

Fall 2020

| | |
|------------------------------------|---|
| Meeting days: Thursday | Instructor title and name: Brittany Johnson, PhD, RDN, CSSD |
| Meeting times: 12:30-2:10pm | Phone: (951) 282-0650, cell for emergencies |
| Meeting location: Virtual | E-mail: brittanyjohnson@pointloma.edu |
| Final Exam: Online Week 15 | Office location and hours: Virtual Office Hours, link located on Canvas |

Mission Statement
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

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 you:

- identify credible, scientific sources of nutrition information.
- identify the six classes of nutrients, the essential nutrients, their functions and significant food sources.
- describe food choices which promote optimal wellness.

- use various tools (Dietary Guidelines, Food Labels, DRIs) to assess and create a healthful diet.
- describe the benefits and controversies of food technology.
- identify the unique nutrient needs of lifespans
- define food insecurity and identify the causes and efforts to alleviate.

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 15 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request.

COURSE SCHEDULE AND ASSIGNMENTS

Please see assignment and course schedule on NUT 1001 Canvas Course.

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

Blake, J.S. (2019). *Nutrition and You, 5th Edition*. Pearson.

COURSE ASSESSMENT

| | | |
|-------------------------------------|------------|--|
| Class Pass Entry (12 @ 10 pts each) | 120 | |
| Assignments (4 @ 25 pts each) | 100 | |
| Discussions (9 @ 30 pts each) | 270 | |
| Final Project | 85 | |
| Total Points | 575 | |

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

LATE WORK

Be prepared to submit all assignments on Canvas on or before the due date. **If you choose to turn in your assignment after the due date, each day thereafter will receive 50% less.**

For example, if the assignment is due 9/10 for a possible score of 100, but the assignment is turned in on 9/11, the highest possible points would be 50. On 9/12, the highest possible points would be 0. In cases where assignments/quizzes/exams are missed, extreme circumstances will be considered but only on a case-by-case basis. To receive a postponement, you **MUST** speak with me to negotiate an arrangement prior to the due date. You can choose if you'd like to receive all the points possible or lose 50 percent each day past the due date.

As an instructor, I have the responsibility to be prepared and conduct the class to facilitate learning and contribute to your growth in the field. *IF* at any time you do not understand a concept explained in class, please raise your hand and let me know you're struggling to understand. Most likely you are not the only student confused. We don't want to move on to a new topic without mastering the current topic.

As a student, you have a responsibility to attend class, motivate yourself to learn, be prepared to participate, complete required assignments and provide a good learning environment for your fellow peers. This includes staying off your cell phone unless it is related to the class discussion.

The following behaviors will help you succeed in this course:

1. Attend class every session and read assigned chapter pages *before* class.
 2. Be aware of the due dates on assignments---I give you plenty of time to complete them, there is no excuse for late assignments. Plan ahead for potential technological errors.
 3. Come to class and participate--- I will identify important points to know for quizzes and exams
 4. Communication is important. If you have to miss class let me know, I am more willing to work with those who let me know what is going on.
 5. Check Canvas frequently, I will keep the class updated about upcoming assignments.
 6. Actively engage in class discussion. This is a learning environment....no question asked is dumb. Most likely other students have a similar question. It is OK to make mistakes.
-

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. No requests for early examinations or alternative days will be approved.

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.

PLNU ACADEMIC ACCOMMODATIONS POLICY

If you have a diagnosed disability, please contact PLNU's Disability Resource Center (DRC) to demonstrate need and to register for accommodation by phone at 619-849-2486 or by e-mail at DRC@pointloma.edu. See [Disability Resource Center](#) for additional information.

PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in 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. See [Academic Policies](#) in the Undergraduate Academic Catalog.

USE OF TECHNOLOGY

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](#) information. Additionally, students are required to have headphone speakers compatible with their computer available to use. If a student is in need of technological resources please contact student-tech-request@pointloma.edu.

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

ASSIGNMENTS AT-A-GLANCE

Note: Given the hybrid and online modalities being used in the 2020-2021 academic year, the content of the course schedule and assignments will be posted in Canvas.