



SYLLABUS

Course Title	Nutrition
Course Number	HHP 209 ONL
Number of Credits	3
Course Dates	5/20/19 – 7/20/19
Instructor	Lisa Schmidt, MS, CN
Email Address	lisa.schmidt7123@doane.edu
Office Hours/Availability	Hours by appointment, via Zoom
Phone Number	TEXT ONLY: 480-675-4568
Textbook Information: (e.g. title, edition, publisher, ISBN)	Schmidt, L. (2015). Sustainable Living and Mindful Eating. Dubuque IA: Kendall Hunt. ISBN 152934586.
Additional Course Materials	N/A
Course Description	This course is an introduction to basic principles of human nutrition with emphases on nutrients, metabolism, function of nutrients, and food sources. Nutritional recommendations and the sources of those recommendations are addressed. Upon completion of the course, the student will be able to apply the processes of diet analysis based upon the associated recommendations and the functions of the ESHA-The Food Processor© software program.
Course Learning Outcomes/Objectives	<ol style="list-style-type: none">1. Summarize the impact of industrialized food production on our individual and environmental health2. Recognize basic nutrition terminology, including macronutrients (protein, fat, and carbohydrates)

	<p>3. Summarize the principles and propose the health benefits of whole food plant based nutrition</p> <p>4. Apply a mindfulness and mindful eating practice to encourage healthful eating and weight maintenance</p> <p>5. Explain the impact of processed food, fast food, and junk food on personal nutrition; understand the connection between food and our moods</p> <p>6. Demonstrate how food preferences for healthy or unhealthy food are developed as children; discuss the impact</p> <p>7. Develop a presentation to show a “sign of positive change” in the food and nutrition field where you discover examples of positive progress in the whole foods plant based nutrition movement; describe this progress through a focus on an individual or organization acting as a Sign of Positive Change</p> <p>8. Discuss the argument for, and against, nutritional supplementation</p> <p>9. Describe Food Insecurity; identify social determinants of health</p> <p>10. Summarize how food insecurity affects seniors, children, rural communities, African Americans and Latinos</p> <p>11. Analyze the components of a healthy, three day eating plan on a budget</p> <p>12. Plan, prepare, and consume three days of healthy meals; report on the outcomes</p> <p>13. Appraise your own progress in eating mindfully, and identify its effects(mindful eating reflection journal assignment)</p>
Technology Requirements	https://www.doane.edu/faq/minimum-computer-requirements

Course Schedule Grade Scale

A+ = 97-100% A = 94-96% A- = 90-93% B+ = 87-89% B = 84-86% B- = 80-83%
C+ = 77-79% C = 74-76% C- = 70-73% D+ = 67-69% D = 64-66% D- = 60-63%
F = 59% or below

Participation Policy	<p>A student is expected to be prompt and regularly attend on-ground classes in their entirety. Regular engagement is expected for on-line courses. Participation in class discussions is an integral part of your grade.</p> <p>(Faculty to insert any additional class participation; see resource page for ideas.)</p>
Study Time	<p>Expectation of the amount of time the course requires students to spend preparing and completing assignments. Typically, students could expect to spend approximately 12 hours a week preparing for and actively participating in this 8-week 3 credit hour course. This actual time for study varies depending on students' backgrounds.</p>
Late Work	<p>(Include expectations regarding late work; please see attachment for examples.)</p>
Submitting Assignments	<p>(Include expectations regarding students' submission of assignments, for example, in class or in Blackboard.)</p>
Communication Policy including Assignment Feedback	<p>(State your policy on timeliness of communicating with students and length of time needed before assignments will be graded, e.g. 48 hours.)</p>

Academic Integrity Policy	<p>Doane University expects and requires all its students to act with honesty and integrity and respect the rights of others in carrying out all academic assignments. Academic dishonesty, the act of knowingly and willingly attempting or assisting others to gain academic success by dishonest means, is defined in four categories:</p> <ol style="list-style-type: none"> 1. Cheating - "Intentionally using or attempting to use unauthorized information or study aids in an academic exercise." 2. Fabrication - "Intentional and unauthorized falsification of invention or any information or citation in an academic exercise." 3. Facilitating Academic Dishonesty - "Intentionally or knowingly helping or attempting to help another to commit an act of dishonesty," and/or coercing others to do the same. 4. Plagiarism - "Intentionally or knowingly representing the words or ideas of another as one's own in any academic exercise," in both oral and written projects. <p><i>Gehring, D., Nuss, E.M., & Pavela, G. (1986). Issues and perspectives on academic integrity. Columbus, OH: National Association of Student Personnel Administrators</i></p> <p>For more information on the sanctions for academic dishonesty, please visit the website: http://catalog.doane.edu/content.php?catoid=18&navoid=1448#Academic Dishonesty</p>
Academic Support	<p>Please contact academicsupport@doane.edu https://www.doane.edu/graduate-and-adult/academic-support</p>
Disability Services	<p>https://www.doane.edu/disability-services Doane University supports reasonable accommodations to allow participation by individuals with disabilities. Any request for accommodation must be initiated by the student as soon as possible. Each student receiving accommodations is responsible for his or her educational and personal needs while enrolled at Doane University.</p>
Military Services	<p>https://www.doane.edu/graduate-and-adult/military</p>
Anti-Harassment Policy	<p>http://catalog.doane.edu/content.php?catoid=5&navoid=452</p>

Grade Appeal Process	http://catalog.doane.edu/content.php?catoid=5&navoid=238
Credit Hour Definition	Doane University follows the federal guideline defining a credit hour as one hour (50 minutes) of classroom or direct faculty instruction and a minimum of two hours of out-of-class student work each week for approximately fifteen weeks (one semester), or the equivalent amount of work over a different time period (e.g., an 8-week term). This definition applies to courses regardless of delivery format, and thus includes in-person, online, and hybrid courses (combination of in-person and online). It also applies to internship, laboratory, performance, practicum, research, student teaching, and studio courses, among other contexts.
Syllabus Changes	Circumstances may occur which require adjustments to the syllabus. Changes will be made public at the earliest possible time.