

The Indiana Academy for Science, Mathematics, and Humanities
Introduction to Nutrition SCI04313
Fall Semester 2022

Instructor: Donald Winslow, Ph.D.
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Office hours: Monday 2:30-5 PM
Tuesday 1-1:30 PM
Wednesday 2:30-5 PM
Thursday 1-3 PM on Zoom (Email me, and I'll send you a link.)
Friday 2:30-5 PM

Class: MWF 12-1 PM in BU211; Lab Tues. 2-4 PM in BU211

Course description: (from the Course Catalog, <https://academy.bsu.edu/catalog/>)

Prerequisite: None

Co-requisite: Biology II: Introduction to Nutrition Lab (SCI4313L)

Credit: 1.5 credits

Offered: Fall

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.

General course objectives:

After successful completion of this course, students will understand nutritional needs for optimal health, become informed consumers of nutritional information, and gain helpful strategies for incorporating nutritious eating habits as a component of a healthy lifestyle.

Textbook:

Schiff, Wendy J. 2021. *Nutrition Essentials: A Personal Approach*, 3rd ed. McGraw-Hill: New York.

Assignments:

The assignments for the course are shown in the table below.

Assignment type	Points	Number	Total
Examination	100	4	400
Homework	10	16	160
Lab write-up	20	11	220
Inquiry and outreach project	70	3	210
Participation and conduct	10	1	10
Total			1000

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-		

Grades will be posted on Canvas and Powerschool. If I am late posting grades, you can easily calculate your standing in the course by adding all the points you have earned from all assignments. There are 1000 points available in the course, so each point is worth 0.1%.

Examinations:

Although each exam is weighted equally, the last one is a comprehensive final exam. Some exam questions may include lab stations where you answer questions about specimens, foods, or lab equipment.

Homework assignments:

Most weeks, a homework assignment will be posted to Canvas and due the following week. The goals of homework are to review material that has been learned previously and/or to prepare for material that is to be covered in the coming week. Each homework assignment will be submitted on Canvas and worth about 10 points. Homework assignments will be graded for correctness and completeness.

Laboratory activities:

Lab activities will permit hands-on exploration of concepts learned in class. Most lab activities will be submitted individually by each student on Canvas on a due date set by the instructor. Some may be turned in on paper in class if the instructor decides that is appropriate for the exercise. Each lab assignment will be worth 15-25 points. During some labs students will work with lab partners. Please review the lab exercise and any relevant training materials before lab so that you know what you are doing before you begin. Please check your email and Canvas regularly for any updates.

Inquiry and outreach projects:

This semester we will undertake several projects that involve first answering a question and then developing an informative media project (video, pamphlet, poster, or something else) to disseminate to the broader Academy community. We will work as a class to determine the scope of each project. Each project will involve both individual and group work.

Participation and conduct:

I will assign a few points at the end of the semester to reflect your degree of participation in lab and lecture and your conduct. Good conduct entails adhering to safety guidelines, being polite to others, and not causing disruptions. This will be done on a holistic basis; I do not intend to count every time you raise your hand or don your safety glasses.

Attendance:

Please arrive on time to class. The instructor is required to take attendance so that all students are accounted for. If you arrive late to class, someone might start checking to see where you may be. If you are late, you may need to remind the instructor to change the absence to tardy. This will disrupt our workflow and possibly the workflow of others, so please try to avoid it.

If you miss lecture for any reason, you are responsible for getting any notes, announcements, reading material, or assignments from the instructor or a classmate. If you miss a lab, it may be difficult to arrange for you to make it up. Participation in lab is essential for your own success and for that of any student working with you. If an unavoidable emergency or illness prevents you from attending class or completing an assignment on time, please inform the instructor as soon as possible (preferably beforehand).

The Academy and not the instructor determines whether an absence is excused or unexcused. If an absence is excused, the instructor will make every reasonable effort to ensure you have the opportunity to make up any assignments (see assignment table below for categories of graded assignments) associated with the absence. If the absence is unexcused, the instructor may accept late work as time allows, but a penalty of 10% per day late will be assessed. No direct grade penalty is assessed for an absence, but missing class is likely to make it very difficult for you to be successful in the course.

Late assignments:

If you are late submitting an assignment because you missed class, see the section above on attendance. If you are late submitting an assignment for a reason unrelated to missing class, the instructor may grade the assignment as time allows, but 10% will be deducted from the grade for each day it is late (unless resulting from an event associated with an absence excused by the Academy).

Classroom conduct:

Please be considerate of other classmates. Keep any devices not used for classroom activities silenced or off. Your phone should be put away if it's not being used for class. Laptops can be used in class for class activities, but repeated use for non-class activities may result in a loss of that privilege. Please do not annoy others, and treat each other with respect. Do not interrupt another student or the instructor. If you are having difficulty getting a word in, you can raise your hand. Examples of improper conduct include having extended conversations, working on assignments for other courses, sleeping, etc. Serious and/or chronic problems may be cause for dismissal from the course.

Academic Conduct

It is important to prepare for each class meeting by completing the reading and any assignments that are due. Assignments should be submitted on Canvas or in class, depending on the assignment. Although some activities such as labs may be completed in pairs or groups of students, each student is individually responsible for submitting assignments with original writing (not copied from your lab mate). You are encouraged to discuss answers to lab activities with other class members, but the wording should not be the same. Do not share word processing files with each other, but make sure each student has access to the raw data for analysis.

You are expected to conduct yourself according to the Indiana Academy Student Handbook (<https://academy.bsu.edu/handbook/>), especially the Code of Conduct and the section on Academic Integrity. On writing assignments, please be sure to use your own wording and cite all sources of information, whether from the Internet or otherwise. If you are not sure how to cite something, ask the instructor. Note that language copied verbatim from a book, website, another student's paper, or any other source is considered plagiarism unless it is in quotation marks and cited. Plagiarism is a form of academic dishonesty. Please do not plagiarize or cheat in any other way. An infraction may result in a 0 for the assignment. Also, the instructor is required to report any ethics violations to the Academic Integrity Board or (the Director of Academic Affairs and your parents).

Course evaluations:

At the end of the semester, each student will have the opportunity to evaluate the course, instructor, and materials. The instructor will not see the results of the evaluations until after grades have been submitted. Your frank and constructive responses will help improve the course for future semesters.

Topics:

Lectures will cover the fundamentals of nutrition, homeostasis, nutrition guidelines and recommendations, digestion, energy metabolism, carbohydrates, lipids, protein, vitamins, minerals, and water. In lab we will explore homeostasis, information literacy, food labels and tracking, enzymes and digestion, energy metabolism, energy balance, carbohydrates, lipids, proteins, micronutrients, and water.

Special Circumstances:

If you need accommodations because of a disability, have emergency medical information to share with me, or 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 for students, and important contact information is listed below:

For Academic assistance: Rebecca Hammons (rebecca.hammons@bsu.edu)

phone: 765-285-8108 *office:* WA 160-B

For Tutoring: iaguidance@bsu.edu

phone: 765-285-2889 *office:* WA 160-D

Mental Health: Dr. Mindy Wallpe (mcwallpe@bsu.edu)

phone: 765-285-5483 *office:* WA 160-C

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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](#). For Bias Incident Response information, please click [here](#) or e-mail reportbias@bsu.edu.