



COURSE NUMBER AND TITLE

NR.110.200 Nutrition

CREDITS

3 credits

PRE- AND COREQUISITES

None

COURSE DESCRIPTION

This course will cover the science and fundamentals of human nutrition. Topics covered include nutritional requirements related to changing individual and family needs, food choices, health behaviors, food safety, prevention of chronic disease and nutrition-related public health in the United States and globally.

OBJECTIVES

The course objectives are organized in line with the program outcomes. At the end of the course, the student will be able to:

1. Know the six classes of nutrients and explain their role as it relates to promoting optimal health, information on food labels, and the accuracy of statements made in popular media about nutrition.
2. Relate the importance of good nutrition to different stages in human development and the promotion of a healthy lifestyle.
3. Determine, compare and contrast the nutritional value of current eating habits to current recommendations and propose modifications to reduce the risk for developing chronic diseases.
4. Identify strategies to eating a healthy diet in different cultural and environmental settings.

REQUIRED TEXTBOOKS AND OTHER COURSE MATERIALS

Sizer, F. & Whitney, E. (2019). *Nutrition: Concepts and Controversies*. (15th ed.). Boston, MA: Cengage Learning.

SUMMARY OF LEARNING ASSESSMENTS/ASSIGNMENTS

LEARNING ASSESSMENT/ ASSIGNMENT	COURSE OBJECTIVES ADDRESSED	WEIGHT TOWARD FINAL COURSE GRADE
Module Quizzes, 8 Quizzes in total (13pts each)	All	20%
Weekly Discussions, 10 Discussion Boards in total (10pts each)	All	20%
Mini Case Studies, 2 in total (50pts each)	All	20%
Dietary Analysis Assignment	All	20%
Major Case Study	All	20%

LEARNING ASSESSMENTS/ASSIGNMENTS

- Lectures and Readings:* Learning modules will include recommended reading from the required text and associated lectures to provide learning opportunities to meet the learning objectives of each module. It is expected that students will read the material and listen to the lectures as to best facilitate their successful completion of course assignments.
- Blackboard Discussion Board Posts:* Students are required to contribute to weekly discussion board topics. The purpose of these activities is to facilitate discussion among students and incorporate current and emerging topics into the course. Students should post a thoughtful and complete response and reply to at least two classmates' posts by the assigned deadline to receive full credit. Suggest length is 1-2 paragraphs. High quality posts will contribute substantive content, illustrate a strong understanding of course material, reflect professionalism, and be free of grammatical errors. Students will receive 8 points for their initial post and 1 point for each response to a classmate's post, for a maximum of 10 points per discussion board topic.
- Question and Answer Discussion Board:* The Question and Answer discussion board is a space designated for students to pose questions to the class and solicit guidance. Students are encouraged to *email* the instructor with questions related to course materials and the instructor will post relevant questions and answers to the discussion board forum. Students are responsible for reading posts in this forum, but students are not required to participate and this activity is not graded.

- *Quizzes*: Regular quizzes will test student understanding of course content. Quizzes can be attempted one time and students are encouraged to consult course materials as needed to complete the quiz. These quizzes are not timed tests, but please understand that if you walk away from your quiz while taking it, depending on your computer and the length of time, you may be automatically logged out of Blackboard. Each quiz contains 13 questions, worth 1 point each.
- *Dietary Analysis Assignment**: In Module 4, students will be asked to track and analyze a two-day diet using a diet tracker application. They can select between tracking and analyzing their own diet, or analyzing a diet provided for them. The purpose of this assignment is to reinforce the micro- and macronutrients, their dietary sources, and their recommended intakes. This assignment is worth 100 points comprised of responses to short-answer questions.
- *Mini Case Study Assignments**: In Modules 6 and 8, students will complete Mini Case Study assignments designed to illustrate real-world examples of topics covered in earlier modules. Students will receive a hypothetical patient and respond to a series of short-answer questions related to the patient's situation. Each case study is worth 50 points.
- *Major Case Study**: In Module 10, students will complete the Major Case Study assignment, designed to demonstrate their knowledge and understanding of the nutrition care plan process and the topics related to the assigned case. Students will receive a hypothetical patient and respond to a series of short-answer questions related to the patient's situation. The major case study is worth 100 points.
- *Optional Learning Activities*: In some modules, there is an optional learning activity, designed to provide the curious learner with recommendations for additional exploration. Completion of these optional modules is not required, and students will not be graded on their participation.

*Formal Written Assignments (Dietary Analysis Assignment, Mini Case Studies, and Major Case Studies) should be composed in complete sentences and include proper grammar, spelling, and punctuation. All work submitted should include in-text citations and a reference list for any resources consulted. Please cite work in formats consistent with the American Psychological Association. Guidelines for work can be found at: www.apastyle.org

GRADING SCALE

RANGE	LETTER GRADE	GRADE POINT
97 – 100	A+	4.0
93 – 96	A	4.0

RANGE	LETTER GRADE	GRADE POINT
90 – 92	A-	3.7
87 – 89	B+	3.3
83 – 86	B	3.0
80 – 82	B-	2.7
77 – 79	C+	2.3
73 – 76	C	2.0
70 – 72	C-	1.7
67 – 69	D+	1.3
63 – 66	D	1.0
60 – 62	D-	0.7
<60	F	0

ACADEMIC POLICIES

For a full list of academic policies, please see the current academic catalog and handbook.

COURSE POLICIES

All course assignments listed under the Summary of Learning Assessments/Assignments section of the syllabus must be turned in by the specified due date and time. Once the due date and time have passed, 10% of the total points you have earned on the assignment will be deducted per day (per 24 hour period). **There are no makeup or extra credit assignments allowed, and assignments submitted more than ten (10) days late will not receive credit.** Please contact the course instructor prior to the due date in the case of extenuating circumstances.

COMMUNICATION POLICY

Students may communicate with the instructor by email, which is provided in the Contact Information area. The instructor will respond to students within 48 hours. Assignment feedback will be provided to students within two weeks of submission.

All official communication, notices, & announcements will be distributed through student JHU-SON e-mail accounts via blackboard. The student is accountable for checking this account regularly and for all course communication sent to it.

Students are responsible for reading “Netiquette” which is located under Syllabus & Course Info on the Blackboard site. Netiquette provides simple guidelines for civil on-line discourse & behavior, that participants are to follow and expect of one another.

HONOR CODE

Students enrolled in the Johns Hopkins University School of Nursing are expected to conduct themselves in a manner that upholds the values of this institution of higher education. Each student is obligated to refrain from violating academic ethics and

maintaining high standards of conduct. In addition, the School of Nursing upholds the professional code of ethics established in the Code of Ethics for Nurses (ANA, 2015). Each student is held accountable for adhering to the American Nurses Association Code of Ethics. For the full Johns Hopkins School of Nursing Honor code, please see the current [academic catalog and handbook](#).

EXAM INTEGRITY & STUDENT IDENTITY VERIFICATION

This course may require the use of technology and/or software to ensure exam integrity and verify the identity of the student taking the exam. Additional information and directions will be provided in the course website.

DISABILITY SERVICES

If you have a disability and may require accommodation in this course, please contact the *Office of Student Affairs* at (410) 955-7545 or SON-DSS@jhu.edu to discuss your specific needs.

COURSE SCHEDULE

Module	Module Subtopics/Learning Objectives	Learning Activities & Resources	Learning Assignments/Assessments
Welcome – Start Here	Getting Started	Familiarize yourself with Blackboard	Discussion Board: Introduce Yourself Avoiding Plagiarism Module
Module 1: Nutrition in the Body	Food and You Nutrition as Chemistry Digestion	Sizer, F. & Whitney, E. (2019). <i>Nutrition: Concepts and Controversies</i> . (15th ed.). Boston, MA: Cengage Learning. <ul style="list-style-type: none"> • Chapter 1 – Food Choices and Human Health • Chapter 3 – The Remarkable Body 	Module 1 Discussion Board Module 1 Quiz
Module 2: Macronutrients	Carbohydrates Lipids Proteins	Sizer, F. & Whitney, E. (2019). <i>Nutrition: Concepts and Controversies</i> . (15th ed.). Boston, MA: Cengage Learning. <ul style="list-style-type: none"> • Chapter 4 – The Carbohydrates: Sugar, Starch, Glycogen, and Fiber • Chapter 5 – The Lipids: Fats, Oils, Phospholipids, and Sterols • Chapter 6 – The Proteins and Amino Acids 	Module 2 Discussion Board Module 2 Quiz

Module	Module Subtopics/Learning Objectives	Learning Activities & Resources	Learning Assignments/Assessments
Module 3: Micronutrients	Vitamins Water Major Minerals Trace Minerals	Sizer, F. & Whitney, E. (2019). <i>Nutrition: Concepts and Controversies</i> . (15th ed.). Boston, MA: Cengage Learning. <ul style="list-style-type: none"> • Chapter 7 – The Vitamins • Chapter 8 – Water and Minerals 	Module 3 Discussion Board Module 3 Quiz
Module 4: Nutrition Standards and Guidelines	Dietary Reference Intakes Federal Dietary Guidelines	Sizer, F. & Whitney, E. (2019). <i>Nutrition: Concepts and Controversies</i> . (15th ed.). Boston, MA: Cengage Learning. <ul style="list-style-type: none"> • Chapter 2 – Nutrition Tools – Standards and Guidelines 	Module 4 Discussion Board Dietary Analysis Assignment
Module 5: Nutrition Through the Lifespan	Nutrition Before and During Pregnancy Complications of Pregnancy Nutrition During Infancy and Childhood Adolescence and Older Age	Sizer, F. & Whitney, E. (2019). <i>Nutrition: Concepts and Controversies</i> . (15th ed.). Boston, MA: Cengage Learning. <ul style="list-style-type: none"> • Chapter 13 – Life Cycle Nutrition: Mother and Infant • Chapter 14 – Child, Teen, and Older Adult 	Module 5 Discussion Board Module 5 Quiz
Module 6: Energy Balance and Body Weight	Body Weight Energy Balance and Weight Management Physical Activity	Sizer, F. & Whitney, E. (2019). <i>Nutrition: Concepts and Controversies</i> . (15th ed.). Boston, MA: Cengage Learning. <ul style="list-style-type: none"> • Chapter 9 – Energy Balance and Healthy Body Weight • Chapter 10 – Performance Nutrition 	Module 6 Discussion Board Module 6 Quiz Mini Case Study #1

Module	Module Subtopics/Learning Objectives	Learning Activities & Resources	Learning Assignments/Assessments
Module 7: Nutrition and Disease	Cardiovascular Disease Cancer Diabetes	Sizer, F. & Whitney, E. (2019). <i>Nutrition: Concepts and Controversies</i> . (15th ed.). Boston, MA: Cengage Learning. <ul style="list-style-type: none"> Chapter 11 – Nutrition and Chronic Disease 	Module 7 Discussion Board Module 7 Quiz
Module 8: Hunger and the Global Environment	Hunger and the Global Environment	Sizer, F. & Whitney, E. (2019). <i>Nutrition: Concepts and Controversies</i> . (15th ed.). Boston, MA: Cengage Learning. <ul style="list-style-type: none"> Chapter 15 – Hunger and the Future of Food 	Module 8 Discussion Board Module 8 Quiz Mini Case Study #2
Module 9: Food Safety and Food Technology	Food Safety and Food Technology	Sizer, F. & Whitney, E. (2019). <i>Nutrition: Concepts and Controversies</i> . (15th ed.). Boston, MA: Cengage Learning. <ul style="list-style-type: none"> Chapter 12 – Food Safety and Food Technology 	Module 9 Discussion Board Module 9 Quiz
Module 10: Nutrition Counseling	Nutrition Counseling	No required readings	Module 10 Discussion Board Major Case Study