

Course Syllabus

[Jump to Today](#)

 Edit



Dept of Sociology, Social Work and Family Sciences

NUT2025 Fundamentals of Nutrition

3 Units / Prerequisite is Chem 103 or 152

Spring 2024

1/8 - 2/26

Meeting Days: N/A

Meeting Times: Asynchronous

Meeting Location: Online

Final Exam: (Day/Time): Week 8

Instructor: Natasha Godwin MS RDN

Email: ngodwin@pointloma.edu
(<mailto:ngodwin@pointloma.edu>)

Phone: By appointment upon request

Office Location and Hours: By appointment upon request

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 a



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.

FOUNDATIONAL EXPLORATIONS 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


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. Demonstrate content knowledge of nutrient requirements for growth and development during the lifecycle stages of conception through late maturity.
2. Apply content knowledge to disease prevention and treatment, and start developing skills in teaching/counseling nutrition information to individuals or groups.
3. Apply foundations of knowledge in physical and biological sciences, as they relate to human physiology, nutrient sources and nutrient function
4. Analyze, interpret and evaluate current evidence-based research related to nutrition topics.
5. Examine cultural differences in food-related behaviors when working with peoples of diverse ethnic, religious and socio-economic backgrounds.
6. Evaluate the effects of societal, cultural and financial dynamics upon diet trends, dietary choices and food preparation methods among families, and societies.

ASSESSMENT OUTCOMES

DEPARTMENT	PROGRAM	COURSE	ASSESSMENT 
------------	---------	--------	--

DEPARTMENT	PROGRAM	COURSE	ASSESSMENT
<p>Students will demonstrate an understanding of the multiple factors that influence the development and quality of life of individuals, families, and communities throughout the lifespan. (Learning)</p>	<p>1.1 Demonstrate content knowledge of nutrient requirements for growth and development during the lifecycle stages of conception through late maturity.</p> <p>1.2 Apply content knowledge to disease prevention and treatment, and start developing skills in teaching/counseling nutrition information to individuals or groups.</p>	<p>1.1.1 Explain nutrition's role in disease prevention, health and well-being</p> <p>1.1.2 Discuss nutritional requirements of individuals and variation in needs, depending on lifecycle stage and activity level</p> <p>1.2.1 Describe the different measures of nutritional requirements/dietary adequacy, e.g., DRIs, RDAs, AIs, TUILs of nutrients, food planning guides</p> <p>1.2.3 Identify the macronutrients and major micronutrients, describing basic functions and food sources of each</p> <p>1.2.4 Explain how diet is modified in the prevention/treatment of chronic health conditions.</p>	<p>Chapter quizzes</p> <p>Design a high fiber diet</p> <p>Discuss the 2015 Dietary Guidelines for Americans</p> <p>Create a video analysis of a nutrition facts label</p> <p>Alter a given diet to lower the saturated fat content</p> <p>Calculate your RDA for protein</p> <p>Plan a one-day menu meeting your protein needs</p> <p>Analyze a 3-day diet</p> <p>Interview family member on following a modified diet</p>
<p>2. Students will identify appropriate resources to use in</p>	<p>2.1 Apply foundations of knowledge in physical</p>	<p>2.1.1 Describe the process of human digestion, nutrient</p>	<p>Chapter quizzes</p> <p>Discuss factors </p>

DEPARTMENT	PROGRAM	COURSE	ASSESSMENT
application for problem solving. (Learning)	and biological sciences, as they relate to human physiology, nutrient sources and nutrient function.	absorption, nutrient transport and metabolism; 2.1.2 Identify determinants of energy balance and how imbalance can impact long-term health	affect digestion Calculate your BMI and total energy expenditure using standard equations Research fad diets Create a best choice vs worse choice fast food menu
3. Students will analyze research data or original published works, and use critical thinking skills for evaluating products, research, or theories.	3.1 Analyze, interpret and evaluate current evidence-based research related to nutrition topics.	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;	Chapter quizzes Create a video analysis of a nutrition facts label Record a 3-day diet food and beverage intake Analyze 3-day diet record Research fad diets Create a best choice vs worse choice fast food menu
4. Students will examine the value of societal diversity and ethical treatment of others as a result of their Christian faith. (Growing)	4.1 Examine cultural differences in food-related behaviors when working with peoples of diverse ethnic, religious and socio-economic backgrounds.	4.1.1 Describe how cultural and environmental factors could influence food patterns and health beliefs of individuals 4.1.2 Display professional behavior:	Chapter quizzes Discuss own food choices, and mindless eating Interview family member on following a modified diet 

DEPARTMENT	PROGRAM	COURSE	ASSESSMENT
	4.2 Evaluate the effects of societal, cultural and financial dynamics upon diet trends, dietary choices and food preparation methods among families, and societies.	respect and consideration for classmates and instructor	Punctual attendance and adherence to online policies

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

Insel, P. M. (2017). *Nutrition* (6th edition). Jones & Bartlett Learning.

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. 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.

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 3-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 112.5 total hours meeting the course learning outcomes. The time estimations are provided in the Canvas modules and shown below:

ASSIGNMENTS	HOURS
Reading (13 chapters)	45
Quizzes	7.5



Discussions	23
Videos	8
Teaching a Nutrition Facts Label	4
Diet Change Assignments	6
3-Day Diet Analysis	10
Family Member Diet Interview	5
Fast Food Menu Analysis	2
Metabolism Case Study	2
Total	112.5

ASSESSMENT AND GRADING

Your grades will be posted in the Canvas grade book no later than midnight on Tuesday of each week beginning in Week Two of this course. It is important to read the feedback provided in the grade book as these comments are intended to help you improve your work. Final grades will be posted within ten days of the end of the class. Multiple measures of evaluation are used in the course, allowing students opportunities to demonstrate their learning in more than one way, and giving consideration to individual learning styles. Course components that will be evaluated include:

1. Discussions

Each week, students will participate in online discussions with classmates, which are related to the week's readings. These discussions replace the interactive dialogue that occurs in the traditional classroom setting. **Discussions represent 20% of the overall course grade.**

2. Quizzes

Quizzes are required for each chapter. Read the chapter, access the quiz, and answer the questions. You have unlimited time, and two attempts at each quiz, however your second attempt will record as your final grade. **Quizzes represent 10% of the overall course grade.**

3. Written Assignments

There are several written assignments due in this 8-week course. They include changing diets to make healthier choices, teaching a nutrition label, completing a case study on metabolism, researching fad diets and interviewing a family member regarding his/her diet change. The final assignment for this course is analyzing a 3-day diet. The purpose of this assignment is to learn more about your dietary intake, as well as your ability to correctly analyze the nutritional value of a diet. These assignments must reflect college-level writing and critical thinking. **Assignments represent 40% of the overall course grade.**



4. Exams

After each week's instruction, there will be a required exam. The exam will cover the chapters from the previous week. The exams will be timed, and you cannot use your text. **Exams represent 15% of the overall course grade.**

5. Final Exam

The last day of class will involve taking a final exam. It will cover information you should now know and understand after doing the quizzes, projects and weekly exams. Again, the final exam will be timed, and you cannot use your text. **The Final Exam represents 15% of the overall course grade.**

Final grades will be posted within one week of the end of the class. Grades will be based on the following:

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	

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 [State Authorization \(https://www.pointloma.edu/offices/office-institutional-effectiveness-research/\)](https://www.pointloma.edu/offices/office-institutional-effectiveness-research/)



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

INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted by the due dates posted. There will be a 25% reduction of possible points for each day an assignment is late. If missing assignments result in the failure to meet learning outcomes, this instructor may give up to a letter grade reduction on the final grade in addition to the loss of points for missing work. No assignments will be accepted after midnight on Sunday night, the last day of class.

While there are due dates for weekly assignments, you are welcome to post your work earlier in the week. In our discussions, late work means that others may not have the opportunity to respond to your comments. It also means that you will not have the benefit of as much interaction with other students as you will have if your assignment is posted on time. If you know you will be away on the day your assignment is due, please post your work before you leave.

Assignments will be considered late if posted after midnight Pacific Standard Time on the day they are due.

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 \(https://catalog.pointloma.edu/content.php?catoid=52&navoid=2919#Academic_Honesty\)](https://catalog.pointloma.edu/content.php?catoid=52&navoid=2919#Academic_Honesty) 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. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu (<mailto: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.

ONLINE ASYNCHRONOUS ATTENDANCE POLICY

Students taking online courses with no specific scheduled meeting times are expected to actively engage throughout each week of the course. Attendance is defined as participating in an academic activity within the online classroom which includes, but is not limited to:

- Engaging in an online discussion
- Submitting an assignment
- Taking an exam
- Participating in online labs
- Initiating contact with faculty member within the learning management system to discuss course content.

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

Students who anticipate being absent for an entire week of a course should contact the instructor in advance for approval and make arrangements to complete the required coursework and/or alternative assignments assigned at the discretion of the instructor. Acceptance of late work is at the discretion of the instructor and does not waive attendance requirements.

Students may be warned if they demonstrate a lack of academic activity. After a warning, students who miss more than one week of academic activity without prior approval and arrangements with the instructor may be de-enrolled or withdrawn from a course. If the date of de-enrollment is past



date to withdraw from a course, the student will be assigned a letter grade of “F” or “NC.” There are no refunds for courses where a de-enrollment was processed after the last date to withdraw from a course.

COURSE MODALITY DEFINITIONS

1. **In-Person:** Course meetings are face-to-face with no more than 25% online delivery.
2. **Online:** Coursework is completed 100% online and asynchronously.
3. **Online Synchronous:** Coursework is completed 100% online with required weekly online class meetings.
4. **Hybrid:** Courses that meet face-to-face with required online components.

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.

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 the [Office of Spiritual Life and Formation. \(https://www.pointloma.edu/offices/student-life-formation\)](https://www.pointloma.edu/offices/student-life-formation)

SEXUAL MISCONDUCT AND DISCRIMINATION

Point Loma Nazarene University faculty are committed to helping create a safe learning environment for all students. 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 help and support are available through the [Title IX Office \(https://www.pointloma.edu/title-ix\)](https://www.pointloma.edu/title-ix). Please be aware that under Title IX of the Education Amendments of 1972, it is 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 (<mailto:counselingservices@pointloma.edu>) or find a list of campus pastors at the [Title IX Office | Get Help Now \(https://www.pointloma.edu/title-ix/get-help-now\)](https://www.pointloma.edu/title-ix/get-help-now)



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 \(https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349\)](https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349) 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 require a computer with a camera (tablets are not compatible) 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.

ARTIFICIAL INTELLIGENCE (AI) SYLLABUS POLICY

Use of Artificial Intelligence (AI) tools (e.g, ChatGPT, iA Writer, Marmot, Botowski) is not permitted, and use of these tools will be treated as plagiarism.

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](https://cm.maxient.com/reportingform.php?PointLoma&layout_id=5)  (https://cm.maxient.com/reportingform.php?PointLoma&layout_id=5).





















ASSIGNMENTS AT-A-GLANCE
















Course Summary:

Date	Details	Due
Tue Jan 9, 2024	 Academic Honesty Verification Statement (https://canvas.pointloma.edu/courses/71797/assignments/989026) 	due by 11:59pm
Wed Jan 10, 2024	 Ch. 01: Food choices - nutrients and nourishment (https://canvas.pointloma.edu/courses/71797/assignments/989023) 	due by 11:59pm
	 Introduce yourself (https://canvas.pointloma.edu/courses/71797/assignments/989049) 	due by 11:59pm
	 Ch. 02: Nutrition Guidelines and Assessment (https://canvas.pointloma.edu/courses/71797/assignments/989033) 	due by 11:59pm
Thu Jan 11, 2024	 Chp 1 Discussion: Why we eat what we eat (https://canvas.pointloma.edu/courses/71797/assignments/989048) 	due by 11:59pm
	 Mindless Eating - Why We Eat More Than We Think (https://canvas.pointloma.edu/courses/71797/assignments/989043) 	due by 11:59pm
Fri Jan 12, 2024	 Analyze Dietary Guidelines (https://canvas.pointloma.edu/courses/71797/assignments/989052) 	due by 11:59pm
	 Fooducate (https://canvas.pointloma.edu/courses/71797/assignments/989055) 	due by 11:59pm






























Date	Details	Due
Mon Jan 15, 2024	 Teach a Food Label (https://canvas.pointloma.edu/courses/71797/assignments/989063) 	due by 11:59pm
Mon Jan 15, 2024	 Ch. 03: Digestion and Absorption (https://canvas.pointloma.edu/courses/71797/assignments/989036) 	due by 11:59pm
Tue Jan 16, 2024	 Digestion Video (https://canvas.pointloma.edu/courses/71797/assignments/989047) 	due by 11:59pm
Wed Jan 17, 2024	 Exam 1 (https://canvas.pointloma.edu/courses/71797/assignments/989018) 	due by 11:59pm
Thu Jan 18, 2024	 Ch. 04: Carbohydrates (https://canvas.pointloma.edu/courses/71797/assignments/989022) 	due by 11:59pm
Thu Jan 18, 2024	 Following a Low Carbohydrate Diet (https://canvas.pointloma.edu/courses/71797/assignments/989046) 	due by 11:59pm
Fri Jan 19, 2024	 Increasing Fiber in a Diet (https://canvas.pointloma.edu/courses/71797/assignments/989056) 	due by 11:59pm
Mon Jan 22, 2024	 Ch. 05: Lipids (https://canvas.pointloma.edu/courses/71797/assignments/989031) 	due by 11:59pm
Mon Jan 22, 2024	 Lipid Digestion Video (https://canvas.pointloma.edu/courses/71797/assignments/989057) 	due by 11:59pm
Tue Jan 23, 2024	 Lowering Saturated Fat in a Diet (Groupwork) (https://	due by 

Date	Details	Due
	canvas.pointloma.edu/courses/71797/assignments/989058	
Wed Jan 24, 2024	 Exam 2 (https://canvas.pointloma.edu/courses/71797/assignments/989024)	due by 11:59pm
Thu Jan 25, 2024	 Ch. 06: Proteins and Amino Acids (https://canvas.pointloma.edu/courses/71797/assignments/989035)	due by 11:59pm
	 Protein Supplements (https://canvas.pointloma.edu/courses/71797/assignments/989041)	due by 11:59pm
Fri Jan 26, 2024	 Protein Needs (https://canvas.pointloma.edu/courses/71797/assignments/989061)	due by 11:59pm
Mon Jan 29, 2024	 Ch. 08: Metabolism (https://canvas.pointloma.edu/courses/71797/assignments/989029)	due by 11:59pm
Tue Jan 30, 2024	 Metabolism Video and Case Study (Groupwork) (https://canvas.pointloma.edu/courses/71797/assignments/989059)	due by 11:59pm
Wed Jan 31, 2024	 Exam 3 (https://canvas.pointloma.edu/courses/71797/assignments/989027)	due by 11:59pm
Thu Feb 1, 2024	 10 Commandments of Health (https://canvas.pointloma.edu/courses/71797/assignments/989044)	due by 11:59pm
	 Ch. 10: Fat Soluble Vitamins (https://canvas.pointloma.edu/courses/71797/assignments/989034)	due by 

Date	Details	Due
		
	 Ch. 11: Water-Soluble Vitamins (https://canvas.pointloma.edu/courses/71797/assignments/989020) 	due by 11:59pm
Mon Feb 5, 2024	 Ch. 12: Water and Major Minerals (https://canvas.pointloma.edu/courses/71797/assignments/989030) 	due by 11:59pm
Tue Feb 6, 2024	 Fad Diets (https://canvas.pointloma.edu/courses/71797/assignments/989040) 	due by 11:59pm
Wed Feb 7, 2024	 Ch. 13: Trace Minerals (https://canvas.pointloma.edu/courses/71797/assignments/989028) 	due by 11:59pm
Fri Feb 9, 2024	 Exam 4 (https://canvas.pointloma.edu/courses/71797/assignments/989025) 	due by 11:59pm
Sun Feb 11, 2024	 3-Day Diet Analysis (https://canvas.pointloma.edu/courses/71797/assignments/989051) 	due by 11:59pm
	 3-Day Diet Discussion (https://canvas.pointloma.edu/courses/71797/assignments/989038) 	due by 11:59pm
Mon Feb 12, 2024	 Ch. 14: Sports Nutrition (https://canvas.pointloma.edu/courses/71797/assignments/989016) 	due by 11:59pm



Date	Details	Due
Tue Feb 13, 2024	 Sports Nutrition Infographic (+Peer Evaluation) (https://canvas.pointloma.edu/courses/71797/assignments/989062) 	due by 11:59pm
Wed Feb 14, 2024	 Ch. 14A: Eating Disorders (https://canvas.pointloma.edu/courses/71797/assignments/989021) 	due by 11:59pm
Thu Feb 15, 2024	 Addressing Disordered Eating Patterns (https://canvas.pointloma.edu/courses/71797/assignments/989039) 	due by 11:59pm
Fri Feb 16, 2024	 Disordered Eating & EAT 26 (https://canvas.pointloma.edu/courses/71797/assignments/989053) 	due by 11:59pm
Mon Feb 19, 2024	 Ch. 09: Energy Balance, Body Composition, Weight Management (https://canvas.pointloma.edu/courses/71797/assignments/989017) 	due by 11:59pm
	 Diet Analysis (https://canvas.pointloma.edu/courses/71797/assignments/989042) 	due by 11:59pm
Tue Feb 20, 2024	 Fast Food Menu Analysis (https://canvas.pointloma.edu/courses/71797/assignments/989054) 	due by 11:59pm
Wed Feb 21, 2024	 Ch. 15: Diet and Health (https://canvas.pointloma.edu/courses/71797/assignments/989032) 	due by 11:59pm
Thu Feb 22, 2024	 Modified Diet Interview (https://canvas.pointloma.edu/)	due by 

Date	Details	Due
	courses/71797/assignments/989060 	
	 Reflection on Diet Interview (https://canvas.pointloma.edu/courses/71797/assignments/989050) 	due by 11:59pm
Sat Feb 24, 2024	 Longevity Quiz (https://canvas.pointloma.edu/courses/71797/assignments/989045) 	due by 11:59pm
Mon Feb 26, 2024	 Final Exam (https://canvas.pointloma.edu/courses/71797/assignments/989019) 	due by 11:59pm
	 Nutrition Takeaways Discussion (https://canvas.pointloma.edu/courses/71797/assignments/989037) 	due by 11:59pm

