

## Central Christian College of Kansas

Title: Basic Nutrition with Lab

Code: NS-BI 245

Credits: 3

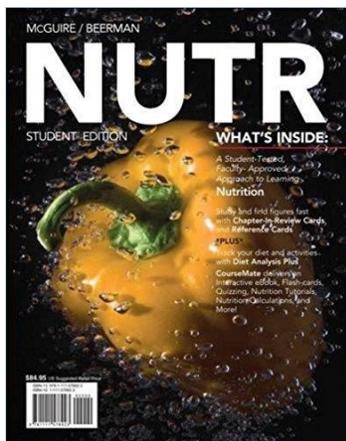
Prerequisites: No

Description: This course covers basic human nutritional requirements necessary for good health throughout the life cycle. Emphasis is placed on chemical makeup and sources of nutrients and how they are utilized by the body.

Additional topics include weight control, nutritional information sources, nutrition and disease. This course is especially for those interested in allied health careers, family nutrition, or social service.

### Textbooks:

- McGuire, Michelle & Beerman, Kathy A. (2012). *NUTR* (1st ed.) Wadsworth Publishing.



Topic	Readings	Assignments
<ul style="list-style-type: none"> <li>• Introduction to Nutrition</li> </ul>	<p><b>NUTR</b></p> <ul style="list-style-type: none"> <li>• Chapter 1</li> <li>• Chapter 2</li> <li>• Chapter 3</li> </ul>	<ul style="list-style-type: none"> <li>• Pre-test</li> <li>• Plagiarism Certificate</li> <li>• Lab 1.1: Personal Food History</li> <li>• Discuss 1.1: Response to Lab</li> <li>• Discuss 1.2: Fit Bodies</li> <li>• Chapter 1 Test: Why Does Nutrition Matter?</li> </ul>

Central Christian College of Kansas

		<ul style="list-style-type: none"> <li>• Chapter 2 Test: Choose Foods Wisely</li> <li>• Chapter 3 Test: Body Basics</li> </ul>
<b>Topic</b>	<b>Readings</b>	<b>Assignments</b>
<ul style="list-style-type: none"> <li>• Carbs, Life Cycles and Conscious Eating</li> </ul>	<p><b>NUTR</b></p> <ul style="list-style-type: none"> <li>• <b>Chapter 4</b></li> <li>• <b>Chapter 10</b></li> </ul>	<ul style="list-style-type: none"> <li>• Lab 2.1: What the Health</li> <li>• Discuss 2.1: Response to Lab</li> <li>• Discuss 2.2: Old Testament</li> <li>• Chapter 4 Test: Carbohydrates</li> <li>• Chapter 10 Test: Life Cycle Nutrition</li> </ul>
<b>Topic</b>	<b>Readings</b>	<b>Assignments</b>
<ul style="list-style-type: none"> <li>• Protein, Physical Activity, Malnutrition and Excitotoxins</li> </ul>	<p><b>NUTR</b></p> <ul style="list-style-type: none"> <li>• <b>Chapter 5</b></li> <li>• <b>Chapter 11</b></li> <li>• <b>Chapter 15</b></li> </ul>	<ul style="list-style-type: none"> <li>• Lab 3.1: Grocery Store Research Assignment/Cooking Lab</li> <li>• Discuss 3.1: Response to Lab</li> <li>• Discuss 3.2: Fit Hearts</li> <li>• Chapter 5 Test: Protein</li> <li>• Chapter 11 Test: Nutrition &amp; Physical Activity</li> <li>• Chapter 15 Test: Food Security, Hunger &amp; Malnutrition</li> </ul>
<b>Topic</b>	<b>Readings</b>	<b>Assignments</b>
<ul style="list-style-type: none"> <li>• Lipids, Eating Disorders, Alcohol and Environmental Toxins</li> </ul>	<p><b>NUTR</b></p> <ul style="list-style-type: none"> <li>• <b>Chapter 6</b></li> <li>• <b>Chapter 12</b></li> <li>• <b>Chapter 13</b></li> </ul>	<ul style="list-style-type: none"> <li>• Lab 4.1: Online Diet Videos</li> <li>• Discuss 4.1: Response to Lab</li> <li>• Discuss 4.2: Fit Minds</li> <li>• Apply 4.1: Environmental Working Group</li> <li>• Chapter 6 Test: Lipids</li> </ul>

## Central Christian College of Kansas

		<ul style="list-style-type: none"> <li>• Chapter 12 Test: Disordered Eating</li> <li>• Chapter 13 Test: Alcohol, Health &amp; Disease</li> </ul>
<b>Topic</b>	<b>Readings</b>	<b>Assignments</b>
<ul style="list-style-type: none"> <li>• Vitamins, Energy Balance and Food as Medicine</li> </ul>	<p><b>NUTR</b></p> <ul style="list-style-type: none"> <li>• <b>Chapter 7</b></li> <li>• <b>Chapter 9</b></li> </ul>	<ul style="list-style-type: none"> <li>• Lab 5.1: Food as Medicine</li> <li>• Discuss 5.1: Response to Lab</li> <li>• Lab 5.2: Nutrition Diet Analysis</li> <li>• Discuss 5.2: Fit Souls</li> <li>• Chapter 7 Test: Vitamins</li> <li>• Chapter 9 Test: Energy Balance &amp; Body Weight Regulation</li> </ul>
<b>Topic</b>	<b>Readings</b>	<b>Assignments</b>
<ul style="list-style-type: none"> <li>• Water, Minerals, Food Safety and Final Project</li> </ul>	<p><b>NUTR</b></p> <ul style="list-style-type: none"> <li>• <b>Chapter 8</b></li> <li>• <b>Chapter 14</b></li> </ul>	<ul style="list-style-type: none"> <li>• Lab 6.1: 90 Essential Nutrients for Life</li> <li>• Discuss 6.1: Response to Lab</li> <li>• Chapter 8 Test: Water &amp; the Minerals</li> <li>• Chapter 14 Test: Keeping Food Safe</li> <li>• Final Research Project/Video Presentation</li> <li>• Post-test</li> </ul>

<b>Assessments</b>	<b>Number</b>	<b>Points Each</b>	<b>Total</b>
Discussion	11	25	275
Labs	7	Varies	265
Applies	1	30	30
Tests	15	Varies	450
Final Project	1	200	200
Pre-Test Participation	1	5	5
Post-Test Participation	1	5	5

# Central Christian College of Kansas

Total

1230

Students are expected to post in the discussion board a **minimum of three separate posts** on three separate post dates per discussion thread. The three posts for **each** thread must include:

1. One "initial" post in response to the instructor's question (or stated assignment) no later than Thursday of each course week.
2. Two "follow up" posts in response to at least one classmate by Sunday of each course week.

The initial response to a discussion question should substantively demonstrate familiarity with the content of the question. The response should be 150-200 words in length. To ensure the discussion is a collective and focused exploration of the topic in the question, the discussion thread should remain focused on the question.

The timing of responses is important since other students are dependent on your postings in order to fully develop the discussion and to post "follow up" discussion entries. Responses should occur in the week the discussion question is posted for reply. Preparation for the response is encouraged to ensure a thoughtful and well-founded contribution to the discussion.

Each learner is expected to both respond initially (by Thursday each week) to the discussion question or assignment instruction posted by the instructor/facilitator each week and make at least two follow-up responses to other learners' postings in the discussion thread by the end of the week (Sunday at 11:59pm). The purpose is to ensure an informed and thoughtful dialogue focused on the topic.

## Initial Response (Standard Posting Requirements)

<b>0 Points</b>	<b>1-2 Points</b>	<b>3-4 Points</b>	<b>5 Points</b>
No initial response posted.	Initial response is superficial (less than 100 words), and/or posted after Thursday at 11:59 p.m. EST.	A substantive initial response is posted prior to Thursday at 11:59 p.m. EST that contains 100-149 words.	A substantive initial response is posted prior to Thursday at 11:59 p.m. EST that includes at least 1 reference to course material or another reliable source (150 words or more).

## Initial Response (Quality of Content)

<b>0 Points</b>	<b>1-2 Points</b>	<b>3-4 Points</b>	<b>5 Points</b>
Response is irrelevant to the question and does not add to the intent of the discussion.	Response addresses the question, but lacks depth or goes off topic.	Response addresses the question, though greater reflection or development of thought would be helpful.	Response addresses the question, is reflective, and represents a substantive contribution to the discussion.

## Central Christian College of Kansas

### Follow-Up Posts

<b>0 Points</b>	<b>1-2 Points</b>	<b>3-4 Points</b>	<b>5 Points</b>
No follow-up posts made.	Follow-up posts do not provide sufficient analysis or synthesis of the discussion.	Follow-up posts demonstrate an appreciation for the input of others and add to the discussion.	Follow-up posts elaborate on the comments of others and add to the discussion with further analysis and synthesis.

### Mechanics

<b>0 Points</b>	<b>1-2 Points</b>	<b>3-4 Points</b>	<b>5 Points</b>
Posts lack any organization and/or contain multiple errors in spelling or mechanics.	Posts are somewhat organized, but interrupted by significant errors in spelling and mechanics.	Posts could benefit by a bit more organization and attention to mechanical details.	Posts are clear and formatted in a way that is easy to read, free from spelling and mechanical errors.

### Frequency of Participation

<b>0 Points</b>	<b>1-2 Points</b>	<b>3-4 Points</b>	<b>5 Points</b>
No participation in discussion.	All posts made on the same day.	Posts made on 2 different days.	Posts made on 3 (or more) different days.

## **Final Research Project/Video Presentation**

This will introduce the final project which will be due the last week of class

The final for the course will be a research paper and an oral presentation of your research findings. The research paper needs to be a minimum of 5 pages double spaced, and you must use at least 5 sources, cited correctly. You may choose one of several nutrition related topics. You may use either MLA or APA format for your paper, as long as you cite sources and include a works cited page. The research paper is due the final week of class.

The presentation of your findings will be the final week of class, in lieu of a final test. Your presentation will need to be approximately 5 minutes long, and will need to include a summary of the findings in your paper. You may use poster board or props, create a display, use PowerPoint, or any other visual aids that are appropriate for your presentation. You may use whatever format to record a video of your presentation that will allow you to upload it for viewing.

The topic for your presentation can relate to any aspect of nutrition. You can write (and present) about a specific type of diet on the market today, or a disease or condition that you or a family member has experienced (as long as nutrition enters into it, such as the description of a diet that can be helpful for the condition, etc.), anything that relates to our food supply, such as GMO's, food additives, artificial sweeteners, growth hormones, pesticides, chlorine or fluoride, etc. The possibilities are endless. Each student's topic needs to be submitted to the instructor for approval by the start of the second week of the course.

Central Christian College of Kansas