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American Public University System

The Ultimate Advantage is an Educated Mind

Sports and Health Sciences
SPHE295
Foundations of Nutrition
3 Credit Hours
8 weeks
Prerequisite: None

Table of Contents

Instructor Information	Evaluation Procedures
Course Description	Grading Scale
Course Scope	Course Outline
Course Objectives	Policies
Course Delivery Method	Academic Services
Course Resources	Selected Bibliography

Instructor Information

Instructor: APUS Faculty

[Table of Contents](#)

Course Description (Catalog)

This course introduces students to the scientific principles of nutrition pertinent to the function of nutrients in the body and the physiological processes involved in digestion and absorption. Students will attain knowledge of the nutrients that make up the food we eat; the anatomy and physiology of digestion and absorption; the function of the each macro and micro nutrient within the body; the interplay between foods, food substances and disease processes like heart disease, cancer, and obesity; the role of nutrition throughout the life cycle; and, our global food problems.

[Table of Contents](#)

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Course Scope

Welcome to SPHE205, Foundations of Nutrition. This is an undergraduate survey course specifically designed to educate and expose students to the scientific principles of nutrition, as well as contemporary practices, theories, and trends in nutrition.

[Table of Contents](#)

Course Objectives

At the completion of this course, the student will have satisfied the following learning objectives:

1. Evaluate your diet using the tools of a healthy diet and basic principles of nutrition
2. Diagram digestion as food travels through the digestive track from mouth to anus
3. Assess the health and nutritional value of carbohydrates, lipids, protein and alcohol
4. Estimate the impact of each energy nutrient on the energy metabolism pathways
5. Compare and contrast: 1) fat and water soluble vitamins, and 2) major and trace minerals
6. Construct a timeline demonstrating the importance of the macro- and micro-nutrients throughout the lifespan from conception to death

[Table of Contents](#)

Course Delivery Method

This course delivered via distance learning will enable students to complete academic work in a flexible manner, completely online. Course materials and access to an online learning management system will be made available to each student. **Online assignment, follow-up Forum posts, and quiz are due by Sunday midnight of the assigned week. Initial Forum post is due by Thursday midnight of the assigned week.** Forum questions, examination and quizzes, and individual assignments will be submitted for review and graded electronically by the Faculty Member. Assigned faculty will support the students throughout this eight-week course.

[Table of Contents](#)

Course Material

Required Course Textbook:

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Book Number	Authors	Book Title	Publication Info	ISBN
	Byrd-Bredbenner, C, Moe, G, Beshgetoor, D, Berning J.	<u>Wardlaw's Perspectives in Nutrition, 9th Edition</u> with Connect	New York, NY McGraw-Hill Co.	9781259227431

Textbook in APA format:

Byrd-Bredbenner, C, Moe, G, Beshgetoor, D, Berning J. (202013). Wardlaw's Perspectives in Nutrition, with Connect 9th Edition, New York, NY McGraw-Hill

Additional Resources:

In the Resource folder there are additional course articles. The lesson may contain additional resources.

Web Sites:

In addition to the required course texts, the following public domain web sites are useful. Please abide by the university's academic honesty policy when using Internet sources as well. Note: web site addresses are subject to change.

Site Name	Web Site URL/Address
The OWL at Purdue	http://owl.english.purdue.edu/
APA Style Homepage	http://www.apastyle.org/index.aspx
Purdue University Online Writing Lab	http://owl.english.purdue.edu/owl/

[Table of Contents](#)

Evaluation Procedures

The nature of an on-line course requires a significant amount of independent work. The student will be provided with structure, resources, guidance, and instructor experience for learning the course material. The student, however, is responsible for managing time, completing assignments on time, completing the readings, and making inquiries as needed to complete the course effectively. This is an 8-week course, which means the material must be learned in a short period of time. This requires dedication and diligence on the part of the student.

To help you in your scholarly efforts the University also maintains, and is constantly upgrading, the Online Research Center (ORC). This resource is available for both faculty and students and represents a state of the art and very comprehensive knowledge base. Please make sure you take

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advantage of this valuable tool it is a great place to start any research effort and is available from within the electronic campus.

It is important for the student to check their messages in the classroom and posted Professor's notes for each week's work. Additional readings, internet-work and assignments will be posted on-line at the beginning of each week of the course. Assignment due dates will be posted with assignment directions. All assignments will have due dates of one week. The student is expected to complete all work on time. As adults, students, and working professionals I understand you must manage competing demands on your time. Should you need additional time to complete an assignment please contact me before the due date so we can discuss the situation and determine an acceptable resolution. Routine submission of late assignments is unacceptable and may result in points deducted from your final course grade.

For the purposes of this course, a "week" is defined as the time period from Monday to Sunday. The first week begins on a Monday 12:01am EST. Note: The last day of this course will end on a Sunday 11:59 pm EST. Again, the start and stop time are for Eastern Standard Time.

Please use the message center to contact me. I will check my messages daily and in most instances will respond within 24 hours. There may be times it may take me as long as 48 hours.

Due to the busy schedules of the students, all forum work is asynchronous, meaning you are not required to be on-line at a specific time with the professor or other students.

Assessment/Grading

Reading Assignments: You can find that week's reading assignments in the lesson plan and in this syllabus. You have one book for this class and the interactive learning lab Connect. As well, each week you may have additional online reading assignments from the web. Your knowledge of the reading assignments will be tested through the quizzes. These account for 20% of your grade.

Supplemental Readings: Besides the course textbook, there are a number of required supplemental readings. These are listed in that week's lesson plan. You are expected to know this material and it will be covered in the quizzes.

Forum Assignments: There are 8 weekly forum topics plus an introductory forum. All require a response. Forums are designed to initiate dialog between students. Feel free to debate, praise, and share thoughts about the topic with fellow classmates. In order to respond to a forum topic, post your response in the forum section of the classroom. The initial forum post must be >500 words. You are also required to respond to the posts of two classmates for each forum. These follow-up posts must be >250 words in length. Both the initial post and 2 follow-up posts will be graded. Each forum has a grading rubric that you can find in the resources section of the classroom. You will be graded based on the provided rubric. These account for 40% of your grade.

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Assignments: There are 3 assignments plus the Final Project that must be completed and uploaded. The grading rubric is provided in the assignment’s description. You will be graded based on that rubric. A minimum of one double spaced page (>500 words) per assignment is the baseline, unless otherwise directed.

Quizzes: There are 8 timed quizzes you will complete in this class. They are multiple choice and true/false. These account for 20% of your grade.

Final Project: There is one Final Project. Your project must be at least 5 pages in length (double-spaced, APA formatting) not counting the title page, reference page, listed meal plans, and the pages for the "All Daily Report" (Saved as a separate PDF attachment). (Your report could be 10 -15 pages in length without the “All Daily Report”.) Be creative with your presentation! You may use Word or Power Point. However, if you choose Power Point...your document must include correct APA formatting: double space, citations, headings, etc. Be sure to include all the information. All sources must be cited in the text and in a reference page. Only college level work is acceptable. The Final Project is worth 15% of your final grade.

Your final grade is based on the percentage value of each activity. Points are used to assess that percentage only. Forums = 40%, Assignments = 25%, Quizzes = 20%, and Final Project = 15% for 100% total.

Evaluation Procedures	
Graded Items	Percentage
Forums (8)	40
Assignments: (4)	
Assignment 1 – Initial Project	10
Assignment 2	7.5
Assignment 3	7.5
Assignment 4 – Final Project	15
Quizzes (8)	20

Total	100

[Table of Contents](#)

8 – Week Course Outline

Please see the [Student Handbook](#) to reference the University’s [grading scale](#).

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[Table of Contents](#)

<u>Week</u>	<u>Topic</u>	<u>Learning Objectives</u>	<u>Readings</u>	<u>Assignment</u>
1	<u>Nutrition Basics:</u> <i>The Science of Nutrition</i> <i>Tools of a Healthy Diet</i>	LO1: Evaluate your diet using the tools of a healthy diet and basic principles of nutrition	Text Readings: Chapters 1 & 2 In Course Materials: Lesson 1	Introductory Forum Quiz # 1: Over assigned readings
2	<u>The Nutrition Basics Continued:</u> <i>Our Food Supply</i> <i>Human Digestion and Absorption</i>	LO2: Diagram digestion as food travels through the digestive track from mouth to anus	Text Readings: Chapters 3 & 4 In Course Materials: Lesson 2	Forum Post #2: Assignment 1: My Diet Evaluation Quiz #2: over assigned readings
3	<u>Energy-Yielding Nutrients and Alcohol:</u> <i>Carbohydrates</i> <i>Lipids</i>	LO3: Assess the health and nutritional value of carbohydrates, lipids, protein and alcohol	Text Readings: Chapters 5 & 6 In Course Materials: Lesson 3	Forum Post #3: Quiz #3: over assigned readings
4	<u>Energy-Yielding Nutrients and Alcohol:</u> <i>Protein</i> <i>Alcohol</i>	LO3: Assess the health and nutritional value of carbohydrates, lipids, protein and alcohol	Text Readings: Chapters 7 & 8 In Course Materials: Lesson 4	Forum Post #4: Assignment 2 Quiz #4: over assigned readings
5	<u>Metabolism and Energy Balance:</u> <i>Energy Metabolism</i> <i>Energy Balance, Weight Control, and Eating Disorders</i>	LO4: Estimate the impact of each energy nutrient on the energy metabolism pathways	Text Readings: Chapter 9 & 10 In Course Materials: Lesson 5	Forum Post #5: Quiz #5: over assigned readings

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<u>Week</u>	<u>Topic</u>	<u>Learning Objectives</u>	<u>Readings</u>	<u>Assignment</u>
6	<u>Vitamins and Minerals:</u> <i>The Fat-Soluble Vitamins</i> <i>The Water-Soluble Vitamins</i>	LO5: Compare and contrast: 1) fat and water soluble vitamins, and 2) major and trace minerals	Text Readings: Chapters 12 & 13 In Course Materials: Lesson 6	Forum Post #6: Assignment 3 Quiz #6: over assigned readings
7	<u>Vitamins and Minerals:</u> <i>Water and Major Electrolytes</i> <i>Trace Minerals</i>	LO5: Compare and contrast: 1) fat and water soluble vitamins, and 2) major and trace minerals	Text Readings: Chapters 14 & 15 In Course Materials: Lesson 7	Forum Post #7: Quiz #7 over assigned readings
8	<u>Nutrition and Applications in the Life Cycle:</u> <i>Nutritional Aspects of Pregnancy and Breastfeeding</i> <i>Nutrition during the Growing</i> <i>Nutrition during the Adult Years</i>	LO6: Construct a timeline demonstrating the importance of the macro- and micro-nutrients throughout the lifespan from conception to death	Text Readings: Chapters 16, 17 & 18 In Course Materials: Lesson 8	Forum Post #8 Assignment 4: Final Project Quiz #8 over assigned readings

[Table of Contents](#)

Policies

Please see the [Student Handbook](#) to reference all University policies. Quick links to frequently asked question about policies are listed below.

[Drop/Withdrawal Policy](#)

[Plagiarism Policy](#)

[Extension Process and Policy](#)

[Disability Accommodations](#)

Writing Expectations

All written submissions should be submitted in a font and page set-up that is readable and neat. It is recommended that students try to adhere to a consistent format, which is described below.

- Typewritten in double-spaced format with a readable style and font and submitted inside the electronic classroom (unless classroom access is not possible and other arrangements have been approved by the professor).

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- Times New Roman 12-point font.
- Page margins Top, Bottom, Left Side and Right Side = 1 inch, with reasonable accommodation made for special situations and online submission variances.
- Correct use of grammar and spelling.

Citation and Reference Style

Attention Please: Students will follow the APA Style Manual, 6th Edition as the sole citation and reference style used in written work submitted as part of coursework to the University. Assignments completed in a narrative essay or composition format must follow the citation style cited in the APA Style Manual, 6th Edition.

Late Assignments

Students are expected to submit classroom assignments by the posted due date and to complete the course according to the published class schedule. As adults, students, and working professionals, I understand you must manage competing demands on your time. Should you need additional time to complete an assignment, please contact me before the due date so we can discuss the situation and determine an acceptable resolution. Routine submission of late assignments is unacceptable and may result in points deducted from your final course grade.

Netiquette

Online universities promote the advancement of knowledge through positive and constructive debate – both inside and outside the classroom. Forums on the Internet, however, can occasionally degenerate into needless insults and “flaming.” Such activity and the loss of good manners are not acceptable in a university setting – basic academic rules of good behavior and proper “Netiquette” must persist. Remember that you are in a place for the rewards and excitement of learning which does not include descent to personal attacks or student attempts to stifle the Forum of others.

- **Technology Limitations:** While you should feel free to explore the full-range of creative composition in your formal papers, keep e-mail layouts simple. The Sakai classroom may not fully support MIME or HTML encoded messages, which means that bold face, italics, underlining, and a variety of color-coding or other visual effects will not translate in your e-mail messages.
- **Humor Note:** Despite the best of intentions, jokes and especially satire can easily get lost or taken seriously. If you feel the need for humor, you may wish to add “emoticons” to help alert your readers: ;-), :), ☺

Disclaimer Statement

Course content may vary from the outline to meet the needs of this particular group.

[Table of Contents](#)

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Online Library

The Online Library is available to enrolled students and faculty from inside the electronic campus. This is your starting point for access to online books, subscription periodicals, and Web resources that are designed to support your classes and generally not available through search engines on the open Web. In addition, the Online Library provides access to special learning resources, which the University has contracted to assist with your studies. Questions can be directed to librarian@apus.edu.

- **Charles Town Library and Inter Library Loan:** The University maintains a special library with a limited number of supporting volumes, collection of our professors' publication, and services to search and borrow research books and articles from other libraries.
- **Electronic Books:** You can use the online library to uncover and download over 50,000 titles, which have been scanned and made available in electronic format.
- **Electronic Journals:** The University provides access to over 12,000 journals, which are available in electronic form and only through limited subscription services.
- **Tutor.com:** AMU and APU Civilian & Coast Guard students are eligible for 10 free hours of tutoring provided by APUS. [Tutor.com](http://tutor.com) connects you with a professional tutor online 24/7 to provide help with assignments, studying, test prep, resume writing, and more. Tutor.com is tutoring the way it was meant to be. You get expert tutoring whenever you need help, and you work one-to-one with your tutor in your online classroom on your specific problem until it is done.

Request a Library Guide for your course (<http://apus.libguides.com/index.php>)

The AMU/APU Library Guides provide access to collections of trusted sites on the Open Web and licensed resources on the Deep Web. The following are specially tailored for academic research at APUS:

- Program Portals contain topical and methodological resources to help launch general research in the degree program. To locate, search by department name, or navigate by school.
- Course Lib-Guides narrow the focus to relevant resources for the corresponding course. To locate, search by class code (e.g., SOCI111), or class name.

If a guide you need is not available yet, please email the APUS Library: librarian@apus.edu.

[Table of Contents](#)

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Turnitin.com

Faculty may require assignments be submitted to Turnitin.com. Turnitin.com will analyze a paper and report instances of potential plagiarism for the student to edit before submitting it for a grade. In some cases professors may require students to use Turnitin.com. Typically the course professor will establish a Turnitin.com access code for his/her classes. If the code has not been established, those who wish to use Turnitin.com may ask their professor to establish the code.

Selected Bibliography

Encyclopedia of Human Nutrition (Second Edition), Benjamin Caballero, Lindsay Allen, Andrew Prentice, 2005, Elsevier Ltd. ISBN: 978-0-12-226694-2

[Table of Contents](#)