



COURSE NUMBER AND TITLE: NR.110.200 Nutrition

CREDITS: 3 credits

PRE- AND COREQUISITES: None

COURSE DESCRIPTION:

This course will cover the science and fundamentals of human nutrition. Topics covered include nutritional requirements related to changing individual and family needs, food choices, health behaviors, food safety, prevention of chronic disease and nutrition-related public health in the United States and globally.

OBJECTIVES:

Upon completion of the course, the student should be able to:

1. Know the six classes of nutrients and explain their role as it relates to promoting optimal health, information on food labels, and the accuracy of statements made in popular media about nutrition.
2. Relate the importance of good nutrition to different stages in human development and the promotion of a healthy lifestyle.
3. Determine, compare and contrast the nutritional value of current eating habits to current recommendations and propose modifications to reduce the risk for developing chronic diseases.
4. Identify strategies to eating a healthy diet in different cultural and environmental settings.

HOW WE WILL WORK TOGETHER:

Students will use their personal computer, text, and the course site on Blackboard. This course will assess your knowledge of the materials using online lectures and case studies, discussions, reflections, dietary planning, quizzes.

TECHNICAL SUPPORT:

For issues related to Blackboard login and access, contact SON Help Desk at 410-614-8800 or email son-helpdesk@jhu.edu

For any other issues with course materials, you will find detailed contact information for the instructor, the teaching assistant and others under **Contact Information** section of the Blackboard site. You can also post a thread under the General Discussion Forum. We will get back to you as soon as we can.

SUMMARY OF OPPORTUNITIES TO DEMONSTRATE LEARNING:

The following activities will be evaluated in this course. Your course grade will be determined by percentage earned from the evaluated activities, which will be calculated by the total number of points you have earned divided by the total points possible.

OPPORTUNITIES TO DEMONSTRATE LEARNING	COURSE OBJECTIVES ADDRESSED	VALUE
Module Quizzes, 8 Quizzes in total (15pts each)	1, 2, 3, 4	120pts
Weekly Discussions, 10 Discussion Boards in total (10pts each)	1, 2, 3, 4	100pts
Dietary Analysis Assignment	1, 2, 3, 4	50pts
Mini Case Studies, 4 in total (25pts each)	1, 2, 3, 4	100pts
Major Case Study	1, 2, 3, 4	50pts
Total		420pts (100%)

OPPORTUNITIES TO DEMONSTRATE LEARNING:

- *Lectures and Readings:* Most modules will include recommended reading from the required text and associated lectures. It is expected that students will read the material and listen to the lectures as to best facilitate their successful completion of course assignments.
- *Blackboard Posts:* Students are required to contribute to weekly discussion board topics. Post a thoughtful and complete response and reply to at least two classmates' posts by the assigned deadline to receive full credit. Suggest length is 1-2 paragraphs. High quality posts will contribute substantive content, illustrate a strong understanding of course material, reflect professionalism, and be free of

grammatical errors. Please cite sources using APA guidelines and include links as appropriate.

- *Quizzes:* Regular quizzes will test student understanding of course content. Quizzes can be attempted one time and students are encouraged to consult course materials as needed to complete the quiz. These quizzes are not timed tests, but please understand that if you walk away from your quiz while taking it, depending on your computer and the length of time, you may be automatically logged out of Blackboard.
- *Written Assignments:* Written assignments should be composed in complete sentences and include proper grammar, spelling, and punctuation. Files can be submitted in .doc and .pdf formats. All work submitted should include references for any resources consulted. Please cite work in formats consistent with the American Psychological Association. Guidelines for work can be found at: www.apastyle.org

LATE ASSIGNMENT POLICY:

All course assignments listed in the syllabus must be turned in by the specified due date and time. Once the due date and time have passed, 10% of the total points you have earned on the assignment will be deducted per day (per 24 hour period). There are no makeup or extra credit assignments allowed. Please contact the course instructor prior to the due date in the case of extenuating circumstances.

GRADING SCALE:

RANGE	LETTER GRADE	GRADE POINT
97 – 100	A+	4.0
93 – 96	A	4.0
90 – 92	A-	3.7
87 – 89	B+	3.3
83 – 86	B	3.0
80 – 82	B-	2.7
77 – 79	C+	2.3
73 – 76	C	2.0
70 – 72	C-	1.7
67 – 69	D+	1.3
63 – 66	D	1.0
60 – 62	D-	0.7
<60	F	0

REQUIRED TEXTBOOKS AND OTHER COURSE MATERIALS:

Sizer, F. & Whitney, E. (2014). *Nutrition: Concepts and Controversies*. (13th ed.). Belmont, CA: Wadsworth, Cengage Learning.

ACADEMIC POLICIES

For a full list of academic policies, please see the current academic catalog and handbook at <http://nursing.jhu.edu/catalog>.

HONOR CODE

Students enrolled in the Johns Hopkins University School of Nursing are expected to conduct themselves in a manner that upholds the values of this institution of higher education. Each student is obligated to refrain from violating academic ethics and maintaining high standards of conduct. In addition, the School of Nursing upholds the professional code of ethics established in the Code of Ethics for Nurses (ANA, 2015). Each student is held accountable for adhering to the American Nurses Association Code of Ethics. For the full Johns Hopkins School of Nursing Honor code, please go to <http://nursing.jhu.edu/catalog>.

COMMUNICATION POLICY

Students may communicate with the instructor by email, which is provided in the Contact Information area. The instructor will respond to students within 48 hours. Assignment feedback will be provided to students within two weeks of submission.

All official communication, notices, & announcements will be distributed through student JHU-SON e-mail accounts via blackboard. The student is accountable for checking this account regularly and for all course communication sent to it.

Students are responsible for reading “Netiquette” which is located under Syllabus & Course Info on the Blackboard site. Netiquette provides simple guidelines for civil on-line discourse & behavior, that participants are to follow and expect of one another.

DISABILITY SERVICES

If you have a disability and may require accommodation in this course, please contact the *Office of Student Affairs* at (410) 955-7545 or SON-StudentAffairs@jhu.edu to discuss your specific needs.

TOPICAL OUTLINE:

Learning activities and assignments will be explained in detail within each learning module under **Course Content** in Blackboard. Unless otherwise noted, all assignments are due on the due date listed in the schedule at **5:00 PM EST/EDT**. Permission for late submission of assignments must be requested from instructor before the due date, and may only be granted under special circumstances.

Module/ Week	Topic	Required Reading	Assignment
Prior to term start	Getting Started		Discussion Board: Introduce yourself Avoiding Plagiarism Module
Module 1	Nutrition in the Body	Ch. 1 – Food Choices and Human Health Ch. 3 – The Remarkable Body	Module 1 Quiz Module 1 Discussion Board: Nutrition Websites
Module 2	Macronutrients	Ch. 4 – The Carbohydrates: Sugar, Starch, Glycogen, and Fiber (p. 111-138 and 151-155) Ch. 5 – The Lipids: Fats, Oils, Phospholipids, and Sterols Ch. 6 – The Proteins and Amino Acids	Module 2 Quiz Module 2 Discussion Board: Fats in Processed Foods
Module 3	Micronutrients	Ch. 7 – Vitamins Ch. 8 – Water and Minerals	Module 3 Quiz Module 3 Discussion Board: Low-Sodium Diets
Module 4	Nutrition Standards and Guidelines	Ch. 2 – Nutrition Tools – Standards and Guidelines	Module 4 Discussion Board: Nutrition Facts Label Dietary Analysis Assignment
Module 5	Nutrition through the Lifespan	Ch. 13 – Life Cycle Nutrition: Mother and Infant Ch. 14 – Child, Teen, and Older Adult	Module 5 Quiz Module 5 Discussion Board: Childhood Obesity Mini Case Study #1 and #2

Module 6	Energy Balance and Body Weight	Ch. 9 – Energy Balance and Healthy Body Weight Ch. 10 – Nutrients, Physical Activity, and the Body's Responses	Module 6 Quiz Module 6 Discussion Board: Technology for Self-Monitoring
Module 7	Nutrition and Disease	Ch. 4 – The Carbohydrates: Sugar, Starch, Glycogen, and Fiber (p. 138-149) Ch. 11 – Diet and Health	Module 7 Quiz Module 7 Discussion Board: The DASH Diet Mini Case Study #3 and #4
Module 8	Hunger and the Global Environment	Ch. 15 – Hunger and the Global Environment	Module 8 Quiz Module 8 Discussion Board: Ecological Footprint
Module 9	Food Safety and Food Technology	Ch. 12 – Food Safety and Food Technology	Module 9 Quiz Module 9 Discussion Board: Food Additives
Module 10	Nutrition Counseling		Module 10 Discussion Board: Motivational Interviewing Major Case Study