

**Online HDFN 221CS-02 Human Nutrition
Health and Human Development
Montana State University
Summer 2008**

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Email: Course Mail on Webct I will be checking emails on a daily basis and plan to respond to you in a timely fashion. Please do not hesitate to contact me with any questions.

REQUIRED TEXT:

Nutritional Sciences: From Fundamentals to Food, McGuire & Beerman, 2007

You can pick up a copy of this text from the MSU Bookstore if you are in Bozeman. For those of you outside Bozeman this summer, you can also call the MSU Bookstore at 406-994-2811, ask for the textbook section and make arrangements to get a book shipped to you in a timely manner. Please note: you **do not need** the **Personal Dietary Project** packet as you will be receiving your assignments entirely via webct.

OVERALL GOAL: To develop a foundation that will allow the student to apply the science of nutrition in making informed decisions regarding personal nutrition and in the investigation of such contemporary nutrition issues such as nutritional genomics and obesity. (See Course Objectives after Grading Rubric)

Course Expectations

***Readings:* Nutritional Sciences: From Fundamentals to Food is the text for the readings. You will find it helpful to download the PowerPoint handouts associated with each chapter. You can make notes on the handouts as you read through the material.**

Nutrition Foundation Module: Chapters 1, 2

Macronutrients Module: Chapters 5, 6, 7

Digestion & Energy Metabolism: Chapters 4, 8

Energy Balance & Lifecycle Nutrition: Chapters 9,14

***Assignments:* There will be a total of five assignments in the class worth 125 pts. These assignments will be located in the Assignments Folder and will require you to submit each one using Word as your basic processing program. Assignments 1- 4**

will be due on Thursdays by midnight, Assignment 5 by midnight on Wednesday, July 16.

Assignment Schedule:

Assignment 1: Essay (10 pts) Due: May 22

Assignment 2: Three Day Food Records (15 pts) Due: June 5

Assignment 3: MyPyramid food group analysis (25 pts) Due: June 19

Assignment 4: MyPyramid tracker diet analysis (25 pts) Due: July 3

Assignment 5: Nutrition on the Internet Research Paper (50 pts): Due July 16

Discussions: There will be a total of seven discussion questions related to the readings. They are each worth 10 pts and are located in the Discussions Folder. You are only required to complete 6 out of 7 discussions. If you choose to participate in all 7, you will receive 10 extra credit points. There will not be a discussion the week of the midterm or final exam.

Discussions are asynchronous, which means that you will have time to read and respond at any time during the 48 hours that they are available, and you do not have to respond at the same exact time as everyone else in the class. The time will start at 12:00 AM on Tuesday and end at midnight on Wednesday of each week.

Discussion One will serve as an introduction by each member of the class, similar to the type you may experience in any face to face class. It will also help you to understand how this type of interaction occurs in an online course.

For the subsequent Discussions, you will be required to read the question, think about and make an original response to the question, citing a section of the reading or citing a reliable source that you have found on the internet related to the question.

Quizzes/Exams: There will be a total of 4 Micronutrient quizzes (20 pts each) and two exams, a midterm and final (100 pts each). The combined total for quizzes and exams is 280 points.

Micronutrient Quizzes: Each of the four quizzes is over one of the following chapters -10,11,12,13 and will be posted on a Thursday. At that time you can download, print out the quiz and have until midnight on Friday to post the answers back to me. I estimate it will take about 2-3 hours per quiz (using your text to find the answers). Information from the quizzes will not be on the exams.

The Midterm Exam (June 13) and Final Exam (July 18) will be timed exams that must be completed online using the exam section of webct.

Grades: Will be posted on a regular basis to the Gradebook on the class homepage.

Tentative Schedule-Also Posted in the Calendar on the webct HDFN 221-02 homepage

DATE	Reading(s)	Assignments	Discussions	Quiz/Exams
Week 1				
M May 19	Chap 1,2			
T May 20			Discussion 1: Begins	
W May 21			Discussion 1: Ends	
R May 22		Ass1 Due		
F May 23				
Week 2				
M May 26	Chap 5			
T May 27			Discussion 2: Begins	
W May 28			Discussion 2: Ends	
R May 29				Fat. Soluble Quiz (Chap. 11) available
F May 30				Post Fat. Soluble Quiz answers
Week 3				
M June 2	Chap 6,7			
T June 3			Discussion 3: Begins	
W June 4			Discussion 3: Ends	
R June 5		Ass. 2 Due		Water Sol. Quiz(chap. 10) available
F June 6				Post Water Sol. Quiz answers
Week 4				
M June 9	Chap. 7 cont.			
T June 10	Review-Midterm			
W June 11	Review-Midterm			
R June 12	Review-Midterm			
F June 13				Midterm Exam
Week 5				
M June 16	Chap 4			
T June 17			Discussion 4: Begins	
W June 18			Discussion 4: Ends	
R June 19		Ass. 3 Due		Trace Mineral Quiz (Chap 12) available
F June 20				Post Trace Mineral Quiz answers
Week 6				
M June 23	Chap 8			
T June 24			Discussion 5: Begins	
W June 25			Discussion 5: Ends	
R June 26				Major Mineral Quiz (Chap 13) available
F June 27				Post Major Mineral Quiz answers
Week 7				
M June 30	Chap 9			
T July 1			Discussion 6: Begins	
W July 2			Discussion 6: Ends	
R July 3		Ass. 4 Due		
F July 4			Happy 4 th !	
Week 8				
M July 7	Chap 14			
T July 8			Discussion 7: Begins	
W July 9			Discussion 7: Ends	
R July 10	Review- Final			
F July 11	Review- Final			
Week 9				
M July 14				
T July 15				
W July 16		Ass. 5 due		
R July 17	Evaluation			
F July 18	Evaluation			Final Exam

Course Policies

Students are expected to complete all readings, and come prepared to engage in class discussions.

All assignments are to be turned in by midnight on the day listed on the syllabus. Any assignment turned in after this time will **NOT** receive a grade.

Exams: There will be two timed exams during the semester, a midterm on June 13 and a final on July 18th. You will be able to use your notes but will need to complete all questions before the time elapses so should be very familiar with the material.

Student dishonesty A student suspected of breaching any of the Student Academic Integrity Conduct Guidelines described in the MSU Undergraduate Bulletin 2006-2008 or available on the web at: <http://www.montana.edu> will be treated according to the MSU regulations concerning misconduct.

Grading Criteria

	<u>Possible Points</u>
Assignments	125 points
Discussions	60 points
Quizzes	80 points
Midterm exam	100 points
Final exam	<u>100 points</u>
Total points possible	465 points

Grades are based on the following percentage of points possible

93-100 = A (4.0)	77-79.9 = C+ (2.3)
90-92.9 = A- (3.7)	73-76.9 = C (2.0)
87-89.9 = B+ (3.3)	70-72.9 = C- (1.7)
83-86.9 = B (3.0)	67-69.9 = D+ (1.3)
80-82.9 = B- (2.7)	60-66.9 = D (1.0)
	Below 60 = F (0.0)

Course Objectives for HDFN 221CS-02 students to achieve during the semester:

Begin to develop and to apply the skills of critical thinking, resource evaluation and show a “healthy skepticism” regarding the science of nutrition.

Learn to work effectively as a team member in discussing and developing answers to critical questions.

Select a contemporary nutrition article and prepare a written analysis of its soundness and validity based on appropriate scientific research using a variety of appropriate scientific resources.

Recognize how science contributes to the development of current nutrition standards such as the Dietary Guidelines, the MyPyramid food guide, and Dietary Reference Intakes.

Use current information technologies such as computer dietary analysis and internet resources to analyze various nutrition related contemporary issues such

as “low carb” diets, nutritional genomics, and functional foods.

Discover through a series of personal dietary evaluation assignments whether nutrient needs are being met by current food choices and make informed choices regarding the results.

Examine food safety concerns such as common food borne illnesses, environmental contaminants such as mercury, and the scientific and societal issues regarding biotechnology.

Become familiar with the regulations regarding dietary supplements and understand the need for evidence- based research in the area of alternative nutrition and herbal remedies.

Examine the role of macro and micronutrients in promoting optimal health and prevention of chronic disease.

Learn to identify foods that provide rich sources of essential nutrients and phytonutrients and investigate ways to incorporate them into making healthy food choices.

Acquire a basic understanding of how physical activity and nutrition contribute to a healthy lifestyle emphasizing the role of fuel and fluids.

Discuss how a diversity of factors, including economic, psychological, cultural and social influence the behavioral selection of food.

Develop a working knowledge of how nutritional needs are affected by normal physiologic states of the life span including age, growth and normal development.

Explore the issues related to food security and become familiar with US programs that can provide food assistance and nutrition education to individuals and families.