



Course Number/Title/Credits: FSNU 200/Human Nutrition/3 credits

Catalog Course Description: A study of food intake and utilization, nutrient sources, metabolism, and interactions. Human nutritional requirements and their relationship to various diseases are examined, as are facts and fiction about diets, "health foods," etc. Students learn about nutrition, the elements of a balanced diet, and modern food technology.

LEARNING OUTCOMES and ASSESSMENT:

Learning Outcomes are statements that specify what learners will know, understand, or be able to demonstrate at the end of a learning experience.

Types of Learning Outcomes include:

- ✓ Course Learning Outcome – Result of finishing a course.
- ✓ Program Learning Outcome – Result of finishing a program.
- ✓ Institutional Learning Outcome – Result of finishing a degree at an institution, reflecting the core learning values and experiences of all graduates.

A Signature Assignment is an assignment used to measure a student's mastery of a program or institutional learning outcome. If a course you are taking includes a Signature Assignment, it will be clearly marked (**SIGNATURE ASSIGNMENT**).

Access the following link(s) for information on the Program Learning Outcomes (PLOs) and Curriculum Map related to this course:

[Click Here for Learning Outcomes](#)

Access the following link(s) for information on the Institutional Learning Outcomes (ILOs) and Curriculum Map related to this course:

[Click Here for Learning Outcomes](#)

Prerequisites: None

Restrictions: None

Essential Equipment and Facilities: By the end of the first week of class, students must have the ability to access MyBrandman, the Blackboard portal to their class site, and other key locations necessary to meet course requirements. Individual browser preferences vary, and, at times, some work with Blackboard better than others. Therefore, if you try one browser, such as Firefox, and you have difficulty, try another browser, such as Internet Explorer. Since versions of Microsoft Office vary, students who do not use the most recent version may need the free conversion software available via the Microsoft.com website. Java is also required for courses. Students who do not have Java may download it for free at java.com.

Academic Integrity: As a learning community of scholars, Brandman University emphasizes the ethical responsibility of all members to seek knowledge honestly and in good faith. Students are responsible for doing their own work. Academic dishonesty of any kind will not be tolerated. Violations of academic integrity include, but are not limited to, cheating, plagiarism, or misrepresentation of information in oral or written form. Plagiarism means presenting someone else's idea or writing as if it were your own. If you use someone else's idea or writing, be sure the source is clearly documented. Further information may be found in the *Brandman University Catalog* available under Academic Resources in MyBrandman.

Americans with Disabilities Act Statement: According to the Americans with Disabilities Act (ADA) of 1990, an individual with disability is defined as having functional limitations resulting from a diagnosed disability and applies to an individual who has a physical or mental impairment that substantially limits one or more of the individual's major life activities; has a record of such an impairment; or is regarded as having such an impairment. In compliance with ADA guidelines, students who have any condition, either permanent or temporary, that may impair or impact their ability to successfully complete assignments, tasks or satisfy course criteria are requested to notify their Advisor or Campus Director in order to understand how to apply for Student Disability Services. If and when the student is granted formal approval by the Director of ADA Services, both the student and professor will be notified. It is highly suggested that the student contact their professor to discuss the accommodations during the first week of the session. The granting of accommodations will not be retroactive and cannot jeopardize the academic standards or integrity of the course.

University Policies: Students are responsible for complying with university policies including, but not limited to: incompletes, course drops, and student conduct. Information may be found in the *Brandman University Catalog* available under Academic Resources in MyBrandman.

Online Brandman Library Resources: Click on the "Library" button in the Blackboard course.

Texts are available at the Brandman Online Bookstore: See "Bookstore" under Academic Resources in MyBrandman.

Required Text:

Whitney, E., & Rolfes, S.R. (2019). *Understanding nutrition* (15th ed.). Boston, MA: Cengage.
ISBN 978-1-337-39269-3

Course Learning Objectives:

By the end of the course, students should be able to:

1. Analyze basic concepts and principles of nutrition as a science.
2. Evaluate the major nutrients, their food sources and their importance to the human body.
3. Analyze the functions of macronutrients, vitamins, and minerals in the human body.
4. Evaluate digestion and absorption of food in the human body and their influences on metabolic processes.
5. Compare and distinguish between true and false nutrition claims in the media.
6. Assess the influence of nutrition on human health and disease.

Major Study Units:

First Study Unit: Basics of a Healthy Diet, Dietary Guidelines and Recommendations, Food Labels and the Study of Nutritional Science

Second Study Unit: Digestion, Absorption and Transport of Nutrients and the Carbohydrates - Sugars, Starches and Fibers

Third Study Unit: Lipids - Triglycerides, Phospholipids, Sterols and Lipoproteins; and Proteins - amino acids

Fourth Study Unit: Metabolism and Energy Balance

Fifth Study Unit: Vitamins - Water Soluble and Fat Soluble

Sixth Study Unit: Water and Minerals - Major and Trace

Seventh Study Unit: Chronic Diseases, Weight Management, Diet, Physical Activity and Health

Instructional Strategies: This course requires your participation in online discussions, exercises, quizzes, exams, viewing videos, using online interactive sites, research assignments and a final paper.

Attendance Policy

Requirements for students' attendance and participation will be defined by each instructor based on the following policy:

- Monday of the first week is considered the first day of class for online and blended instruction. This includes instruction for fully online classes and online instruction supporting blended classes.
- Regular onsite attendance is expected for student success. If a student misses more than one onsite class or one week of engagement in an online class, the student may, at the discretion of the instructor, fail the course. Students are expected to attend all classes, particularly the first night of class.
- Students should consider withdrawing from a course if they will be absent more than once. Instructors may, but are not obligated to, accommodate students under extraordinary circumstances, but the student must request accommodation and provide requested supporting documentation. Students enrolled in blended courses must attend at least one class during the first two weeks of classes.
- If a student misses a portion (e.g., arriving late or leaving early) of an onsite course, the student's grade may be adversely affected. Students who are not in attendance for at least 75 percent of any scheduled class may be considered absent for that class. Students should discuss missing portions of a class with their instructor to determine how their grade may be affected.
- Regular online attendance/participation and engagement is expected for student success in both fully online and blended courses. Online participation is evident through posting to a discussion board, blog, completing assignments including journal entries, or taking quizzes and exams.
- Schools and programs may have different attendance policies. Refer to school and program specific information for additional attendance policies.

Letter Grade/Percentage Equivalents:

Grade Point System (Rounded up at .5 and up)			
A = 93%-100%	B = 83%-86%	C = 73%-76%	D = 63%-66%

A- = 90%-92%	B- = 80%-82%	C- = 70%-72%	D- = 60%-62%
B+ = 87%-89%	C+ = 77%-79%	D+ = 67%-69%	F=59% and below

Methods of Evaluation for Determining Grades:

Assignment Detail for Blended course:

Assignment Detail - refer to rubric (s) in Course Information	Possible Points
Face to face/In-class Discussion Participation; 15 points possible each, Week 1-4 and 6-7. Week 5 has face to face/in-class discussion of 30 points total	120
Threaded Discussions Each Week (except week 5). 15 points possible each, Week 1, 2, 3, 4, 6 and 7 (none in week 5).	90
Weekly Quizzes (Week 1, 2, 3, 5, 6, 7). Due Sunday for each of these weeks. 10 points possible on each quiz; 6 total quizzes..	60
Online Midterm Exam Due Sunday of Week 4 that covers all course material through Week 4. 40 multiple-choice questions worth 2.5 points each: 100 points total with a 3 hour time limit.	100
Final Paper Due Sunday of Week 7. Your culminating assignment for this course is a final paper using research methodology. Detailed instructions for this assignment are in the Blackboard (Bb) course. Various parts of this assignment are due in different weeks of the course.	150
Online Final Exam Due Friday of Week 8 that covers course material Weeks 1 through 8. 50 multiple-choice questions worth 2 points each: 100 points total with a 3 hour time limit.	100
Total	620

Class by Class Outline for Blended course:

Week	Topics	Assignments
Week 1	Basics of a Healthy Diet, Dietary Guidelines and Recommendations, Food Labels and the Study of Nutritional Science	Reading: Chapters 1 and 2 Discussions Quiz 1 Final Paper: Begin searching for a Topic
Week 2	Digestion, Absorption and Transport of Nutrients and the Carbohydrates: Sugars, Starches and Fibers	Reading: Chapter 3 and 4 Discussions Quiz 2 Final Paper: Submit Topic
Week 3	Lipids- Triglycerides, Phospholipids, Sterols and	Reading: Chapter 5, 6 and 20 (Section 20.3 pp. 651-654) Discussions

	Lipoproteins; and Proteins: Amino acids	Quiz 3 Final Paper: Submit Annotated Bibliography
Week 4	Metabolism and Energy Balance	Reading: Chapter 7 and 8 Discussions Midterm Exam
Week 5	Vitamins - Water Soluble and Fat Soluble	Reading: Chapter 10 and 11 Discussions Quiz 4
Week 6	Water and Minerals: Major and Trace	Reading: Chapter 12 and 13 Discussions Quiz 5 Final Paper: continue working for submission in week 7
Week 7	Chronic Diseases, Weight Management, Diet, Physical Activity and Health	Reading: Chapter 9 and 18 Discussions Quiz 6 Final Paper: Submit
Week 8	Reflections, Lessons learned, Farewells	Course closing/recap Goodbyes Final Paper presentation Final Exam

Assignment Detail for Fully Online Course	
Methods of Evaluation for Determining Grades: Online Course Format	
Assignment Detail - refer to rubric (s) in Course Information	Possible Points
Threaded Discussions Each Week. Initial posts in response to discussion questions are due by Thursday and all other responses due by Sunday. 30 points possible each, Week 1-7. To maximize points, post early, substantively and often; all discussion posts will be graded per the Discussion Board Rubric.	210
Weekly Quizzes (Week 1, 2, 3, 5, 6, 7). Due Sunday for each of these weeks. 10 points possible on each quiz; 6 total quizzes. You will be expected to do the assigned weekly reading, and then take a quiz by Sunday of that week covering that material. Each quiz consists of multiple-choice questions with a 60-minute time limit.	60
Midterm Exam Due Sunday of Week 4 that covers all course material through Week 4. 40 multiple-choice questions worth 2.5 points each: 100 points total with a 3 hour time limit.	100
Final Paper Due Sunday of Week 7. Your culminating assignment for this course is a final paper using research methodology. Detailed instructions for this assignment are in the Blackboard (Bb) course. Various parts of this assignment are due in different weeks of the	150

course.	
Final Exam Due Friday of Week 8 that covers course material Weeks 1 through 8. 50 multiple-choice questions worth 2 points each: 100 points total with a 3 hour time limit.	100
Total	620

Class by Class Outline for Fully Online course:

Week	Topics	Assignments
Week 1	Basics of a Healthy Diet, Dietary Guidelines and Recommendations, Food Labels and the Study of Nutritional Science	Reading: Chapters 1 and 2 Discussions Quiz 1 Final Paper: Begin searching for a Topic
Week 2	Digestion, Absorption and Transport of Nutrients and the Carbohydrates: Sugars, Starches and Fibers	Reading: Chapter 3 and 4 Discussions Quiz 2 Final Paper: Submit Topic
Week 3	Lipids- Triglycerides, Phospholipids, Sterols and Lipoproteins; and Proteins: amino acids	Reading: Chapter 5, 6 and 20 (Section 20.3 pp. 651-654) Discussions Quiz 3 Final Paper: Submit Annotated Bibliography
Week 4	Metabolism and Energy Balance	Reading: Chapter 7 and 8 Discussions Midterm Exam
Week 5	Vitamins - Water Soluble and Fat Soluble	Reading: Chapter 10 and 11 Discussions Quiz 4 Final Paper: Submit Outline
Week 6	Water and Minerals: Major and Trace	Reading: Chapter 12 and 13 Discussions Quiz 5 Final Paper: continue working for submission in week 7
Week 7	Chronic Diseases, Weight Management, Diet, Physical Activity and Health	Reading: Chapter 9 and 18 Discussions Quiz 6 Final Paper: Submit
Week 8	Reflections, Lessons learned, Farewells	Course closing/recap Goodbyes Final Exam