Course Syllabus

Course Description
An introduction to nutrition science, emphasizing physiological and biochemical interactions between food and the human body. Explores the relationship between foods, nutrition, and disease promotion/prevention. Applies nutrition to individual food behaviors.

****This course is best viewed using Internet Explorer****

Course Objectives
Upon successful completion of the course the student will be able to:

- Identify and describe the 6 major classes of nutrients.
- Understand the metabolism of food in energy production.
- Demonstrate an awareness of the scientific basis of nutrition, emphasizing the role of the individual nutrients as integrated parts of the whole process.
- Identify food sources for nutrients.
- Understand the important and changing roles of nutrition throughout the life cycle.
- Identify consumer concerns about food and nutrition.
- Relate nutrition to maintenance of good health and prevention of chronic disease.
- Describe the process of digestion and metabolism.

Required Textbook

This textbook is not available from the University Bookstore, but can be purchased from online book dealers such as Amazon.com (often for a discounted price).

Course Correspondence
All correspondence with the Instructor will be through email (abbot@dceo.rutgers.edu). If an email is received during the week (Monday -Thursday), a reply will be given within 24 hours. If an email is received in the afternoon on Friday or over the weekend, a reply will be given the following Monday before noon. Please include your full name in ALL email correspondence.

Course Policies and Procedures (General, Exam, Assignment),
This course is delivered completely online and covers the same amount of content as the regular semester course in about five weeks. Students are encouraged to review the syllabus carefully and schedule specific times during the week to accomplish the readings and assignments designated for the course. The course is divided into three Units. Each Unit is scheduled to last 11-12 days and will cover 5-6 chapters of content. At the end of each Unit there will be a Unit exam.

Exam Policy
All exams are completed online. Each exam will be available to complete online for five days during the dates listed on the syllabus. Each exam will cover material from the topics listed within the units associated with the exam. Online exams must be completed in one session.
and will be timed.

There is no separate final exam for this course.

All exams must be completed during the dates allotted – **NO EXCEPTIONS**! There will be **NO** makeup dates for exams. **DO NOT** wait until the last day to complete the exam! If you have any problems with the exam software (i.e. computer problems, **do not email the instructor**, instead call Rutgers eCollege help desk immediately at (732) 932-4702.

**NOTE to MAC users** - the ExamGuard Software program that you must download and install in order to take the exams online is **NOT** compatible with a MAC, so exams will have to be taken on a PC (you can use any campus library computer).

**Assignments**
The assignments provide opportunities for the student to explore their diet in depth, identify strengths and weaknesses, and devise a plan for dietary change. The assignments correspond to course content and serve to help the student gain a deeper understanding of the material. Assignments are due **by 6:00 PM** of the day they are noted on the syllabus. Late assignments will **NOT** be accepted.

**Class Chat Room & Threaded Discussions**
Students are encouraged to use this chat room to converse about the **nutrition topics being discussed in the course**. Student will occasionally be asked to participate in a threaded discussion as part of an assignment or for extra credit and details about these discussions are listed under 'Assignment' in the Unit each discussion falls into. When posting to the chat room or threaded discussion please be considerate of others – this forum is for learning purposes only. **The chat room will be monitored and any inappropriate conversation will be deleted and the student(s) participating notified.**

**Supplementary Materials**
Within each Unit are supplementary materials – self assessments, links to additional material, useful web sites, etc. Completion of these materials are not required for the course; however, completion is strongly recommended as these supplementary materials were chosen specifically to enrich the learning experience.

**Extra Credit**
There may be limited opportunities to earn extra credit. Opportunities will be announced online if available.

**Grading**
Grades will be calculated on a point system. Each Unit Exam will be worth 100 points. There will be an additional 150 points that can be earned from homework assignments (details below). The total possible points for this course are 450.

| 100 pts | Exam 1 |
Assignments
There are three assignments due throughout the course.

Assignments
Self Introduction - 20 points
3 Day Dietary Intake Self-Assessment- 100 points
Opinion Essay - 30 points

Detailed Outline

<table>
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<tr>
<th>Unit</th>
<th>Topics</th>
<th>Reading</th>
<th>Assignments/Exam</th>
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<tbody>
<tr>
<td>1. Nutrition Basics &amp; Macronutrients</td>
<td>Science of Nutrition, Tools of Healthy Diet, Carbohydrates, Lipids, Proteins, Alcohol</td>
<td>Chapter 1, Chapter 2, Chapter 5, Chapter 6, Chapter 7, Chapter 8</td>
<td>Introduce Self, Exam 1:</td>
</tr>
<tr>
<td>2. Digestion &amp; Metabolism and Micronutrients</td>
<td>Digestion &amp; Absorption, Energy Metabolism, Fat Soluble Vitamins, Water Soluble Vitamins, Water &amp; Major Minerals, Trace Minerals</td>
<td>Chapter 4, Chapter 9, Chapter 12, Chapter 13, Chapter 14, Chapter 15</td>
<td>Exam 2: Dietary Self Assessment Project</td>
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Trouble Shoot
If you encounter issues with the eCollege course system, go to the ?Help icon in the upper right-hand corner of the course screen.