

	Department of Kinesiology and Health Sciences NUT 2025 - Fundamentals of Nutrition 3 Units
Fall 2026 MWF 1:30-2:25 pm Evans 113 Final Exam: Monday, December 14th 1:30-4:00 pm	

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:	MWF 10:30-11:30 am, TR 9:00-10:00 am, 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. Explain nutrition's role in disease prevention, health and well-being
2. Discuss nutritional requirements of individuals and variation in needs, depending on lifecycle stage and activity level

3. Describe the different measures of nutritional requirements/dietary adequacy, e.g., DRIs, RDAs, AIs, ULs of nutrients, food planning guides
4. Identify the macronutrients and major micronutrients, describing basic functions and food sources of each
5. Explain how diet is modified in the prevention/treatment of chronic health conditions
6. Describe the process of human digestion, nutrient absorption, nutrient transport and metabolism
7. Identify determinants of energy balance and how imbalance can impact long-term health
8. Examine the accuracy and validity of nutrition information sources and claims
9. Complete a dietary recall and analysis of the food intake recorded
10. Describe how cultural and environmental factors could influence food patterns and health beliefs of individuals

Knowledge Requirements for Dietitian Nutritionists (KRDNs) assessed in this course:

KRDN 1.2: Select and use appropriate information technologies to locate and apply evidence-based guidelines and protocols.

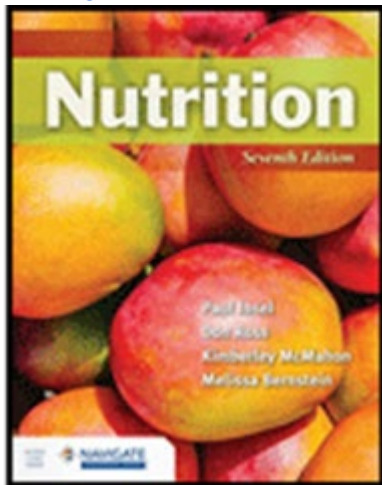
Summative assessment for KRDN 1.2: 3-day Food Log Nutrition Self-Analysis Project

KRDN 1.3: Apply critical thinking skills.

Summative assessment for KRDN 1.3: Fast food menu assignment

REQUIRED TEXT

[Buy through the PLNU bookstore](#)



Nutrition by Insel, Paul M.

SKU:

MBS_6653943_used

Edition:

7TH 23

Publisher:

JONES+BART

ISBN10:

Revised 8/25/26

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

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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 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 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](#).

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.

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.

LANUGAGE 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](#).

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](#). 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](#) or [consult the list of campus pastors](#).

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

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:

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.

Tentative Class Schedule

Week	Date	Content	Assignment Due
Week 1	Mon 8/31	Introduction, Ch 1 Food Choices	
	Wed 9/2		Ch 1 quiz
	Fri 9/4	Ch 2 Nutrition Guidelines & Assessment	Ch 2 quiz
Week 2	Mon 9/7	NO CLASS: Labor Day	
	Wed 9/9		Reflection on ASU Health Talks about new DGAs due Tues by 11:59 pm
	Fri 9/11	Ch 3 Digestion & Absorption	Ch 3 quiz Food label quiz (due Sunday by 11:59 pm)
Week 3	Mon 9/14		
	Wed 9/16	Ch 8 Metabolism	Ch 8 quiz
	Fri 9/18		Fast food menu analysis (due Sunday by 11:59 pm)
Week 4	Mon 9/21	Review	
	Wed 9/23	EXAM 1	

	Fri 9/25	Ch 4 Carbohydrates	Ch 4 quiz
Week 5	Mon 9/28		
	Wed 9/30		
	Fri 10/2	Ch 5 Lipids	Ch 5 quiz FFQ report (due Sunday by 11:59 pm)
Week 6	Mon 10/5		
	Wed 10/7		
	Fri 10/9	Ch 6 Proteins & Amino Acids	Ch 6 quiz
Week 7	Mon 10/12		
	Wed 10/14		
	Fri 10/16	NO CLASS: ADVISING DAY!	24-hour recall nutrition report due Sunday
Week 8	Mon 10/19	Ch 7 Alcohol	Ch 7 quiz
	Wed 10/21		
	Fri 10/23	NO CLASS: FALL BREAK!	

Week 9	Mon 10/26		
	Wed 10/28		
	Fri 10/30	Review	
Week 10	Mon 11/2	EXAM 2	
	Wed 11/4	Ch 10 Fat-Soluble Vitamins	Ch 10 quiz
	Fri 11/6	Ch 11 Water-Soluble Vitamins	Ch 11 quiz
Week 11	Mon 11/9		
	Wed 11/11	Ch 12 Water & Major Minerals	Ch 12 quiz
	Fri 11/13		
Week 12	Mon 11/16	Chapter 13 Trace Minerals	Ch 13 quiz
	Wed 11/18		
	Fri 11/20	Review	
Week 13	Mon 11/23	EXAM 3	

	Wed 11/25	NO CLASS: HAPPY THANKSGIVING!	
	Fri 11/27		
Week 14	Mon 11/30	Ch 9 Energy Balance & Weight Management	Ch 9 quiz Debate responses due
	Wed 12/2		Ch 15 quiz
	Fri 12/4	Ch 15 Diet & Health	3-day food log nutrition self-analysis due Sunday by 11:59 pm
Week 15	Mon 12/7	Dietary pattern presentations	
	Wed 12/9	Dietary pattern presentations	
	Fri 12/11	Review for final exam	

Final Exam: Monday, December 14th 1:30-4:00 pm