NTR213
Nutrition
Fall 2023

Class Time and Location: Online
Instructor: Jerod McCormick, M.Ed. – Physical Education, B.S. – Wellness Science
Office Location: Abernathy 327
Office Hours: By Appointment
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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
- Students will increase their understanding of basic principles and their application in the field of nutrition.

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 2023 Calendar

Semester Assignments with Due Dates

Week 1	10/16 – 10/18 – **Syllabus Quiz (25 points)** 10/20 - Nutrients and Nourishment/Homework (36 points) 10/20 - Nutrition Guidelines and Assessment/Homework (35 points)
Week 2	10/23 – 10/25 - **Unit 1 Quiz (100 points)** 10/25 - Digestion and Absorption/Homework (21 points) 10/27 - Carbohydrates/Homework (26 points)
Week 3	11/3- Lipids/Homework (20 points) 11/3 - Proteins and Amino Acids/Homework (29 points)
Week 4	11/6 – 11/8 - **Unit 2 Quiz (100 points)** 11/10 - Metabolism/Homework (21 points) 11/10- Energy Balance & Weight Management/HW (16 points) 11/10 – **7 Day Food Journal (100 points)**
Week 5	11/13 – 11/15 - **Unit 3 Quiz (100 points)** 11/17 - Vitamins/Homework (65 points) 11/17 - Minerals/Homework (60 points)
Week 6	11/27 – 11/29 - **Unit 4 Quiz (100 points)** 11/29 - Sports Nutrition/Homework (17 points) 12/1 - Diet and Health/Homework (20 points)
Week 7	12/8 - Life Cycle: Maternal & Infant Nutrition/HW (20 points) 12/8 - Life Cycle: Childhood to Older Adulthood/HW (21 points)
Week 8	12/11 – 12/13 - **Unit 5 Quiz (Final) (100 points)**

Quizzes by Chapter

Unit 1 Quiz - Nutrients and Nourishment, Nutrition Guidelines and Assessment, & Digestion and Absorption
Unit 2 Quiz – Carbs, Lipids, & Proteins
Unit 3 Quiz – Metabolism & Energy Balance and Weight Management
Unit 4 Quiz – Vitamins, Minerals, & Sports Nutrition
Unit 5 Quiz – Diet and Health, Life Cycle 1, Life Cycle 2, & 1 Comprehensive Question

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				
Course Information				
Department, Course Number	NTR 213			
Course Title	Nutrition			
Credit Hours	3			
Mode of Delivery	Online			
Weeks in Part of Term	8			
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		5		37.5
	Pages Asg'd	**Hours/Week**	**Hours/Term**	
Syllabus Items				
Chapter Readings/Worksheets (14 Chapters)		8		56
Unit Quizzes			30	30
7 Day Food Journal			10	10
Total Hours				133.5

Course Requirements/Evaluation:
Unit Quizzes = 70%
7 Day Food Journal w/ Questions = 10%
Chapter Homework = 20%
Total: 100%

Grading Scale:

A = 89.5 – 100%
B =79.5 – 89.4%
C = 69.5 – 79.4%
D = 59.5 – 69.4%
F = 59.8% and below

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

Make-Up Assignments:
It is the student's responsibility to immediately contact the instructor if they will miss an extended period of time in the class. Isolation or Quarantine does not automatically exempt a student from completing the work when assigned. You must communicate with the instructor.

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 arrangements with the instructor. The final must be taken within the designated time frame. No make-ups will be done for the final!

Food Journal assignments CANNOT be made-up. More than two weeks is given to complete this assignment.

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.

Title IX Sexual Harassment
If there is an issue of this nature, it should be reported immediately to the Title IX Director, Terry Francis at (479) 394-7622, Ext. 1460. To report a concern, or to learn more about UA RICH MOUNTAIN's Title IX and Non-Discrimination Policies, visit https://www.uarichmountain.edu/title-ix-policy.

Mission Statement:
The University of Arkansas Rich Mountain provides transformative education to all learners.