

SOUTHERN CALIFORNIA UNIVERSITY OF HEALTH SCIENCES
Accelerated Sciences Division

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COURSE INFORMATION

Course Number (Prefix Code): NUTR204

Course Name: Human Nutrition

Course Description:

In this course, students will learn about the six classes of nutrients, and their general roles in the human body. This course includes the concept of food as fuel, the estimation of energy based on the quantity of macronutrients, essential nutrients, and nutrition research. It provides students with the educational requirements and professional credentialing of a nutritionist, dietary guidance from the Food and Nutrition Board, U.S. Department of Health and Human Services, and U.S. Department of Agriculture.

Students will review the components of food and supplement labels, discuss the digestion of food, absorption of nutrients, and elimination of solid waste products. Also, students learn about different types of macromolecules including carbohydrates, proteins, and lipids, food sources of each, and the general pathways for their digestion, absorption, and metabolism and their roles in the diet, human physiology, and health. Biochemical processes such as gluconeogenesis and lipogenesis are also discussed. Basic information about both vitamins and minerals, including their food sources, dietary adequacy, toxicity and deficiency consequences, and impact on overall health, is provided. Functions and sources of water, mechanisms for maintaining fluid balance, and dehydration and water intoxication are discussed.

In addition, students will learn about body composition, the various components of energy expenditure, and a variety of useful weight management options along with the major types of eating disorders. Also included are the principles of nutrition for children and adolescents, the elderly, during pregnancy, and for fitness.

Course Delivery Model(s): Online

Time Requirement:

Lecture Hours per term:	0
Laboratory Hours per term:	0
Total Hours per term:	60
Course Duration (weeks):	5
Credits:	4

Credit Hour Verification:

This list represents the average amount of time a student is expected to spend to successfully complete this course. *Total hrs/wk 36*

	Activity Type	Self-paced Hrs/wk
Course Time	Lecture	0 hours
	Discussion forums	4 hours
	Audio/Video recordings	5 hours
	Quizzes (outside of class)	7 hours
Preparation and Study	Study (assessment prep)	10 hours
	Reading	5 hours
Other	Exams (outside of class)	5 hours
Total	Total per week	36 hours
	Total per course	180 hours

Prerequisites: BIO 111, BIO 111L, CHEM 211, CHEM 211L or BIO 322, BIO 322L recommended

Co-requisites: None

This course may be taken again for credit the following number of times (repeatable): 5

LEARNING OUTCOMES, OBJECTIVES, & ALIGNMENT

Student/Course Learning Outcomes

In successfully completing this course, students will be able to:

SLO/CLO
1. Demonstrate thorough knowledge and understanding of the fundamental principles and core concepts of human nutrition.
2. Apply knowledge to appraise scientific and technical literature in the field of nutrition.
3. Assess problems in the field of nutrition and develop solutions or strategies to solve those problems.
4. Professionally construct and express ideas, thoughts, and concepts in nutrition through written communication.

TEXTBOOKS & MATERIALS

Required Textbook(s): Human Nutrition: Science for Healthy Living by Tammy Stephenson and Wendy Schiff, 2nd edition.

Required Materials: Working computer with a strong internet connection, camera, and a microphone. Scientific calculator.

Scientific Calculator**

*** Graphics or text-memory calculators are not allowed for use during quizzes or exams. If a student brings one, they will have to take the quiz without a calculator! Students are encouraged to obtain a scientific calculator with exponents and logarithms immediately, rather than the day before a quiz or an exam. It is important to be comfortable with the calculator being used, rather than to be struggling to locate the keys for certain mathematical operations. For example, a TI-30X IIS is acceptable.*

Provided Materials: The following materials will be provided:

Homework and quizzes platform (McGraw-Hill).

Technology Requirements

External resources: McGraw-Hill

Learning Management System: Canvas. If a student is unfamiliar with the Canvas learning management system, please visit the manuals and learning guides available in the Canvas Student Guide. It is important that students are comfortable and competent in using this system, as all course material and communication will be done via Canvas.

Navigating Canvas – the Canvas site has a large set of [Canvas tutorials and videos for students](#).

Browser and Computer Requirements for Canvas: This course requires that students have access to Google Chrome or Microsoft Edge.

Examination System: is Proctorio. We will be using the Proctorio Online Exam Proctoring Service in this course. Proctorio is a software extension in Chrome that uses your computer's screen, web cam, and microphone to create a remote proctored environment, and enables you to take exams via Canvas in the location of your choice. You must have a strong and stable internet connection for Proctorio to work well. During the exam, you, your computer, and the environment you are taking the exam in may all be recorded.

In addition to the instructor(s) and Teaching Assistants(s) of this course, Proctorio and SCU Proctorio administrators are the only ones who will have access to the recordings. The Chrome browser extension must be installed before students can take any exam, and it can be removed once an exam is complete.

There will be a practice exam to become familiar with using Proctorio, and surface any issues you may encounter with Proctorio.

Suggestions for completing online coursework: Save work often; this includes backing it up on multiple devices or cloud applications. When submitting final papers on the Canvas learning management system (LMS), ensure that all files have been uploaded properly. Also make sure to keep a hard copy of all papers/projects in case of an unforeseen technological failure or outage.

EVALUATION OF STUDENT LEARNING

Grading scale:

Letter grade

A = 90% - 100%

B = 80% - 89.99%

C = 70% - 79.99%

D = 60% - 69.99%

F = 0.0% - 59.99%

Assessments:

Assessment Name	# of assignments	Weight	SLO Linkage
Participation	5	15%	1,2,3,4
Reading Assignments	16	20%	1,2,3,4
Homework	16	25%	1,2,3,4
Exams	2	40%	1,2,3,4

Course Topic:

Week	Module	Topic	Assessment Activity	SLO Linkage
1	1	Introduction to Nutrition	Reading assignment, participation, and Homework.	1-4
	2	Evaluating Nutrition Information	Reading assignment, participation, and Homework.	1-4
2	3	Basis of a Healthy Diet	Reading assignment, participation, and Homework.	1-4
	4	Human Digestion, Absorption, and Transport	Reading assignment, participation, and Homework.	1-4
	5	Carbohydrates (Sugars, Starches, and Fiber)	Reading assignment, participation, and Homework.	1-4
	6	Lipids (Triglycerides, Phospholipids, and Sterols)	Reading assignment, participation, and Homework.	1-4
3	7	Proteins (Amino Acids)	Reading assignment, participation, and Homework.	1-4
	8	Metabolism (Energy from Food)	Reading assignment, participation, and Homework.	1-4
	9	Fat-Soluble Vitamins	Reading assignment, participation, and Check your Understanding.	1-4
	10	Water-Soluble Vitamins	Reading assignment, participation, and Homework.	1-4
4	11	Water and the Major Minerals	Reading assignment, participation, and Homework.	1-4
	12	Trace Minerals	Reading assignment, participation, and	1-4

			Homework.	
	13	Obesity, Energy Balance and Weight Management	Reading assignment, participation, and Homework.	1-4
5	14	Eating Disorders and Disordered Eating	Reading assignment, participation, and Homework.	1-4
	15	Nutrition for Fitness and Sport	Reading assignment, participation, and Homework.	1-4
	16	Nutrition Pregnancy and Lactation	Reading assignment, participation, and Homework.	1-4

UNIVERSITY POLICIES

All university policies apply to this course and all others. For full policy information please consult the SCU Catalog. Additionally, program policies apply to students in each program as described in the Catalog and in SCU Health Handbook for clinical courses.

Drop Date: It is a student's responsibility to understand when to consider unenrolling from a course. Refer to the [SCU Academic Calendar](#) for dates and deadlines for registration. Also refer to SCU Academic Policies for [information about the drop period](#).

Incomplete Policy: Under emergency/special circumstances, students may petition for an incomplete grade. See the [SCU Catalog for Policies about Incomplete Grades](#)

Academic Integrity: Students at this university are expected to maintain the highest degrees of professionalism, a commitment to active learning, and display integrity both in and out of the classroom. See the SCU [SCU Academic Integrity Code](#).

Accessibility Services and Accommodations: The Office of Student Services provides support to students with disabilities requiring accommodation in concert with the lead faculty for this course. All students are encouraged to request accommodation as far in advance of when the accommodation will be required to allow the University to process the request and provide approved accommodation. To begin the process please request a consultation with the designated Accessibility Services Officer as soon as possible. Once the Office of Student Services approves the request, the letter of accommodation will be provided to the student and lead faculty member via email. The student should be certain to follow-up with the lead faculty member to plan for the specific accommodation needs for the course. Program requirements cannot be modified to accommodate a disability. Please see the catalog for details regarding [Accessibility Services and Accommodations](#).

[A complete list of University Services](#) is available through MySCU, including:

- Tech Support information
- Veterans Support Services
- Resources for Title IX support through the Campus Safety tab

- Student Advocacy and Accountability resources

[Learning Resource Center](#): Students can use the library's resources which provide students with an excellent collection of books, journals, electronic databases, and websites as well as consult with the librarian to help with the course.

Online Etiquette: In general, behavior in an online classroom should emulate the professional behavior expected in an on-ground classroom with a few additional requirements:

- Avoid using text slang and abbreviations such as "u" (instead of "you"), "TLDR" (Too Long, Didn't Read) or "TBH" (To Be Honest) - not everyone knows what they are. Do not use ALL CAPS for entire sentences or posts - this is seen as yelling at someone.
- Any form of personal attack or inappropriate response with other students or faculty is unacceptable. We will remove any discussion posts showing this and warn the author.
- If a student disagrees with someone's comments, they should do so respectfully and collegially and provide legitimate examples to support their side.
- Before pressing the submit button review comments, making sure nothing is coming across as defensive, too "know-it-all" or critical, or academically inappropriate. It is easy for someone to misinterpret the meaning when they cannot see facial expressions or hear the tone of voice.
- Avoid short, generic replies such as "I agree!", "I like it!" or "Funny!" – explain why, add another point in support of the idea, or raise a question to continue constructive dialogue.

Attendance: [SCU policy](#) defines attendance for all courses and specifies online courses as active, weekly participation in the course as described in the syllabus. Examples of activities could include, but are not limited to:

- Participating in weekly online chats or discussions
- Submitting or completing assignments
- Commenting on other student contributions
- Actively logged on and participating in class at least three times per week

See the Academic Policies page in the [SCU Catalog](#) for more details on Attendance Policy.

Accelerated Sciences Course Recommendations

- Read before and after each class. Skim the chapter before it is covered in lecture to become comfortable with some of the terms associated with each topic. Review each chapter after it is covered in class to enhance understanding of the material.
- Do not wait until the night before homework is due to start the assignment. Understanding of concepts will be enhanced if the time is taken to learn them beforehand and later review the material without being rushed.
- Stay focused by finding an environment to study with few distractions.
- Participate during class by taking notes and looking over them afterwards.
- Any topics covered in the course could be presented in subsequent examinations, so it is critical to prepare and learn all presented material.
- Remember that procrastination in an accelerated course can quickly prove disastrous! Failure to learn foundational principles can make all future material seem nearly incomprehensible, so make sure to budget time wisely over the next five weeks.

Specifically for synchronous courses:

- Ask questions for clarification when not understanding the material being covered.
- *Do not skip class, arrive late, or leave early.* Given the accelerated nature of our courses, every minute of class missed can have a real impact on student success in a course.

- Work on assigned problems as close to the time as when the topic is covered in class to increase understanding of specific concepts.
- Find a group of students to study with. This makes studying more fun and helps learning of the material by teaching to and learning from peers. Explaining these concepts to other students aids in mastery of what is covered.

Teaching Methods & Instruction

The course will follow a linear format, meaning students will complete all the modules in sequence. The material in each module will include a combination of readings, videos, quizzes, and written and interactive assignments. Students may engage in discussions with peers throughout the course and can read about each of the course components below. The flow of the modules on Canvas should be followed.

- **Lecture Outline PowerPoints, Supplemental Videos and Support Materials:** The lecture outline is a series of PowerPoint slides on the most important chapter topics that should be reviewed before beginning the Reading Assignment. These slides will also serve as a good reference when completing homework and reviewing for exams. Supplemental videos and support materials contain additional videos or other items related to some of the most important or interesting topics in the chapter. Some videos show fun applications. These are all optional learning materials.
- **Reading Assignments:** These sections are created on “Connect” through SmartBook. They improve reading productivity and provide students with better knowledge retention. SmartBook is an intelligent eBook that applies the adaptive technology of LearnSmart to ensure a focus on content the student has not yet learned while also promoting long-term retention of already learned material.
- **Supplemental Videos:** Its content helps students gain a deeper understanding of the concepts presented in the learning modules and in the textbook. Often, supplemental videos pages feature animations, videos, or other interactive learning resources.
- **Homework:** Students reinforce concepts learned in class by completing the homework assignments. Homework assignments are open-book formative assessments where students can have unlimited attempts to practice problems. The highest score achieved is recorded in the gradebook. Homework must be completed by the due date – late submissions incur a 2% grade reduction for every day submitted late.
- **Discussion Board Posts:** Weekly discussion boards are asynchronous, however participation between students is required. Faculty will be active in all discussion boards and work interactively with students to build knowledge. Students must view the lecture material and PowerPoints on Canvas before beginning discussion boards and assignments in each module to be better prepared to participate interactively with peers in the discussion boards to maintain the participation grade.
- **Exams:** There are two exams in each class, a mid-term, and a final exam. There will be questions that are similar to all quizzes, homework, questions at the end of each chapter and any other activity given. The Exams are all on Canvas. Please pay attention to the due dates. They are final and will not be extended. You must use proctoring methods required by the instructor.
- **Note:** Completing assignments open book (book, instructor office hours, tutor, Google, etc.) is different than testing in an exam environment. It is acceptable and encouraged to use all available resources to learn how to complete an assignment; however, the long-term goal should be to pass the exams without any outside aid.

