heidi Lynch, PhD RDN |
| Phone: | 619-849-3306 |
| Email: | hlynch@pointloma.edu |
| Office location and hours: | Mondays 9:30 am – 1:00 pm Wednesdays 9:30 am – 12:00 pm Location: main Kinesiology office area (space between K1 & K2 in building between gym & tennis courts) |

PLNU Mission

To Teach ~ To Shape ~ To Send

Rev 08.15.23

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 is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

Course Description

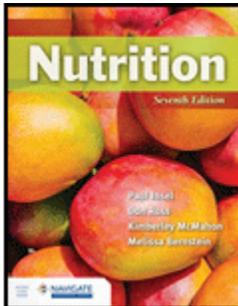
A study of the principles of nutrition science and their evidence-based application of nutrition to health/homeostasis, disease prevention and disease treatment.

Program and Course Learning Outcomes

COURSE LEARNING OUTCOMES

- 1.1.1 Explain nutrition's role in disease prevention, health and well-being
- 1.1.2 Discuss nutritional requirements of individuals and variation in needs, depending on lifecycle stage and activity level
- 1.2.1 Describe the different measures of nutritional requirements/dietary adequacy, e.g., DRIs, RDAs, AIs, TUILs of nutrients, food planning guides
- 1.2.3 Identify the macronutrients and major micronutrients, describing basic functions and food sources of each
- 1.2.4 Explain how diet is modified in the prevention/treatment of chronic health conditions.
- 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
- 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;
- 4.1.1 Describe how cultural and environmental factors could influence food patterns and health beliefs of individuals
- 4.1.2 Display professional behavior: respect and consideration for classmates and instructor

Required Texts and Recommended Study Resources*



Nutrition by Insel, Paul M.

SKU:

MBS_6653943_used

Edition:

7TH 23

Publisher:

JONES+BART

ISBN10:

1284210952

ISBN 13:

9781284210958

Assessment and Grading

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 | |

Rev 08.15.23

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| | B- 80-82 | C- 70-72 | D- 60-62 | |
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Final Examination Policy

Successful completion of this class requires taking the final examination on its scheduled day. The final examination schedule is posted on the [Class Schedules](#) site. If you find yourself scheduled for three (3) or more final examinations on the same day, you are authorized to contact each professor to arrange a different time for one of those exams. However, unless you have three (3) or more exams on the same day, no requests for alternative final examinations will be granted.

Content Warning

I acknowledge that each of you comes to PLNU with your own unique life experiences. This contributes to the way you perceive various types of information. In Fundamentals of Nutrition (NUT 2025), all of the class content, including that which may be intellectually or emotionally challenging, has been intentionally curated to achieve the learning goals for this course. The decision to include such material is not taken lightly. These topics include learning about caloric content of foods and ways to eat to promote optimal health. If you encounter a topic that is intellectually challenging for you, it can manifest in feelings of discomfort and upset. In response, I encourage you to come talk to me or your friends or family about it. Class topics are discussed for the sole purpose of expanding your intellectual engagement in the area of nutrition, and I will support you throughout your learning in this course.

Incompletes and Late Assignments

All assignments are to be submitted/turned in when they are due—including assignments posted in Canvas. Late assignments will automatically incur a 50% point deduction. If you are experiencing extenuating life circumstances, please let me know!

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 your professor or the [Office of Spiritual Life and Formation](#).

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](#) to view which states allow online (distance education) outside of California.

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.

PLNU Academic Honesty Policy

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

Artificial Intelligence (AI) Policy

You are allowed to use Artificial Intelligence (AI) tools (e.g, ChatGPT, iA Writer, Marmot, Botowski) to generate ideas, but you are not allowed to use AI tools to generate content (text, video, audio, images) that will end up in any work submitted to be graded for this course. Any work that utilizes AI-based tools must be clearly identified as such, including the specific tool(s) used. For example, if you use ChatGPT, you must cite ChatGPT including the version number, year, month and day of the query and the statement "Generated using OpenAI. <https://chat.openai.com/>" If you have any doubts about using AI, please gain permission from the instructor.

PLNU Academic Accommodations Policy

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.

Language and Belonging

Point Loma Nazarene University faculty are committed to helping create a safe and hospitable learning environment for all students. As Christian scholars we are keenly aware of the power of language and believe in treating others with dignity. As such, it is important that our language be equitable, inclusive, and prejudice free. Inclusive/Bias-free language is the standard outlined by all major academic style guides, including MLA, APA, and Chicago, and it is the expected norm in university-level work. Good writing and speaking do not use unsubstantiated or irrelevant generalizations about personal qualities such as age, disability, economic class, ethnicity, marital status, parentage, political or religious beliefs, race, gender, sex, or sexual orientation. Inclusive language also avoids using stereotypes or terminology that demeans persons or groups based on age, disability, class, ethnicity, gender, race, language, or national origin. Respectful use of language is particularly important when referring to those outside of the religious and lifestyle commitments of those in the PLNU community. By working toward precision and clarity of language, we mark ourselves as serious and respectful scholars, and we model the Christ-like quality of hospitality.

You may report an incident(s) using the [Bias Incident Reporting Form](#).

Sexual Misconduct and Discrimination

In support of a safe learning environment, 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 accommodations and resources are available through the Title IX Office

at pointloma.edu/Title-IX. Please be aware that under Title IX of the Education Amendments of 1972, faculty and staff are 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 or find a list of campus pastors at pointloma.edu/title-ix.

PLNU Attendance and Participation Policy

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions, 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 withdrawal date or, after that date, receive an “F” grade. █

Tentative Class Schedule

| Week | Date | Content | Assignment Due |
|-------------|---------------------|--|-----------------------|
| 1 | 8/28 | Introduction | |
| | 8/30 | Ch 1 Food Choices | Ch 1 quiz |
| | 9/1 | Ch 2 Nutrition Guidelines & Assessment | Ch 2 quiz |
| 2 | NO CLASS: LABOR DAY | | |
| | 9/6 | Ch 3 Digestion & Absorption | Ch 3 quiz |
| | 9/8 | | |
| 3 | 9/11 | | |

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| | 9/13 | Ch 8 Metabolism | Ch 8 quiz |
| | 9/15 | | Fast food menu analysis due Sunday, 9/17 by 11:59 pm |
| 4 | 9/18 | | |
| | 9/20 | Review | |
| | 9/22 | EXAM 1 | |
| 5 | 9/25 | Ch 4 Carbohydrates | Ch 4 quiz |
| | 9/27 | | |
| | 9/29 | | |
| 6 | 10/2 | Ch 5 Lipids | Ch 5 quiz |
| | 10/4 | | |
| | 10/6 | | |
| 7 | 10/9 | Ch 6 Proteins & Amino Acids | Ch 6 quiz |
| | 10/11 | | |

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|----|----------------------|------------------------------|--|
| | 10/13 | | |
| 8 | 10/16 | Review | |
| | 10/18 | EXAM 2 | |
| | NO CLASS: FALL BREAK | | |
| 9 | 10/23 | Ch 11 Water-Soluble Vitamins | Ch 11 quiz |
| | 10/25 | | 24-hour recall nutrition report Part 1 due Thursday, 10/26 by 11:59 pm |
| | 10/27 | Ch 10 Fat-Soluble Vitamins | Ch 10 quiz |
| 10 | 10/30 | | |
| | 11/1 | Ch 12 Water & Major Minerals | Ch 12 quiz |
| | 11/3 | | Reflection on 24-hour recall (Part 2) due by 11:59 pm 11/5 Sunday |
| 11 | 11/6 | Chapter 13 Trace Minerals | Ch 13 quiz |

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| | 11/8 | | |
| | 11/10 | Ch 7 Alcohol | Ch 7 quiz |
| 12 | 11/13 | | |
| | 11/15 | | |
| | 11/17 | Review | |
| 13 | 11/20 | EXAM 3 | |
| | NO CLASS: THANKSGIVING | | |
| 14 | 11/27 | Ch 9 Energy Balance & Weight Management | Ch 9 quiz |
| | 11/29 | | |
| | 12/1 | | 3-day food log nutrition self-analysis due Sunday, 12/3 by 11:59 pm |
| 15 | 12/4 | Ch 15 Diet & Health | Ch 15 quiz |
| | 12/6 | | |

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|----------------|---|--|--|
| | 12/8 | | |
| 16 FINALS WEEK | Cumulative final exam on Monday, December 11 th 1:30-4:00 pm | | |