COURSE SYLLABUS

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SECTION 1: COURSE INFORMATION

Format: 8 weeks.

Course ID: NSCI 1044

Course Title: Nutrition Science with Lab

College: College of Unrestricted Education – Department of Foundational Core

Prerequisites: None.

Credit Hours: 3

Instructor: See the online course in MyFIRE for instructor contact information and availability.

Course Description

This online course provides an overview of nutrition including nutrients, digestion and transport, different nutrition needs as related to life cycle, and how certain disease states affect nutrition status. Also included is interpretation of current USDA nutritional guidelines, and application of nutrition knowledge in the establishment of eating habits.

Course Workload

Time spent on course assignments will vary by student depending on familiarity with course content, reading rate of speed, writing rate of speed, and other individual factors. Based on averages for most students, it is estimated that the course workload estimate for this course is 8-15 hours per week.

Course Materials

OER

Required and optional textbooks are accessed and ordered through SEU's bookstore.

Disclaimer: The resources utilized in this course provide information, thoughts and insights that should encourage critical thinking on the part of the student. Please note as well that as an Assembly of God institution, Southeastern University does not necessarily endorse specific personal, religious, philosophical, or political positions found in these resources.

Intended Learning Outcomes

As a result of reading, study, and assessments in this course, the student should be able to:

1. Define health and nutrition.
2. Describe the process of nutrient digestion, absorption, and transport.
3. Identify and understand utilization of the different nutrients, vitamins, and minerals in the body.
4. Explain food labels and how to apply this information to establishing eating habits.
5. Discuss how nutrient needs change as related to life cycle.
6. Explain how the nutritional status of patients may be compromised by illness.
7. Explain USDA dietary guidelines.
8. Identify organs of the digestive system and their functions.
9. Develop a meal plan.
10. Survey the various illnesses associated with nutrient-related disorders or deficiencies.

Late Work

None Accepted.

Extra Credit

None Accepted.

SECTION 2: SOUTHEASTERN POLICIES

Academic Policies

View this link to see Southeastern's Policies regarding SEU's Mission and Vision Statements, Title IX Statement, Student Services, Class Participation, Official Email, MyFIRE Use, Technical Difficulties, Technical Support, Disability Statement, Academic Honesty, Course Evaluation, Official Withdrawal, Grading Scale, and Netiquette.

SECTION 3: COURSE SCHEDULE

The **Course Schedule** provides a listing of your work in this course. The assessments are listed by Module and include the due dates and point values.

Note: Assignments are due by 11:59 p.m. EST on the due date, unless otherwise noted.

AIM, LEARN, AND APPLY DESCRIPTIONS

Aim

When you see the Aim icon, you will be introduced to topics and ideas that will be covered throughout this module. The AIM will also provide you with a glimpse into your learning objectives and an introduction to this module.

Learn

When you see the Learn icon, all of your reading assignments will be listed and may include additional resources that your instructor is providing to help you complete the activities and assessments for the module.

Apply

 When you see the Apply Icon, it will be time to demonstrate your learning for the module. The items here are those in which you'll be graded and may include discussions, activities, assignments, quizzes, exams, and projects.

MODULE 1

6/26/24 – 7/2/24

Aim

- Define health and nutrition.
- Explain food labels and how to apply this information to establishing eating habits

Learn

- **View:** Additional resources provided in the course

Apply

- Module 1 Discussion Forum
  - Due: Saturday, Tuesday
  - Points: 30
- Module 1 Quiz
  - Due: Tuesday
  - Points: 20
- Describing Your Relationship With Food
  - Due: Tuesday
  - Points: 40
- Lab 1 Reading Food Labels
  - Due: Tuesday
  - Points: 30

MODULE 2:
7/3/24 – 7/9/24

Aim

- Identify and understand utilization of the different nutrients, vitamins, and minerals in the body.
- Explain USDA dietary guidelines.
- Develop a meal plan.

Learn

- **View:** Additional resources provided in the course

Apply

- Module 2 Discussion Forum
  - Due: Saturday, Tuesday
  - Points: 30
- Module 2 Quiz
  - Due: Tuesday
  - Points: 20
- Complete and Incomplete Proteins
  - Due: Tuesday
  - Points: 40
- Lab 2 Keeping a Food Journal
  - Due: Tuesday
  - Points: 30

MODULE 3:
7/10/24 – 7/16/24

Aim

- Identify and understand utilization of the different nutrients, vitamins, and minerals in the body.

Learn

- **View:** Additional resources provided in the course

Apply

- Module 3 Discussion Forum
  - Due: Saturday, Tuesday
  - Points: 30
- Module 3 Quiz
  - Due: Tuesday
  - Points: 20
- Micronutrients Worksheet
  - Due: Tuesday
  - Points: 40
- Lab 3 Analyzing a Food Journal
  - Due: Tuesday
  - Points: 30

MODULE 4:
7/17/24 – 7/23/24

Aim

- Identify organs of the digestive system and their functions.
- Describe the process of nutrient digestion, absorption, and transport.
- Develop a meal plan.

Learn

- **View:** Additional resources provided in the course

Apply

- Module 4 Discussion Forum
  - Due: Saturday, Tuesday
  - Points: 30
- Module 4 Quiz
  - Due: Tuesday
  - Points: 20
- Probiotics and Gut Health
  - Due: Tuesday
  - Points: 40
- Lab 4 Meal Plan Basics
  - Due: Tuesday
  - Points: 30

MODULE 5:
7/24/24 – 7/30/24

Aim

- Discuss how nutrient needs change as related to life cycle.
- Explain USDA dietary guidelines.
- Develop a meal plan.

Learn

- **View:** Additional resources provided in the course

Apply

- Module 5 Discussion Forum
  - Due: Saturday, Tuesday
  - Points: 30
- Module 5 Quiz
  - Due: Tuesday
  - Points: 20
- Diet Survey
  - Due: Saturday
  - Points: 40
- Lab 5 Making A Meal Plan
  - Due: Tuesday
  - Points: 30

MODULE 6:
7/31/24 – 8/6/24

Aim

- Explain how the nutritional status of patients may be compromised by illness.
- Survey the various illnesses associated with nutrient-related disorders or deficiencies.

Learn

- **View:** Additional resources provided in the course

Apply

- Module 6 Discussion Forum
  - Due: Saturday, Tuesday
  - Points: 30
- Module 6 Quiz
  - Due: Tuesday
  - Points: 20
- Module 6 Nutrition and Mental Health
  - Due: Tuesday
  - Points: 40
- Lab 6 Keeping a meal journal
  - Due: Tuesday
  - Points: 30

MODULE 7:
8/7/24 – 8/13/24

Aim

- Identify and understand utilization of the different nutrients, vitamins, and minerals in the body.
- Explain food labels and how to apply this information to establishing eating habits.
- Survey the various illnesses associated with nutrient-related disorders or deficiencies.

Learn

- **View:** Additional resources provided in the course

Apply

- Module 7 Discussion Forum
  - Due: Saturday, Tuesday
  - Points: 30
- Module 7 Quiz
  - Due: Tuesday
  - Points: 20
- Module 7 What Is Agroecology and Why Does It Matter?
  - Due: Tuesday
  - Points: 40
- Lab 7 Finding Local Food and Growing Your Own Food at Home
  - Due: Tuesday
  - Points: 30

MODULE 8:
8/14/24 – 8/20/24

Aim

- Define health and nutrition.
- Describe the process of nutrient digestion, absorption, and transport.
- Identify and understand utilization of the different nutrients, vitamins, and minerals in the body.
- Explain food labels and how to apply this information to establishing eating habits.
- Discuss how nutrient needs change as related to life cycle.
- Explain how the nutritional status of patients may be compromised by illness.
- Explain USDA dietary guidelines.
- Identify organs of the digestive system and their functions.
- Develop a meal plan.
- Survey the various illnesses associated with nutrient-related disorders or deficiencies.

Learn

- **View:** Additional resources provided in the course

Apply

- Module 8 Discussion Forum
  - Due: Saturday, Tuesday
  - Points: 30

- Final Exam
    - Due: Tuesday
    - Points: 50
- Module 8 Setting New Goals
    - Due: Tuesday
    - Points: 40
- Lab 8 Comparing Food Journals
    - Due: Tuesday
    - Points: 40

SECTION 4: ASSESSMENTS

Discussion Forum

Description

Students are required to complete a discussion post each week. This includes an initial post worth 20 points and a minimum of two replies (worth 5 points each) on their classmates' initial posts. Students are to follow posted instructions for each week's post and replies.

Total Possible Points

240

Homework Assignments

Description

Students will be required to complete weekly homework assignments. Instructions for each assignment will vary by week, but typically require a written component based on research and/or filling out a designed worksheet.

Total Possible Points

320

Quizzes

Description

Every week, students will be required to take a quiz on that week's content. Quiz questions will be based on each week's required readings and/or required video content.

Total Possible Points

140

Lab Activities

Description

To complete the lab component of this course, students will be required to read the lab handout each week and complete the associated assignment.

Total Possible Points

250

Final Exam

Description

During week 8, students will take a final exam with 50 questions pooled from previous quizzes.

Total Possible Points

50