Mansfield University
Academic Affairs Committee
Application for Online Course Approval

Course Prefix/Number: ___NTR 2211___ Course Title: ___Introduction to Nutrition___

Date: __10/26/13___________ Submitted by: ___Kathy Wright__________

Sponsoring Department: ___Health Sciences____________________

To request approval to offer a course online, complete and sign this form. Include:

1. The course syllabus, with student learning outcomes; the current or proposed catalog description; [See below]
2. A narrative that describes: details of how you plan to deliver content in a manner appropriate to the online environment, course activities, learning assessments, and opportunities for student engagement. The narrative must address the following:
   a. Design features that support student learning in a format appropriate to the online environment [See below].
   b. Strategies for engaging students with meaningful, interactive activities [See below]
   c. Strategies for communicating with and among students [See below]
   d. Strategies for assessing student learning outcomes, including methods to ensure procedural integrity [See below]

This form and attached materials should be sent to the Chair of AAC in electronic form (a single file is preferred). Two copies of the form and attached materials (with Applicant and Department Chairperson signatures) should be submitted via campus mail to the Chair of AAC.

Signatures:

Department Chairperson: _____________________________ Date: ____________

Chairperson, AAC: ________________________________ Date: ____________

Dean of Record: ________________________________ Date: ____________

The process for online approvals is via Department Chair, AAC, and Dean (this Expedited Approval process is consistent with the CBA). Online approvals should be submitted prior to the listing of a course in WebAdvisor. Once a course is approved for online, any qualified faculty may teach the course. Courses under special topics (or 2255/4455) should be submitted on a topic-by-topic basis.

Use this form to request online status for an existing course (one already approved through the regular curricular process). If you are proposing to create a new course for online delivery, the new course forms should accompany this form.

(Approved by Senate 12/08/2011)
NTR 2211 Introduction to Nutrition

This course was approved for distance education under the DIT prefix. We are requesting approval for it because the prefix for the course changed. This course includes extensive student faculty interactions. It was approved as a general education course.

This course includes the following design features that support learning in a format appropriate to the online environment:

- Students access course content in organized modules on Desire 2 Learn, the University’s approved online learning management system
- Power Point presentations including hyperlinks to relevant webpages
- Student discussions related to course content
- Peer evaluation of student work
- Instructor evaluation of student work
- Multiple discussion boards
- Timed online examinations

This course includes the following strategies for engaging students with meaningful, interactive activities:

- Discussion board web assignments
- Peer evaluations of discussion board web assignments
- Online group case study web assignment projects
- An eight page individual Nutritional Analysis Project

This course includes the following strategies for communicating with and among students:

- Discussion boards
- Online group projects
- Peer evaluations of posts

This course includes the following strategies for assessing student learning outcomes, including methods to ensure procedural integrity:

- Online discussion web assignments
- Online group case study web assignment project
- Online quizzes, a midterm and a final examination containing randomized questions using security measures available in Desire 2 Learn.
- An eight page individual Nutritional Analysis Project reflecting on the student’s knowledge from the course submitted using “Turnitin” originality check tool.
Welcome to the NTR 2211 Introduction to Nutrition web course.

Course Instructor: Kathy Wright PhD RD LDN

Course Instructor's Email Address: kwright@mansfield.edu

Course Instructor's Phone Number: 570-662-4628

Course Dates: January 21 – May 9, 2014

Course Credits: 3
**Prerequisites:** None

**Catalog Description:** This course examines how optimal nutrition improves health and risk factors for nutrition related diseases. It introduces the science of nutrition, nutrient needs of the body, and the foods that meet these needs. Topics covered include carbohydrates, proteins, lipids, vitamins, minerals, water, weight control, eating disorders, and lifecycle nutrition.

**Course Format:**
As a student in this class, you will not meet your fellow classmates face-to-face, but you will have plenty of opportunities to interact with your classmates and your instructor. You will complete your lessons and communicate with your instructor and classmates through Desire 2 Learn, an online learning management system. The course consists of an orientation to the course and 11 different nutrition lessons. To maximize your ability to learn course content, you will read from your textbook, complete a nutritional analysis project, prepare short (one page) essay assignments, and communicate with your classmates on a regular basis. Login information will be sent to students enrolled in the course via the campus email system. Your instructor has designed course content to accommodate students with slow connections or students who may rely on screen readers. If you still have questions about this course, please check the Frequently Asked Questions page.

**Online Learners in DIT 2211 Introduction to Nutrition must:**

- Have a desire to learn about nutrition. This course requires no prior background in nutrition and there are no prerequisites for this course.
- Provide your own access to a computer with Internet access.
- Solve technical problems involving computer equipment, software, and Internet access. (The help desk at Mansfield University may be able to help you with some computer problems.)
- Use discussion boards and email to ask questions, offer comments, and obtain advice from your instructor. Be prepared to have frequent discussion board conversations with your instructor and your classmates.
- Determine work schedule and submit assignments before specified dates. (See dates below.) **All Assignments are due at 9PM EST on the due date.**
- Take exams on the days listed below. (See exam dates below.) Each exam contains 40 questions. You will have 40 minutes to complete each exam. (This isn't enough time to look up answers in the textbook or notes.) If you are unable to complete exams on the days listed below, you may take a comprehensive make-up exam. Only one comprehensive make-up exam may be taken during the semester. This policy is in effect regardless of your reason for not taking the exam. This includes computer crashes. Please make sure that you are taking the exam on a reliable computer and always reboot your computer before starting an exam!
### Course Student Learning Outcomes: By the end of this course, the students will be able to:

<table>
<thead>
<tr>
<th>Student Learning Outcome</th>
<th>Nutrition Program SLO</th>
<th>General Education SLO</th>
<th>Assessment Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Identify the classes of nutrients, their sources, functions, digestion, absorption, and utilization by the body through demonstrating competence on quizzes and examinations.</td>
<td>KR 3.2.a Learning Outcome: Students are able to apply knowledge of the role of environment, food, and lifestyle choices to develop interventions to affect change and enhance wellness in diverse individuals and groups.</td>
<td>Exam and quiz questions related to knowledge acquisition identify the classes of nutrients, their sources, functions, digestion, absorption, and utilization by the body.</td>
<td></td>
</tr>
<tr>
<td>Use a computerized diet analysis program to analyze their nutrient intake in their nutritional assessment project.</td>
<td>KR 2.3.b Learning Outcome: Students are able to identify and describe the roles of others with whom the Registered Dietitian collaborates in the delivery of food and nutrition services.</td>
<td>Exam questions related to the roles of dietitians.</td>
<td></td>
</tr>
<tr>
<td>Determine the composition of their own diet and compare it with the appropriate Dietary Reference Intakes through completion of their nutritional assessment project</td>
<td>Formulate a written personal wellness plan for a healthy lifestyle</td>
<td>Nutrition assessment project parts 1&amp; 2</td>
<td></td>
</tr>
<tr>
<td>Develop a personal wellness plan with a minimum of three specific recommendations for improving or maintaining their health based on diet, exercise habits, and genetics</td>
<td>KR 3.2.a Learning Outcome: Students are able to apply knowledge of the role of environment, food, and lifestyle choices to develop interventions to affect change and enhance wellness in diverse individuals and groups.</td>
<td>Formulate a written personal wellness plan for a healthy lifestyle</td>
<td>Nutrition assessment project part 4</td>
</tr>
</tbody>
</table>
at the end of their nutritional assessment projects.

- Demonstrate personal leadership skills in small group activities
- Gather and interpret scientific information from a variety of credible sources
- Demonstrate good written communication skills

| Goal 1 | Students will demonstrate their ability to use and interpret current research in developing knowledge of nutrition, sports nutrition, and dietetic practice. |
| KR 1.1.a | Students are able to demonstrate how to locate, interpret, evaluate and use professional literature to make ethical evidence-based practice decisions. |

- Demonstrate personal leadership skills in small group activities

| Discussion board discussions and peer evaluations from Web Assignments 2 & 3 |
| KR 3.2.a Learning Outcome: Students are able to apply knowledge of the role of environment, food, and lifestyle choices to develop interventions to affect change and enhance wellness in diverse individuals and groups. |

- Group case studies in Web Assignment 3

---

**Lesson availability and due dates for spring 2014**

**Lesson 1 Orientation Lesson**  
Date available: 1/7/14  
Due date: 1/22/14

**Web 1 Assignment (See checklist: Orientation Lesson)**  
Date available: 1/7/14  
Due date: 1/22/13

**Lesson 2 Introduction Lesson**  
Date available: 1/14/14  
Due date: 1/24/14

**Lesson 3 Digestion/Absorption**  
Date available: 1/21/14  
Due date: 1/28/14
Lesson 4 Carbohydrates  
Date available: 1/28/14  
Due date: 2/4/14

Lesson 5 Proteins  
Date available: 2/4/14  
Due date: 2/11/14

Lesson 6 Lipids  
Date available: 2/11/14  
Due date: 2/18/14

**Web 2 Assignment (See checklist with Carbohydrates, Proteins, and Lipids Lesson)  
Date available: 1/28/14  
Due date: 2/18/14

Lesson 7 Vitamins  
Date available: 2/18/14  
Due date: 2/25/14

Exam 1 One 40 minute time period of your choice between 8:00 AM and 9:00 PM 3/4/14

Lesson 8 Water/Minerals  
Date available: 2/25/14  
Due date: 3/11/14

Lesson 9 Weight Control  
Date available: 3/4/14  
Due date: 3/25/14

**Nutritional Assessment Project (See Content in Desire 2 Learn under assignments)  
Date available: 2/18/14  
Due date: 4/1/14

Lesson 10 Pregnancy/Lactation  
Date available: 4/1/13  
Due date: 4/8/14

Lesson 11 Childhood  
Date available: 4/8/13  
Due date: 4/15/14

Lesson 12 Adulthood  
Date available: 4/15/13  
Due date: 4/22/14
**Web 3 Group Case Study Assignments due ( See checklist with Weight Control, Pregnancy/Lactation, Childhood, and Adulthood Lessons)
Date available: 4/1/14
Due date: 4/22/14

Exam 2 One 40 minute time period of your choice between 8:00 AM and 9:00 PM on 4/29/14

Comprehensive make-up exam One 40 minute time period of your choice between 8:00 AM and 9:00 PM on 5/6/14

**Textbook/Computer Program**

Each student will need a textbook for regular reading assignments and a computer diet analysis program. It is recommended that you order the textbook and computer program as soon as possible from a reliable source. If you wish to order the book and computer program from the campus bookstore, please email Connie Brant at cbrant@mansfield.edu or visit the campus bookstore online at: http://mansfieldbookstore.com/.


**Computer Software**: Computer software needed for this class is NutritionCalc Plus 3.2 OR newer. Printouts from other programs will not be accepted without prior approval.

NutritionCalc Plus 3.2 is published by McGraw-Hill. You may get the text and the computer software packaged together or separately. You may purchase the software separately from the book at [http://www.mhhe.com/nutrition/NCP.html](http://www.mhhe.com/nutrition/NCP.html)

Please make sure you have the correct textbook and software.

**Grading**

**Web Assignments** (3 worth 25 points each). See lesson checklists for more information. (Your instructor may take up to one week to grade these assignments.)

75 points maximum.

**Nutritional Analysis Project** (1 worth 100 points) (Your instructor may take up to one week to grade this assignment.)

100 points maximum

**Lesson Quiz Questions** (1 point per question) (10 questions per lesson.) Due on the due date of that particular lesson. See dates above. One point will be subtracted from your final score for each minute over the time limit allowed.
120 points maximum.

**Exams (2 worth 40 points each)** Exams are timed multiple choice exams. The exams must be done at the time specified above. One point will be deducted from the final grade for each minute over the time limit for each exam. (One comprehensive make-up exam is offered at the end of the semester for students who are unable to take one of the exams. Only one make-up exam is allowed.)

80 points maximum

**Total Points for the course: 375**

**Extra credit assignments will not be made or accepted.**

**Grading Policy for the Department of Health Sciences**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>93-100</td>
</tr>
<tr>
<td>A-</td>
<td>90-92</td>
</tr>
<tr>
<td>B+</td>
<td>87-89</td>
</tr>
<tr>
<td>B</td>
<td>83-86</td>
</tr>
<tr>
<td>B-</td>
<td>80-82</td>
</tr>
<tr>
<td>C+</td>
<td>77-79</td>
</tr>
<tr>
<td>C</td>
<td>73-76</td>
</tr>
<tr>
<td>C-</td>
<td>70-72</td>
</tr>
<tr>
<td>D+</td>
<td>67-69</td>
</tr>
<tr>
<td>D</td>
<td>63-66</td>
</tr>
<tr>
<td>D-</td>
<td>60-62</td>
</tr>
<tr>
<td>F</td>
<td>Below 60</td>
</tr>
</tbody>
</table>

**Incomplete Grades:**

There will be no incomplete grades. Your instructor will make all assignments available at least two weeks prior to the due date as noted above. You may work on assignments as soon as they appear on Desire 2 Learn. Any assignment not completed prior to the deadline for that assignment will receive a zero for the assignment. Due to course content availability; all deadlines will be strictly enforced. Students should plan to work ahead to prevent missing deadlines.

**Add/Drop**

Refer to the University's policies regarding the drop/add period and withdrawing from this course.
Academic Integrity

Students learn best by completing their own work. Any form of cheating, plagiarism, or sharing of assignments or discussing answers with ANYONE unauthorized by the instructor may result in course failure. Your instructor defines cheating as using web pages, slides, books, review sheets, or other materials while taking quizzes or exams; discussing quiz and exam questions with others; and sharing others' quizzes and exams. Your instructor defines plagiarism as submitting any materials not prepared by the student or submitting work without properly citing sources. This includes materials copied from the Internet, books, or other sources without proper citations, as well as materials written by someone other than you, the student. Your instructor defines sharing of assignments as helping someone with an assignment, receiving help from someone on an assignment, or discussing course assignments when students are not authorized to do so by the instructor. When in doubt, ask!

Consequences of cheating, plagiarism, or sharing of assignments or discussing answers with ANYONE unauthorized by the instructor may result in course failure. The most common mistake students in this course make is to underestimate the importance of being able to write, think, and apply nutrition knowledge. Almost anyone can copy and paste, but only those who understand can write their own assignments. Faculty are also responsible for assessing and reporting all charges of academic dishonesty to the Office of the Provost. See the policy and procedure listed at: http://mansfield.edu/academic-affairs/resources-for-faculty/forms-and-procedures/ under “Academic Integrity Policy.”

Student Consumer Rights and Responsibilities

"The Higher Education Opportunity Act (Public Law 110-315) (HEOA) was enacted on August 14, 2008, and reauthorizes the Higher Education Act of 1965, as amended (the HEA). The HEOA (2008) requires colleges and universities to provide students with information necessary to make informed decisions concerning their educational experiences. Mansfield University strives to serve its students fairly and equitability. The following MU website provides an inclusive list by topic of student consumer rights and responsibilities: http://mansfield.edu/HEA/" (Taken directly from Mansfield University Syllabus Checklist)

Copyright

The University fully supports the Copyright Laws of the United States. Respect for intellectual labor and creativity is vital to academic discourse and enterprise. This principle applies to any original work in any tangible medium of expression. Images displayable on computer screens, computer software, music, books, magazines, journals, photographs, and articles are among items subject to copyright. A work need not be explicitly labeled with a copyright notice to be afforded copyright protection. For more information on Copyright please consult the Mansfield University Copyright Information website: http://mansfield.libguides.com/copyright. (Taken directly from Mansfield University Syllabus Checklist)
Learning Disabilities

Students with documented learning disabilities, physical challenges, or other significant medical conditions that may affect their learning in this course should meet with the University’s Disability Advisor in the Department of Academic and Human Development (141 South Hall, Phone: 662-4436) as soon as possible. The Disability Advisor will arrange to provide your professors with an appropriate letter so that we may serve your particular needs more effectively. If you have a disability that requires classroom or testing accommodations, the advisor will also clarify appropriate arrangements.

General Education

This course meets General Education core Wellness course requirements for students who matriculated as a student at Mansfield University prior to fall 2011 and meets General Education Environmental, Economic, Social and Personal Sustainability strand course requirements for students who matriculated after fall 2011. Course objectives are linked to the new 2011 general education program as stated above. You will find artifacts used in assessing student learning outcomes in the student learning outcomes table above.

Keys to On-line Success

This course requires a lot of reading and a fair amount of writing. Remember this course is equivalent to spending 45 hours in the classroom during a regular semester--excluding the time you spend reading assignments, doing homework, studying for tests, and going to the library or reviewing online library resources.

In order to be successful, you will need to discipline yourself to complete all assignments on time. Begin working as soon as possible after assignments are posted. Remember you must complete approximately one lesson each week. There is no way to determine the length of time it will take for you to complete your assignments. This varies according to your reading and writing ability and speed.

Office Hours

I will check my email regularly. Post messages on the "Helping Each Other" discussion board for general questions about the course. Email me at kwright@mansfield.edu with personal questions about your grade or quizzes. I will answer most messages within 48 hours. Phone calls can be arranged at times of mutual convenience. Skype calls are a possibility, also.

Kathy Wright, Your Instructor

I'm Kathy Wright, your instructor for this class. I earned my B. S. from Mansfield State College; M. S. from Murray State University, Murray, Kentucky; and an additional M. S. in Educational Psychology and my Ph.D. in Nutrition from Penn State. I joined the Mansfield University faculty in 1991. I am in charge of Mansfield University's Nutrition Program. First and foremost, I consider myself to be an educator. My research interests include methods of improving patient
education, sports nutrition, geriatric nutrition, use of vitamin, mineral, and herbal supplementation. I have many years of experience working as a clinical dietitian in Nebraska, New York, and Pennsylvania. I continue to do nutrition and dietetic consulting upon request. I am married and my husband and I have a son who is currently a graduate student. We have a hobby farm, which includes an apiary. When I am not working, I enjoy participating in "fun-runs," mountain biking, hiking, skiing, snowshoeing, gardening, cooking healthy gourmet foods, and weaving.

©2014 Kathy Wright PhD RD LDN