



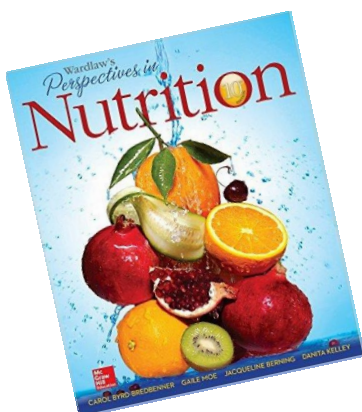
## WELCOME TO NUTR 200!

NUTR 200: Nutrient Metabolism, is designed to take a more in depth look at the Science of Nutrition and the metabolism of nutrients. It is also important to have an understanding of legitimate nutrition information and the best sources of such information. As we delve deeper into the study of nutrition and current topics, you will be able to be more confident in making dietary choices because you will have a better understanding of the role nutrients play in your body.

### COURSE OBJECTIVES

At the end of this course, you will be able to:

- ✓ Identify the steps of the scientific method and evaluate nutrition information using a strength of the evidence approach.
- ✓ Describe the steps of digestion and absorption of the macro- and micro-nutrients.
- ✓ Explain the metabolic steps of catabolism and anabolism for the macronutrients and calculate energy production.
- ✓ Analyze diets and outline lifestyle changes for the promotion of health in healthy individuals and those with nutrition-related diseases.



### COURSE MATERIALS

- Course Text/Online Materials: Wardlaw's Perspectives in Nutrition, Connect+ Access Code/e-Book, 10<sup>th</sup> ed; Bryd-Bredbenner.
  - **Do not purchase this text.** You will gain access to the text/online materials directly in the NUTR 200 I-Learn 3.0 course and **do not** need to purchase access prior to the course beginning.
  - The price for the text/online materials will be charged directly to your BYU-Idaho account after the first couple weeks of class. You can anticipate the cost to be ~\$80-85.
- Microphone (a headset or ear phones along with a microphone is preferred).



## UNIVERSITY POLICIES

**Student Honor:** A major goal at Brigham Young University Idaho is to provide quality educational opportunities in a rich spiritual environment. To obtain this desired level of spiritual influence students are asked to observe all points of the Code of Honor. Please take time to review the [BYUI Honor Code](#).

**Academic Honesty:** It is a violation of the Honor Code for a student to represent someone else's work as his own. It is also a violation of the Honor Code to discuss what was on or not on the exam with students who have not taken the exam. Please take time to review the university's policy on [Academic Honesty](#).

**Preventing Sexual Harassment:** Title IX of the Education Amendments of 1972 prohibits sex discrimination against any participant in an educational program which receives federal funds, including federal loans and grants. Title IX also covers student-to-student sexual harassment. If you encounter unlawful sexual harassment or gender-based discrimination, please contact the Personnel Office at 208-496-1708.

**Students with Disabilities:** BYU-Idaho is committed to providing a working and learning atmosphere which reasonably accommodates qualified persons with disabilities. If you have any disability which may impair your ability to complete this course successfully, please contact the Disability Services Office at 208.496.9210. Reasonable academic accommodations are reviewed for all students who have qualified documented disabilities. Services are coordinated with the student and instructor by this office. If you need assistance or feel you have been unlawfully discriminated on the basis of disability, you may seek resolution through established policy and procedures. Contact the Disability Services Office at 208.496.9210.

## COURSE POLICIES

**Late work:** Late submission of assignments or tests (even 5 minutes late) will not be accept unless previous arrangements have been made with the instructor.

### Grading Scale:

Grade	% Score	Description
A A-	93-100% 90-92%	Represents outstanding understanding, application, and integration of subject material and extensive evidence of original thinking, skillful use of concepts, and ability to analyze and solve complex problems. Demonstrates diligent application of Learning Model principles, including initiative in serving other students.
B+ B B-	87-89% 83-86% 80-82%	Represents considerable/significant understanding, application, and incorporation of the material which would prepare a student to be successful in next level courses, graduate school or employment. The student participates in the Learning Model as applied in the course.
C+ C C-	77-79% 73-76% 70-72%	Represents sufficient understanding of subject matter. The student demonstrates minimal initiative to be prepared for class. Sequenced courses could be attempted, but mastering new materials might prove challenging. The student participates only marginally in the Learning Model.
D+ D D-	67-69% 63-66% 60-62%	Represents poor performance and initiative to learn and understand and apply course materials. Retaking a course or remediation may be necessary to prepare for additional instruction in this subject matter.
F	Less than 60%	Represents failure to meet the requirements of the course.



## GRADING BREAKDOWN:

### Tests (Approximately 33% of the grade)

There are four section tests. Each test is worth 100 points. These tests are not timed. They will be open book, open note, but not open person. You may take each test only once. You are on your honor to complete the test on your own without help from another person. If you have a concern with one of the test questions, you should contact the instructor by email. The four section tests need to be submitted by Due Date #2.

### Assignments & Final Project Assignment (Approximately 25% of grade)

Each lesson has an application assignment that applies the principles learned in that lesson and provides an opportunity to practice using the principles in your own life. The Final Project assignment is worth 100 points and will be submitted in four (4) parts throughout the semester (Lesson #4, #8, #11, and #14) and will take the place of the normal lesson assignment for those lessons. Each assignment needs to be submitted each week no later than Due Date #2.

### Quizzes (Approximately 17% of grade)

There is a syllabus quiz and 13 timed preparation quizzes. The timed quizzes are open book, open note, but not open person. You may only take the quiz once. You are on your honor to complete the quizzes on your own without help from another person. If you have a concern with one of the quiz questions, you should contact the instructor by email. The quizzes are due by Due Date #1.

### Group Research Slam (Approximately 20% of grade)

Each lesson has a group activity worth 20 points. Groups will meet both asynchronously (L2, L4, L6, L8, L9, L11, L12, L13) and synchronously (L3, L5, L7, L10) online to complete a variety of activities. All activities will encourage the use of research as you teach and work with your individual groups. Groups will be formed at the beginning of the semester by the instructor based on students' availability for synchronous group work. Group Research Slam activities need to be submitted as outlined in each lesson.

### LearnSmart Connect Preparation Assignments (Approximately 5% of grade)

LearnSmart Connect is an adaptive study guide which assesses your knowledge on the course material and provides questions that will adapt to your strengths and weaknesses. This is completed using "Connect" your online course materials. By answering questions correctly, you work towards completing the assignment. You are not penalized for getting a question wrong. If you are willing to put in the time (approximately 20 minutes each lesson), you can always achieve 100% completion on these assignments. LearnSmart Connect assignments are due by Due Date #1.

### Need Help?

The Online Support Center (OSC) is designed to help any students taking online courses at BYU-Idaho. If you have questions about any online course or any feedback concerning online courses, instructors, or your online learning experience please contact the OSC.

Hours: M-F, 7 AM – 7 PM, MT <https://www.byui.edu/online/online-support-center> or call 208-496-1800