Course Syllabus
HPER 1423 - Nutrition
Western Oklahoma State College • Altus, Oklahoma

Instructor: Terri Pearson                                         Telephone: (580) 471-7177
Email: terri.pearson@wosc.edu

TEXTBOOK:
Nutrition Now, by Judith Brown

LEARNING OUTCOMES:
After completing this course, the student should be able to
1.0 Understand what constitutes good nutrition.
2.0 Analyze a nutritious and safe diet.
3.0 Identify the groups of food nutrients.
4.0 Understand the relationship between nutrition and good health.

COURSE REQUIREMENTS
1.0 Reading: readings from the textbook and supplement readings may be required by the instructor.
2.0 Class Discussion: student participation may be required by the instructor.
   Student performance may be evaluated by participation in class discussions.
3.0 Writing: essay questions on exams or other written assignments may be required by the instructor.
4.0 Testing: 7 regular exams and one final.

COURSE COMPETENCIES:
1.0 Understand what constitutes good nutrition.
   1.1 Understanding the placebo effect.
   1.2 Analyze health as it relates to nutrition.
2.0 Analyze a nutritious and safe diet.
   2.1 Understanding family influence on nutrition.
   2.2 Identifying sound shopping practices.
3.0 Analyze the groups of food nutrients.
   3.1 Describe the functions of carbohydrates, lipids, proteins, vitamins, minerals, and water.
   3.2 Analyzing types of carbohydrates.
   3.3 Understanding the difference in good and bad cholesterol.
   3.4 Examine amino acids.
   3.5 Describe fat and water soluble vitamins.
4.0 Understand the relationship between nutrition and good health.
   4.1 Diagnose the relationship between energy and weight control.
   4.2 Analyze ways to assess body fat.
   4.3 Describe causes of death related to nutrition.
   4.4 Identify the food pyramid.
   4.5 Examine heart rate formula.

Test Makeup Policy
Students must take tests during the scheduled times. If you cannot take a test when it is scheduled, contact the instructor before the test. Make-up tests will not be given except in the case of extenuating circumstances— at the instructor's discretion. If you miss a test and have contacted the instructor beforehand, you will be given an opportunity to (1) make up the test, (2) take a comprehensive final or (3) take a zero for the test, at the instructor’s discretion.
### Evaluation/Grading

<table>
<thead>
<tr>
<th>Type</th>
<th>Points</th>
<th>Total Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tests (7 exams)</td>
<td>100 each</td>
<td>700</td>
</tr>
<tr>
<td>13 Assignments</td>
<td>10 each</td>
<td>130</td>
</tr>
<tr>
<td>Discussion Forum</td>
<td>25 points possible</td>
<td>25</td>
</tr>
<tr>
<td>Final – reflection paper</td>
<td>25 each</td>
<td>25</td>
</tr>
<tr>
<td><strong>Total Points Possible</strong></td>
<td></td>
<td><strong>880</strong></td>
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</tbody>
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#### Grading
At the end of the semester, all points will be totaled and the final grade will be determined by the following:

- **A** 880-792
- **B** 791-704
- **C** 703-616
- **D** 615-528
- **F** 527-below

#### Student Special Needs Accommodations
Students with disabilities should notify the instructor of any special needs.

#### Withdrawing From Course
It is the responsibility of the student to properly withdraw from class for whatever reason. No administrative withdrawals will be given. An incomplete (I) or an audit (A) will be given at the discretion of the instructor and the department director. Students must be aware of dates to withdraw with a "W" or an "Audit". After the final day to withdraw, a grade of "W" will be given only to those students who are passing the class at the time they withdraw. Otherwise, a grade of "F" will be given.