
Class Time: 12:35-1:55 on Tuesdays and Fridays,
Hickman 138 Cook/Douglas Campus

Instructors
Joseph L. Dixon, PhD
132 Thompson Hall (96 Lipman Drive) (Cook Campus)
dixon@aesop.rutgers.edu
848-932-9039 (email best!)
Office Hours: Thursday 2:00 – 4:00pm; and after class if you wish to walk back to my office with me, and by appointment

Joshua W. Miller, PhD
Professor and Chair
Dept. of Nutritional Sciences
Rutgers, The State University of New Jersey
65 Dudley Road, Room 107
Office Hours: To be Announced

Teaching Assistant: Pamela Barrios; email: pbarrios@rutgers.edu
Tuesday after class (2:15pm- 3:15pm) and Fridays before class 11:15am-12:15pm- Davison 212B.

Required Text: Michelle "Shelley" McGuire/Kathy A. Beerman. Nutritional Sciences: From Fundamentals to Food, either 2nd and 3rd Editions can be used (3rd edition is preferred; See Page 4 below!)

SAS Learning Goals addressed in the course are:
21st Century Challenges [21C]: a) Analyze the degree to which forms of human difference shape a person's experiences of and perspectives on the world; c) Analyze the relationship that science and technology have to a contemporary social issue.
Areas of Inquiry: Natural Sciences [NS]: e) Understand and apply basic principles and concepts in the physical or biological sciences; f) Explain and be able to assess the relationship among assumptions, method, evidence, arguments, and theory in scientific analysis.

Overview: This course is for the purpose of giving the student a firm foundation in the science of nutrition, and it emphasizes how nutrition influences health and wellbeing. The students in this class are from different grade levels and have different backgrounds in science. In fact, there are nutrition and biology majors in this class as well as students who have not taken a science course at the college level. Because of the diverse background of the students, I have to walk the fine line between providing the nutrition majors with a deep enough foundation in nutrition and presenting concepts that can be easily grasped by non-majors. As with any class, exams cover material that is presented in lecture and in the textbook. The number one question that I am asked is, can I do well in this class without having college and/or organic chemistry (which are not prerequisites for this class)? My answer is always the same: Many non science majors have done very well in this class, but at points in the class students will need to open their minds to remember fairly basic chemical principles that each of you had in high school chemistry. I try my best to help the non-majors at these times. If students attend lectures and read the text on a consistent basis (especially the Nutrition Matters sections!), more often than not, students receive a “good” grade. By the end of the course, it is my goal to have each student be able to evaluate his or her own diet, and to know what is required in the diet to attain a long and healthy life.
Grades: Grades will be calculated on a point system.

<table>
<thead>
<tr>
<th>Exam</th>
<th>Points</th>
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<tbody>
<tr>
<td>Exam 1</td>
<td>100</td>
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<td>Exam 2</td>
<td>100</td>
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<tr>
<td>Exam 3</td>
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<tr>
<td>Exam</td>
<td>100</td>
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<tr>
<td>Dietary Assignment</td>
<td>50</td>
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<tr>
<td>Quizzes, Home works, Written Assignments</td>
<td>50</td>
</tr>
<tr>
<td>Total Points</td>
<td>500</td>
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The quizzes and written summaries can have variable points. Usually, there are about 5-7 quizzes or summaries during the course of the whole semester. They are graded very leniently and are for the purpose of assessing attendance and providing feedback from the class. There are absolutely no make-ups if you miss a quiz!

Final grade allocation:

A= 91-100%, B+ = 86-90%, B= 81-85 %, C+ = 76-80%, etc.

Exam Policy
All exams are mandatory – no exceptions!

Exam 1 will cover all material covered in class from the first day of class until the day of the exam.

Exam 2 will cover all material covered in class since the first exam through the indicated class meeting before the second exam and all assigned readings.

Exam 3 will cover all material covered in class since the second exam through the indicated class meeting before the third exam and all assigned readings.

Final Exam questions will come from the 4th section (Special Topics) but may have a few questions from earlier sections. The final will be announced (same room as the lecture).

All exams will be closed book, closed notes. Do not touch or look at your cell phone during the exams. There will be NO make-up exams without an official Doctor's note (on Office or Hospital letterhead with a contact telephone number). You must bring a student ID and a number 2 pencil to all exams. Your exam will NOT be accepted if your student ID is not presented.

Diet Evaluation Project
This year the dietary assignment will be early in the semester.

Academic Integrity
The Rutgers Academic Policy states, "Students are responsible for understanding the principles of academic integrity fully and abiding by them in all their work at the University. Students are also encouraged to report alleged violations of academic integrity to the faculty member teaching the course in which the violation is alleged to have occurred."

Please read the Rutgers University Interim Academic Integrity Policy, Effective September 2, 2008 (and still in force), at http://academicintegrity.rutgers.edu/integrity.shtml
Student Learning Outcomes for Nutrition and Health (709 255). After completing this course, the student will:

1. Be familiar with the research methods in nutritional sciences
2. Understand the definitions of dietary reference standards, and correctly read and interpret food labels
3. Be familiar with the digestive system and the roles of other important organs in the regulation of nutrient utilization
4. Have foundational and discerning knowledge of protein, carbohydrate and fat metabolism
5. Utilize food composition tables and nutrition software to calculate the nutrient intake and adequacy of your diet
6. Have foundational knowledge of how the body utilizes macronutrients to produce useable energy
7. Recognize the complexities of weight gain and loss and the magnitude of the obesity problem in the US
8. Be familiar with the most important trace and major minerals
9. Know which and under what circumstances dietary supplements are recommended
10. Understand the nutritional needs of individuals during different stages of life
11. Have a foundational knowledge of the role of nutrition in the development and treatment of chronic diseases
12. Be able to actively and effectively participate in the debate on food choices in society
13. Be familiar with current issues and research topics in health and nutritional sciences


The Text is the same one used the last couple of semesters (Both Drs. Sherman & Dixon use the same book). There are now two Editions that you can use – either the 2nd or 3rd Editions! However, the 3rd edition is the preferred edition.

Michelle "Shelley" McGuire/Kathy A. Beerman. Nutritional Sciences: From Fundamentals to Food w/ Table of Food Composition Booklet (Food Composition book and Diet analysis software are not needed this year!) I would prefer you have the third edition, although the second edition is fairly similar. This semester I will only make reference to pages in the 3rd edition. There must be hundreds of these texts used available around campus for purchasing! Last year, many students bought this text on line for $20 or less. Actually, some students bought it for $5 on line.

A new book in the bookstore usually comes packaged with the software for diet analysis. We will use a free online website this year. So if you buy a used book, all you need is the textbook itself.

Below is the third edition of the textbook for the course:

Nutritional Sciences: From Fundamentals to Food (with Table of Food Composition Booklet), 3rd Edition: Michelle 'Shelley' McGuire; Kathy A. Beerman (Pub date: 2013)
This book new is over $200! They are already in stock in Barnes and Nobles on the College Ave campus. The Ebook is $45 Please try to buy a used book!