Note:

Course content may be changed, term to term, without notice. The information below is provided as a guide for course selection and is not binding in any form, and should not be used to purchase course materials.
COURSE SYLLABUS
HLTH 640
PRINCIPLES OF NUTRITION

COURSE DESCRIPTION
This course reviews the basic principles of nutrition, the metabolism of proteins, fats, macro and micro nutrients and the role food choices play in health promotion and disease prevention.

RATIONALE
This course investigates foundational concepts in nutrition by providing a basis for subsequent nutrition classes in the MPH Program. MPH graduates need to understand the role of both food in culture as well as food metabolism within the body and how to alleviate diet-related health problems among diverse populations. This information will provide a solid base for those entering careers in federal and private food assistance programs and nutrition advocacy organizations. Biblical teaching regarding body and health stewardship is emphasized.

I. PREREQUISITE

For information regarding prerequisites for this course, please refer to the Academic Course Catalog.

II. REQUIRED RESOURCE PURCHASE

Click on the following link to view the required resource(s) for the term in which you are registered: http://bookstore.mbsdirect.net/liberty.htm

III. RECOMMENDED RESOURCES


IV. ADDITIONAL MATERIALS FOR LEARNING
A. Computer with basic audio/video output equipment
B. Internet access (broadband recommended)
C. Microsoft Office

V. MEASURABLE LEARNING OUTCOMES
Upon successful completion of this course, the student will be able to:
A. Explain the principles of digestion, absorption, and metabolism of macronutrients.
B. Design nutrient-dense meals that follow dietary recommendations.
C. Apply various nutritional assessments to food records.
D. Assess the quality of an individual’s diet using various assessment methods.
E. Compare health and disease disparities between the American population and people in other countries.
F. Contrast the dietary needs of special populations.
G. Contrast the world’s perspective of food and drink with God’s Word.

VI. COURSE REQUIREMENTS AND ASSIGNMENTS
A. Textbook readings and lecture presentations
B. Course Requirements Checklist
   After reading the Course Syllabus and Student Expectations, the student will complete the related checklist found in Module/Week 1.
C. Discussion Board Forums (2)
   Thread
   Discussion boards are collaborative learning experiences. Therefore, the student is required to create a thread in response to the provided prompt for each forum. Each thread must be a minimum of 400–500 words.
   Replies
In addition to the thread, the student is required to reply to 2 other classmates’ threads. Each reply must be a minimum of 200–300 words. The instructor is looking for substantial, thoughtful, and critical discussions.

D. Personal Reflection Papers (2)

The student will write a 1–2-page paper in order to identify the cultural, environmental, and social elements that have influenced healthy and unhealthy eating habits. The student will also write a 2–3-page paper that will include a significant application of Scripture to the cultural view of food.

E. MyDietAnalysis (2)

My Food List

The student will use MyDietAnalysis to generate the My Food List report. The student will record food consumed for 5–7 consecutive days and enter this data into MyDietAnalysis. This assignment serves as the foundation for the Food Record Analyses that will be completed throughout the remainder of the course.

Actual Intake vs. Recommended Intake

The student will use MyDietAnalysis to generate the Actual Intake vs. Recommended Intake report. The student will record food consumed for 5–7 consecutive days and enter this data into MyDietAnalysis. This assignment serves as the foundation for the Food Record Analyses that will be completed throughout the remainder of the course.

F. Food Record Analyses (4)

The student will complete 4 Food Record Analyses where he/she will analyze his/her carbohydrate, fat, protein, vitamin, and mineral intake. The reports will be generated in MyDietAnalysis based on the My Food List report. The student will analyze the adequacy, deficiencies, and health benefits of his/her actual food intake in comparison to the recommended intake. The first 2 analyses must not exceed 1 1/2 pages per analysis. The last 2 analyses must not exceed 2 1/2 pages per analysis.

G. PowerPoint Presentation

The PowerPoint Presentation is split into 3 manageable parts:

Part 1

The student will: choose a presentation topic; select a minimum of 5 scholarly, peer-reviewed journals; and develop an outline and reference page in preparation for the PowerPoint Presentation. This assignment must not exceed 3 pages.

Part 2

The student will create 15–20 slides for the PowerPoint Presentation.

Part 3

The student will write a narration in the notes section for each slide.

H. Quizzes (4)
Each quiz will cover the Reading & Study material for the modules/weeks in which it is assigned. Each quiz will be open-book/open-notes, contain 75 multiple-choice and true/false questions, and have a 1-hour and 30-minute time limit.

VII. COURSE GRADING AND POLICIES

A. Points

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course Requirements Checklist</td>
<td>10</td>
</tr>
<tr>
<td>Discussion Board Forums</td>
<td></td>
</tr>
<tr>
<td>Thread (2 at 50 pts ea)</td>
<td>100</td>
</tr>
<tr>
<td>Replies (2 at 25 pts ea)</td>
<td>50</td>
</tr>
<tr>
<td>Personal Reflection Papers (2 at 75 pts ea)</td>
<td>150</td>
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<tr>
<td>MyDietAnalysis</td>
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</tr>
<tr>
<td>My Food List</td>
<td>15</td>
</tr>
<tr>
<td>Actual Intake vs. Recommended Intake</td>
<td>15</td>
</tr>
<tr>
<td>Food Record Analyses (4 at 30 pts ea)</td>
<td>120</td>
</tr>
<tr>
<td>PowerPoint Presentation</td>
<td></td>
</tr>
<tr>
<td>Part 1</td>
<td>50</td>
</tr>
<tr>
<td>Part 2</td>
<td>100</td>
</tr>
<tr>
<td>Part 3</td>
<td>100</td>
</tr>
<tr>
<td>Quizzes (4 at 75 pts ea)</td>
<td>300</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1010</strong></td>
</tr>
</tbody>
</table>

B. Scale

- A = 940–1010
- A- = 920–939
- B+ = 900–919
- B = 860–899
- B- = 840–859
- C+ = 820–839
- C = 780–819
- C- = 760–779
- D+ = 740–759
- D = 700–739
- D- = 680–699
- F = 0–679

C. Late Assignment Policy

If the student is unable to complete an assignment on time, then he or she must contact the instructor immediately by email. Assignments that are submitted after the due date without prior approval from the instructor will receive the following deductions:

1. Late assignments submitted within one week of the due date will receive a 10% deduction.
2. Assignments submitted more than one week late will receive a 20% deduction.
3. Assignments submitted two weeks late or after the final date of the course will not be accepted.
4. Late Discussion Board threads or replies will not be accepted.

Special circumstances (e.g. death in the family, personal health issues) will be reviewed by the instructor on a case-by-case basis.
D. Disability Assistance

Students with a documented disability may contact Liberty University Online’s Office of Disability Academic Support (ODAS) at LUOODAS@liberty.edu to make arrangements for academic accommodations. Further information can be found at www.liberty.edu/disabilitysupport.
**COURSE SCHEDULE**

**HLTH 640**


<table>
<thead>
<tr>
<th>MODULE/WEEK</th>
<th>READING &amp; STUDY</th>
<th>ASSIGNMENTS</th>
<th>POINTS</th>
</tr>
</thead>
</table>
| **1**       | Blake et al.: chs. 1–2  
2 presentations  
3 websites | Course Requirements Checklist  
Class Introductions  
Register for MyDietAnalysis  
Personal Reflection Paper 1 | 10  
0  
0  
75 |
| **2**       | Blake et al.: chs. 3–4  
2 presentations  
2 websites | MyDietAnalysis – My Food List  
MyDietAnalysis – Actual Intake vs. Recommended Intake  
Food Record Analysis 1  
Quiz 1 | 15  
15  
30  
75 |
| **3**       | Blake et al.: chs. 5–6, 21  
3 presentations | Food Record Analysis 2 | 30 |
| **4**       | Blake et al.: chs. 7–8  
3 presentations  
1 website | DB Forum 1 – Thread  
PowerPoint Presentation – Part 1  
Quiz 2 | 50  
50  
75 |
| **5**       | Blake et al.: chs. 9–10  
3 presentations | DB Forum 1 – Replies  
Food Record Analysis 3 | 25  
30 |
| **6**       | Blake et al.: chs. 11–13  
4 presentations | Food Record Analysis 4  
PowerPoint Presentation – Part 2  
Quiz 3 | 30  
100  
75 |
| **7**       | Blake et al.: chs. 17–18  
2 presentations  
1 website | DB Forum 2 – Thread  
Personal Reflection Paper 2 | 50  
75 |
| **8**       | Blake et al.: ch. 19  
1 presentation | DB Forum 2 – Replies  
PowerPoint Presentation – Part 3  
Quiz 4 | 25  
100  
75 |
| **TOTAL**   |                 |             | **1010** |

DB = Discussion Board

**NOTE:** Each course module/week begins on Monday morning at 12:00 a.m. (ET) and ends on Sunday night at 11:59 p.m. (ET). The final module/week ends at 11:59 p.m. (ET) on Friday.