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Syllabus

Course Information

Course Number: HE 230

Course title: Principles of Nutrition

Semester Credits: 3

Instructor: Jen Verdugo

Contact Information: jverdugo@ncktc.edu

Course Description

This course is an in depth study of essential nutrients for healthy lifestyles, body processes and fallacies with emphasis on the scientific basis of nutrition.

Required Course Material

Byrd-Bredbenner, Moe, Berning, Kelley: Wardlaw's Perspectives in Nutrition 10th edition. McGraw-Hill Publishing Company, 2016.

Course Objectives

1. Students will be able to identify the six classes of nutrients and their sources.

2. Students will be able to demonstrate an understanding of the processes of digestion, absorption, and metabolism of nutrients.

3. Students will be able to employ available resources to make sound nutritional choices.

4. Students will be able to explain energy balance and weight control as it relates to nutrition and wellness.

5. Students will be able to describe nutritional needs throughout the lifespan.

6. Students will be able to recognize global food safety, security, and sustainability issues.

Evaluation

Discussions	15 points each
Exams	100 points each
Quizzes	50 points each
Take Action	20 points each
Internet Research	20 points each
Dietary Analysis	100 points
Other Assignments	TBD

Grading Scale

Final grades will be determined by percentage of total points possible:

A = 90 - 100%

B = 80 - 89%

C = 70 - 79%

D = 60 - 69%

F = 59% or less

Late Work

Late work will **NOT** be accepted. Watch weekly deadlines and pay attention to the clock. The deadline for weekly assignments is Sunday night at 11:55 p.m. (If extenuating circumstances arise – contact me to discuss your options).

Services for Students with Disabilities

Students with either a permanent or temporary disability, who require accommodations for more than one week should request services by contacting the Student Services office. Students requesting accommodations must present written documentation from a certified professional, which should include a statement identifying the disability as well as recommendations for accommodations. Contact at least one month in advance, the Dean of Student Services at (785) 738-2276 to make requests for accommodations.

Policy Regarding Academic Dishonesty

Academic dishonesty of any kind will not be tolerated while attending North Central Kansas Technical College. The examples of academic dishonesty are plagiarism, cheating, falsification or forgery of any assignments or examinations. Any student who participates in any form of academic dishonesty must accept the consequences of their actions. These consequences may include but are not limited to the following (a) verbal or written warning, (b) lowering of grade for assignment/activity, (c) failure of class assignment or exam.

The learning outcomes detailed in this syllabus meet, or exceed, the learning outcomes specified by the Kansas Core Outcomes Project for this course, as sanctioned by the Kansas Board of Regents.