



TRUE BLUE CORE

MIDDLE
TENNESSEE
STATE UNIVERSITY

COLLEGE OF BEHAVIORAL AND HEALTH SCIENCES
Human Sciences

NFS 2220 Nutrition for the Health Sciences
3 Credit Hours

True Blue Core Mission

The True Blue Core is the heart of Middle Tennessee State University's educational mission. The Core offers innovative teaching that supports students in discovery and exploration throughout their undergraduate coursework, providing them with interdisciplinary skills and knowledge that align with their college major. With an emphasis on critical thinking, problem solving, information literacy, and effective communication, the Core is the foundation for academic, professional, and personal success as well as informed civic engagement and lifelong learning. The True Blue Core prepares students to participate and adapt in a dynamic and diverse world. To learn more about the True Blue Core check the website:

<https://w1.mtsu.edu/truebluecore/index.php>

MTSU Human Sciences Department Mission

The mission of the Human Sciences Department is to provide educational programs that are integrative and focus on reciprocal relations among individuals, families, and their near environments toward improvement of the quality of life across the lifespan. The programs are designed to prepare graduates for careers in a dynamic and diverse world community. Furthermore, the mission of the department is to provide public service and to utilize or conduct research and/or creative endeavors related to the programs. The departmental mission supports the missions of the College of Behavioral and Health Sciences and the University of assisting students to become educated individuals who are reflective decision-makers.

Goals

- Prepare a diverse student body for careers in their field of study within Human Sciences,
- Utilize partnerships to support student engagement in the academic and service communities, and
- Support faculty development and research/creative endeavors.

NFS Program Mission Statement

The mission of the Nutrition and Food Science program is to prepare students to become competitive entry-level nutrition and food science professionals who are committed to service in a dynamic and diverse global society.

Goal

- Graduates will be well prepared for employment in nutrition or food related fields and/or successful graduate school admission.

Didactic Program in Dietetics Mission Statement

The mission of the Didactic Program in Nutrition and Dietetics is the preparation of students for supervised practice leading to eligibility for the CDR credentialing exam, and to become competitive entry-level registered dietitian nutritionists who are committed to service in a dynamic and diverse global society.

Goals

- Graduates will be well prepared for successful supervised practice placement, graduate school admission or employment in nutrition and food related fields.
- Graduates will be involved in service.

Course Description: *Nutrition for the Health Sciences* will introduce students to the fundamentals of eating and nutrition and its relationship to the health of individuals with emphasis on the scientific, psychological, social, cultural, and economic aspects of nutrition.

This course meets the following True Blue Core Category, Objective and Learning Outcome:

Category: Explorations in Human Society and Social Relationships

Objective B: Critical Thinking, Inquiry, and Analysis

Outcome: B1: Students will think critically by explaining issues/problems, selecting and using evidence, considering context and assumptions, and representing their position and conclusions logically and effectively.

This course meets the following American Association of Family & Consumer Sciences standards: 2.1.1.a. The complete list of standards can be found at:

http://www.aafcs.org/res/accreditation/AAFCS_Accreditation_Standards.pdf.

This course meets the following Didactic Program in Dietetics Core Knowledge for the RDN (KRDN):

KRDN 1.2 Use current information technologies to locate and apply evidence-based guidelines and protocols.

KRDN 1.3 Apply critical thinking skills.

KRDN 2.1 Demonstrate effective and professional oral and written communication and documentation

Course Objectives:

1. Define and utilize the Dietary Reference Intakes as guideline recommendations for nutrient intake of individuals according to their age, sex, height, and weight.
2. Understand the relationship between food energy intake and energy expenditure and its practical application to weight control.
3. Understand and utilize tools such as food groups, nutrition facts label, food composition tables, and nutrition analysis programs as sources of nutrient information and meal planning tools.
4. Gain a basic knowledge of the normal digestion, absorption, and metabolism of carbohydrates, fats, and proteins.
5. Understand the dietary requirements of vitamins, minerals, and water and the roles that they play in human nutrition.
6. To realize the important roles of healthcare team members in providing nutrition care and education for the patient in the changing healthcare environment.
7. To gain a basic understanding of the pathophysiology of diseases requiring nutritional intervention and understand the relationships between adequate nutrient intakes as related to these diseases.
8. To increase awareness that diet quality over the life span contributes to decreased quality and quantity of life.
9. Understand how individuals' socio-cultural influences, emotional development, and family background may affect food behavior and choices throughout life.

Prerequisite: N/A.

Students must earn a C or higher in NFS 2220 in order to take NFS 3260, 3280, 4210, 4250, 4270. NFS majors with a concentration in Dietetics must earn a B or higher in NFS 2220 in order to take NFS 4300.

Course Topics:

1. Basis for development/implementation of dietary guidelines.
2. Components of nutritional assessment.
3. Nutrient composition of foods and how nutrient requirements are related to the health of the people.
4. Digestion, absorption, and metabolism of the nutrients.
5. Food energy and its relationship to weight control and disease.
6. Dietary modifications for selected diseases.
7. Nutrient needs throughout the life cycle.

Course Requirements: Class attendance and participation, tests and projects as assigned.

Required Textbooks:

Whitney E, Rolfes SR. *Understanding Nutrition*. 16th ed. MN: Wadsworth Publishing Company; 2022.

Course References: Texts as listed above.

Instructor Information

Instructor: Ginny Bogle, MS, RD, LDN

Office: EHS 108A

Phone Number: 615-898-5173

Email Address: Ginny.Bogle@mtsu.edu

Communication Via Email: All email will be sent to your MTMAIL account. It is your responsibility to check this email frequently and to use the MTMAIL account when communicating with your instructor. Preferred email of instructor for your fastest response is Ginny.Bogle@mtsu.edu

Grading Procedure:

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|--|------------|
| 1. Tests (4 @ 100 points each) | 400 |
| a. Test 1 meets objectives 1, 3, 4, 5, 7, 9 | |
| b. Test 2 meets objectives 1, 4, 6, 7 | |
| c. Test 3 meets objectives 2, 5, 7 | |
| d. Test 4 meets objectives 1, 5, 6, 7 | |
| 2. Module Quizzes | 100 |
| a. Module Quiz 1 meets objectives 1, 3, 4, 5, 7, 9 | 25 |
| b. Module Quiz 2 meets objectives 1, 4, 6, 7 | 25 |
| c. Module Quiz 3 meets objectives 2, 3, 7 | 25 |
| d. Module Quiz 4 meets objectives 1, 5, 6, 7 | 25 |
| 3. Assignments | 30 |
| a. Healthy Eating Assignment | 30 |
| i. Meets objectives 1, 3, 7 | |
| ii. Meets KDRN 2.1 | |
| iii. Meets True Blue Outcome B1 | |
- **Module Quizzes and Assignments will be on D2L in advance. Both can be completed early.
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|---|------------------------------------|
| 4. Total Possible Points | 530 |
| 5. Participation Quizzes (3 @ 5pts each) | possible BONUS of 15 points |
| *These are <u>open book/open notes quizzes</u> for three of the topics covered. | |
| *Quizzes will be <u>unannounced</u> and will be taken <u>during class</u> only. | |
| * <u>NO make-up participation quizzes</u> will be given | |
| 6. Attendance Points | possible BONUS of 5 points |
| *Attendance will be taken daily. Each day missed will result in the loss of a small amount of the 5 bonus points. | |

Grading Scale:

91-100%

A

Posting of Grades:

81-90%

B

Plus/minus grading will not be used in this class.

71-80%

C

Final grades are provided to students in writing & submitted to MTSU records.

61-70%

D

60% or less

F

ATTENDANCE: According to federal regulations, faculty members are required to document class attendance to establish eligibility for financial aid.

Test Policy: Students are expected to be present on test days. Test make-ups will be scheduled on an individual basis and must accompany written documentation regarding absence on original test day.

Late Work: Assignments or Module Quizzes turned in late will have 5 points deducted. Late assignments or Module Quizzes will only be accepted for 2 weeks past the original due date. **No graded work will be accepted after the last day of the semester unless otherwise noted on the course schedule.**

Incomplete Grades

Incomplete grades are given rarely and only in extenuating circumstances. Page 56 of the MTSU Undergraduate Catalog states: "The grade I indicates that the student has not completed all course requirements because of illness or other uncontrollable circumstances, especially those which occur toward the end of the term. Mere failure to make up work or turn in required work on time does not provide the basis for the grade of "I" unless extenuating circumstances noted above are present for reasons acceptable to the instructor." Please refer to the Undergraduate catalog for the complete Incomplete Grade Policy.

"Politeness" Policy: Please remember to turn off or silence your cell phones **and** to put them in your purse/backpack before the beginning of class. If you need to keep a cell phone on during class due to an emergency, please notify the instructor in advance. Once you receive the call, please leave the classroom immediately to take the call.

Zoom behavior: University Policy 540 Student Conduct (<https://www.mtsu.edu/policies/student-affairs/540.php>) stipulates that appropriate behavior is required both in person and online. Appropriate language and attire are required on Zoom, both in lecture and break-out rooms.

Professional Communication: It is the expectation of the NFS faculty that students exhibit a high level of written and verbal communication skills. This includes the correct use of grammar (i.e., spelling, punctuation, sentence structure, etc.) and citation format per request of instructor. This is an important aspect of your development as a professional and will be a component of the grading process for all assignments. Students seeking guidance to enhance their communication skills can contact the University Writing Center (<http://www.mtsu.edu/writing-center/index.php>).

FREE TUTORING! Take advantage of our FREE tutoring service and learn how to study, get help with understanding difficult course material, receive better test grades, or simply improve your grade point average. Tutoring is available in *study skills* and *learning strategies* that includes sessions on time management, notetaking, when and where to study, and memory principles. Tutoring is also available in over 200 courses including biology, history, computer information systems, physics, math, psychology, chemistry, economics, recording industry, and many more. The central location for tutoring is the Tutoring Spot, located in Walker Library, but is also conducted at various other campus sites. For available tutoring opportunities, visit <http://mtsu.edu/studentsuccess/tutoring.php#on>. For questions, call the Tutoring Spot at 615-904-8014.

Reasonable Accommodations for Students with Disabilities: Middle Tennessee State University is committed to campus access in accordance with Title II of the Americans with Disabilities Act and Section 504 of the Vocational Rehabilitation Act of 1973. Any student interested in reasonable accommodations can consult the Disability & Access Center (DAC) website and/or contact the DAC for assistance at 615-898-2783 or dacemail@mtsu.edu.

Tennessee Education Lottery Scholarship (TELS): Do you have a lottery scholarship? To retain the Tennessee Education Lottery Scholarship eligibility, you must earn a cumulative TELS GPA of 2.75 after 24 and 48 attempted hours and a cumulative TELS GPA of 3.0 thereafter. A grade of C, D, F, FA, or I in this class may negatively impact TELS eligibility. If you drop this class, withdraw, or if you stop attending this class you may lose eligibility for your lottery scholarship, and you will not be able to regain eligibility at a later time. For additional Lottery rules, please refer to your Lottery Statement of Understanding form

(<http://www.mtsu.edu/financial-aid/forms/LOTFEV.pdf>) or contact your MT One Stop Enrollment Coordinator (<http://www.mtsu.edu/one-stop/counselor.php>).

Title IX: Students who believe they have been harassed, discriminated against or been the victim of sexual assault, dating violence, domestic violence or stalking should contact a Title IX/Deputy Coordinator at 615-898-2185 or 615-898-2750 for assistance or review MTSU's Title IX website for resources.

<http://www.mtsu.edu/titleix/>. MTSU faculty who are concerned about the well-being and welfare. Please refer to MTSU's Title IX site for contact information, details and development of our students and are legally obligated to share reports of sexual assault, dating violence, domestic violence and stalking with the University's Title IX coordinator to help ensure student's safety.

Family Educational Rights and Privacy Act (FERPA):

Middle Tennessee State University regards a student's academic record as confidential. The release of information contained in the record is governed by Federal Law, known as the "Family Educational Rights and Privacy Act." Directory information such as the student's name, address, e-mail address, telephone listing, photograph, year and place of birth, enrolled hours, major fields of study, participation in officially recognized activities and sports, weight and height of members of athletic teams, student level (freshman, sophomore, etc.), dates of attendance, degrees and awards received, and the most recent previous educational agency or institution attended by the student will be released unless the student has asked MTSU to withhold such information. If you do not wish directory information released, you must notify the Registrar's Office in writing. Print and complete the "Request for Non-Release of Directory Information" and return it to the Registrar's Office for processing. For additional information regarding Privacy of Student Records--Family Educational Rights and Privacy Act (FERPA), go to www.mtsu.edu/information. If you have any questions concerning the provisions of this act, please feel free to contact the Registrar.

Academic Misconduct: Academic integrity is a hallmark of Middle Tennessee State University. We expect students to complete academic exercises, i.e., assignments turned in for credit that are original and appropriately credit all sources used.

Academic misconduct includes, but is not limited to:

1. Plagiarism: The adoption or reproduction of ideas, words, statements, images, or works of another person as one's own without proper attribution. This includes self-plagiarism, which occurs when an author submits material or research from a previous academic exercise to satisfy the requirements of another exercise and uses it without proper citation of its reuse.

2. Cheating: Using or attempting to use unauthorized materials, information, or study aids in any academic exercise. This includes unapproved collaboration, which occurs when a student works with others on an academic exercise without the express permission of the professor. It also includes purchasing assignments or paying another person to complete a course for you.

3. Fabrication: Unauthorized falsification or invention of any information or citation in an academic exercise.

Going online and using information without proper citation, copying parts of other students' work, creating information to establish credibility, or using someone else's thoughts or ideas without appropriate acknowledgment is academic misconduct. If you have a question about an assignment, please ask for clarification. All cases of academic misconduct will be reported to the Director of Academic Integrity and may result in failure on the test/assignment or for the course. When students participate in behavior that is considered academic misconduct, the value of their education and that of their classmates is reduced, and their academic careers are jeopardized.

Taking a test/quiz ONLINE is just like taking a test/quiz in a classroom. Unless you have the approval of your professor:

- You may not use your textbooks
- You may not use class notes
- You may not use additional websites
- You may not ask anyone for help

Using any knowledge resources without the explicit approval of your professor may be considered a violation of the Academic Integrity policy.

Guests in the Classroom: Students may not bring guests or children to the class without prior approval from the faculty/instructor.

Animals in the Classroom: Only service animals (dogs and miniature horses) are allowed on campus. Students must register with Disabled Student Services before a service animal is allowed as an accommodation. Faculty and staff must request service animals as an accommodation through Human Resources. See Policy No. 102.

Emergencies in the Classroom: Faculty and students who do not follow University policies and instructions during emergencies and emergency drills are individually liable. A list of the safest places for each building during a tornado can be found at the [MTSU Alert4U homepage](#). University instructions during emergencies are sent via email, phone calls, and text messages. University websites will also be updated with the latest information. You are encouraged to plan ahead for emergencies.

Course Syllabus and Outline Statement (Disclaimer): Date and topics are subject to change. It is the students' responsibility to take note of any changes.

Revised