



## Spring 2020

<b>Meeting days:</b> Mon., Wed., Fri.	<b>Instructor title and name:</b> Professor Brittany Johnson, MS, RDN, CSSD, CPT
<b>Meeting times:</b> Sect. 1: 1:15-2:10pm Sect. 2: 12:15-1:10pm	<b>Phone:</b> (619) 849-2366 Cell: (951) 282-0650, <i>for emergencies</i>
<b>Meeting location:</b> Liberty Station 202	<b>E-mail:</b> <a href="mailto:brittanyjohnson@pointloma.edu">brittanyjohnson@pointloma.edu</a>
<b>Final Exam:</b> May 8 <sup>th</sup> Sect. 1: 10:30am & Sect. 2: 1:30pm	<b>Office location and hours:</b> Evans 133; MWF 9am-11:30am; TR 12:00-2pm; open door policy & by appointment

### 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

A study of the principles of nutrition science and their evidence-based application of nutrition to health/homeostasis, disease prevention and disease treatment. Offered every semester.  
 Prerequisite(s): [CHE 103](#), [CHE 152](#) or equivalent.

### COURSE LEARNING OUTCOMES

- 1.1.1 Explain nutrition’s role in disease prevention, health and well-being
- 1.1.2 Discuss nutritional requirements of individuals and variation in needs, depending on lifecycle stage and activity level
- 1.2.1 Describe the different measures of nutritional requirements/dietary adequacy, e.g., DRIs, RDAs, AIs, TUILs of nutrients, food planning guides
- 1.2.3 Identify the macronutrients and major micronutrients, describing basic functions and food sources of each
- 1.2.4 Explain how diet is modified in the prevention/treatment of chronic health conditions.
- 2.1.1 Describe the process of human digestion, nutrient absorption, nutrient transport and metabolism;
- 2.1.2 Identify determinants of energy balance and how imbalance can impact long-term health
- 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;
- 4.1.1 Describe how cultural and environmental factors could influence food patterns and health beliefs of individuals
- 4.1.2 Display professional behavior: respect and consideration for classmates and instructor

### 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 three unit class delivered over 15 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request.

## REQUIRED TEXT

NUTRITION = *By INSEL, EDITION: 6TH 14; PUBLISHER: JONES+BART; ISBN: 9781284021165*

## COURSE SCHEDULE AND ASSIGNMENTS

<b>Date</b>	<b>Section Topics</b>	<b>Chapters</b>	<b>Assignments</b>
Wk. 1	Introduction Nutrition Guidelines Research	1 2	
Wk. 2	<i>NO class-Monday</i> Guidelines continued		<u>Article #1 Dietary Guidelines Comparison</u>
Wk. 3	Digestion and Absorption  <b>Unit One Exam</b>	3	
Wk. 4	Macro Intro/Calculations Carbohydrates	4	
Wk. 5	Lipids	5	
Wk. 6	Protein  <b>Unit Two Exam</b>	6	<u>Self-Assessment Diet Analysis</u>
Wk. 7	Functional Foods/Water	Pg. 78-99 Pg. 465-474	
Wk.8	Vitamins	10;11	
Wk. 9	Minerals  <b>Unit Three Exam</b>	12	<u>Vit/Min Reading Charts-- various dates on Canvas</u>
Wk. 10	Metabolism	8	
Wk. 11	Energy Balance	9	<u>Persuasive Paper</u>
Wk. 12	Nutrition Trends/Farming/GMO  <b>Unit Four Exam</b>	18	
Wk. 13	Nutrition and Physical Activity	14	
Wk. 14	Disordered Eating and Therapeutic Diets	online	<u>Chapter Questions Unit 5</u>
Wk 15	Student Presentations- Analysis of Fad Diets	15	<u>Fad Diet Presentations</u>
<b>5/8/20</b>	<b>Final Exam</b>		

## ASSESSMENT AND GRADING

**GRADING POINTS: \*\*\*All rubrics are located on Canvas along with assignment details.**

Diet Analysis- 4 day- food journal	50
Vitamin & Mineral TBL (5@10 points each)	50
Persuasive/Article Paper	50
Textbook Chapter Questions	50
Fad Diet Group Presentation	100
4 Exams (4 @ 30 points each)	120
Final	100
<b>TOTAL</b>	<b>520</b>

+ In-class “Pop” extra credit (voluntary; to be submitted on day specified; NO “make-ups” nor late submissions accepted) + points vary

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.

## COURSE ASSIGNMENT DETAILS

Diet Analysis: Students will track their food intake for 4 days to determine if they meet the recommended levels of nutrients and write a reflection paper discussing their dietary intakes.

Vit/Min Team Based Learning: Students will pre-read assigned vitamins and minerals to prepare for an in-class quiz. Reading charts will be submitted to Canvas prior to class and students must be present during TBL to receive full points.

Nutrition Articles: Students will be asked to research an article related to the section’s topics from a credible source and summarize the article. The topic should be “outside the box”. *Must use APA.*

Exams: Exams will be multiple choice and short answer. Exams must be taken on the given date unless prior arrangements have been made *before* the exam date. The final exam will be cumulative.

## COURSE POLICIES AND PROCEDURES

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.
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 take notes--- 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.
7. Technology is to be used for learning ONLY—You will lose participation points each day you are on your cell phone or using your computer for non-class purposes.

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**PLNU CLASS ATTENDANCE 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 has the option of filing a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of W or WF consistent with university policy in the grading section of the catalog. See [Academic Policies](#) in the undergrad academic catalog.

**ACADEMIC HONESTY.** Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As explained in the university catalog, 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. Violations of university academic honesty include cheating, plagiarism, falsification, aiding the academic dishonesty of others, or malicious misuse of university resources. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for a) that particular assignment or examination, and/or b) the course following the procedure in the university catalog. Students may appeal also using the procedure in the university catalog. See [Academic Policies](#) for further information.

**ACADEMIC ACCOMMODATIONS.** While all students are expected to meet the minimum academic standards for completion of this course as established by the instructor, students with disabilities may require academic accommodations. At Point Loma Nazarene University, students requesting academic accommodations must file documentation with the [Disability Resource Center](#) (DRC), located in the Bond Academic Center. Once the student files documentation, the Disability Resource Center will contact the student's instructors and provide written recommendations for reasonable and appropriate accommodations to meet the individual needs of the student. See [Academic Policies](#) in the undergrad student catalog.

**FERPA.** In compliance with federal law, neither PLNU student ID nor social security number should be used in publicly posted grades or returned sets of assignments without student written permission. This class will meet the federal requirements by (Note: each faculty member should choose one strategy to use: distributing all grades and papers individually; requesting and filing written student permission; or assigning each student a unique class ID number not identifiable on the alphabetic roster.). Also in compliance with FERPA, you will be the only person given information about your progress in this class unless you have designated others to receive it in the "Information Release" section of the student portal. See [Policy Statements](#) in the undergrad academic catalog.

**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. There will be no make-ups for missed exams.

**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.

