

 <p>POINT¹⁹  LOMA⁰² NAZARENE UNIVERSITY</p>	<p>Department of Kinesiology and Health Sciences</p> <p>NUT 2025 - Fundamentals of Nutrition</p> <p>3 Units</p>
<p>Spring 2026 MWF 11:00-11:55 am Evans 121 Final Exam: Wednesday, May 6th 10:30 am - 1:00 pm</p>	

INFORMATION	SPECIFICS FOR THE COURSE
Instructor title and name:	Dr. Heidi Lynch, PhD, RDN
Phone:	619-849-3306
Email:	hlynch@pointloma.edu
Office location and hours:	Tuesdays 9:00-10:00, Thursdays 9:00-11:00, or by appointment Location: main Kinesiology office area (space between K1 & K2 in building between gym & tennis courts)

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 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

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

1.1.1 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, ULs 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

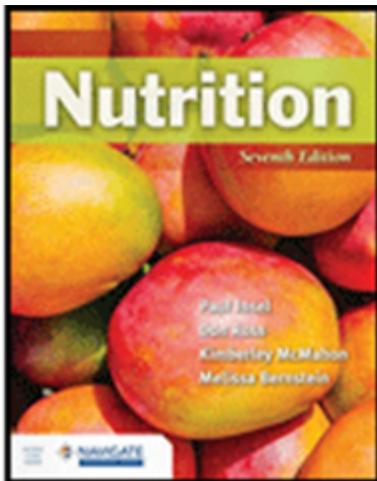
3.1.1 Examine the accuracy and validity of nutrition information sources and claims;

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 Text



Nutrition by Insel, Paul M.

SKU:

MBS_6653943_used

Edition:

7TH 23

Publisher:

JONES+BART

ISBN10:

1284210952

ISBN 13:

9781284210958

Students are responsible for having the required course textbooks *prior* to the first day of class.

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

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	

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 [Traditional Undergraduate Records: Final Exam 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.

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](#).

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.

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 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 Recording Notification

In order to enhance the learning experience, please be advised that this course may be recorded by the professor for educational purposes, and access to these recordings will be limited to enrolled students and authorized personnel.

Note that all recordings are subject to copyright protection. Any unauthorized distribution or publication of these recordings without written approval from the University (refer to the Dean) is strictly prohibited.

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. For all student appeals, faculty and students should follow the procedures outlined 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, Gemini Pro 1.5, GrammarlyGo, Perplexity, etc) 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. If you have *any* doubts about using AI, please gain permission from the instructor. Being upfront and clear about what's done is best!

PLNU Academic Accommodations Policy

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities in accordance with the Americans with Disabilities Act (ADA). 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 619-849-2533). Once a student's eligibility for an accommodation has been determined, the EAC will work with the student to create an Accommodation Plan (AP) that outlines allowed accommodations. Professors are able to view a student's approved accommodations through Accommodate.

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. Accommodations are not retroactive so clarifying with the professor at the outset is one of the best ways to promote positive academic outcomes.

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. Students cannot assume that because they had accommodations in the past, their eligibility at PLNU is automatic. All determinations at PLNU must go through the EAC process. This is to protect the privacy of students with disabilities who may not want to disclose this information and are not asking for any accommodations.

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.

If you (or someone you know) have experienced other forms of discrimination, you can find more information on reporting and resources at www.pointloma.edu/nondiscrimination.

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.

If you (or someone you know) have experienced other forms of discrimination or bias, you can find more information on reporting and resources at www.pointloma.edu/bias

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.

If you miss an exam due to personal travel plans (not school-sponsored), making up the exam will make it late and the late policy (50% deduction) applies. Plan ahead and do not purchase plane tickets home at a time when you will be missing an exam!

Lomabooks Instructions for Students[®]:

This course is part of our course material delivery program, **LomaBooks**. The bookstore will provide each student with a convenient package containing all required physical materials; all digitally delivered materials will be integrated into Canvas.

You should have received an email from the bookstore confirming the list of materials that will be provided for each of your courses and asking you to select how you would like to receive any printed components (in-store pick up or home delivery). If you have not done so already, please confirm your fulfillment preference so the bookstore can prepare your materials.

For more information about **LomaBooks**, please go: [HERE](#)

Tentative Class Schedule

Week	Date	Content	Assignment Due
Week 1	Mon 1/12	Introduction, Ch 1 Food Choices	

	Wed 1/14	Attend new faculty candidate's teaching presentation instead of class (room Evans 113)	Ch 1 quiz
	Fri 1/16	Ch 2 Nutrition Guidelines & Assessment	Ch 2 quiz My Plate Plan & My Plate Quiz results due Sunday by 11:59 pm
Week 2	Mon 1/19	NO CLASS: MLK Day	
	Wed 1/21	Ch 3 Digestion & Absorption	Ch 3 quiz
	Fri 1/23		Fast food menu analysis due Sunday by 11:59 pm
Week 3	Mon 1/26	Ch 8 Metabolism	Ch 8 quiz
	Wed 1/28		
	Fri 1/30	Review	
Week 4	Mon 2/2	EXAM 1	
	Wed 2/4	Ch 4 Carbohydrates	Ch 4 quiz
	Fri 2/6		Food label quiz due
Week 5	Mon 2/9		
	Wed 2/11	Ch 5 Lipids	Ch 5 quiz
	Fri 2/13		
Week 6	Mon 2/16		
	Wed 2/18	Ch 6 Proteins & Amino Acids	Ch 6 quiz
	Fri 2/20		
Week 7	Mon 2/23		

	Wed 2/25	Ch 7 Alcohol	Ch 7 quiz
	Fri 2/27		FFQ report due Sunday by 11:59 pm
Week 8	Mon 3/2		
	Wed 3/4	Review	
	Fri 3/6	EXAM 2	
Mon 3/9-Fri 3/13 NO CLASS: SPRING BREAK!			
Week 9	Mon 3/16	Ch 10 Fat-Soluble Vitamins	Ch 10 quiz
	Wed 3/18		
	Fri 3/20	NO CLASS: ADVISING DAY!	24-hour recall nutrition report due Sunday
Week 10	Mon 3/23	Ch 11 Water-Soluble Vitamins	Ch 11 quiz
	Wed 3/25		
	Fri 3/27	Ch 12 Water & Major Minerals	Ch 12 quiz
Week 11	Mon 3/30		
	Wed 4/1	Chapter 13 Trace Minerals	Ch 13 quiz
	Fri 4/3	NO CLASS: EASTER BREAK!	
Week 12	Mon 4/6		
	Wed 4/8	Finish trace minerals	
	Fri 4/10	Review	
Week 13	Mon 4/13	EXAM 3	

	Wed 4/15	Ch 9 Energy Balance & Weight Management	Ch 9 quiz
	Fri 4/17		Debate responses due
Week 14	Mon 4/20	Ch 15 Diet & Health	Ch 15 quiz
	Wed 4/22		
	Fri 4/24	New DGAs	3-day food log nutrition self-analysis due Sunday by 11:59 pm
Week 15	Mon 4/27	Dietary pattern presentations	
	Wed 4/29	Dietary pattern presentations	
	Fri 5/1	Review for final exam	