

ARIZONA WESTERN COLLEGE
SYLLABUS

NTR 201 NUTRITION
Credit Hours: 3 Lec 3

PREREQUISITE: High school chemistry, BIO 100, CHM 130, or approved higher level BIO or CHM

COURSE DESCRIPTION

Identifies the principles of the science of human nutrition and their relationship to diet, health and cultural patterns. Recommended for students entering careers in food or health services and required of all students majoring in Family and Consumer Sciences. Open to all others interested in the life long process of nutritional choices and the relationship of nutrition to well being.

1. COURSE GOAL

The course will provide students with a basic understanding of the science of nutrition which includes the science of food, the study of the nutrients and other substances therein, their action, interaction and balance in relationship to health and disease as well as the processes by which the organism ingests and disposes of its end products.

2. OUTCOMES

Upon satisfactory completion of this course, students will be able to:

- 2.1 List the functions, sources, deficiency and toxicity symptoms for the essential nutrients in human nutrition.
- 2.2 Explain the processes of digestion, absorption, transport and utilization of nutrients.
- 2.3 Apply the principles of nutrition to dietary selection with simultaneous consideration of age, economic, psychological, health, social, cultural and gender factors.
- 2.4 Analyze his/her own eating habits and make recommendations for change.
- 2.5 Describe the important nutrition issues and legislation and be able to react to the issue.
- 2.6 Use nutrition information to make better food choices in the market place and in restaurants.
- 2.7 Analyze nutrition information in the popular press and professional literature and evaluate its validity.

3. METHODS OF INSTRUCTION

- 3.1 Discussion
- 3.2 Audio-Visuals
- 3.3 Guest Speakers
- 3.4 Group Activities

4. LEARNING ACTIVITIES

- 4.1 Reading assignments
- 4.2 Participating in class discussions and group activities
- 4.3 Viewing audio-visual materials
- 4.4 Listening to guest speakers

5. EVALUATION

- 5.1 The student will be graded on assigned projects and exams during the course
- 5.2 The exams will be objective in format, containing true/false, multiple choice, and short answer questions
- 5.3 The grade will be determined as follows:

Participation	10%
Examinations	55%
Projects	35%
- 5.4 Grading Scale: 90-100% = A

80-89% = B
70-79% = C
60-69% = D
0-59% = F

6. STUDENT RESPONSIBILITIES

- 6.1 Under AWC Policy, students are expected to attend every session of class in which they are enrolled.
- 6.2 If a student is unable to attend the course or must drop the course for any reason, it will be the responsibility of the student to withdraw from the course. Students who are not attending as of the 45th day of the course may be withdrawn by the instructor. If the student does not withdraw from the course and fails to complete the requirements of the course, the student will receive a failing grade.
- 6.3 Americans with Disabilities Act Accommodations: Arizona Western College provides academic accommodations to students with disabilities through AccessABILITY Resource Services (ARS). ARS provides reasonable and appropriate accommodations to students who have documented disabilities. It is the responsibility of the student to make the ARS Coordinator aware of the need for accommodations in the classroom prior to the beginning of the semester. Students should follow up with their instructors once the semester begins. To make an appointment call the ARS front desk at (928) 344-7674 or ARS Coordinator at (928) 344-7629, in the College Community Center (3C) building, next to Advising.
- 6.4 Academic Integrity: Any student participating in acts of academic dishonesty—including, but not limited to, copying the work of other students, using unauthorized “crib notes”, plagiarism, stealing tests, or forging an instructor’s signature—will be subject to the procedures and consequences outlined in AWC’s Student Code of Conduct.
- 6.5 Texts and Notebooks: Students are required to obtain the class materials for the course.
- 6.6 Arizona Western College students are expected to attend every class session in which they are enrolled. To comply with Federal Financial Aid regulations (34 CFR 668.21), Arizona Western College (AWC) has established an Attendance Verification process for “No Show” reporting during the first 10 days of each semester.
Students who have enrolled but have never attended class may be issued a “No Show” (NS) grade by the professor or instructor and receive a final grade of “NS” on their official academic record. An NS grade may result in a student losing their federal financial aid.
For online classes, *student attendance in an online class is defined as the following* (FSA Handbook, 2012, 5-90):
- Submitting an academic assignment
 - Taking an exam, an interactive tutorial or computer-assisted instruction
 - Attending a study group that is assigned by the school
 - Participating in an online discussion about academic matters
 - Initiating contact with a faculty member to ask a question about the academic subject studied in the course