NTR213
**Nutrition**
Fall 2020

**Class Time and Location:** Online
**Instructor:** Jerod McCormick, M.Ed. – Physical Education, B.S. – Wellness Science
**Office Location:** Weight Facility
**Office Hours:** By Appointment
**Office Phone:** 479-394-7622 ext. 1430
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**Prerequisite:** none

**Required materials:**
Textbook: Discovering Nutrition by Insel, Turner & Ross, 5th & 6th edition

**Course Description:**
This course will explore the functions of food, body processes, and optimum diet in relation to health and physical fitness. Students will learn to demonstrate knowledge of the role of nutrients in the human body; explain various nutrition transformations, interactions and the physiological processes nutrients undergo during digestion, absorption, and transport; demonstrate knowledge of nutrient needs throughout the life cycle and examine the role of diet in disease prevention; develop awareness of the cultural, economic, and psychosocial factors involved in food selection; distinguish sound nutritional principles from faddism and quackery; demonstrate understanding of the development and application of dietary guidelines; and demonstrate knowledge of the meal exchange system through basic calculations and meal planning.

**Program Outcomes:**
- Communicate effectively through written and oral communication with developed listening, reading, writing, and speaking skills
- Understand and appreciate the importance of factors that contribute to personal health and wellness

**Rationale:**
- During the class, students will discuss the factors of why we consume food the way we do. This directly relates to health and wellness, or the decisions we make.
- During the class, students will be asked to discuss nutrition topics about different situations as humans progress through the life cycle.

**Course Objectives:**

- Demonstrate knowledge of the role of nutrients in the human body
- Explain various nutrition transformations, interactions and the physiological processes nutrients undergo during digestion, absorption, and transport
- Demonstrate knowledge of nutrient needs throughout the life cycle and examine the role of diet in disease prevention through research and evaluation
- Develop awareness of the cultural, economic, and psychosocial factors involved in food selection from infancy to the end of life
- Distinguish sound nutritional principles from faddism and quackery through research and evaluation of scientifically established data
- Demonstrate understanding of the development and application of dietary guidelines for all age groups
- Demonstrate knowledge of the meal exchange system through basic calculations and meal planning

# Fall 2020 Calendar

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|---|---|
| **August 24th – 30th** | Nutrients and Nourishment/Homework (36 points)<br>**Pre-Assessment Quiz** |
| **August 31st – Sept. 6th** | Nutrition Guidelines and Assessment/Homework (35 points) |
| **Sept. 7th – 13th** | Digestion and Absorption/Homework (21 points)<br>**Unit 1 Quiz (100 points)** |
| **Sept. 14th – 20th** | Carbohydrates/Homework (26 points) |
| **Sept. 21st – 27th** | Lipids/Homework (20 points) |
| **Sept 28th – Oct. 4th** | Proteins and Amino Acids/Homework (29 points)<br>**Unit 2 Quiz (100 points)** |
| **Oct. 5th – 11th** | Metabolism/Homework (21 points)<br>**7 Day Food Journal Due (100 points)** |
| **Oct. 12th – 18th** | Energy Balance and Weight Management/Homework (16 points)<br>**Unit 3 Quiz (100 points)** |
| **Oct. 19th – 25th** | Vitamins/Homework (65 points) |
| **Oct. 26th – Nov. 1st** | Minerals/Homework (60 points) |
| **Nov. 2nd – 8th** | Sports Nutrition/Homework (17 points)<br>**Unit 4 Quiz (100 points)** |
| **Nov. 9th – 15th** | Diet and Health/Homework **(**20 points**)** |
| **Nov. 16th – 22nd** | Life Cycle: Maternal and Infant Nutrition/Homework (20 points) |
| **Nov. 30th – Dec. 6th** | Life Cycle: Childhood to Older Adulthood/Homework (21 points) |
| **Dec. 7th – 9th** | **Unit 5 Quiz (Final) (100 points)** |

**Course Conduct:**
There will be weekly chapter readings/PowerPoints with homework with 5 Unit Quizzes. Also, there will be a 7 Day Food Journal.

**Credit Hour Definition:**
For every course credit hour, you should expect to spend at least 3 clock hours per week of concentrated attention on course-related work, including but not limited to time attending class, as well as out-of-class time reading, reviewing, organizing notes, preparing for upcoming quizzes/exams, problem solving, developing and completing homework, and other activities that enhance learning. For a 3 hour course, a typical student should expect to spend at least 9 hours per week dedicated to the course. This includes time spent in class.

| **Credit Hour Requirement Calculator** | | | | |
|---|---|---|---|---|
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| **Course Information** | | | | |
| Department, Course Number | NTR 213 | | | |
| Course Title | Nutrition | | | |
| Credit Hours | 3 | | | |
| Mode of Delivery | Online | | | |
| Weeks in Part of Term | 16 | | | |
| Level of Reading Material | Advanced/Scientific/Technical (2) | | | 2 |
| Reading Level of Students | Average Student (2) | | | 2 |
| Average Pages per Hour | 11 | | | |
| | | | | |
| | | *Enter either week or term, not both* | | |
| **Contact Hours** | | **Hours/Week** | **Hours/Term** | **Total Hours** |
| Lecture/Recitation | | 2.5 | | 37.5 |
| | | | | |
| | **Pages Asg'd** | **Hours/Week** | **Hours/Term** | |
| **Syllabus Items** | | | | |
| Chapter Readings/Worksheets (14 Chapters) | | 4 | | 56 |
| Unit Quizzes | | | 30 | 30 |
| 7 Day Food Journal | | | 10 | 10 |
| **Total Hours** | | | | 133.5 |
| | | | | |
| | | | | |

**Course Requirements/Evaluation:**
Unit Quizzes: 5 x 100 points = 500 points
7 Day Food Journal w/ Questions: 100 points
Chapter Homework: 407 points
**Total: 100 points**

Grading Scale:

A = 920 – 1,027
B =817 – 919
C = 713 – 816
D = 611 – 712
F = 610 and below

**Class Procedures/Attendance:**
For this class, there will be weekly homework that will include a PowerPoint and reading. Each day, students will complete chapter homework assignments. Also, a 7 Day Food Journal will be completed. There will be 5 unit test completed throughout the course.

**Make-Up Assignments:**
If you miss a Homework Assignment, you have until the Quiz for that unit to turn in the assignment. However, students only get TWO make-up assignments for the semester.

If you miss a Unit Quiz, you get ONE opportunity to make-up the quiz. The make-up quiz must be done by the following week of the original due date. It's the student's responsibility to make these arrangement with the instructor. The final must be taken within the designated time frame. No make-ups will be done for the final!

A valid doctor's note must be provided to get to make-up work for an extended period of time.

**Academic Dishonesty:**
Plagiarism will not be tolerated in this class. The work from previous semesters is kept and reviewed if it is felt that the assignment was duplicated. If a student is caught cheating in any form, a zero will be given for the 1st & 2nd offenses. If the 3rd offense occurs, the student will be removed from the class and will have to meet with the VCAA at UA-Rich Mountain.

**Disability Policy:**
It is the policy of UA-Rich Mountain to accommodate students with disabilities, pursuant to state and federal law. Any student with a disability who needs accommodations should contact the Vice Chancellor for Student Affairs Office, 394-7622 Ext. 1400.

**Arkansas Clean Air Act:**
In compliance with the Arkansas Clean Air Act, UA-Rich Mountain is a smoke and tobacco free facility. Students and guests are to refrain from the use of all tobacco products while on compass.

**Student Misconduct:**
Students committing misconduct are subject to disciplinary sanction(s) and or restrictions. Misconduct or prohibited behavior includes, but is not limited to endangerment, harassment, disruption, sexual misconduct, dishonesty, illegal drugs and/or alcohol, fire or safety issues, gambling, property violations, computer violations or other violations as listed in detail in the UA-Rich Mountain catalog.

**Mission Statement:**
UA Rich Mountain provides transformative education to all learners.

**Name:** _____

# 7 Day Food Journal Rubric

I. Title Page (5 points) _____

II. Formatting (10 points) _____

III. Daily Journals (49 points)

- Day 1 (7 points) _____
- Day 2 (7 points) _____
- Day 3 (7 points) _____
- Day 4 (7 points) _____
- Day 5 (7 points) _____
- Day 6 (7 points) _____
- Day 7 (7 points) _____

IV. Questions (36 points) _____