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NUTR 221N.01C: Basic Human Nutrition

Mary Jeanne Doyle

University of Montana - Missoula, MaryJeanne.Doyle@mso.umt.edu

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COURSE SYLLABUS

COURSE: NUTR 221N: Nutrition

Instructor: Mary Jeanne Doyle, MS, RDN, LD

Contact Information: maryjeanne.doyle@umontana.edu. Please send any email messages to me at this email address. Students must send messages from their UM Email accounts and not from personal email accounts.

Date: Spring 2016

Credits: 3

Prerequisites: There are no prerequisites for this course. However, it is strongly recommended that you have taken a college-level science course and an introductory writing course prior to enrolling in this course.

TEXT: Smith, A. and Collene, A. Wardlaw's Contemporary Nutrition, 10th Edition (2016) with Connect Plus (includes NutritionCalc Plus Online Nutrition Assessment Tool). Publisher: McGraw-Hill. ISBN #: 9781259621253.

COURSE OVERVIEW:

This course is designed to apply scientific concepts to a basic foundation of nutrition principles, to critically review the concepts and controversies in the field, and to provide up-to-date nutrition information. Students will become acquainted with critical thinking skills that will help them evaluate and personalize nutrition information. This course includes the presentation of nutrients required, digestion, and a discussion of nutritional needs throughout the life cycle. Students will also be introduced to principles of nutrition therapy in relation to meeting nutritional needs of various individuals with diverse backgrounds and medical conditions.

COURSE OBJECTIVES:

Upon completion of this course the student will be able to:

1. Identify how physiological needs throughout the lifecycle impact nutrition requirements.
2. Describe how age, economics, culture, and state of wellness influence development of a plan to meet nutritional needs.
3. Evaluate nutrition information from a variety of sources and make informed decisions about his or her own diet and overall health.
4. Discuss food and water safety and the measures that can be taken to prevent foodborne illness in the population.
5. Understand the role nutrition plays in illness and disease, and be able to apply that information to the clinical setting.

COURSE POLICIES:

Class attendance is expected and considered essential to learning the course material. In addition to some traditional class lectures this semester, there will be several presentations by guest speakers. Attendance at these presentations is required. A total of 5 points will be deducted from your overall points total for the course for each unexcused absence for these guest lectures.

All assignments must be submitted in class by the due date, with the exception of the Moodle Student Tutorial assignment which must be submitted in the Course Supplement in Moodle. Assignments submitted beyond the due date will not be accepted.

SPECIAL CONSIDERATIONS:

The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and Disability Services for Students (DSS). If you think you may have a disability adversely affecting your academic performance and you have not already registered with DSS, please contact DSS in Lommasson Center 154, by phone at 243-2243, or at the DSS website: <http://umt.edu/DSS>. I will work with you and DSS to provide an appropriate accommodation. Please contact me as soon as possible if you require accommodation.

TEST MAKE-UP:

Missed tests need to be made up within one week of original date given. You are responsible for contacting the instructor to schedule a make-up. Failure to do so will result in a zero grade for the missed test. All make-up exams will be provided in the Missoula College Learning Center.

GRADES:

Moodle 101 Tutorial=	10 pts.
Four unit exams (approx. 50 pts. each)=	200 pts.
Fifth Exam - Finals Week (non-cumulative)=	50-60 pts.
Dietary Analysis Assignments=	200 pts.
Popular Diet Research Project=	75 pts.
Group Research Project/Presentation=	75 pts.

A = 90-100%
B = 80-89%
C = 70-79%
D = 60-69%
F = <60%

TENTATIVE TEST SCHEDULE:

Unit 1 (Chapters 1-3):	Feb 9
Unit 2 (Chapters 4-7):	March 8
Unit 3 (Chapters 8-9):	March 22
Unit 4 (Chapters 10-13):	April 19
Unit 5 (Chapters 14-16):	Finals Week (See Detailed Schedule – Next Page)

TENTATIVE PROJECT DUE DATES:

Popular Diet Research Project:	March 3
Dietary Analysis Assignments:	Due Throughout the Semester (See Detailed Schedule)
Group Project Presentations:	Begin May 3

Late Assignments Will Not Be Accepted.

There will not be any classes held on the following dates:

April 4 through April 8 – Spring Break

Other Holidays this Semester:

February 15 – President's Day

NUTR 221N - Nutrition – Spring 2016 Schedule

Detailed Schedule (subject to change):

Jan 26 –Syllabus & Introduction to the Course and Begin Chapter 1Discussion

Jan 28 – Chapter 2

Feb 2 - Chapter 2, Guest Lecturers (2) *Diet Analysis Assignment 1- Food Records Due*

Feb 4 - Chapter 3

Feb 9 – EXAM 1

Feb 11 –Chapter 4,

Diet Analysis Assignment 2– Computer Analysis Due

Feb 16 –Chapter 4, Guest Lecturer

Feb 18 - Chapter 5

Diet Analysis Assignment 3- Carbohydrates Due

Feb 23 –Chapter 5, cont.

Diet Analysis Assignment 4- Fats Due

Feb 25 – Chapter 6

Mar 1 - Chapter 7

Diet Analysis Assignment 5– Proteins Due

Mar 3 - Chapter 7, cont.

Popular Diet Research Project Due

Mar 8 - EXAM 2

Mar 10 – Chapter 8

Mar 15 –Chapter 9

Diet Analysis Assignment 6-Vitamins Due

Mar 17- Chapter 9, Guest Lecturer

Diet Analysis Assignment 7- Minerals Due

Mar 22 – EXAM 3

Mar 24 –Chapter 10

Mar 29 – Chapter 11,

Diet Analysis Assignment 8- Physical Activity Due

Mar 31 – Chapter 12, Guest Lecturers (2)

April 4–April 8 - Spring Break

April 12 – Chapter 13, Guest Lecturer

April 14 – Chapters 12 and 13 Review

April 19 –EXAM 4

April 21 –Chapter 14

April 26 –Chapter 15

April 28- Chapter 16

May 3 - Group Project Presentations Begin

May 5 - Group Project Presentations, Review for Exam 5, *Diet Analysis 9 - Review Due*

May 9 - 13 *FINALS WEEK – EXAM 5 –* (Section 01: Tues. May 10 – 8:00 AM to 10:00 AM)
(Section 02: Wed. May 11 – 8:00 AM to 10:00 AM)