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 330**  
**HUMAN NUTRITION**

**COURSE DESCRIPTION**
Chemical structure, function, digestion, metabolism and biochemical interrelationships of nutrients relating to life cycle, current issues and diet selection.

**RATIONALE**
The purpose of the course is to acquaint the student with the science of nutrition: the study of how food nourishes the body. Throughout the course, the student will gain a greater appreciation for the relationships between food choices, disease, health, and honoring God. The role of food choices will be examined in light of 1 John 2:16–17a, Proverbs 23:19–21, and 1 Corinthians 6:19–20.

I. **PREREQUISITE**
For information regarding prerequisites for this course, please refer to the [Academic Course Catalog](http://bookstore.mbsdirect.net/liberty.htm).

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](http://bookstore.mbsdirect.net/liberty.htm)

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

II. **MEASURABLE LEARNING OUTCOMES**
Upon successful completion of this course, the student will be able to:
A. Explain the characteristics and functions of the six classes of nutrients required by the body.  
B. Identify the relationships between nutrients, energy, metabolism, and weight control.  
C. Contrast the dietary needs of various populations.  
D. Design nutrient dense meals that promote nutrition and wellness.
E. Compare the world’s perspective of food and drink consumption with God’s word.

III. 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)

Discussion boards are collaborative learning experiences. Therefore, the student will participate in 2 Discussion Boards Forums:

1. Nutrition Label: The student will select a food nutrition facts label that can be accessed online. The label will be analyzed and discussed for inclusion into the Food Guide Pyramid, Exchange List, and nutrient density in 300–400 words. Two replies must be completed on a different food item than what the student completed for his/her own analysis. These replies must be completed in 150–200 words.

2. Case Study: The student will select from the case studies provided and compose a report according to the template which includes an assessment, recommendations, and a sample day meal plan. Two replies must be completed on a different Case Study than what the student focused on for his/her own Case Study. These replies must be completed in 150–200 words.

D. iProfile Journal Entry Quiz

The student will complete this quiz after entry of all food, fluid, activity, and exercise tracking into iProfile.

E. iProfile Report Analysis Quiz

The student will use the Sample Student reports from iProfile to answer the question of this quiz in an effort to assist in learning to read the reports in iProfile. This must be completed before the Journal Analyses can be initiated.

F. Journal Analyses (3)

The student will examine and discuss the results of his/her iProfile report on his/her personal use and interaction with carbohydrates, proteins and fats, vitamins, minerals, water, and exercise/activity. Each analysis must be 2–3 pages.

G. Cultural Perspective Paper

The student will write a 2–3-page paper synthesizing biblical passages with cultural influences in order to examine how culture influences one’s perspective on nutrition.

H. Exams (4)
There will be 4 exams for this course. Each exam will consist of 50 multiple-choice and true/false questions. Questions will be taken from the corresponding textbook readings and must be completed within 1 hour. Each exam is open-book/open-notes.

IV. 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 (2 at 150 pts ea)</td>
<td>300</td>
</tr>
<tr>
<td>iProfile Journal Entry Quiz</td>
<td>25</td>
</tr>
<tr>
<td>iProfile Report Analysis Quiz</td>
<td>25</td>
</tr>
<tr>
<td>Journal Analysis:</td>
<td></td>
</tr>
<tr>
<td>Macronutrients</td>
<td>75</td>
</tr>
<tr>
<td>Micronutrients and Water</td>
<td>75</td>
</tr>
<tr>
<td>Exercise and Activity</td>
<td>50</td>
</tr>
<tr>
<td>Cultural Perspective Paper</td>
<td>50</td>
</tr>
<tr>
<td>Exam 1 (Modules 1–2)</td>
<td>100</td>
</tr>
<tr>
<td>Exam 2 (Modules 3–4)</td>
<td>100</td>
</tr>
<tr>
<td>Exam 3 (Modules 5–6)</td>
<td>100</td>
</tr>
<tr>
<td>Exam 4 (Modules 7–8)</td>
<td>100</td>
</tr>
</tbody>
</table>

**Total** 1010

B. Scale

- A = 900–1010
- B = 800–899
- C = 700–799
- D = 600–699
- F = 0–599

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. Exams

1. For exams, the student is required to complete the exam within the assigned time. For the student who exceeds this time limit, a
penalty of 1 point will be deducted for each minute he/she exceeds the assigned time limit.

2. The student must take the exam during the assigned module. A 5% deduction from the exam final grade will be assigned for each day the quiz is late.

3. No exam will be accepted 7 days after original due date without written approval from the instructor. This approval must be sought prior to the exam due date.

E. 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 330**


<table>
<thead>
<tr>
<th>MODULE/WEEK</th>
<th>READING &amp; STUDY</th>
<th>ASSIGNMENTS</th>
<th>POINTS</th>
</tr>
</thead>
</table>
| 1           | Grosvenor & Smolin: chs. 1–2  
              4 presentations  
              2 articles     | Course Requirements Checklist  
              Class Introductions  
              iProfile Journal Entry Quiz | 10
|             |                 |             | 0      |
| 2           | Grosvenor & Smolin: chs. 3–4  
              3 presentations   | DB Forum 1  
              Exam 1             | 150
|             |                 |             | 100    |
| 3           | Grosvenor & Smolin: chs. 5–6  
              2 presentations  | iProfile Report Analysis Quiz  
              Journal Analysis: Macronutrients | 25
|             |                 |             | 75     |
| 4           | Grosvenor & Smolin: chs. 7–8  
              2 presentations  | Exam 2  
              Journal Analysis: Micronutrients and Water | 100
|             |                 |             | 75     |
| 5           | Grosvenor & Smolin: chs. 9–10  
              4 presentations  | Journal Analysis: Exercise and Activity | 50
|             |                 |             |        |
| 6           | Grosvenor & Smolin: chs. 11–12  
              2 presentations  | Exam 3             | 100    |
|             |                 |             |        |
| 7           | Grosvenor & Smolin: chs. 13–14  
              Case Studies  
              6 presentations  | DB Forum 2             | 150    |
|             |                 |             |        |
| 8           | Grosvenor & Smolin: Review chs. 1–14  | Cultural Perspective Paper  
              Exam 4             | 50
|             |                 |             | 100    |

*DB = Discussion Board*

**NOTE:** Each course module/week (except Module/Week 1) begins on Tuesday morning at 12:00 a.m. (ET) and ends on Monday night at 11:59 p.m. (ET). The final module/week ends at 11:59 p.m. (ET) on **Friday**.