



# BIO-210/HPP-211: Nutrition

## Course Syllabus

Instructor: Char Kooima, RD LD

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### Course Description:

*Nutrition* will take us through the stages of the life span understanding how nutrition directly impacts the body. You will learn current practices for basic nutrition in various disease conditions. You will be able to apply your knowledge in long term goals personally and professionally.

### Course Objectives:

1. Define nutrition and the role food plays in the body from a physiological perspective.
2. Identify macro and micro nutrients and the function of each in various disease states.
3. Analyze a personal diet intake and reflect on how our body is a temple of God.
4. Demonstrate understanding of the food supply and food safety as part of the global outlook on nutrition.
5. Recognize how nutrition affects the stages of life.
6. Distinguish between fact and fiction in current literature.
7. Define artificial nutrition and the types of delivery.

### Method of Instruction:

The course is an online course and will be taught as a combination of, but not limited to: lecture, discussion, groups, presentation, case studies and hands on assignments completed online. Preparation prior to class time may include reading, completion of assignments, and reviewing study questions in textbook.

### Required Textbook:

Insel, P., Ross, D., McMahon, K., & Bernstein, M. (2017). *Nutrition* (6th ed.). Jones & Bartlett Learning. ISBN-13: 978-1284100051

### Contact Information:

Since the course is online and we will not be meeting in person, you may email me at any time at the above email address or you may send a text to my cell phone.

- **TEXT:**
  - Immediate response – at least within a few hours
  - Please identify yourself as I will not recognize your phone number.
- **EMAIL:**
  - Slower response – please address your emails in a professional manner. Starting your email off with HEY is not acceptable.
- **IN PERSON:**
  - If you would like to meet in person, we can arrange a time that will work as well.

### Major Assignments:

These are assignments that are above and beyond the modules. These will have their own due dates. Please refer to the instruction on Canvas for these assignments.

### Course Expectations:

1. CLOSED BOOK
  - a. Quizzes and Exams are closed books and notes.
  - b. Quizzes and exams are NOT a group activity.
2. CHEATING
  - a. If found to be cheating, you will score a 0 on the quiz or exam. Further discipline actions for academic dishonesty will be followed as outlined in the student handbook.
3. LATE SUBMISSION
  - a. Late submissions are NOT ACCEPTED.
  - b. Your score will 0
  - c. You will not be able to advance to next module if the previous module is incomplete.
  - d. **DO NOT EMAIL ASSIGNMENT**
  - e. If you have a VALID reason for being late which includes a Doctor's note, we will discuss options to continue with the course.
4. UPLOADS:
  - a. If you are having problems with submission, please try to close your browser or try a different browser before you email saying you can't upload at 1 minute before the due date.
5. FOOD ALLERGIES
  - a. If the assignment requires you to consume a meal or a food item and you have allergies – please contact me and we will discuss.
6. YOUR OWN PACE
  - a. You may work at your own pace, however, if you do not complete a module before the module deadline, you will not be allowed to continue to the next module.
7. POWER POINTS
8. INSTRUCTIONS
  - a. Please read the instructions to the assignments before you contact me. The activity and nutrition tracker have detailed pictures to explain which reports are desired for grading.
9. PROCRASTINATION
  - a. Please do not wait until the last minute of the last hour to complete a module or quiz or test. The uploads and submissions are time stamped. This means I can see how much time you spend on each item, when you log on and how much time is spent on the course.
10. GRADING
  - a. Some of your assignments require me to manually grade a portion. You will be notified once I submit the rest of your grade.

### Course Progression:

The course is divided into 4 modules. You may work at your own pace through the modules, however, each module has a deadline. **If you do not complete the module by the due date, you will not be permitted to continue in the course.** You may proceed through the modules at any time prior to the due date. The final exam will be at the end of Module 4 and will be over Module 4 ONLY. The major assignments (please see additional information on Canvas) may be completed at any time within the course.

### Course Schedule:

Modules	Weeks	Weeks
Mod 1: Nutrition, Digestion, Absorption	Week 1: January 13-21	Intro, Fitness Pal/Diet Reflection, Ch. 1 Nutrition
	Week 2: January 24-28	Ch. 2 Digestion, Ch. 3 Absorption

	Week 3: January 31-February 4	Exam #1
Mod 2: Carbohydrates, Lipids, Protein, & Metabolism	Week 4: February 7-11	Ch. 4 Carbohydrates
	Week 5: February 14-18	Ch. 5 Lipids, Begin My Body as a Temple Assignment
	Week 6: February 21-25	Ch. 6 Protein
	Week 7: February 28-March 4	Ch. 8 Metabolism
	Week 8: March 16-18	Exam #2
Mod 3: Alcohol, Vit, Water & Min	Week 9: March 21-25	Ch. 7 Alcohol, Ch. 10 Fat Vitamins
	Week 10: March 28-April 1	Ch. 11 Water Vitamins, Begin Therapeutic Diet Assignment
	Week 11: April 4-8	Ch. 12 Major Minerals, Ch. 13 Trace Minerals
	Week 12: April 11-14	Exam #3
Mod 4: Eating Disorders, Sport & Life-Long Nutrition	Week 13: April 19-22	Eating Disorders
	Week 14: April 25-29	Ch. 14 Sports Nutrition, Infant & Child Nutrition
	Week 15: May 2-6	Ch. 17 Senior Nutrition
	Week 16: May 9-12	Final Submissions: My Body as Temple, Therapeutic Diet; Exam #4

### Course Evaluation:

Refer to your grade book for submission of points. I will manually grade any free text answers on exams. Please refer to your grade book for final grade after I complete the grading process.

### Grade:

There is not a curve available for the course. I do, however, round up when reviewing your final grade. For example, if you are at 89.6%, I round up to 90% increasing your grade from a B+ to an A-. Canvas grades with +/- accordingly.

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

### Class Policies

**Academic Integrity:** Dordt University is committed to developing a community of Christian scholars where all members accept the responsibility of practicing personal and academic integrity in obedience to biblical teaching. For students, this means not lying, cheating, or stealing others' work to gain academic advantage; it also means opposing academic dishonesty. Students found to be academically dishonest will receive academic sanctions from their professor (from a failing grade on the particular academic task to a failing grade in the course) and will be reported to the Student Life Committee for possible institutional sanctions (from a warning to dismissal from the university). Appeals in such matters will be handled by the student disciplinary process. For more information, see the [Student Handbook](#).

**Students Requesting Assistance or Accommodations:** Dordt University is committed to providing reasonable accommodations for students with documented qualifying disabilities in accordance with federal laws and university policy. Any student who needs access to accommodations based on the

impact of a documented disability should contact the Coordinator of Services for Students with Disabilities (CSSD): Sharon Rosenboom, Academic Enrichment Center, Office: L168, (712) 722-6490, Email: [Sharon.Rosenboom@dordt.edu](mailto:Sharon.Rosenboom@dordt.edu).