

[Download Course Syllabus Here](#)

 POINT LOMA NAZARENE UNIVERSITY	Department of Kinesiology and Health Sciences NUT 1001 - Introduction to Nutrition Number of Units: 2
Fall, 2026	

Meeting Days: Asynchronous **Meeting Times:** Asynchronous **Meeting Location:** Online **Final Exam: (Day/Time):** group presentation due by midnight on October 19th
Instructor: Brittany South, MS, RD
Email: bsouth@pointloma.edu
Phone: 619-849-2918
Office Location and Hours: By appointment

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.

GENERAL EDUCATION MISSION

PLNU provides a foundational course of study in the liberal arts informed by the life, death, and resurrection of Jesus Christ. In keeping with the Wesleyan tradition, the curriculum equips students with a broad range of knowledge and skills within and across disciplines to enrich major study, lifelong learning, and vocational service as Christ-like participants in the world's diverse societies and culture.

COURSE DESCRIPTION

Introduction to the role of nutrition in human health with respect to essential nutrients, factors that affect eating habits, nutrition research and social media, and establishing a healthy lifestyle.

COURSE LEARNING OUTCOMES

Upon completion of this course students will be able to...

1. Identify credible, scientific sources of nutrition information. (FELO 1a, 1c, 1d)

2. Identify the six classes of nutrients, the essential nutrients, their functions and significant food sources. (FELO 1a, 1d)
3. Describe food choices which promote optimal health. (FELO 1a, 1b, 2a)
4. Use various tools (Dietary Guidelines, Food Labels, DRIs) to assess and create a healthful diet. (1c)
5. Describe the benefits and controversies of food technology. (1a, 1b, 1d)
6. Identify the unique nutrient needs of lifespans (1c, 2a)
7. Define food insecurity and identify the causes and efforts to alleviate. (1a, 1b, 1c, 1d)

GENERAL EDUCATION LEARNING OUTCOMES

FELO 1a. Written: Students will be able to effectively express ideas and information to others through written communication.

FELO 1b. Oral: Students will be able to effectively express ideas and information to others through oral communication.

FELO 1c. Information Literacy: Students will be able to access and cite information as well as evaluate the logic, validity, and relevance of information from a variety of sources.

FELO 1d. Critical Thinking: Students will be able to examine, critique, and synthesize information in order to arrive at reasoned conclusions.

FELO 2a. Students will develop an understanding of self that fosters personal well-being.

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

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

An Introduction to Nutrition by Maureen Zimmerman and Beth Snow (2012) v. 1.0

Optional

Discovering Nutrition, 6th Edition by Insel et al. (2018)

COURSE 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 2-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 coursework. For this course, students will spend an estimated 75 total hours meeting the course learning outcomes. The time estimations are provided in the Canvas modules.

CREDIT HOUR CHART

ASSIGNMENT TYPE	ESTIMATED TIME TO COMPLETE (Hours)
Discussions	26
Assignments	14
Quizzes & Surveys	5
Exams	4
Presentation	8
Readings	18

ASSESSMENT AND GRADING

There is a **total of 705** points available in the course.

These points are distributed across the following assignment groups accordingly:

Discussions (215 points total)

Assignments (215 points total)

Quizzes (80 points total)

Midterm Exam (100 points)

Presentation (90 points)

Surveys (5 points total)

Grades will be based on the following:

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.

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.

INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

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 BEHAVIOR POLICY

Both faculty and students at Point Loma Nazarene University have the right to expect a safe and ordered environment for learning. Students are expected to take the initiative to learn and conduct themselves in a mature and civil manner in the classroom environment. Any student behavior that is disruptive or threatening is a serious affront to Point Loma Nazarene University as a learning community. Students who fail to adhere to these behavioral standards may be subject to disciplinary action, including removal

from class or further university sanctions. For a full definition of disruptive behavior, response procedures, and the appeal process, please consult the [Academic Behavior Policy](#) in the [University Catalog](#).

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.

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, [by email](#) or phone at 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 approved 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 approved accommodations in that particular course. Accommodations are not retroactive; as such, 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-related need should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. In accordance with ADA, accommodations cannot constitute a fundamental alteration to course outcomes; therefore, planning ahead is vital in establishing appropriate accommodations for equal access to this course. 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 eligibility 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.

PLNU ATTENDANCE AND PARTICIPATION

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.

Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement.

PLNU Course Modality Definitions

1. Online Courses: These are courses with class meetings where all instruction and interaction is fully online.
 - a. Synchronous Courses: At least one class meeting takes place at a designated time.
 - b. Asynchronous Courses: All class meetings are asynchronous.
2. Hybrid Courses: These are courses with class meetings that take place both in the classroom and online synchronously and/or asynchronously.
3. In-Person Courses: These are courses that meet in person with the instructor and students in a physical classroom setting. With approval by the area dean, this may include up to 25% of qualified class interactions through a Learning Management System (such as Canvas).

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 in the Undergraduate Academic Catalog.

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.

USE OF TECHNOLOGY

In order to be successful in the online or hybrid environment, you'll need to meet the minimum technology and system requirements; please refer to the Technology and System Requirements information. Additionally, students are required to have headphone speakers, microphone, or webcams compatible with their computer available to use. Please note that any course with online proctored exams requires a computer with a camera (tablets are not compatible nor allowable) to complete exams online.

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

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 you 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](#).

ARTIFICIAL INTELLIGENCE (AI) POLICY

You are allowed to use Artificial Intelligence (AI) tools (e.g., ChatGPT, Gemini Pro, GrammarlyGo, Perplexity, etc.) to generate ideas, as a learning tool, or in some cases generate portions of work you will submit. I will specify in individual assignments what constitutes appropriate use of AI for that assignment. Please use this Purdue resource to guide your citations when using AI.

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) has experienced other forms of discrimination, you can find more information on reporting and resources [via the Nondiscrimination and Anti-harassment Policy](#).

LOMABOOKS INSTRUCTIONS FOR STUDENTS

For both digital and print materials, please add these student instructions to your syllabus and Canvas Course. Prior to the start of class, the PLNU Bookstore will also be sharing student instructions in a standalone email on how to access their content.

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 [LomaBooks](#) materials.

Assignments At-A-Glance/Canvas Course Summary ☼

Course Summary:

Date	Details	Due
Mon Aug 31, 2026	Quiz	
	Academic Honesty Verification Statement	due by 11:59pm
	Page	
	Week 1 Overview	to do: 11:59pm
Tue Sep 1, 2026	Discussion Topic	
	Wk 1 Discussion: Introduce Yourself	due by 11:59pm

	Quiz	
	Wk 1 Quiz: Ch. 1 & Ch. 2 (Up to 2.6)	due by 11:59pm
Thu Sep 3, 2026	Discussion Topic	
	Wk 1 Discussion: Mindless Eating - Why We Eat More Than We Think	due by 11:59pm
Fri Sep 4, 2026	Assignment	
	Wk 1 Study-Parenting Style and Obesity Risk in Children	due by 11:59pm
	Page	
	Week 2 Overview	to do: 11:59pm
Tue Sep 8, 2026	Discussion Topic	
	Wk 2 Discussion: Following a Low Carbohydrate Diet	due by 11:59pm
	Quiz	
	Wk 2 Macronutrients Quiz	due by 11:59pm

	Discussion Topic	
	Wk 2 Micronutrient Infographic	due by 11:59pm
	Discussion Topic	
	Wk 2 Discussion: Protein Supplements	due by 11:59pm
Wed Sep 9, 2026	Quiz	
	Wk 2 Micronutrients Quiz	due by 11:59pm
	Quiz	
	Wk 3 Digestion Quiz	due by 11:59pm
Mon Sep 14, 2026	Page	
	Week 3 Overview	to do: 11:59pm
	Assignment	
Wed Sep 16, 2026	Wk 3 Metabolism Video and Case Study	due by 11:59pm
Thu Sep 17, 2026	Assignment	due by 11:59pm

	Wk 3 3-Day Diet Analysis	
	Discussion Topic	
Fri Sep 18, 2026	Wk 3 Discussion: Fiber Experiment	due by 11:59pm
	Assignment	
	WK3 Final Life Cycle Presentation Sign-Up	due by 11:59pm
Sun Sep 20, 2026		
	Page	
	WK3 Final Life Cycle Presentation SIGN-UP	to do: 11:59pm
	Quiz	
	Wk 4 Healthy Eating & Disease Prevention Quiz	due by 11:59pm
Mon Sep 21, 2026		
	Page	
	Week 4 Overview	to do: 11:59pm
	Discussion Topic	
Tue Sep 22, 2026	Wk 4 Discussion: Teach a Nutrition Label	due by 11:59pm

	Assignment	
Wed Sep 23, 2026	Wk 4 Fooducate Report	due by 11:59pm
	Discussion Topic	
Thu Sep 24, 2026	Wk 4 Discussion: Fast Food Menu Analysis	due by 11:59pm
	Quiz	
Sat Sep 26, 2026	Wk 4 Midterm Exam	due by 11:59pm
	Quiz	
	Wk 5 Fuel for a Healthy Lifestyle Quiz	due by 11:59pm
Mon Sep 28, 2026		
	Page	
	Week 5 Overview	to do: 11:59pm
	Discussion Topic	
Tue Sep 29, 2026	Wk 5 Fad Diets Collaboration	due by 11:59pm
Wed Sep 30, 2026	Discussion Topic	due by 11:59pm

	Wk 5 Discussion: Experiment with Sugar	
	Discussion Topic	
	Wk 5 Form Groups for Final Life Cycle Presentation	to do: 11:59pm
Fri Oct 2, 2026		
	Assignment	
	Wk 5 Lowering Saturated Fat in a Diet	due by 11:59pm
	Quiz	
	Wk 6 Food Insecurity Quiz	due by 11:59pm
Mon Oct 5, 2026		
	Page	
	Week 6 Overview	to do: 11:59pm
	Discussion Topic	
Tue Oct 6, 2026	Wk 6 Discussion: Food Technology	due by 11:59pm
	Discussion Topic	
Wed Oct 7, 2026		due by 11:59pm

	Wk 6 Discussion: Food Inequality Paper	
	Assignment	
	Wk 6 Food Inequality Research Paper	due by 11:59pm
	Assignment	
Fri Oct 9, 2026	WK6 Dietary Guidelines for Americans	due by 11:59pm
	Quiz	
	Wk 7 Life Cycles Quiz	due by 11:59pm
	Page	
Mon Oct 12, 2026	Week 7 Overview	to do: 11:59pm
	Page	
	Wk 7 Cultural Food Sign-Up	to do: 11:59pm
	Discussion Topic	
Tue Oct 13, 2026	Wk 7 Discussion: Cultural Food Traditions	due by 11:59pm

	Discussion Topic	
Thu Oct 15, 2026	Wk 7 Discussion: Role of Preconception Care in Health of Fetus	due by 11:59pm
	Assignment	
Fri Oct 16, 2026	Wk 7 Post-Presentation Reflection (from video on the role of preconception care)	due by 11:59pm
	Discussion Topic	
Sun Oct 18, 2026	Wk 8 Discussion: Presentation Showcase	due by 11:59pm
	Assignment	
	End-of-Course Evaluation	due by 11:59pm
	Assignment	
Mon Oct 19, 2026	Wk 8 Final Life Cycle Presentation (Group Submission)	due by 11:59pm
	Quiz	
	Wk 8 NUT1001 Survey	due by 11:59pm

Page

Week 8 Overview

to do: 11:59pm
