NTR 306: Fundamentals of Nutrition
Texas Common Number: BIOL 1322 or HECO 1322
Term: Self-Paced

In Nutrition 306 students clarify what good nutrition means, raise their personal awareness about their health, learn how to incorporate good eating habits into their life, and learn how to help others do the same. Students will have the opportunity to act upon what they learn by completing two comprehensive dietary analysis projects, for which they will evaluate their own diet. Upon completion, students will be able to make nutrition decisions based on the strength of the knowledge that they gain throughout the lessons. This course can serve as a basis for a healthier lifestyle and also prepares students academically for more advanced nutrition courses.

This course is independent study and is self-paced. Students have five months upon registration in which to complete coursework, plus an additional thirty days in which to take the final exam.

**Required Materials**


**Course Organization and Assessment**

This course is divided into five learning modules containing a total of twelve lessons. Each lesson shares a common organizational structure to assist you in learning that lesson’s material.

- **Overview**—The overview is an introduction and guide to the lesson. It will introduce you to key terms and concepts from the readings and give you the background information you need before you begin to read and study.

- **Learning Objectives**—Each lesson first provides objectives to focus your study on the concepts and skills you will be expected to understand by the time you have completed the lesson. The objectives can also be reviewed in preparation for the midterm and final exams.

- **Reading Assignment**—This section lists the reading selections for the lesson. All of the required reading assignments come from the textbook, *Understanding Nutrition*.

- **Internet Resources**—Each lesson includes specific references to Internet resources that complement topics discussed in that lesson. Refer to these resources to extend your understanding of these topics and to prepare yourself for the lesson’s Activities and Assignments.
Lesson Outline

Module 1
  Lesson One: Introduction to Nutrition
  Lesson Two: Digestion, Absorption, and Transport

Module 2
  Lesson Three: The Carbohydrates
  Lesson Four: The Lipids
  Lesson Five: Protein: Amino Acids

Module 3
  Lesson Six: Metabolism

Module 4
  Lesson Seven: Energy Balance and Weight Control
  Lesson Eight: Water-Soluble Vitamins
  Lesson Nine: Fat-Soluble Vitamins

Module 5
  Lesson Ten: Water and the Major Minerals
  Lesson Eleven: The Trace Minerals
  Lesson Twelve: Pregnancy, Lactation, and Infancy

You must wait to receive a score and feedback on all assignments within a given learning module before moving onto the next module. You should receive feedback all instructor-graded assignments within three business days. Plan your schedule for completing the course accordingly.

Activities

Activities are not graded, but they help you to build your knowledge of the course material. Use them to identify those areas that are strong and those that need more work.

The course provides you with a wide variety of Activities—from quizzes to Web sites where you can explore supplemental course material. To ensure that you are prepared for Assignments that are graded, you should complete the Activities and review their concepts before you attempt the related Assignments.

- **Self-Assessments**—Some lessons include a quiz you can use to assess your knowledge of that lesson's material. When you submit your answers to the quiz, you will receive immediate feedback.

- **Animations and Video**—The animations illustrate important lesson concepts such as digestive and chemical processes. Videos provide context and additional information on nutrition topics. Both are excellent tools to assist you in assimilating the lesson material.

- **Supplemental Resources**—You will find supplemental resources in every lesson, such as handouts and additional internet resources. The textbook also publisher provides a companion web site for your textbook with a variety of learning tools to assist you in assimilating the course material. Access to the companion web site is optional.
Assignments

The course includes seven computer-graded quizzes and fourteen instructor-graded assignments. One of the assignments is a peer-review activity.

This course also contains two Dietary Analysis Projects. These are complex assignments in which you will analyze your own diet and compare your intake to recommendations. You will keep a food diary and then run a quantitative analysis of your diet using *Diet and Wellness Plus*. The results of the analysis will be compared to established guidelines to assess the adequacy of your diet in providing the necessary macro- and micro-ingredients to support good health. Based on this assessment, you will summarize the strengths and weaknesses of your diet and consider how your lifestyle affects your risk for chronic disease.

Each assignment contains specific information about how it will be assessed and about which point values can be given for your responses. Some assignments contain questions or exercises that involve using Internet resources. The online work is designed to help you gain skill in using the Web as a resource for nutritional information and in evaluating information about nutrition on the Web.

Exams

This course has two exams, a midterm and a final. The format will be a mix of short-answer, fill-in-the-blank, matching, and multiple-choice questions. Both exams are designed to reflect the specific content as well as the broad, overall concepts from each lesson. It is very important that you complete the assignments and review your instructor's feedback to optimize your performance on the exams. If you have points deducted or receive comments such as "more discussion needed," reread the text and update your work.

You will have 3 hours to complete each exam. The Midterm will cover material from Lessons 1 through 6. The final is comprehensive and will cover all material from Lessons 1 through 12.

Both exams must be taken in a proctored testing center, with arrangements to be made by the student. The exam request links within your course will take you through this process; additional information is available on the University Extension website.

**YOU MUST PASS THE FINAL EXAM TO PASS THE COURSE.**

Grading

- Dietary Analysis Projects 20%
- Instructor-Graded Assignments 20%
- Computer-Graded Assignments 10%
- Midterm Exam 20%
- Final Exam 30%
Your course grade will be assigned as follows:

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