

Syllabus for
NUT 201—Nutrition
3 Credit Hours
Spring 2013

I. COURSE DESCRIPTION

A study of the basic principles of nutrition, including the chemical characteristics of nutrients for their functions in the human body, 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 or permission of the instructor.

This course is designed primarily for pre-nursing, HPE, international community development, and other nonscience 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.

II. COURSE GOALS

The purpose of this course is to enable the student to do the following:

- A. Understand basic knowledge of nutrition through the life cycle.
- B. Understand the importance of nutrition in everyday life and how it relates to various disease states.

III. STUDENT LEARNING OUTCOMES FOR THIS COURSE

As a result of successfully completing this course, the student will be able to do the following:

- 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. TEXTBOOKS AND OTHER LEARNING RESOURCES

A. Required Materials

- 1. Textbooks
Whitney, E. N., & Rolfes, S. R. (2004). *Understanding nutrition* (12th ed.). St. Paul, MN: West. ISBN-13:9780538737319
- 2. Other
None

B. Optional Materials

1. Textbooks
Lutz, C. A., & Przytulski, K. R. (1997). *Nutrition and diet therapy* (2nd ed.). Philadelphia: F. A. Davis.
2. Other
None

V. POLICIES AND PROCEDURES

A. University Policies and Procedures

1. Attendance at each class or laboratory is mandatory at Oral Roberts University. Excessive absences can reduce a student's grade or deny credit for the course.
2. Students taking a late exam because of an unauthorized absence are charged a late exam fee.
3. Students and faculty at Oral Roberts University must adhere to all laws addressing the ethical use of others' materials, whether it is in the form of print, electronic, video, multimedia, or computer software. Plagiarism and other forms of cheating involve both lying and stealing and are violations of ORU's Honor Code: "I will not cheat or plagiarize; I will do my own academic work and will not inappropriately collaborate with other students on assignments." Plagiarism is usually defined as copying someone else's ideas, words, or sentence structure and submitting them as one's own. Other forms of academic dishonesty include (but are not limited to) the following:
 - a. Submitting another's work as one's own or colluding with someone else and submitting that work as though it were his or hers;
 - b. Failing to meet group assignment or project requirements while claiming to have done so;
 - c. Failing to cite sources used in a paper;
 - d. Creating results for experiments, observations, interviews, or projects that were not done;
 - e. Receiving or giving unauthorized help on assignments.By submitting an assignment in any form, the student gives permission for the assignment to be checked for plagiarism, either by submitting the work for electronic verification or by other means. Penalties for any of the above infractions may result in disciplinary action including failing the assignment or failing the course or expulsion from the University, as determined by department and University guidelines.
4. 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.
5. Students are to be in compliance with University, college, and departmental policies regarding the Whole Person Assessment requirements. Students should consult the Whole Person Assessment handbooks for requirements regarding general education and the students' majors.
 - a. The penalty for not submitting electronically or for incorrectly submitting an artifact is a zero for that assignment.
 - b. By submitting an assignment, the student gives permission for the assignment to be assessed electronically.

- B. College of Nursing Policies and Procedures
 - 1. The *ORU AVCON Student Handbook* contains a complete list of College of Nursing policies.
 - 2. Not a clinical nursing course
- C. Course Policies and Procedures
 - 1. Evaluation Procedures
 - a. The course grade is based on the following:

Four exams (15% each)	60%
Independent study	20%
Final exam	20%
 - b. Grading scale:
 - A=90-100
 - B=80-89
 - C=70-79
 - D=60-69
 - F=59 and below
 - 2. Whole Person Assessment Requirements:
 - None
 - 3. Other Policies and/or 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. No papers will be accepted later than one week after the due date.

VI. COURSE CALENDAR

Note: Please read textbook before you come to class.

Day	Date	Unit Topics
Tuesday	January 8	Introduction to Class
Thursday	January 10	Chapter 1—An Overview of Nutrition
Tuesday	January 15	Chapter 2—Planning a Healthy Diet
Thursday	January 17	Chapter 3—Digestion, Absorption, and Transport
Tuesday	January 22	Chapter 4—Carbohydrates
Thursday	January 24	EXAM #1
Tuesday	January 29	Chapter 5—Lipids
Thursday	January 31	Chapter 5—Lipids
Tuesday	February 5	Chapter 6—Proteins

Day	Date	Unit Topics
Thursday	February 7	Chapter 7—Metabolism
Tuesday	February 12	Chapter 8—Energy
Thursday	February 14	Chapter 9—Weight Control
Tuesday	February 19	EXAM #2
Thursday	February 21	Chapter 10—Water-soluble Vitamins
Tuesday	February 26	Chapter 11—Fat-soluble Vitamins
Thursday	February 28	Chapter 12—Water and Major Minerals
Tuesday	March 5	EXAM #3
Thursday	March 7	Chapter 13—Trace Minerals
Tuesday	March 12	Chapter 14—Fitness
Thursday	March 14	Chapter 15—Life Cycle Nutrition: Pregnancy and Lactation
SPRING BREAK		
Tuesday	March 26	Independent Study
Thursday	March 28	Independent Study
Tuesday	April 2	Chapter 16—Life Cycle Nutrition: Infancy, Childhood, and Adolescence
Thursday	April 4	EXAM # 4
Tuesday	April 9	Chapter 17—Life Cycle Nutrition: Adulthood and the Later Years
Thursday	April 11	Chapter 18—Diet and Health
Tuesday	April 16	Chapter 19—Food Borne Illnesses
Thursday	April 18	Review for Final Exam
Tuesday	April 23	Review for Final Exam
Thursday	April 25	Review for Final Exam
Week of April 29		FINAL EXAM

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Course Inventory for ORU's Student Learning Outcomes
NUT 201—Nutrition
Spring 2013

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
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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			