AU: FDNT 230 Nutrition
OU: FS 131 Nutrition
WAU: NUTR 260 Nutrition
Self-Paced Courses
This course follows a self-paced online format. You have 180 days from your selected start date to complete the course. The last day to withdraw with a full refund is 15 days after your start date.

Instructor Contact
Please refer to course in Learning Hub for the teacher contact information.

Communication with the Instructor
It is important to remember that while the Internet is available 24 hours a day, your instructor is not. You can expect that your instructor will respond to e-mail message to you within 2 business days during the week and may not be available to respond on weekends.

Other Assistance

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Username and password assistance</td>
<td><a href="mailto:helpdesk@andrews.edu">helpdesk@andrews.edu</a></td>
<td>(269) 471-6016</td>
</tr>
<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.mbsdirect.net/andrews.htm">http://bookstore.mbsdirect.net/andrews.htm</a></td>
<td></td>
</tr>
<tr>
<td>Technical assistance with Learning Hub</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>andrews.edu/hdchat/chat.php</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>
<tr>
<td>Student Services Support &amp; FAQ</td>
<td><a href="http://www.andrews.edu/distance/students/">www.andrews.edu/distance/students/</a></td>
<td></td>
</tr>
</tbody>
</table>

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

Part 1: Course Information

Course Description
Andrews University
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.

Oakwood University
Basic principles of human nutrition, including nutrients and allowances for various ages and normal stress conditions. Carries credit toward the general education requirement in science.

Washington Adventist University
General knowledge of nutrition and health—the function and importance of carbohydrates, fats, proteins, vitamins, and minerals, the relationship of nutrition and exercise to weight management, with an understanding of diet modifications in disease.
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/cgwadsworth/course_products_wp.pl?fid=M20b&product_isbn_issn=9781133108559&token

Credit Hour and Commitment

This course is offered for 3 semester credits; therefore it is expected that you will spend 135 hours total on this course. This course has 6 assignments and 2 exams; so it is recommended that you budget 17 hours for studying and preparing for each assignment or exam. Suggested schedule(s) to accomplish this work are included in this syllabus.

Part 2: Course Methods and Delivery

Methods of Instruction

Methods of instruction include assigned readings from the textbook and the course material, short essays and reflections on the reading, short open book quizzes on the readings, interactions with the instructor via blogs, and two exams. Regular participation in the course is essential to good performance.

Course/Technical Requirements

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

LearningHub Access

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.

**Course Structure**
In Learning Hub, you will access online lessons, course materials, and resources. This course is self-paced. You must complete the course within six months. This is the Consortium policy. You may have a stricter deadline imposed by graduation, financial aid, or other restrictions.

Start by creating a schedule for completion of the course.

- Determine your deadline. Do you need a transcript sent to your home institution?
- Working from your deadline, count backwards. Allow 2 weeks after you take your final exam for your final grade to be calculated. Allow another 2 weeks for the transcript to be processed and sent.
- Now use the suggested schedules to create a schedule for yourself that ensures completion 4 weeks before your deadline.

Discipline yourself to make regular progress.

Submit your course plan to your instructor within Learning Hub.

**Part 3: Course Requirements**

*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.

**Your Schedule**
In Learning Hub, you will access online lessons, course materials, and resources. This course is self-paced. You must complete the course within 180 days. This is the Consortium policy. You may have a stricter deadline imposed by graduation, financial aid, or other restrictions.

Start by creating a schedule for completion of the course.

- Determine your deadline. Do you need a transcript sent to your home institution?
- Working from your deadline, count backwards. Allow 2 weeks after you take your final exam for your final grade to be calculated. Allow another 2 weeks for the transcript to be processed and sent.
- Now use the suggested schedules to create a schedule for yourself that ensures completion 4 weeks before your deadline.

Submit your course plan to your instructor within Learning Hub AND discipline yourself to make regular progress.

**Exams**
You are allowed 150 minutes to complete both the midterm exam and the final exam. You must bring your photo ID to the exams. The midterm exam and semester exam each will be worth 20% of your grade.

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 be 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.

All college students must present photo identification to their supervisor before taking exams.

If you cannot take your exam by the deadline date, email sdeexams@andrews.edu.

No exam is returned to the student or supervisor. Test grades are sent to the student as soon as the exam is graded. Feedback from the instructor for midterm exams will provide information for studying for future exams.

**Suggested schedule for completion in 8 weeks:**

<table>
<thead>
<tr>
<th>Modules</th>
<th>Lessons</th>
<th>Readings</th>
<th>Assignments</th>
</tr>
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<tbody>
<tr>
<td>Intro</td>
<td>Introduction and Orientation</td>
<td>Orientation Writing Expectations</td>
<td>Submit Schedule Tell About Me Academic Honesty</td>
</tr>
<tr>
<td>1</td>
<td>Lesson 1: Food Choice and Human Health</td>
<td>Read Nutrition Chapter 1. Read Lesson 1</td>
<td>Lesson 1 Blog Tutorial Quiz 1 Assignment 1 BEGIN</td>
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<td></td>
<td>Lesson 2: Nutrition Tools</td>
<td>Read Nutrition Chapter 2 Read Lesson 2</td>
<td>Tutorial Quiz 2</td>
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<td>Lesson 3: The Remarkable Body</td>
<td>Read Nutrition Chapter 3 Read Lesson 3</td>
<td>Lesson 2&amp;3 Blog Tutorial Quiz 3 Assignment 1 DUE</td>
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<td></td>
<td>Lesson 4: The Carbohydrates</td>
<td>Read Nutrition Chapter 4 Read Lesson 4</td>
<td>Lesson 4 Blog Tutorial Quiz 4 Assignment 2, 2.1, 2.2 BEGIN</td>
</tr>
<tr>
<td></td>
<td>Lesson 5: The Lipids</td>
<td>Read Nutrition Chapter 5 Read Lesson 5</td>
<td>Tutorial Quiz 5</td>
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<tr>
<td></td>
<td>Lesson 6: The Proteins</td>
<td>Read Nutrition Chapter 6 Read Lesson 6</td>
<td>Lesson 5&amp;6 Blog Tutorial Quiz 6 Assignment 2, 2.1, 2.2 DUE</td>
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<td>3</td>
<td>Lesson 7: The Vitamins</td>
<td>Read Nutrition Chapter 7 Read Lesson 7</td>
<td>Lesson 7 Blog Tutorial Quiz 7 Assignment 3 BEGIN</td>
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<td>Lesson 8: Water and Minerals</td>
<td>Read Nutrition Chapter 8 Read Lesson 8</td>
<td>Lesson 8 Blog Tutorial Quiz 8 Assignment 3 DUE</td>
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<td>Midterm Exam</td>
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<td>5</td>
<td>Lesson 9: Energy balance</td>
<td>Read Nutrition Chapter 9 Read Lesson 9</td>
<td>Lesson 9 Blog Tutorial Quiz 9 Assignment 4, 4.1, 4.2 BEGIN</td>
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<td>Lesson 10: Nutrients, Physical Activity, and the Body’s Responses</td>
<td>Read Nutrition Chapter 10 Read Lesson 10</td>
<td>Lesson 10 Blog Tutorial Quiz 10</td>
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<td>Lesson 11: Diet and health</td>
<td>Read Nutrition Chapter 11</td>
<td>Lesson 11 Blog</td>
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## Modules | Lessons | Readings | Assignments
--- | --- | --- | ---
6 | Lesson 12: Food Safety/Technology | Read Lesson 12 | Tutorial Quiz 12
|  |  | Read Nutrition Chapter 12 | Assignment 5 DUE
|  | Lesson 13: Life Cycle Nutrition | Read Lesson 13 | Tutorial Quiz 13
|  |  | Read Nutrition Chapter 13 | Assignment 5 DUE
|  | Lesson 14: Life Cycle Nutrition | Read Lesson 14 | Tutorial Quiz 14
|  |  | Read Nutrition Chapter 14 | Assignment 6, 6.1, 6.2 BEGIN
|  | Lesson 15: Hunger and the Global Environment | Read Lesson 15 | Tutorial Quiz 15
|  |  | Read Nutrition Chapter 15 | Assignment 6, 6.1, 6.2 DUE
|  |  |  | Semester Exam

### Suggested schedule for completion in 16 weeks:

## Modules | Lessons | Readings | Assignments
--- | --- | --- | ---
Intro | Introduction and Orientation | Orientation Writing Expectations | Submit Schedule Tell About Me Academic Honesty
1 | Lesson 1: Food Choice and Human Health | Read Lesson 1 | Tutorial Quiz 1
|  |  | Read Nutrition Chapter 1 | Assignment 1 BEGIN
2 | Lesson 2: Nutrition Tools | Read Lesson 2 | Tutorial Quiz 2
|  |  | Read Nutrition Chapter 2 | Tutorial Quiz 2
3 | Lesson 3: The Remarkable Body | Read Lesson 3 | Tutorial Quiz 3
|  |  | Read Nutrition Chapter 3 | Assignment 1 DUE
4 | Lesson 4: The Carbohydrates | Read Lesson 4 | Tutorial Quiz 4
|  |  | Read Nutrition Chapter 4 | Assignment 2, 2.1, 2.2 BEGIN
5 | Lesson 5: The Lipids | Read Lesson 5 | Tutorial Quiz 5
|  |  | Read Nutrition Chapter 5 | Tutorial Quiz 5
6 | Lesson 6: The Proteins | Read Lesson 6 | Tutorial Quiz 6
|  |  | Read Nutrition Chapter 6 | Assignment 2, 2.1, 2.2 DUE
7 | Lesson 7: The Vitamins | Read Lesson 7 | Tutorial Quiz 7
|  |  | Read Nutrition Chapter 7 | Assignment 3 BEGIN
8 | Lesson 8: Water and Minerals | Read Lesson 8 | Tutorial Quiz 8
|  |  | Read Nutrition Chapter 8 | Assignment 3 DUE
|  |  |  | Midterm Exam
9 |  |  |  |
10 | Lesson 9: Energy balance | Read Lesson 9 | Tutorial Quiz 9
|  |  | Read Nutrition Chapter 9 | Assignment 4, 4.1, 4.2 BEGIN
| Lesson 10: Nutrients, Physical Activity, and the Body’s Responses |  | Read Lesson 10 | Tutorial Quiz 10
11 | Lesson 11: Diet and health | Read Lesson 11 | Tutorial Quiz 11
|  |  | Read Nutrition Chapter 11 | Assignment 4, 4.1, 4.2 DUE
12 | Lesson 12: Food Safety/Technology | Read Lesson 12 | Tutorial Quiz 12
|  |  | Read Nutrition Chapter 12 | Assignment 5 BEGIN
Nutrition

Syllabus

<table>
<thead>
<tr>
<th>Modules</th>
<th>Lessons</th>
<th>Readings</th>
<th>Assignments</th>
</tr>
</thead>
</table>
| 13      | Lesson 13: Life Cycle Nutrition | Read Nutrition Chapter 13  
Read Lesson 13 | Lesson 13 Blog  
Tutorial Quiz 13  
Assignment 5 DUE |
| 14      | Lesson 14: Life Cycle Nutrition | Read Nutrition Chapter 14  
Read Lesson 14 | Lesson 14 Blog  
Tutorial Quiz 14  
Assignment 6, 6.1, 6.2 BEGIN |
| 15      | Lesson 15: Hunger and the Global Environment | Read Nutrition Chapter 15  
Read Lesson 15 | Lesson 15 Blog  
Tutorial Quiz 15  
Assignment 6, 6.1, 6.2 /DUE |
| 16      |         |           | Semester Exam |

**Completing Assignments**

All assignments for this course will be submitted electronically through Learning Hub unless otherwise instructed. Assignments and exams must be completed **within 180 days** of course registration date. This timeframe is subject to change depending on deadlines set by your home institution.

**Part 4: Grading Policy**

**Graded Course Activities**

Your final grade will be the result of three components: Assignments (1-6) (50%), Midterm Exam (25%), and Semester Exam (25%). You will need to complete every Assignment, the Midterm Exam, and the Semester Exam before a grade can be issued.

<table>
<thead>
<tr>
<th>Percent %</th>
<th>Description</th>
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<tbody>
<tr>
<td>35</td>
<td>Assignments 1-6</td>
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<td>15</td>
<td>Discussions 1-15</td>
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<td>10</td>
<td>Tutorial Quizzes</td>
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<tr>
<td>20</td>
<td>Midterm Exam</td>
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<td>20</td>
<td>Semester Exam</td>
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<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 the Settings Box to the left of the main course page.

**Letter Grade Assignment**

<table>
<thead>
<tr>
<th>Letter Grade</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A</td>
<td>93-100%</td>
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<tr>
<td>A-</td>
<td>90-92%</td>
</tr>
<tr>
<td>B+</td>
<td>88-89%</td>
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<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>
</tr>
<tr>
<td>C</td>
<td>73-77%</td>
</tr>
<tr>
<td>C-</td>
<td>70-72%</td>
</tr>
<tr>
<td>D</td>
<td>60-69%</td>
</tr>
</tbody>
</table>
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. The incomplete policy is found online at http://www.andrews.edu/weblmsc/moodle/public/incompletes.html.

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.

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/
2. Download and fill in the disability form at 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.

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.

Exams must be completed in the presence of an approved supervisor without the assistance of books, notes, devices or outside help unless otherwise specified in the exam directions. The student should have no access to the exam either before or after it is taken. 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.