Ohio Articulation Number (OAN)
Course Submission Form
2005-2006

College/University     Miami University

Course(s) Submitted (Title & Course #)     Fundamentals Of Nutrition
                                                PHS 102

Ohio Articulation Number     OHL016

Date     4/7/2006

Name and title of individual submitting on behalf of the college/university

Name     Carol Jones    Title     Assistant Registrar

Address     301 S. Campus Avenue

E-mail     jonescm3@muohio.edu

Phone     (513) 529-8707

Fax     (513) 529-8755

Credit Hours     3     qtr     X

Lecture Hours

Laboratory Hours     (if applicable)

Pre-Requisites(s) Course work (if applicable)
- See catalog/course description -

Placement Score (if applicable)

(Name of test)

(Domain)     (Score)

Catalog/Course Description (Includes Course Title and Course #)
102 Individual and Family Environments: Fundamentals of Nutrition (3) Food
nutrients, essentials of an adequate diet, relationship of food to physical well-
being.

Texts/Outside Readings/Ancillary Materials
Outside Readings (if any)

Course Objectives and/or Plan of Work

GOALS:
* To study the nutrients and their relationship to health.
* To understand the principles of nutrition and to be able to relate these principles to your dietary habits.
* To survey the current concepts of nutrition as related to the scientific and popular literature.
* To understand varying nutrient needs for different stages of the life cycle.
* To develop an understanding of the behavioral, psychological, sociological and scientific aspects of nutrition.

ADA KNOWLEDGE STATEMENTS: Students will have knowledge of:
* Role of food in promotion and of a healthy lifestyle (nutrient composition of food)
* Influence of age, growth and normal development on nutritional requirements
* Nutrition and metabolism; nutrient metabolism
* Health promotion and disease prevention theories and guidelines
* Fluid and electrolyte requirements

OUTLINE:
* Overview of nutrition and dietary standards
* Macro nutrients - carbohydrate, protein and lipids
* Digestion, absorption and metabolism
* Energy Balance
* Weight Control
* Vitamins, minerals and water
* Selection of a nutritionally adequate diet
* Nutritional needs during the life cycle

Description of Assessment and/or Evaluation of Student Learning

ASSIGNMENTS AND GRADING:
Readings in text
Four exams 100 points each
Diet/energy study 100 points

A=92-100%; A-=90-91%; B+=88-89%; B= 82-87%; B-=80-81%; C+=78-79%;
C=72-77%; C-=70-71%; D+=68-69%; D= 62-67%; D-=60-61% F= <60%
This course is a study of food nutrients, the essentials of an adequate diet and the relationships of food to physical well-being. 3 credit hours.

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* To understand the principles of nutrition and to be able to relate these principles to your dietary habits.
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REQUIRED TEXT:

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FACULTY: Susan J. Rudge, Ph.D., R.D., L.D.
100A Phillips Hall
529-5036
Email: rudgesj@muohio.edu

Office Hours:
Monday 2-3 pm
Tuesday 2-4 pm
Wednesday 1-2 pm

SPECIAL NOTES:

1. Students are expected to attend all classes and attendance will be taken. Your grade will be dropped 5% for every 2 absences. Attendance will also be a factor used to determine borderline grades.

2. Diet Energy Project will be assigned February 16, 2006. Project is due in class on March 23, 2006. There will be a 10% penalty for any project turned in late. (The project will be considered late if it is turned into my mailbox or office during class time). No project will be accepted after March 30, 2006. If there are extenuating circumstances, please talk to me.

3. Exam dates are indicated on the course schedule. You will have the entire period for the exams. If an emergency occurs and you must miss an exam, notify me prior to the exam or call the main office (529-2700). You will need a medical excuse or other valid excuse, as determined by the instructor.

4. Withdrawal policy: Students may withdraw from a full-semester course through the ninth calendar week of the semester. After the ninth week, a student may not withdraw from a course unless a petition is approved by the Interdivisional Committee of Advisors.

****The FINAL EXAM is tentatively scheduled for Tuesday May 2, 2006 at 12:30 PM****
LOCATION TBA
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