

**HES251 O: Intro to Nutrition
Summer 2015**

Instructor: Amanda Stevens

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Required Text:

Nutrition Concepts & Controversies, 13e by Frances Sienkiewicz Sizer and Ellie Whitney. Wadsworth, Cengage Learning, 2014.

Moodle Course Management System will be utilized for assignments and course updates.

Course Description: This is an introductory nutrition class covering the major nutrients (carbohydrates, lipids, proteins, vitamins, minerals, and water) and their role in energy balance, weight management, the digestive process, and overall health. Students will learn the basis of healthy eating through the life cycle along with the basic nutritional science concepts of metabolism and digestion. Students will also learn about nutrition misinformation, fad diets, and food politics. This course will give students the fundamental knowledge they need to make informed decisions about foods.

Course Goals:

- 1) Appreciate the science that underlies food and nutrition
- 2) Evaluate information accuracy, applicability, and appropriateness for personal application.
- 3) Understand the connection between nutrients in food, eating behaviors, and health promotion/disease prevention.

Class Objectives:

At the conclusion of this course, students will be able to

1. Identify the six major nutrients, their functions in the human body, dietary sources, and their importance in health;
2. Know what constitutes a healthy diet as defined by the U.S. Dietary Guidelines and the Academy of Nutrition and Dietetics;
3. Evaluate their diet and be able to modify it to protect and optimize health and nutrition;
4. Be an informed consumer of food products and understand the food label.
5. Understand the body's processes related to nutrient delivery, absorption and storage.
6. Identify key nutritional requirements and reasons for these in each phase of the human life cycle ;
7. Explain the causes and the role of nutrition in the management of certain nutrition-related conditions.

Netiquette Statement: Please treat everyone in class with proper respect and courtesy. Even though this is an online class, blogs and collaborative works require the same courtesy and respect. It's often easier to be critical in cyberspace, but there is no need to be negative, derogatory, or offensive, as none of this is conducive to any learning environment.

Moodle and Email

It is often critical that we communicate through Moodle and campus email. You will need to check your campus email often for communications from me or from other students regarding schedule changes, clarification of assignments, etc. Readings and assignments will be found on Moodle.

Learning Styles

Each of us has a personalized learning style. Please let me know if you have a particular style or challenge (e.g., severe test anxiety, slow reading speed or comprehension, vision or hearing impairment, or another learning challenge) that could benefit from special accommodations. Anyone who feels s/he may need an accommodation based on the impact of a disability should contact me to arrange an appointment as soon as possible to discuss the course format, anticipate your needs and explore potential accommodations.

Special Considerations

Americans with Disabilities Act: Any student who, because of a disabling condition, may require some special arrangements in order to meet course requirements should contact the professor as soon as possible so that the necessary accommodations can be made. Students should present appropriate verification from the Learning Opportunities Center, Westminster Hall. No requirement exists that accommodations be made prior to completion of this approved university process.

Westminster Honor Code

All faculty and students are required to follow the College's Honor Code, the ADA policy statement, college-wide policies prohibiting harassment and discrimination, the College Duty policy, and the Emergency Procedures. These policies and procedures can be found in the *Faculty Handbook*, Appendix R (hardcopy and on the Westminster College website), the *Faculty Advisor Handbook*, and the *Student Life Handbook*. Any submitted work that does not pass this institution's test of honesty and integrity will result in a failed grade for that assignment. Plagiarism, intentional or unintentional, will result in significant negative consequences, including notification to the Honor Commission.

Academic Misconduct

Academic Misconduct: As noted earlier, working with another person on assignments, exams, and papers is not allowed and will be considered academic misconduct. According to the Publication Manual of the American Psychological Association (2001), plagiarism involves representing the work of another person as if it were your own work. Work can refer to the written words of another, or to the ideas. It is very important that you give appropriate credit to others when you use their work. If you use the exact words of an author in any way, you must use quotation marks around those words and give the page number in citation. Paraphrasing involves rewriting someone else's work in order to say essentially what they said. It is best to use your own words, although rearranging the author's words (using no more than 3 words in a row that are the author's) can be considered paraphrasing. In either type of paraphrasing, the author should be referenced, but no page number needs to be cited.

All students are expected to know what constitutes plagiarism and to avoid committing it in their written work. If plagiarism exists, it is a violation of the Westminster Student Code of Conduct, whether or not the plagiarism was intentional. Academic misconduct is an extremely serious ethical and professional violation and may result in sanctions such as probation, suspension, or dismissal from the college.

Referencing Sources

All sources must be referenced on all assignments using APA citation style. An APA citation handout will be provided on Moodle. The Westminster College library can also be of assistance. www.westminster-mo.edu/academics/resources/library/resources