

## **Basic Nutrition**

### **PH 1410 Basic Nutrition**

#### **Syllabus**

##### **MEET YOUR INSTRUCTOR**

Ms. Tammie Collum, MS, RDN, LDN; Instructor, School of Kinesiology, Allied Health and Human Services

Ms. Tammie Collum has been teaching at the University of Northern Iowa since 1995. She earned a B.A. in Marketing Entrepreneurship and a B.S. in Dietetics from UNI, completed a Dietetic Internship and graduate studies at the University of Kansas Medical Center, and completed her M.S. in Nutrition and Clinical Dietetics at the Rosalind Finch University of Medicine and Science. She is a licensed, registered dietitian nutritionist and has worked as a clinical and consulting dietitian in both hospital and long-term care facilities. Classes taught at UNI include Basic Nutrition, Nutrition for Early Childhood Education, Nutrition in Disease, Fundamentals of Nutrition, Research Methods and Origins of Food and Foodways. She also teaches nutrition courses for Allen College.

In her spare time, Ms. Collum enjoys traveling, scuba diving, hiking, camping, boating and reading.

##### **Contact information:**

**Email:** Tammie.Collum@uni.edu

##### **COURSE OVERVIEW:**

###### **Course Description:**

This is a 3 credit hour course. Basic nutrition is the study of nutrition in relation to growth, development and maintenance of the body throughout the lifecycle.

###### **Required Textbook:**

*Nutrition: Concepts and Controversies*.Sizer and Whitney, 14th edition. Wadsworth/Cengage Learning, 2017. 13 digit ISBN #978-1-305-62799-4; 10 digit 1305627997.

The text is available in a number of format options including: standard bound version, loose-leaf version, online format, individual chapters for purchase online, rental text. Cengagebrain.com has more information on the options available. Texts designated as "International versions" often contain different content than the U.S. version and therefore are not recommended.

**Course Objectives:**

- Evaluate the influence of socioeconomic status and cultural background as well as psychological factors on food habits of individuals.
- Identify the nutrients in food and summarize their functions in and need by the body.
- Evaluate sources of nutrition information.
- Compare and contrast how nutrition needs and food patterns vary between the stages in the life cycle.
- Evaluate, using basic nutrition principles, present day nutritional problems, concerns and issues.
- Evaluate one's own diet using various recognized methods, and to recommend changes for more nutritious eating habits.

**COURSE ORGANIZATION:**

This course will be delivered over the World Wide Web, utilizing web pages and the UNI learning management system (eLearning). The course includes 9 written assignments and 2 proctored examinations (a mid-term and non-comprehensive final).

**Written assignments:**

The first assignment is an introduction assignment and is worth 10 points. Assignments 2-9 are each worth 20 points. Specific instructions for each assignment will be given in the assignment's link.

Please type all assignments using a word processing program and save as a file. If you are using a word processing program other than Microsoft Word, please save your file as Rich Text Format. Submit your assignment by clicking on the **Assignment Submission** link in **Course Content** menu on the left and uploading your file. **Need help?** See the eLearning Tutorials for instructions on how to submit an assignment.

Several additional comments about assignment submissions:

- To expedite the grading process, submit only your answers. Please do NOT include assignment instructions or original questions with your answers.
- Always keep a copy of your assignment file in case there is a problem with your submission.
- Carefully review your assignment before submitting. You can only submit your assignment once for grading.

Tips for assignments:

- Read the unit chapters before completing assignments.
- Most points on assignments are lost due to 1) incomplete assignments (not answering all questions or all parts of a question), 2) not following

directions, 3) insufficient detail in answers and 4) poor grammar and spelling.

- There are no requirements on the length of your answers; however, responses should be detailed enough to thoroughly answer each question.
- I look for clear, concise and thorough answers that address important and relevant information. If in doubt, it would be better to provide too much detail rather than too little.
- Responses must meet college-level writing standards and be written in YOUR OWN WORDS. You may NOT copy directly from the text or other sources, from another student, an old assignment, etc.

**Mid-term and final exams:**

There are two exams in the course (a mid-term and a final). The exams will be proctored via paper/pencil. Examination request forms are included at the appropriate places in the **Course Content**. The mid-term exam will cover chapters 1-7 and the final exam will cover chapters 8-11 and 13-14. The final exam is NOT comprehensive.

Exams are each worth 65 points and will consist of 68-multiple choice questions. You can earn up to 3 extra points on each exam. You will not be able to use your book or notes on the exam. Study guide questions will be provided with each assignment to help you study for the exams.

**GRADING:**

**Please note:** UNI Guided Independent Study requires that you submit all assignments and complete all exams to receive a grade in the course.

Assignments 170

Mid-term Exam 65

Final Exam 65

**TOTAL 300**

**Grading Scale:**

A	93.0-100%	279-300 pts
A-	90.0-92.9%	270-278 pts
B+	86.0-89.9%	258-269 pts
B	83.0-85.9%	249-257 pts
B-	80.0-82.9%	240-248 pts
C+	76.0-79.9%	228-239 pts

C	73.0–75.9%	219-227 pts
C-	70.0-72.9%	210-218 pts
D+	66.0-69.9%	198-209 pts
D	63.0-65.9%	189-197 pts
D-	60.0-62.9%	180-188 pts
F	59.9% or less	<180 pts