

SC 101 | Syllabus



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Basic Information

Course Information and Description

[Professor Information](#)

SC 101 Introduction to Nutrition

SS 2020 I7-2

Instructor: Dr. Ron Garner

Email: garnerr@husson.edu

Office: Peabody 283 (Moving to Peabody 225A)

Office Hours: By appointment via Zoom. In person only if necessary.

Textbook & Required Materials

- **REQUIRED:** Nutrition for Healthy Living by Schiff, 5th edition (should be an e-book option available, or a copy through the bookstore)

Course Outcomes and Assessment

Learning Outcomes and Assessing Them

[Course Outcomes](#)

[Assessment Mapping](#)

This course is part of the Husson General education program and fulfills a lab science requirement.

Upon completion of this course:

- Students will explain basic knowledge of food, nutrition, and sustainability.
- Students will gather, analyze, and interpret information on food labels to help plan nutritious diets.
- Students will explain the components of a healthy diet, analyze their own diets, identify and solve problems in their diets using quantitative methods.
- Students will recall the five major food groups, illustrate USDA MyPlate, and give examples for each food group.
- Students will recall the major functions, characteristics, and food sources of each nutrient (carbohydrates, fats, proteins, vitamins, minerals, and water).

- Students will explain the relationship between energy balance and weight control, compute energy input, energy output, and body mass index, solve energy and weight related problems.
- Students will explain the role of nutrition in maintaining health.

1. Skills A

SLO4: Students will gather, analyze, and interpret information on food labels to help plan nutritious diets.

Four lab activities on food label

Integrative food label project;

B SLO5: Students will explain the components of a healthy diet, analyze their own diets, identify and solve problems in their diets using quantitative methods.

Diet analysis project;
Lab exam

analysis;
Two lab activities on diet analysis

Evaluation and Grading

Grading: (***Subject to change based on the total number of assignments***)

Homework / Projects 55%

Discussions 15%

Exams (3 Total) 30% (10% each)

Total 100%

Letter Grade Scale:

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 below 60

*All final scores will be rounded to the nearest whole number. If you have an 89.4%, I will only see an 89% and you will be awarded a B+. If you have an overall 89.5%, I will only see a 90% and you will be awarded an A-. There must be a line drawn for all grades, so be sure to do as well as possible on each assignment, quiz, exam, etc. for the grade you hope to achieve.

Canvas Information

Canvas is the where course content, grades, and communication will reside for this course.

- husson.instructure.com
- For Canvas, Passwords, or any other computer-related technical support contact the [Husson Help Desk](#).
(<https://www.husson.edu/student-life/technology/help-desk/>)
 - (207) 973-1000
 - <https://helpdeskticket.husson.edu/> [_ \(https://helpdeskticket.husson.edu/\)](https://helpdeskticket.husson.edu/) .

Tentative Schedule of Assignments




Course Schedule:










Click “Modules” in the Canvas course navigation bar to see all details for each module (there will be 5 modules total). In general, each module will include a required reading, assignment / project, videos, and a quiz or exam.








- **Required Reading:**
The corresponding book chapter(s) is/are listed under Required Reading for that module.
- **Additional Reading:**
A few modules have additional reading materials.
- **Videos/Animations:**
The videos/animations are not only interesting to watch, but also extremely helpful for visual learning. Most of them are short, 5 to 10 minutes. Make sure to check them out!
- **Assignments:**
These will vary week to week based on the content of the chapters covered. Food log journals will be routine week to week as you learn new material.
- Discussions and Projects are hosted in Canvas and should be submitted in Canvas.

All assignments will go until midnight on the day assigned. Please PLAN AHEAD as late work will NOT be accepted unless authorized through the Center for Student Success due to personal reasons.

Course Summary:

Date	Details	
Sun Jul 12, 2020	 Meal Creation Assignment https://husson.instructure.com/courses/1753516/assignments/12153228	due by 11:59pm
	 1.2 The Five Food Groups and My Plate	to do: 11:59pm
Sun Jul 19, 2020	 Refrigerator Storage Assignment https://husson.instructure.com/courses/1753516/assignments/12153232	due by 11:59pm

Date	Details
	 1.3 Food Safety to do: 11:59pm
Wed Jul 22, 2020	 Exam 1 https://husson.instructure.com/courses/1753516/assignments/12153220 due by 11:59pm
	 Meal Creation Project Analysis https://husson.instructure.com/courses/1753516/assignments/12153229 due by 11:59pm
Sun Jul 26, 2020	 2.1 Introduction to do: 11:59pm
	 2.2 Recommended Food Intakes to do: 11:59pm
Wed Jul 29, 2020	 Exam 2 https://husson.instructure.com/courses/1753516/assignments/12153218 due by 11:59pm
	 Alterations Case Study https://husson.instructure.com/courses/1753516/assignments/12153222 due by 11:59pm
Sun Aug 2, 2020	 3.1 Introduction to do: 11:59pm
	 3.2 Proteins & Vitamins to do: 11:59pm
Sun Aug 9, 2020	 Diet Analysis Project: Day 1 https://husson.instructure.com/courses/1753516/assignments/12153224 due by 11:59pm
	 Diet Analysis Project: Day 2 https://husson.instructure.com/courses/1753516/assignments/12153225 due by 11:59pm
	 Diet Analysis Project: Day 3 https://husson.instructure.com/courses/1753516/assignments/12153226 due by 11:59pm

Date	Details
	 Diet Analysis Project: Day 4 (https://husson.instructure.com/courses/1753516/assignments/12153227) due by 11:59pm
Wed Aug 12, 2020	 Exam 3 (https://husson.instructure.com/courses/1753516/assignments/12153219) due by 11:59pm
	 Case Studies (Gain, Lose, and Maintain Weight) (https://husson.instructure.com/courses/1753516/assignments/12153223) due by 11:59pm
Sun Aug 16, 2020	 Metabolic Project (https://husson.instructure.com/courses/1753516/assignments/12153230) due by 11:59pm
	 4.2 Energy Balance, Weight Control, Metabolism to do: 11:59pm
Tue Aug 18, 2020	 Project on Chemical Dysregulation (https://husson.instructure.com/courses/1753516/assignments/12153231) due by 11:59pm
Fri Aug 21, 2020	 A Food Waste Story - Takeaways on How YOU Can Improve (https://husson.instructure.com/courses/1753516/assignments/12153221) due by 11:59pm