



SYLLABUS

AU: FDNT 230 Nutrition
WAU: NUTR 260 Nutrition

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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 LearningHub 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

Username and password assistance	helpdesk@andrews.edu	(269) 471-6016
Enrollment and withdrawal questions	sderegister@andrews.edu	(269) 471-6323
Technical assistance with online courses	dlit@andrews.edu	(269) 471-3960
Exam requests and online proctoring	sdeexams@andrews.edu	(269) 471-6566
Distance Student Services - any other questions	sdestudents@andrews.edu	(269) 471-6566

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.

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

Sizer, Francis, & Whitney, Ellie (2010) *Nutrition: Concepts and Controversies* (12th Edition), Stamford, CT. Brooks Cole (Cengage Learning). ISBN-13: 978-0538734943

For each textbook chapter, you will also access the Tutorial Quizzes online at the free companion website (link is included in the class within LearningHub, also) for this class:

http://www.cengage.com/cgi-wadsworth/course_products_wp.pl?fid=M20b&product_isbn_issn=9781133108559&token

NOTE: Purchase textbooks through any online bookstore, such as amazon.com, which can deliver within 2 days. If you need to use financial aid to purchase textbooks, email sdestudents@andrews.edu, cutting and pasting the textbook information from syllabi, including course title and section, your full name and student ID#.

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. If you need assistance, call or email us: (296) 471-6016 or helpdesk@andrews.edu.

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 LearningHub, 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 LearningHub.

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 LearningHub, 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 LearningHub AND discipline yourself to make regular progress.

Blogs 1-12

For each lesson, you will be expected to respond to select topics in the discussion forum. 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.

Participation in discussion forum is worth 15% of your course grade. Your response to each topic in a forum will be graded according to the rubric that you can find below.

CATEGORY	DESCRIPTION	POINTS
Exceptional	Student answers the questions thoughtfully and reflectively, and includes comments or questions that stimulate additional thought. He/she shows a thorough understanding of concepts learned from text and accompanying material.	9-10 /10
Proficient	Student's answers are thoughtful and reflective. He/she shows a good understanding of concepts learned from text and accompanying material.	8-9 /10
Satisfactory	Responses demonstrate some depth of thought and reflection. Student shows a basic understanding of concepts learned. He/she may have minor misconceptions.	7-8 /10
Weak	Student attempts substantive thought or reflection, but shows major misconceptions. Student shows poor understanding of concepts learned from text and accompanying material.	6-7 /10
Unacceptable	Responses show little depth of thought or reflection. Student shows little or no understanding of concepts learned from text and accompanying material.	0-5 /10

Tutorial Online Quizzes 1-15

As you will read the textbook chapters, click on the link on the course main page for Tutorial Quizzes. You will be directed to the companion website for nutrition: Concepts and Controversies, 12th edition. After you have finished the quiz, which will be graded automatically, go to the summary of the results and save them in a Word Document. Then uploads them into the LearningHub Tutorial Quiz Drop box.

You can take the quiz as many times as you want before submitting your results. When you answer a question incorrectly, be sure to read the feedback.

Assignments 1-6 consist of three parts:

- 1) Knowledge Check 1-6 (multiple choice, true-false questions)
- 2) Short Answers 1-6
- 3) Short Essays 1-6

You may use your learning materials to complete following assignments. There is no time limit, but you have only one attempt. You may start an assignment and complete it later as long as you do not hit submit. Submitting finishes your one attempt.

Short essays rubric

Criteria	Excellent	Acceptable	Substandard
Length	Concise, with every sentence counting; stays close to the word limit; Not too long or too short	Fairly concise; stays close to the word limit; Not extremely long or short.	Excessively long or short.
Style	Is easy to follow. Written simply and clearly. Covers the topic neatly without veering off. Main points are clear and few.	Is usually easy to follow, written simply and clearly, and stays on topic without veering off. There may be a few too many points or a confusing sentence or two.	Veers off topic. It is difficult to follow main points or grasp writer's meaning in large sections of the work. Writing is disorganized. There may be overly complex language and/or sentences are used.
Accuracy	Writing shows that student knows the material taught and can apply it accurately in a new situation.	Writing shows that student knows much of the material taught and can usually apply it accurately in a new situation.	Writing displays a failure to understand, recall, or apply much of the material in new situations.
References	Quotes used are short and used sparingly to directly support an idea. All quotes are correctly referenced.	Occasionally uses too many short quotes. Most quotes are correctly referenced; a few mistakes may be made in some references.	Quotes bible or text-book extensively or uses incorrect referencing.
Personal Comments	Narrative and description is kept to the minimum needed for analysis. Personal reflections are not long winded or "preachy."	Narrative and description are a bit too lengthy. Personal reflections are sometimes long winded or "preachy."	Too much narrative or description at the expense of analysis. Personal reflection accounts for more than 50% of material. (Exceptions are made for assignments specifically requesting primarily personal reflection.)
Depth/ Analysis	In-depth discussion of all points; Evident that much thought has been put into the subject matter and writing. Conflicting perspectives are known, considered, and discussed. Counter-arguments are consistently anticipated and refuted.	In-depth discussion of most points; Evident that some thought has been put into the writing. Most conflicting perspectives are known and are usually considered and discussed. Some counter-arguments are anticipated and refuted.	Writing has been thrown together, lack of evidence of thoughtfulness. Much Fluff and Fillers. Many Platitudes. Main points stand alone with no consideration or fair treatment of alternative perspectives.
Grammar/ Language Usage	Writing is clear and precise, not vague or ambiguous. Uses accurate grammar, syntax, spelling, capitals, and punctuation. No text abbreviations.	The writing is usually clear. There may be a few grammatical or syntactical mistakes.	Poor and inaccurate English grammar, syntax, spelling, capitals, and/or punctuation are pervasive. Major errors in editing, use of slang, non-conversational contractions, or texting abbreviations.
Sentences	Every sentence counts. All sentences have subjects and verbs. No run-on or incomplete sentences.	Most sentences count and have subjects and verbs. No more than one run-on or incomplete sentence present.	Sentences are sloppy. Several incomplete, run-on, or rambling sentences present.
Paragraphs	Paragraphs are neat and separated with no more than one main point per paragraph.	Paragraphs are separated, usually with only one main point per paragraph.	Paragraphs run together without regard to individual points being made. Structure is random.

Exams

All exams in this course require proctoring. To ensure the registered student is taking the exam, a photo ID must be shown at the start of each exam session.

If living near Berrien Springs, exams must be taken in the School of Distance Education Testing Center, on the Andrews University main campus. If you live anywhere outside of the United States, exams are proctored online through this Center. Students living in the United States may choose online or local proctoring. Appointments for proctoring in or online through the Testing Center are set up using our online calendar, using the link provided in the exam request form.

Approved local proctors include university, college or school faculty and teachers, student

service workers, advisors, counselors and librarians, as well as educational, military, and workplace testing centers. The proctor's full name, position/title, employer name, phone and email, must be filled in on the exam request form when arranging local proctoring, so gather this information before clicking into the exam request form.

The exam request form, link in your course space, should be completed two weeks before each exam deadline to allow adequate time for proctor approval and scheduling proctored exam sessions.

Note that an exam code is never released to the student, and cannot be sent to a proctor who has the same address as the student unless the address is known to be that of a school or mission facility. All students must present photo identification at the start of each exam session.

If you cannot take your exam by the deadline date, email specific reasons and your recovery plan to your instructor before the deadline.

No exam is returned to the student. Instructor feedback on exams prior to the final exam will be provided to aid studying for future exams.

For more details on taking exams and how online proctoring works, please see www.andrews.edu/distance/students/exams.html <<https://www.andrews.edu/distance/students/exams.html>>

Midterm Exam

The exam includes 20 true/false questions, 80 multiple choice questions, a section on food labels worth 5 points, and three essay questions worth 5 points each. The exam will be proctored, with no books or notes allowed. You will have two and a half hours to take it. Follow the Midterm exam review in LearningHub to prepare for the exam.

Final Exam

The exam includes 20 true/false questions, 80 multiple-choice questions, and four essay questions worth 5 points each. The exam will be proctored, with no books or notes allowed. You will have two and a half hours to take it. Follow the Final exam review in LearningHub to prepare for the exam.

Suggested schedule for completion in 8 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 Nutrition Chapter 1. Read Lesson 1	Blog 1 Tutorial Quiz 1 Assignment 1 BEGIN
	Lesson 2: Nutrition Tools	Read Nutrition Chapter 2 Read Lesson 2	Tutorial Quiz 2
	Lesson 3: The Remarkable Body	Read Nutrition Chapter 3 Read Lesson 3	Blog 2&3 Tutorial Quiz 3 Assignment 1 DUE
2	Lesson 4: The Carbohydrates	Read Nutrition Chapter 4 Read Lesson 4	Blog 4 Tutorial Quiz 4 Assignment 2, 2.1, 2.2 BEGIN
	Lesson 5: The Lipids	Read Nutrition Chapter 5 Read Lesson 5	Tutorial Quiz 5

Modules	Lessons	Readings	Assignments
	Lesson 6: The Proteins	Read Nutrition Chapter 6 Read Lesson 6	Tutorial Quiz 6 Assignment 2, 2.1, 2.2 DUE
3	Lesson 7: The Vitamins	Read Nutrition Chapter 7 Read Lesson 7	Blog 5 Tutorial Quiz 7 Assignment 3 BEGIN
	Lesson 8: Water and Minerals	Read Nutrition Chapter 8 Read Lesson 8	Blog 6 Tutorial Quiz 8 Assignment 3 DUE
4	Midterm Exam		
5	Lesson 9: Energy balance	Read Nutrition Chapter 9 Read Lesson 9	Blog 7 Tutorial Quiz 9 Assignment 4, 4.1, 4.2 BEGIN
	Lesson 10: Nutrients, Physical Activity, and the Body's Responses	Read Nutrition Chapter 10 Read Lesson 10	Tutorial Quiz 10
	Lesson 11: Diet and health	Read Nutrition Chapter 11 Read Lesson 11	Blog 8 Tutorial Quiz 11 Assignment 4, 4.1, 4.2 DUE
6	Lesson 12: Food Safety/Technology	Read Nutrition Chapter 12 Read Lesson 12	Blog 9 Tutorial Quiz 12 Assignment 5 BEGIN
	Lesson 13: Life Cycle Nutrition	Read Nutrition Chapter 13 Read Lesson 13	Blog 10 Tutorial Quiz 13 Assignment 5 DUE
7	Lesson 14: Life Cycle Nutrition	Read Nutrition Chapter 14 Read Lesson 14	Blog 11 Tutorial Quiz 14 Assignment 6, 6.1, 6.2 BEGIN
	Lesson 15: Hunger and the Global Environment	Read Nutrition Chapter 15 Read Lesson 15	Blog 12 Tutorial Quiz 15 Assignment 6, 6.1, 6.2 /DUE
8	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 Nutrition Chapter 1. Read Lesson 1	Blog 1 Tutorial Quiz 1 Assignment 1 BEGIN
2	Lesson 2: Nutrition Tools	Read Nutrition Chapter 2 Read Lesson 2	Tutorial Quiz 2
3	Lesson 3: The Remarkable Body	Read Nutrition Chapter 3 Read Lesson 3	Blog 2&3 Tutorial Quiz 3 Assignment 1 DUE
4	Lesson 4: The Carbohydrates	Read Nutrition Chapter 4 Read Lesson 4	Blog 4 Tutorial Quiz 4 Assignment 2, 2.1, 2.2 BEGIN
5	Lesson 5: The Lipids	Read Nutrition Chapter 5 Read Lesson 5	Tutorial Quiz 5
6	Lesson 6: The Proteins	Read Nutrition Chapter 6 Read Lesson 6	Tutorial Quiz 6 Assignment 2, 2.1, 2.2 DUE
7	Lesson 7: The Vitamins	Read Nutrition Chapter 7 Read Lesson 7	Blog 5 Tutorial Quiz 7 Assignment 3 BEGIN
8	Lesson 8: Water and Minerals	Read Nutrition Chapter 8 Read Lesson 8	Blog 6 Tutorial Quiz 8

Modules	Lessons	Readings	Assignments
			Assignment 3 DUE
9	Midterm Exam		
10	Lesson 9: Energy balance	Read Nutrition Chapter 9 Read Lesson 9	Blog 7 Tutorial Quiz 9 Assignment 4, 4.1, 4.2 BEGIN
	Lesson 10: Nutrients, Physical Activity, and the Body's Responses	Read Nutrition Chapter 10 Read Lesson 10	Tutorial Quiz 10
11	Lesson 11: Diet and health	Read Nutrition Chapter 11 Read Lesson 11	Blog 8 Tutorial Quiz 11 Assignment 4, 4.1, 4.2 DUE
12	Lesson 12: Food Safety/Technology	Read Nutrition Chapter 12 Read Lesson 12	Blog 9 Tutorial Quiz 12 Assignment 5 BEGIN
13	Lesson 13: Life Cycle Nutrition	Read Nutrition Chapter 13 Read Lesson 13	Blog 10 Tutorial Quiz 13 Assignment 5 DUE
14	Lesson 14: Life Cycle Nutrition	Read Nutrition Chapter 14 Read Lesson 14	Blog 11 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	Blog 12 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 LearningHub 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.

Percent %	Description
35	Assignments 1-6
15	Discussions 1-15
10	Tutorial Quizzes
20	Midterm Exam
20	Semester Exam
100	Total Percent Possible

Viewing Grades in LearningHub

- Click into the course.
- Click on the **Grades** link in the Settings Box to the left of the main course page.

Letter Grade Assignment

Letter Grade	Percentage
A	93-100%
A-	90-92%
B+	88-89%
B	83-87%
B-	80-82%
C+	78-79%
C	73-77%
C-	70-72%
D	60-69%
F	0-59%

Part 5: Course Policies

Withdrawal and Incomplete Policies

The current withdrawal policy can be found online at <https://www.andrews.edu/distance/students/gradplus/withdrawal.html>. The incomplete policy is found online at <http://www.andrews.edu/web/msc/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.

Commitment 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 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.

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.

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