

Syllabus for
NUT 201—Nutrition
3 Credit Hours
Spring 2005

I. COURSE DESCRIPTION

A study of the basic principles of nutrition, including the chemical characteristics and functions of nutrients and the determination of nutritional requirements for individuals during growth, pregnancy, lactation, old age, and other special conditions. (Does not count towards the mathematics/science general education requirement.)

Prerequisite: One semester of biology or chemistry.

II. COURSE GOALS

The purpose of this course is to provide the student with a basic knowledge of nutrition through the life cycle. The student will study the importance of nutrition in everyday life and how it relates to various disease states.

III. STUDENT LEARNING OUTCOMES FOR THIS COURSE

This course is designed primarily for pre-nursing, HPE, international community development, and other non-science majors interested in the science of nutrition. Social, economic, political, ecological, and psychological aspects are integrated with basic principles of scientific nutrition. Much of the science background necessary for an understanding of nutrition will be provided as needed. As a result of studying the assigned text pages and assimilating lectures, the successful student will be able to accomplish the following objectives:

- A. List the major nutrients and present their major functions and biochemical rolls within the body and distinguish among science, pseudoscience, and myth concerning food, nutrition, and health.
- B. Discuss the role that diet and nutrition play in health, disease, and disease prevention.
- C. Plan diets appropriate for groups of children, teenagers, adults, and older adults, whether reducing, gaining, or maintaining their proper weight.
- D. Write general descriptions, calculate nutritional adequacy and list indications, rationale, goals and recommendations of common therapeutic diets.

IV. TEXTBOOK

A. Required

Whitney, E.N., and Rolfes, S.R. (2004). *Understanding Nutrition*, (10th ed.) St. Paul, MN: West Publishing Co.

B. Optional

Lutz, C.A., and K. R. Przytulski. (1997). *Nutrition and Diet Therapy*. (2nd ed.) Philadelphia: F. A. Davis Co.

Latest revision: 12/01/04

V. POLICIES AND PROCEDURES

A. University Policies and Procedures

1. Attendance at each class or laboratory is mandatory at Oral Roberts University.
2. Double cuts will be assessed for absences immediately preceding or following holidays.
3. Excessive absences can reduce a student's grade or deny credit for the course.
4. Students taking a late exam because of an unauthorized absence will be charged a late exam fee.
5. Students and faculty at Oral Roberts University adhere to all laws addressing the ethical use of others' materials, whether it is in the form of print, video, multimedia, or computer software.
6. Final exams cannot be given before their scheduled times. Students need to check the final exam schedule before planning return flights or other events at the end of the semester.

B. Course Policies and Procedures

1. Evaluation Procedures

a. Grading System

Four Exams (15% each)	60%
Independent Study	20%
Final Exam	20%

b. Course letter grades will be assigned as follows:

<u>Percent</u>	<u>Grade</u>
90 – 100	A
80 – 89	B
70 – 79	C
60 – 69	D
Below 60	F

2. Other Policies and Procedures

- a. Exams are scheduled, so please study for them in advance. If an emergency occurs, you must contact the instructor before the exam is given to be able to reschedule it.
- b. All assignments are due at the beginning of the class period. Late papers will receive a penalty. A late paper will be lowered five points for each class period it is late. No papers will be accepted later than one week after the due date.

VI. COURSE CALANDAR

Note: Please read textbook before you come to class.

<u>Day</u>	<u>Date</u>	<u>Unit Topics</u>
Wednesday	January 5	Introduction to the Course
Monday	January 10	Chapter 1 – An Overview of Nutrition
Wednesday	January 12	Chapter 2 – Planning a Healthy Diet
Monday	January 17	Chapter 3 – Digestion, Absorption & Transport
Wednesday	January 19	Chapter 4 – Carbohydrates
Monday	January 24	EXAM #1
Wednesday	January 26	Chapter 5 – Lipids
Monday	January 31	Chapter 5 – Lipids
Wednesday	February 2	Chapter 6 – Proteins
Monday	February 7	Chapter 7 – Metabolism
Wednesday	February 9	Chapter 8 – Energy
Monday	February 14	Chapter 9 – Weight Control
Wednesday	February 16	EXAM #2
Monday	February 21	Chapter 10 – Water-soluble Vitamins
Wednesday	February 23	Chapter 11 – Fat-soluble Vitamins
Monday	February 28	Chapter 12 – Water & Major Minerals
Wednesday	March 2	EXAM #3
Monday	March 7	Chapter 13 – Trace Minerals
Wednesday	March 9	Chapter 14 - Fitness
SPRING BREAK		
Monday	March 21	Independent Study
Wednesday	March 23	Independent Study
Monday	March 28	Chapter 15 – Life Cycle Nutrition: Pregnancy & Lactation
Wednesday	March 30	Chapter 16 – Life Cycle Nutrition: Infancy, Childhood & Adolescence
Monday	April 4	EXAM # 4
Wednesday	April 6	Chapter 17 – Life Cycle Nutrition: Adulthood & the Later Years
Monday	April 11	Chapter 18 – Diet & Health
Wednesday	April 13	Chapter 19 – Consumer Concerns
Monday	April 18	Review for Final Exam
Wednesday	April 20	Review for Final Exam
Week of April 25		FINAL EXAM

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Course Inventory for ORU's Student Learning Outcomes

NUT 201—Nutrition Spring 2005

This course contributes to the ORU student learning outcomes as indicated below:

Significant Contribution – Addresses the outcome directly and includes targeted assessment.

Moderate Contribution – Addresses the outcome directly or indirectly and includes some assessment.

Minimal Contribution – Addresses the outcome indirectly and includes little or no assessment.

No Contribution – Does not address the outcome.

The Student Learning Glossary at <http://ir.oru.edu/doc/glossary.pdf> defines each outcome and each of the proficiencies/capacities.

OUTCOMES & Proficiencies/Capacities		Significant Contribution	Moderate Contribution	Minimal Contribution	No Contribution
1	Outcome #1 – Spiritually Alive Proficiencies/Capacities				
1A	Biblical knowledge				X
1B	Sensitivity to the Holy Spirit			X	
1C	Evangelistic capability			X	
1D	Ethical behavior			X	
2	Outcome #2 – Intellectually Alert Proficiencies/Capacities				
2A	Critical thinking	X			
2B	Information literacy		X		
2C	Global & historical perspectives		X		
2D	Aesthetic appreciation				X
2E	Intellectual creativity			X	
3	Outcome #3 – Physically Disciplined Proficiencies/Capacities				
3A	Healthy lifestyle	X			
3B	Physically disciplined lifestyle		X		
4	Outcome #4 – Socially Adept Proficiencies/Capacities				
4A	Communication skills		X		
4B	Interpersonal skills			X	
4C	Appreciation of cultural & linguistic differences			X	
4D	Responsible citizenship		X		
4E	Leadership capacity			X	