



# TRUE BLUE CORE

## NFS 1240 Introduction to Nutrition and Wellness

Three Credit Hours

True Blue Core Category: *Explorations in Human Society & Social Relationship*

### INSTRUCTOR INFORMATION

**Instructor:** Varies by Semester

**Office:**

**Phone Hours:**

**Mailing Address:** Box 86, Department of Human Sciences, MTSU, Murfreesboro, TN 39132

**Phone Numbers: Office**

**Email:**

### TRUE BLUE CORE LEARNING OUTCOMES

#### Critical Thinking about Human Society and Social Relationships

- **Critical thinking** is a habit of the mind characterized by the comprehensive exploration of issues, ideas, artifacts, and events in the process of accepting or formulating an opinion or conclusion.
- **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.

### COURSE INFORMATION

#### Course Description:

Embark on a journey of critically evaluating the fundamental principles that shape our nutritional choices and their impact on overall health and well-being. This course delves into the intricate web of normal nutrition, exploring its dynamic relationship with health and physical fitness. Throughout the semester, students will explore the multidimensional facets of nutrition, with a spotlight on the psychological, sociological, and economic dimensions that influence our dietary decisions. By integrating cutting-edge research and practical insights, this course aims to empower students to make informed choices about their nutrition and lifestyle.

## **NFS 1240 Course Objectives:**

1. Critically explain issues and problems related to food composition and nutrient content, selecting and using evidence from tables of food composition, considering context and assumptions, and representing their position and conclusions logically and effectively.
2. Demonstrate critical thinking skills by defining the Dietary Reference Intakes and utilizing them as guideline recommendations for nutrient intake, considering individual factors such as age, sex, height, and weight, and evaluating the relevance of this information in various contexts.
3. Analyze the complex relationship between food energy intake, energy expenditure, and weight control, evaluating practical applications and considering contextual factors that influence these dynamics.
4. Discern the purpose food labels and the Nutrition Facts panel and assess how the information can be effectively utilized in family nutrition planning, while considering assumptions and contextual factors that may influence decision-making.
5. Explain the normal digestion, absorption, and utilization of macronutrients (carbohydrates, fats, and proteins), analyzing the implications of this knowledge in various physiological and dietary contexts.
6. Compare the dietary requirements of vitamins, minerals, and water, critically evaluating their roles in the human body and considering contextual factors that influence their absorption and utilization.
7. Through critical analysis, students will recognize the value of diet planning guides utilizing the concept of food groups, evaluating their effectiveness in meeting nutrient needs throughout the life cycle and critically assessing their application in planning menus for various age groups.
8. Discuss the relationships between adequate nutrient intake and good health, analyzing evidence and considering contextual factors that influence these relationships, and critically evaluating the implications for individual health outcomes.
9. Explain how an individual's sociocultural influence, emotional development, and family background influence food behavior and choices throughout life, analyzing these factors within broader societal and cultural contexts and critically evaluating their impact on dietary decisions

## **Prerequisites:**

- None

## **Course Topics:**

- Nutrient composition of foods and how nutrient requirements are related to health
- Food energy and its relationship to weight control.
- Regulations governing the food supply.
- Digestion and utilization of the nutrients
- Nutrient needs throughout the life cycle and planning adequate diets.
- Socio-cultural influences on food behavior.

### Specific Course Requirements:

- To complete the class, students must read a digital book, watch videos within the book, be able to navigate D2L, conduct Internet searches using search engines such as Google or Bing, and participate in online group discussions.

## COURSE MATERIAL

### Textbooks and Supplementary Materials

- MTSU's Open Educational Resource eBook *Introduction to Nutrition and Wellness* The eBook is embedded in the D2L class, and the URL is <https://mtsu.pressbooks.pub/nutrition/>

## ASSESSMENT AND GRADING

### Grading Procedure

Approximately half of the grade is based on the assignments, quizzes, and discussions for each of the four modules, with the remaining half from the exams and reflection paper. Expectations on all written assignments should demonstrate concise writing and proper grammar, including sentence structure, punctuation, and spelling.

### Grading Scale

Assignment	Points/~Percentage
Discussions (5 @ 10 pts. each)	50
Unit Assignments (4@10 pts. each)	40
Module Assignments (4 @ 25 pts. each)	100
Module Exams (4@ 40 pts. each)	160
Reflection Paper	50
Total	400

Letter Grade	Percent Range	Point Range
A	91-100%	364 to 400 pts.
B	81-90%	324 to 363 pts.
C	71-80%	284 to 323 pts.
D	61-70%	244 to 283 pts.
F	60 or below	243 or below

### 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.

## Feedback

- Grades and assignment feedback will be provided in a timely manner with email responses within 24 hours; assignment feedback will be provided within one to two weeks of the assignment submission, depending on the nature and length of the course and assignment type.
- Written assignments must be submitted to the dropbox and will not be accepted via email.
- Assignments due dates are posted in D2L's Dropbox, quiz, and discussion features connected to the D2L calendar.

## PARTICIPATION

### Course Ground Rules

The following are expected of all students in this course:

- learn how to navigate in the learning management system; refer to your D2L resources within the course for help;
- address technical problems immediately; and
- be respectful to your instructor and peers; refrain from derogatory statements.

### Class Participation

Student participation is required in all aspects of the course. Please adhere to the following:

- participation is required; you are expected to log into the course a *minimum* of 3 times per week;
- communication with other students in discussion is expected regularly;
- adhere to all due dates and deadlines as listed in your course calendar;
- utilize the ask the Class discussion board when you have questions about course content
- communicate with the instructor as a learning resource;
- check the course homepage for essential announcements from the instructor.

### Academic Integrity/Misconduct

Please review the information on [Academic Integrity and Misconduct](#). The instructor will submit materials to an online service (Turnitin.com), which will review the work for plagiarism. Students should also review the report generated for each assignment and self-check for plagiarism.

Information on correctly citing work is provided within the course modules or through the [University Writing Center](#). You may read more about how to avoid plagiarism from the [Office of the University Provost](#).

Plagiarism, cheating, and other forms of academic dishonesty are prohibited. Such conduct includes, but is not limited to:

- Submitting as one's own work, themes, reports, drawings, laboratory notes, computer programs, or other projects prepared by another person
- Knowingly assisting another student in obtaining or using unauthorized materials
- Submitting assignments previously used in other courses where you received credit for the work
- Improperly crediting or lack of crediting an original author's work

Students guilty of academic misconduct are immediately responsible to the class instructor. In addition to other possible disciplinary sanctions (including expulsion from the university), which may

be imposed through the regular institutional procedures as a result of academic misconduct, the instructor has the authority to assign an “F” or zero for an activity or to assign an “F” for the course. Students guilty of plagiarism will be immediately reported to the Director of Academic Integrity.

### **I am True Blue**

As a member of this diverse community, I am a valuable contributor to its progress and success. I am engaged in the life of this community. I am a recipient and a giver. I am a listener and a speaker. I am honest in word and deed. I am committed to reason, not violence. I am a learner now and forever. I am a BLUE RAIDER. True Blue!

### **Attendance Reporting**

MTSU Administration requires that instructors complete an attendance report for each course each semester. Regular class attendance is required and will be monitored by the D2L system report, as participation in the discussion board and timely submission of course assignments. If several class assignment submissions are missing, student attendance will be reported as “no longer attending.”

### **Email**

Per the [Family Educational Rights and Privacy Act \(FERPA\)](#), all course communication will be conducted using D2L email. Faculty will not respond to student emails via a non-institutional assigned email

## **STUDENT RESOURCES**

### **Technical Support**

[D2L Resources](#) are available to MTSU Online Students. You can also find help for the basic D2L functions used most often directly in your D2L course under the D2L Help for Students module.

### **Students with Disabilities**

Middle Tennessee State University is committed to campus access by 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 [DAC Email](#)

### **Tutoring**

MTSU Online supports multiple [Online Student Services](#).

### **Grade Appeals**

[University Policy 313, Student Grade Appeals](#), provides an avenue for MTSU students to appeal a final course grade in cases where the student alleges that unethical or unprofessional actions by the instructor and/or grading inequities improperly impacted the final grade.

### **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.

MTSU faculty are concerned about the well-being 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 and welfare. Please refer to [MTSU’s Title IX website](#) or contact information and details.

### **Hope (Lottery) Scholarship Information**

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 after that. A grade of C, D, F, FA, or I in this class may negatively impact TELS eligibility.

If you drop this class or withdraw, or if you stop attending this class, you may lose eligibility for your lottery scholarship, and you may not be able to regain eligibility later.

For additional Lottery rules, please refer to your [Lottery Statement of Understanding form](#) or contact your [MT One Stop Enrollment Counselor](#).

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