Au fdnt 230 nutrition
Consortium of adventist colleges and universities

NOTE: Interactive online format
This course follows an interactive online format, has Wednesday/Sunday deadlines. You are expected to login regularly during the course to participate in the online discussions. Please plan accordingly. The last day to withdraw with a full refund is 15 days after this course begins.

Instructor contact
Instructor: Ms. Stephanie Goddard
Email: teka01@yahoo.com
Cell Phone: 301.213.0113
- text only
- please include your name in the text

Other assistance
<table>
<thead>
<tr>
<th>Username and password assistance</th>
<th><a href="mailto:helpdesk@andrews.edu">helpdesk@andrews.edu</a></th>
<th>(269) 471-6016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enrollment and cancellations</td>
<td><a href="mailto:sderegister@andrews.edu">sderegister@andrews.edu</a></td>
<td>(269) 471-6323</td>
</tr>
<tr>
<td>Bookstore</td>
<td><a href="http://bookstore.mbcdirect.net/andrews.htm">http://bookstore.mbcdirect.net/andrews.htm</a></td>
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</tr>
<tr>
<td>Technical assistance with Moodle</td>
<td><a href="mailto:dlit@andrews.edu">dlit@andrews.edu</a></td>
<td>(269) 471-3960</td>
</tr>
<tr>
<td>Technical assistance with your Andrews account</td>
<td><a href="http://www.andrews.edu/hdchat/chat.php">http://www.andrews.edu/hdchat/chat.php</a></td>
<td></td>
</tr>
<tr>
<td>Exam requests</td>
<td><a href="mailto:sdeexams@andrews.edu">sdeexams@andrews.edu</a></td>
<td>(269) 471-6566</td>
</tr>
</tbody>
</table>

Any other questions: sde@andrews.edu, (800) 782-4769 or (269) 471-6570

Part 1: Course Information

Course description
A study of the basic principles of nutrition science, the biochemical functions of various nutrients, the changes in physiological needs with age, and the relationship between nutrition and health. Students needing life science general education credit must also register for the lab, FDNT240.

Course learning outcomes
- The recommended nutrient intakes and nutrition assessment
- The major sources and the functions of the different categories of nutrients
- Meal planning that is balanced and meets recommended nutrient intakes
- The mechanisms of digestion, absorption, and conversion to energy
- The concepts of energy balance and weight gain/loss
- Special nutrition needs of people in different life stages
- Dietary risk factors
- Principles of food safety and security
- The characteristics of reliable nutrition information
**Required Text/Material**


For each textbook chapter, you will also access the Tutorial Quizzes online at the free companion website (link is included in the class within Learning Hub, also) for this class: http://www.cengage.com/cgiwadsworth/course_products_wp.pl?fid=M2ob&product_isbn_issn=9781133108559&token

**Expected Time Commitment:**

This class will take about 3 hours/day not including Sabbath. This course is offered for 3 semester credits. In a face to face 15-week semester class, that typically requires 3 hours of classroom time per week, and 6 hours of homework per week for a total of about 135 hours. This class is delivered online in 8 weeks; so you should plan to spend about 3 hours/day on this class, including reading, accessing instructional materials, interacting with your instructor and classmates, and completing homework.

**Part 2: Course Methods and Delivery**

**Methods of Instruction**

Methods of instruction include assigned readings, lecture slides, weekly interactions with the instructor and peers in the discussion, tutorial quizzes, learning activities, short writing assignments, and two proctored exams. Regular participation in the course is essential to good performance.

**Technical Requirements**

- Internet connection (DSL, LAN, or cable connection desirable).

**Learning Management System**

This course is delivered online through LearningHub at http://learninghub.andrews.edu

Your username and password are your Andrews username and password. You need to activate your username and password to access LearningHub.

    Please do this online here: https://vault.andrews.edu/vault/pages/activation/information.jsp if you haven’t already. (269) 471-6016 or email helpdesk@andrews.edu if you need assistance.

If you need technical assistance at any time during the course, or to report a problem with LearningHub, please email dlit@andrews.edu or call 269-471-3960.

**Part 3: Course Requirements**

**Important Note:** This online class is **not** self-paced. You can arrange your schedule flexibly during each week, but you MUST participate each week. You are expected to “show up” to class by interacting in the discussion forums a minimum of two times per week. In addition,
assignments are due regularly each week. Adequate Internet access during the duration of the course is critical for your participation. To be successful, plan to spend time daily on the course.

**Please Be Advised:** The schedule is provided in advance so you may read ahead of schedule. Your dedication, professionalism, and excellence in study skills habits are necessary. If you have any course content questions, please contact your professor. If you have technical questions, contact dlit@andrews.edu.

**Assessment Descriptions**

**Completing Assignments:** All assignments for this course will be submitted electronically through Learning Hub unless otherwise instructed.

**Regular Participation:** This online class is not self-paced. You can arrange your schedule flexibly during each week, but you MUST participate each week. You are expected to “show up” to class by interacting in the discussion forums a minimum of two times per week. In addition, assignments are due regularly each week. Adequate Internet access during the duration of the course is critical for your participation. To be successful, plan to spend time daily on the course.

**Assigned Readings:** Readings are drawn from the textbook and other online materials. The course schedule below lists the reading assignments and their due dates.

**Discussion Board Interactions:** A fundamental part of this course are fifteen online discussion forums in which the students and the teacher will take part at least once a week. These online interactions will allow participants to consider significant questions raised by the teacher, class content, and their fellow students. Think of the discussion board as an opportunity to learn from one another, a chance to share your thoughts and in the process have your perspective broadened. After you have read the content material for a lesson, click on the Discussion link and post a thoughtful answer to all topics listed. Feel free to comment on other students’ posts. Weekly discussion boards are worth 15% of the course.

Rubric for Online Discussion Board Participation:

1. Submissions must be made on time to receive a credit. If they are late, they will not receive a credit unless a valid excuse is provided. The week’s postings are worth 10 points.

2. Posts and responses must be thoughtful and careful to include sufficient explanation. Stating simply that: I agree,” or “I disagree,” or “This is wrong,” is unsatisfactory. Use examples, personal experiences, and specific references to the course content to explain yourself. Remember, your fellow students will be reading your work.

3. All posts should be limited to one paragraph and be between 75 to 250 words. Writing longer posts will not improve your grade but will not detract from it either.

4. All posts must address the question or questions posed. Writing on completely separate topic will yield no credit. Likewise, if post content is inaccurate or irrelevant to the discussion at hand it will not yield high marks.
5. When appropriate refer to your personal experiences in your posts. If you have learned something about the world that is relevant to the topic at hand share it with us.

6. Posts should be always complete when posted and use proper grammar. No one likes to read anything riddled with mistakes.

If for whatever reason your post(s) on the discussion board do not meet these criteria they will not receive full credit.

**Tutorial Quizzes:** For each textbook chapter, you will go to the free companion website for *Nutrition: Concepts and Controversies* and access the Tutorial Quiz for that chapter. After you have finished the quiz, enter the answers and the quiz will be graded automatically. Then go to the Summary of Results and print your completed quiz to a PDF format or paste the results into Word and turn them in for the dropbox. The Tutorial Quizzes are intended to help you test and increase your knowledge of the content. You may take the quiz as many times as you want before turning in. Use it as a learning tool and take advantage of the feedback.

**Important Note:** Activity and assignment details will be explained in detail within each week's corresponding learning module. If you have any questions, please contact your instructor.

**Assignments:** The course includes three types of assignments:

1. Short answer: Six short answer assignments allow you to connect the information that you will be learning in the course with the real world.
2. Short essay: Three short essays focus on self-assessment, comparison, and a real-life example. Each essay is worth 10 points.
3. Knowledge check: One knowledge check complements the tutorial quiz for Module 8 by focusing on your knowledge of definitions of terms.

You are allowed to use your textbooks and notes to write these assignments. The quizzes test your understanding and mastery of the information presented.

**Exams**

The midterm and final exams in this course are proctored. You will have 2.5 hours to complete each exam. A review is available in Learninghub to assist you in preparing for the exam.

All exams must be supervised by a school or community official, such as a teacher, librarian, registrar, or pastor, who is not related to the student.

The exam request form will available in Learning Hub after you have completed the assignments prior to the exam. The student must state clearly on the exam request form the professional status, job title, or any other qualifications of the supervisor that will aid the testing department in the approval process. If you are attending a college or university, you must use the testing center at that institution. A student living near the Andrews University School of Distance Education main office in Michigan must have the exams supervised at the School of Distance Education testing office. However, the exam request should be sent in ahead of time.

An online exam code cannot be sent to a supervisor who has the same address as the student unless the address is known to be that of a school, mission facility, etc.

Students must present photo identification to their supervisor’s before taking exams.
### 8 Week Schedule

All times in the schedule are for the U.S. Eastern Time Zone. Discussion – 1st response due by Wednesday and 2nd response due by Sunday.

<table>
<thead>
<tr>
<th>Week</th>
<th>Module(s)</th>
<th>Readings</th>
<th>Assignments</th>
</tr>
</thead>
</table>
| Week 1: June 8 - June 14 | Lesson 1: Food Choices and Human Health  
Lesson 2: Nutrition Tools  
Lesson 3: The Remarkable Body | Read Nutrition Chapter 1.  
Read Lesson 1  
Read Nutrition Chapter 2  
Read Lesson 2  
Read Nutrition Chapter 3  
Read Lesson 3 | Lesson 1 Discussion  
Tutorial Quiz 1  
Assignment 1  
Tutorial Quiz 2  
Lesson 2 & 3 Discussion  
Tutorial Quiz 3  
Assignment 1 DUE |
| Week 2: June 15 - June 21 | Lesson 4: The Carbohydrates  
Lesson 5: The Lipids  
Lesson 6: The Proteins and Amino Acids | Read Nutrition Chapter 4  
Read Lesson 4  
Read Nutrition Chapter 5  
Read Lesson 5  
Read Nutrition Chapter 6  
Read Lesson 6 | Lesson 4 Discussion  
Tutorial Quiz 4  
Assignment 2, 2.1, 2.2  
Tutorial Quiz 5  
Lesson 5 & 6 Discussion  
Tutorial Quiz 6  
Assignment 2, 2.1, 2.2 DUE |
| Week 3: June 22 - June 28 | Lesson 7: The Vitamins  
Lesson 8: Water and Minerals | Read Nutrition Chapter 7  
Read Lesson 7  
Read Nutrition Chapter 8  
Read Lesson 8 | Lesson 7 Discussion  
Tutorial Quiz 7  
Assignment 3  
Lesson 8 Discussion  
Tutorial Quiz 8  
Assignment 3 DUE |
| Week 4: June 29 - July 5 | Lesson 9: Energy Balance  
Lesson 10: Nutrients, Physical Activity  
Lesson 11: Diet and Health | Read Nutrition Chapter 9  
Read Lesson 9  
Read Nutrition Chapter 10  
Read Lesson 10  
Read Nutrition Chapter 11  
Read Lesson 11 | Lesson 9 Discussion  
Tutorial Quiz 9  
Assignment 4, 4.1, 4.2  
Tutorial Quiz 10  
Lesson 10 & 11 Discussion  
Tutorial Quiz 11  
Assignment 4, 4.1, 4.2 DUE |
| Week 5: July 6 - July 12 | Lesson 12: Food Safety  
Lesson 13: Life Cycle Nutrition: Mother and Infant  
Lesson 14: Child, Teen and Older Adult  
Lesson 15: Hunger and Global Environment | Read Nutrition Chapter 12  
Read Lesson 12  
Read Nutrition Chapter 13  
Read Lesson 13  
Read Nutrition Chapter 14  
Read Lesson 14  
Read Nutrition Chapter 15  
Read Lesson 15 | Lesson 12 Discussion  
Tutorial Quiz 12  
Assignment 5  
Lesson 13 Discussion  
Tutorial Quiz 13  
Assignment 5 DUE  
Lesson 14 Discussion  
Tutorial Quiz 14  
Assignment 6, 6.1, 6.2  
Lesson 15 Discussion  
Tutorial Quiz 15  
Assignment 6, 6.1, 6.2 /DUE |
| Week 6: July 13 - July 19 | | | |
| Week 7: July 20 - July 26 | | | |
| Week 8: July 27 - July 31 | | | |

Midterm Exam

Semester Exam
Part 4: Grading Policy

Graded Course Activities
Your final grade will be the result of the following items.

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<th>Percent %</th>
<th>Description</th>
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<tbody>
<tr>
<td>35</td>
<td>Assignments</td>
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<tr>
<td>15</td>
<td>Discussion Forums</td>
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<td>10</td>
<td>Tutorial Quizzes</td>
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<td>20</td>
<td>Midterm Exam</td>
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<tr>
<td>20</td>
<td>Semester Exam</td>
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<tr>
<td>100</td>
<td>Total Percent Possible</td>
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Viewing Grades in Learning Hub
- Click into the course.
- Click on the Grades link in Administration Block to the left of the main course page.

Letter Grade Assignment

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<thead>
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<th>Letter Grade</th>
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<tr>
<td>A-</td>
<td>90-92%</td>
</tr>
<tr>
<td>B+</td>
<td>88-89%</td>
</tr>
<tr>
<td>B</td>
<td>83-87%</td>
</tr>
<tr>
<td>B-</td>
<td>80-82%</td>
</tr>
<tr>
<td>C+</td>
<td>78-79%</td>
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<tr>
<td>C</td>
<td>73-77%</td>
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<tr>
<td>C-</td>
<td>70-72%</td>
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<tr>
<td>D</td>
<td>60-69%</td>
</tr>
<tr>
<td>F</td>
<td>0-59%</td>
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Part 5: Course Policies

Withdrawal and Incomplete Policies
The current withdrawal policy can be found online at [http://www.andrews.edu/distance/students/withdrawal.html](http://www.andrews.edu/distance/students/withdrawal.html). The incomplete policy is found online at [http://www.andrews.edu/weblmsc/moodle/public/incompletes.html](http://www.andrews.edu/weblmsc/moodle/public/incompletes.html).

Late Work
A point will be taken off the assigned grade for every day past the due date in late work.

Maintain Professional Conduct Both in the Classroom and Online
The classroom is a professional environment where academic debate and learning take place. Your instructor will make every effort to make this environment safe for you to share your opinions, ideas, and beliefs. In return, you are expected to respect the opinions, ideas, and beliefs of other students—both in the face-to-face classroom and online communication. Students have the right and privilege to learn in the class, free from harassment and disruption.
**Netiquette**

In this course you will communicate with your classmates and instructor primarily in writing through the discussion forum and e-mail.

"Online manners" are generally known as "netiquette." As a general rule, you should adhere to the same classroom conduct that you would "off-line" in a face-to-face course. Some examples of proper netiquette are:

1. Avoid writing messages in all capital letters. THIS IS GENERALLY UNDERSTOOD AS SHOUTING.
2. Be careful what you put in writing. Even if you are writing an e-mail message to one person, assume that anyone could read it. Though you may send an e-mail to a single person, it is very easy to forward your message to hundreds or thousands of people.
3. Grammar and spelling matter. Online courses demand the same standard of academic communication and use of grammar as face-to-face courses.
4. Never use profanity in any area of an online course. The transcripts of online course discussion forums, e-mail, and chat sessions are savable.
5. When responding to messages, only use "Reply to All" when you really intend to reply to all.
6. Avoid unkindly public criticism of others. Publicly criticizing others in an inappropriate way is known as "flaming." Consider this course a practice forum for selecting your verbiage thoughtfully and professionally.
7. Use sarcasm cautiously. In the absence of nonverbal cues such as facial expressions and voice inflections, the context for your sarcasm may be lost, and your message may thus be misinterpreted.
8. In a face-to-face setting, our tone of voice and facial expressions may convey as much of our meaning as the words we use. In a written message, the subtext of your meaning may be confused or misinterpreted. Write clearly. Use active verbs.

*Source: University of Maryland, Communications Department*

**Academic Accommodations**

Students who require accommodations may request an academic adjustment as follows:

1. Read the Andrews University Disability Accommodation information at [https://www.andrews.edu/services/sscenter/disability/](https://www.andrews.edu/services/sscenter/disability/).
2. Download and fill in the disability form at [http://www.andrews.edu/services/sscenter/disability/accommodationsreqform.pdf](http://www.andrews.edu/services/sscenter/disability/accommodationsreqform.pdf). Preferably type answers. To save a digital copy, 1) print to file and save or 2) print and scan. Email the completed form and disability documentation (if any) to success@andrews.edu or fax it to 269-471-8407.
3. Email sdestudents@andrews.edu to inform the School of Distance Education that a disability has been reported to Student Success.

**Commit to Integrity**

As a student in this course (and at this university) you are expected to maintain high degrees of professionalism, commitment to active learning and participation in this class and also integrity in your behavior in and out of the classroom.

**Commit to Excellence**

You deserve a standing ovation based on your decision to enroll in, and effectively complete this course. Along with your pledge of “commitment to Integrity” you are expected to adhere to a “Commitment to excellence.” Andrews University has established high academic standards that
will truly enhance your writing and communication skills across the disciplines and in diverse milieu with many discourse communities in the workplace.

**Honesty**

Using the work of another student or allowing work to be used by another student jeopardizes not only the teacher-student relationship but also the student’s academic standing. Lessons may be discussed with other students, tutors may help to guide a student’s work, and textbooks, encyclopedias and other resource materials may be used for additional assistance, but the actual response must be the student’s own work. A student who gives information to another student to be used in a dishonest way is equally guilty of dishonesty.

Any violation of this policy will be taken before the Higher Education Academic and Curriculum Committee for appropriate punitive action.