Introduction to Nutrition- SCI04313
Fall 2021

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Office Hours: M,W,F: 10am-12pm; 1-2pm
Tues: 1-2pm
**I am also available by appointment*

Lecture: BU209 M,W,F: 12:00-12:50pm
Laboratory: BU209 Thursday: 8:00-9:50am

Course Description:
This course will explore the general principles of nutrition that are needed for optimal health. The chemical composition of the major macronutrients and micronutrients will be examined. Additionally, the physiology behind proper digestion and absorption of consumed nutrients as well as their use in cellular energy metabolism will be studied. For the laboratory component of the course, the class will learn to comprehend nutrition and food labels, utilize nutrition tracking tools, as well as perform hands-on activities to explore the chemical makeup of food molecules. Current topics in nutrition will be integrated into the course material, such as evaluating the efficacy of dietary trends and gaining helpful strategies to eat healthier as a high school student. This course is highly recommended for students who are interested in increasing their knowledge base about basic nutrition in order to make more informed decisions about leading a healthy lifestyle.

Trigger Warning: Please understand that the study of nutrition could be a trigger for individuals who struggle with disordered eating. If you find yourself being triggered, please contact Mental Health and Support Services or Dr. Lester.

General Course Objectives:
With successful completion of this course, students will:
1. Understand nutritional needs for optimal human health
2. Become informed consumers of nutrition information
3. Gain helpful strategies to incorporate nutrition as part of a healthy lifestyle

Textbook:
Schiff W. 2021. Nutritional Essentials: A Personal Approach. 3rd Ed. New York, NY: McGraw-Hill Education.

***Assessments:**

4 Creative Projects (70 points each)	= 280 points (~44%)
Weekly Assignments (~5-10 points each)	= ~110-130 points (~19%)
Lab Assignments (~15-25 points each)	= ~240 points (~38%)
	~640 points

***The point values are approximations.**

Grading Scale:

100 – 93% = **A**	< 90 – 87% = **B+**	< 80 – 77% = **C+**	< 70% = **D***
< 93 – 90% = **A-**	< 87 – 83% = **B**	< 77 – 70% = **C**	
	< 83 – 80% = **B-**		

Creative Projects:
The learning content and laboratory activities for the semester will be divided into four units. For each unit, we will be working on a project that will bring together the learned concepts. As a class we will determine the scope of the project we will doing. Each unit project will involve both individual and group work.

Weekly Assignments:
Most weeks, an assignment will be posted to Canvas that will be due the following week. The goal of each weekly assignment is to get the class "warmed-up" for class content we will be covering and/or to review material that has already been covered. These assignments will help you feel more confident in your preparation of course material.

- Each assignment will be submitted on Canvas.
- Each homework assignment will be worth ~5-10 points.
- Most of assignment will be graded for correctness. The remaining portion will be graded for completeness.

Laboratory Activities:
The goal of each laboratory activity will be to take a more in-depth analysis of a course topic.

- Each laboratory activity will have an assignment that will be submitted individually on Canvas by the due date provided by the instructor.
- Each assignment will be worth 15-25 points.

Late Policy for Homework and Laboratory Assignments:

- If the assignment is late for an unexcused reason, 25% will be deducted if submitted 24h after the due date.
- If you are absent from class for an excused reason/extenuating circumstance, the assignment can be turned in later without any point penalties. You are responsible for notifying the instructor as soon as possible after the missed due date (waiting until the end of the semester to gain points back is not acceptable).

Student Expectations:

- Please know that I like hearing from you! I am here to support you. Please do not hesitate to contact me when you need help. Communication is key.
- You are expected to take an active role in class discussions/activities during lecture and lab. Please come to our class meetings distraction free from other electronic devices or applications (yep, those cell phones).
- You are expected to periodically check your email accounts and Canvas. I will make class announcements through email.
- Class materials and grades will be posted to Canvas and PowerSchool. As grades are posted, it is your responsibility to make sure grades are posted correctly. Please contact me immediately if any grades are posted incorrectly.
- You are expected to turn in assignments on time. Please see the late policy provided above for submitted assignments for more details.
- You are expected to attend class regularly and be there on-time. If you are late to class, you will receive a warning for the first time, but subsequent tardiness will be recorded as such. If you are more than 15 minutes late for lecture or lab, then these may be recorded as absences. Exceptions might be made for students with extenuating circumstances.
- If you are absent from lecture or lab, it is your responsibility to contact me. Work can be made up for excused absences.
- **All work you submit for individually submitted assignments/exams must be original.** Copying from another student or plagiarism of others' work (including websites, textbooks, etc.) will result in at least a "0" for that assignment (see the Academic Integrity Policy below).

Academic Integrity Policy:
Academic dishonesty in any form will not be tolerated. The student is responsible for knowing the policies and consequences as stated in the Academy handbook. Specifically for this course, cooperative group work on

homework assignments is appropriate and is encouraged, but simple copying of an assignment from another or allowing another to copy your homework without collaboration is not acceptable.

If you have any questions regarding what constitutes cheating, please speak to me. In order to preserve the credibility of all students' grades, I encourage you to tell me if you observe violations of the integrity policy.

Special Circumstances:
If you need course adaptations or accommodations because of a disability, if you have emergency medical information to share with me, or if you need special arrangements in case the building needs to be evacuated, please make an appointment with me as soon as possible.

If you are struggling with study habits, stress and/or personal issues, I encourage you to discuss this with your SLC and/or contact the Guidance Office for help in dealing with these issues so that you can thrive at the academy. Many resources are available to students and important contact information is listed below:

For Academic assistance: Ms. Rebecca Hammons (***rebecca.hammons***@bsu.edu)
phone: 765-285-8108 *office*: WA 160-B

For Tutoring: Contact: iaguidance@bsu.edu

Mental Health Therapist: Dr. Mindy Wallpe (mcwallpe@bsu.edu)
phone: 765-285-8130 *office*: WA 160-C

BSU and IA commitment to Diversity:
Ball State University aspires to be a university that attracts and retains a diverse faculty, staff, and student body. We are committed to ensuring that all members of the community are welcome, through valuing the various experiences and worldviews represented at Ball State and among those we serve. We promote a culture of respect and civil discourse as expressed in our Beneficence Pledge and through university resources found at http://cms.bsu.edu/campuslife/multiculturalcenter

Indiana Academy Mask Policy:
The Indiana Academy will follow Ball State University's mask policy (see Section IV). Based on current CDC guidance recommending the wearing of face masks for all people—regardless of vaccination status—in public indoor settings in communities where the rate of coronavirus transmission is high or substantial, all employees, students, and campus visitors are required to wear a mask while inside any University building. This requirement is effective on August 9, 2021. Fully vaccinated people are not required to wear masks outdoors.

Individuals who are not fully vaccinated for COVID-19 are required to wear face masks while inside campus buildings and outside when physical distancing cannot be maintained.

If a student declines to wear a face mask as required, the student will be referred to the Director of Academic Affairs or the Director of Residential Affairs. If the situation occurs in a classroom or other academic setting, it is considered a classroom management issue, and the teacher will remind the student of the requirement and give the student a chance to comply with it prior to referring the matter to the Director of Academic Affairs or the Director of Residential Affairs. Wearing masks is crucial to preventing the spread of COVID-19 to others.

Class Schedule:

Unit	Week	Lab Topic
Unit 1- Introduction to Nutrition Body Systems and Homeostasis Nutrition Research Nutrition Guidelines and Recommendations	Week 1- Aug 16th	Homeostasis
	Week 2- Aug 23rd	Information Literacy
	Week 3- Aug 30th	Food Labels/Food Tracking
	Week 4- Sept 6th- Extended weekend (No class Mon or Tues)	BSU Nutritionist
	Week 5- Sept 13th	**Unit 1 Project**
Unit 2- Digestion Energy Metabolism/Bioenergetics	Week 6- Sept 20th	Enzymes/Digestion
	Week 7- Sept 27th	Energy Metabolism
	Week 8- Oct 8th	Energy Balance
	Week 9- Oct 13th- Extended weekend (No class Mon or Tues)	Metabolism catch-up
	Week 10- Oct 18th	**Unit 2 Project**
Unit 3- Carbohydrates Lipids	Week 11- Oct 25th	Carbohydrates
	Week 12- Nov 1st	Lipids
	Week 13- Nov 8th	**Unit 3 Project**
Unit 4- Proteins Vitamins Minerals Water	Week 14- Nov 15th	Proteins
	Week 15- Nov 22nd Thanksgiving No school all week	No Lab
	Week 16- Nov 29th	Micronutrients and Water
	Week 17- Dec 6th	Nutrition Escape Room
	Week 18- Dec 13th	**Unit 4 Project**

The instructor reserves the right to modify the course material (both lecture and laboratory) during the term. If any changes are made, I will notify the class ahead of time.