This class is a Hybrid class, meaning much of the class material will be presented online in PSU’s Desire2Learn software. You will need to have reliable access to a computer and the internet in order to complete the course requirements and succeed in this class. If you are unsure whether this class is appropriate for you, please email me with your questions, no later than the first week.

First and foremost, you should be able to distinguish between your personal preferences, beliefs and biases and sound evidence-based nutrition science. At times, they may be in conflict or concurrence. For this class, you will be evaluated and graded on your understanding of the material presented in the lectures, textbook, and online course information.

**Goals of the Course**: at the end of the class you should be able to do the following:

1. Be able to distinguish among foods as relative sources of calories and the various nutrients and be aware of appropriate sources for this information.

2. Be able to list the nutrients that are essential for normal functioning of the body and briefly describe functions of each of these nutrients as they interrelate for achieving good health.

3. Be able to recognize the following processes as they relate to obtaining nutrients from food and their use within the body: digestion, absorption, transport, metabolism and excretion.

4. Be able to interpret food guides and other dietary guidelines designed to meet nutrition needs.

5. Be able to apply nutrition knowledge to evaluation of consumer concerns such as: food labeling, advertisements, popular publications, food safety, new products, current food and diet fads.

6. Be able to identify current food and nutrition problems.

7. Be aware of methods and areas of nutrition research.

8. Be able to use computer software to assess the quality of your usual diet.

Please be aware that this class is designed to present nutrition concepts as a science, it is not geared directly towards your individual eating/dietary meals, other than by inference. If you are looking for a personal nutrition class, this will probably not meet your expectations. The politics of food, along with agricultural issues, while interesting, is beyond the scope of this class.
Required Textbook & Software

Human Nutrition Custom Edition, by Whitney and Rolfes

-OR-


Diet Analysis Software Login version 10.0 (comes bundled with Custom and New textbook; must be purchased separately if purchasing a used textbook).

There are several versions of this book available. All versions that are at the bookstore are OK for this class. Editions earlier than the 10th edition should not be used.

Online Class--Desire2Learn
This class is partially presented by Desire2Learn. Log on at www.psuonline.pdx.edu You will automatically be enrolled in the online portion of the class when you are registered. Here you will find all class information, handouts, weekly lectures, discussion topics, and additional material. Since the class is quite large, you have been assigned within our D2L course to a smaller group of ~10 students.

Discussion Posts
Nutrition is one of the sciences that relates to us personally. I want you to have an opportunity to reflect on your own eating habits and those of others, so that you can put the information you learn in lectures into practice.

Nine discussion topics will be presented during the term, one each week. The topic will relate to the material being discussed. The discussion topic will be available the day of the live lecture and open for one week. You may only post to the current weeks topic, except for the week after the Midterm. This week is an open week and you may post an Original or a Reply Posting to any of the 5 previous topics.

Over the term, you must post an Original posting for 3 different discussion topics and 3 separate Reply postings to other students’ postings in different topics. Only 1 posting will be graded per week, meaning you will post to a minimum of 6 out of the 9 topics. You may certainly post to more, but they will not be graded. The Original posting will be due by midnight on Sunday following the lecture covering this topic. The Reply posting will be due no later than midnight on Wednesday the following week.

The following points are what is looked for in your Original postings to the Discussion Board and your Replies to other students’ postings

Original post (7 points):
1. Mentions at least 2 specific points from the materials (1 point)
2. Relates new information to information learned in the course to date (1 point)
3. Relates information in materials to personal experience (1 point)
4. Discusses at a critical level, with specific examples to support points (3 points)
5. Writes succinctly and respectfully, posting should be 200-500 words (1 point)

Reply postings (3 points):
1. Discuss one point you like/agree with, and one point you dislike/disagree with, and why. Without making it personal, point out the strengths or weaknesses of the post you are responding to (2 points)
2. Length should be approximately 100 words (1 point)

**Powerpoint lectures**
A lot of the material covered in class will be presented in short online Powerpoint lectures. Each week there will be 2-4 lectures that you are required to watch *prior* to coming to class. This material is *in addition* to the material presented in the Live class. You may watch and listen to these lectures at your convenience; however, you cannot get ahead of the class material, so the Modules will be “turned-on” week by week. You will open the PSU Echo360 server for each lecture by clicking on the D2L link within each week’s module*. You will logon using your normal PSU Odin account login and password. Viewing the Echo360 file requires you to have multimedia capabilities—audio output and flashplayer software should suffice.

Your comprehension of the information from the online lectures will be assessed during the Live class in the form of pop-quizzes, reflection essays and material feedback.

*Note: Various web-browsers seem to work better for playing these files from the Echo360 server: Safari and Mozilla Firefox work well, but Internet Explorer (or at least my version of it!) is not playing the movies. If you have trouble playing the lecture, try a different web browser.

**Live Lecture-Thursdays from 2-3:50pm**
Attendance to the Live Lecture is *required.* Lecture will consist of movies, powerpoint lectures, discussions, activities and each week we will have a Reflection question, Quiz, or Most/Least Clear Remark which will serve to record attendance and assess comprehension.

Over the course of the term 2 Unannounced Quizzes will be given at the start of class. These are worth 10 points. Other forms of classroom feedback/attendance are worth 5 points per class.

If absent for reason of illness, you must present a doctor’s note and make up any missed quiz during office hours or after class.

**Diet Analysis Project**
The project is a “term long” independent activity. You will track everything you eat or drink for 3 days, enter it into an online computer program and then complete 3 Diet Analysis Assignments that have various questions and calculations based upon what you actually ate and nutrient recommendations. The packet will be distributed the first week of class. You will need the Diet Analysis Program for this (see above.) Any assignments not turned in during weekly lecture need to be submitted to the Chemistry Dept. office and date/time stamped or handed to me during my office hour time.

**Office Hours**
Before class on Thursdays (12:45-1:45), or by appointment. You are encouraged to visit and discuss any difficulties you are having with the class material. Science Building 1, Room 506.
**Grading**
Term grades will be based on the Diet Analysis project, Exams, Live Class attendance, Class quizzes and Discussion & Reply postings. **Exams will cover all readings, lectures, and discussions.**

Grades will be weighted as follows:

**POSSIBLE POINTS**

<table>
<thead>
<tr>
<th>POINTS</th>
<th>Assignment/Activity</th>
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<tbody>
<tr>
<td>5</td>
<td>Syllabus Quiz (Online)</td>
</tr>
<tr>
<td>5</td>
<td>Food Records &amp; Online Submission for Diet Analysis Plus</td>
</tr>
<tr>
<td>30</td>
<td>Diet Analysis Assignment Part I</td>
</tr>
<tr>
<td>20</td>
<td>Diet Analysis Assignment Part II</td>
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<tr>
<td>30</td>
<td>Diet Analysis Assignment Part III</td>
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<tr>
<td>40</td>
<td>Live lecture attendance if present for both unannounced Quizzes</td>
</tr>
<tr>
<td>21</td>
<td>3 X 7 Online Discussion Main Entries</td>
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<tr>
<td>9</td>
<td>3 X 3 Reply Entries</td>
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<tr>
<td>75</td>
<td>Midterm (multiple choice) test</td>
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<tr>
<td>75</td>
<td>Final (multiple choice) test</td>
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Total 310 points

**Make up tests may be given for reasons of illness or emergency only. You must contact me BEFORE test time.**

**Grades** will be assigned as follows: (as percent of 310 total points)

Numeric grades will be rounded to the nearest % and the final grade given as:

- A 100-92%
- A- 91-90
- B+ 89-88%
- B 87-82%
- B- 81-80%
- C+ 79-78%
- C 77-72%
- C- 71-70%
- D+ 69-68%
- D 67-60%
- F 59% and below

**Academic Honesty**- Students are expected to be honest and ethical in their academic work. Any student caught cheating during an exam or quiz will be given a final grade of F.