



**Fall 2019**

<b>Meeting days:</b> Tuesdays	<b>Instructor title and name:</b> Prof Swann, MS, RD, CDE
<b>Meeting times:</b> 12:25-1:20 pm	<b>Phone:</b> 619-849-2351
<b>Meeting location:</b> Evans 121	<b>E-mail:</b> cindyswann@pointloma.edu
<b>Final Exam:</b> Thurs, 12/13; 1:30-4:00	<b>Office location and hours:</b> Evans 134 Mon/Wed 12- 1 pm; Tues 9:00-10:00 am or by appt.

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**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 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.

**GOALS AND OUTCOMES:**

**COURSE DESCRIPTION:**

This course will study the design and mechanics of research so that useful data can be understood to expand the body of nutrition science. Current scientific literature will be reviewed and applicable research methodologies discussed. The role of statistics in scientific research will also be presented and practiced.

**DIETETIC PROGRAM LEARNING OUTCOMES:**

1. Demonstrate content knowledge of food and nutrition as well as concepts and theories of nutrition across a broad range including: lifecycle stages, cellular nutrition, disease prevention and medical therapy; food and food systems; development, modification, and evaluation of recipes, menus and food products.
2. Identify and assess scientific research evaluating current evidence-based research related to dietetics.
3. Evaluate the effects of societal, cultural, ethical and financial dynamics upon diet trends, dietary choices, and food preparation methods among families and societies.

**COURSE LEARNING OUTCOMES:**

As a result of participation in this course, students will:

1. Describe basic types of research studies that can be used to study nutrition science.
2. Interpret, evaluate and synthesize current nutrition research literature to formulate appropriate conclusions;
3. Describe and explain how basic types of data analysis are used in inferential statistics;
4. Be able to conduct oral presentations on journal articles pertaining to nutrition;
5. Write an introduction to a valid nutrition research study.

## AND's KRDN Didactic Course Core Knowledge for the RDN in DPD Programs based on 2017 Standards:

KRDN 1.1: Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence-based practice decisions.

KRDN 1.2: Use current information technologies to locate and apply evidence-based guidelines and protocols.

KRDN 1.3: Apply critical thinking skills.

KRDN 2.1: Demonstrate effective and professional oral and written communication and documentation.

## ESSENTIAL INFORMATION:

### REQUIRED TEXT:

Drummond, KE & Murphy-Reyes, A. **Nutrition Research: Concepts and Applications**. Jones & Bartlett Learning, Burlington, MA, 2018. Try [www.jblearning.com](http://www.jblearning.com) with coupon code **PassSave25** to save 25%.

### LECTURE NOTES:

Available on Canvas. Please print out and bring to lecture class, or follow along on class computers.

### CANVAS LEARNING MANAGEMENT SYSTEM

Please use **Chrome** as your browser.

- Go to [canvas.pointloma.edu](http://canvas.pointloma.edu).
- Create a shortcut or bookmark to this site.
- Log in with your PLNU username and password.
- All lecture notes and assignments are located here.

## COURSE REQUIREMENTS AND STANDARDS:

### COURSE GRADING CRITERIA:

Statistic Assignments, varying pts	255 pts. (LO# 1,2)
Chapter Quizzes (11 @ 10 pts each)	110 pts. (LO # 1,2)
Bullying/Bkf Journal Assignment	10 pts. (LO# 1,2)
Soymilk Journal Assignment	20 pts. (LO# 1,2)
Rough draft	20 pts. (LO# 1,2)
Exam	100 pts. (LO# 1)
Journal Article, evaluated	25 pts. (LO# 1,2,3)
Journal Article, written abstract	25 pts. (LO#1,2,3)
Research Paper	100 pts. (LO# 1,2,3)
Oral Presentation	<u>50 pts.</u> (LO# 1,2,3)
Total	715 pts.

Grade Distribution:

GRADE	PERCENTAGE RANGE	GRADE	PERCENTAGE RANGE
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%

**Attention FCS Students: You are required to turn in a portfolio project as a senior. Keep any and all graded work you want to showcase.**

**EXPLANATION OF REQUIREMENTS:**

Assignments:

Problem sets available in Canvas; see class schedule for exercises and due dates.

Quizzes:

On assigned chapters; available on Canvas. If you are unhappy with your first attempt, you may have a second attempt, but only the second attempt will save as your grade.

Journal Article, Evaluated and Written:

You will be given a handout on how to evaluate a journal article, and an assigned article. Answer the questions on the handout, to evaluate the article. In the second assignment, you will be given a journal article and you will write the abstract to summarize it.

Research Paper Introduction:

Choose a nutrition research topic and write an introduction, then a literature review outlining past studies. An example is as follows: Does soluble fiber lower blood cholesterol levels? The introduction could include paragraphs describing what soluble fiber is, where it is found, and its benefits. The introduction could also include an explanation of blood cholesterol levels, its components, and normal lab values. The literature review will then summarize studies that report positive or negative outcomes looking at soluble fiber intake on blood cholesterol levels. Try not to get off track and report unrelated aspects of fiber, or other lifestyle and diet aspects that can affect blood cholesterol levels.

**For this class, you will only be writing the introduction and literature review, not a full research paper.**

Oral Report Presentation:

During finals week, you will orally present one of the articles you used to write your research paper. Using some type of visual form (slide, handout, poster, etc.), summarize and display the significant information, covering the literature review, methods, results and discussion sections. Remember to include the title and where the article was published.

**DAILY SCHEDULE:**

Dates	Topics	Assignments	Readings
9/10	Introduction/ Intro to Research		Chp 1
9/17	Intro to Research continued	Chp 1 Quiz due	Chp 1
9/24	Appropriate Research Articles	Chp 2 Quiz /Assignment 1	Chp 2
10/1	Ethics in Nutrition Research	Chp 3 Quiz/ Assignment 2	Chp 3

10/8	Hypothesis, sample, validity, reliability	Chp 4 Quiz/Assignment 3	Chp 4
10/15	Chp 4 continued	Assignment 4, part 1	
10/22	Quantitative Statistics	Quiz 5/Assignment 4, part 2	Chp 5
10/29	Chp 5 continued	Assignment 5, part 1	
11/05	Epidemiologic Studies	Quiz 7/Assignment 5, part 2 <b>Soymilk Assignment</b>	Chp 7
11/12	Qualitative Studies	Quiz 9/Assignment 7	Chp 9
11/19	In class time – rough draft	Assignment 9 <b>Bullying &amp; Breakfast Skipping Assignment</b>	
11/26	<b>Exam</b>		
12/03	<b>Journal Article, Evaluated and Written</b>	due	
12/10	<b>Research Paper</b>	due	
12/19	(Thurs) <b>Final: Oral Presentation</b>	Thurs, 1:30 – 4:00 pm	

## POLICIES AND PROCEDURES:

1. **ELECTRONICS IN CLASSROOM:** IPADS and laptops are fine for viewing and taking notes, however, there is much research proving writing notes BY HAND creates synthesis, thereby increasing your learning and promoting long-term retention. I highly recommend you try it!
2. **LATE POLICY:** All assigned work is due during the class period on the date assigned. Late work is subject to a 25% deduction if not turned in by the end of class.
3. **EXAMS:** No makeup exams are given. Emergencies will be processed on an individual basis.
4. **EMERGENCIES:** Everyone has them. Be responsible, communicate promptly and privately, tell the truth, don't take advantage of the instructor's goodwill. Each will be evaluated on its merits. Documentation may be requested.

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### 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.

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### 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.

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### 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.

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### **PLNU ACADEMIC ACCOMMODATIONS POLICY**⊕

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center. ([DRC@pointloma.edu](mailto:DRC@pointloma.edu) or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 (a) prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

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### **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.

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