

**Note:**

**Course content may be changed, term to term, without notice. The information below is provided as a guide for course selection and is not binding in any form, and should not be used to purchase course materials.**

## ***COURSE SYLLABUS***

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### **HLTH 330**

#### **HUMAN NUTRITION**

#### **COURSE DESCRIPTION**

This course will cover chemical structure, function, digestion, metabolism, and biochemical interrelationships of nutrients relating to life cycle, current issues, and diet selection.

#### **RATIONALE**

The purpose of the course is to acquaint students with the science of nutrition: the study of how food nourishes the body. Throughout the course students will gain a greater appreciation for the relationships between food choices, disease, health and honoring God. The role of food choices will be examined in light of 1 John 2:16–17a, Proverbs 23: 19–21, and 1 Corinthians 6:19–20.

#### **I. PREREQUISITE**

For information regarding prerequisites for this course, please refer to the [Academic Course Catalog](#).

#### **II. REQUIRED RESOURCE PURCHASE**

Click on the following link to view the required resource(s) for the term in which you are registered: <http://bookstore.mbsdirect.net/liberty.htm>

#### **III. ADDITIONAL MATERIALS FOR LEARNING**

- A. Computer
- B. Internet access (broadband recommended)
- C. Microsoft Word  
(Microsoft Office is available at a special discount to Liberty University students.)

#### **IV. MEASURABLE LEARNING OUTCOMES**

Upon successful completion of this course, the student will be able to:

- A. Explain the characteristics and functions of the six classes of nutrients required by the body.
- B. Identify the relationships between nutrients, energy, metabolism, and weight control.
- C. Contrast the dietary needs of various populations.
- D. Design nutrient dense meals that promote nutrition and wellness.
- E. Compare the world's perspective of food and drink consumption with God's word.

## V. COURSE REQUIREMENTS AND ASSIGNMENTS

A. Presentations; textbook, article, and Bible readings

B. Course Requirements Checklist

After reading the Syllabus and [Student Expectations](#), the student will complete the related checklist found in Module/Week 1.

C. Discussion Board forum (2)

The student will participate in 2 Discussion Boards forums:

1. Nutrition Label: The student will select a food nutrition facts label that can be accessed online. The label will be analyzed and discussed for inclusion into the Food Guide Pyramid, Exchange List, and nutrient density in 300–400 words. The thread will be due by 11:59 p.m. (ET) on Thursday of Module/Week 2. Two replies must be completed on a different food item than what the student's completed for their own analysis. These replies must be completed in 150–200 words and are due by 11:59 p.m. (ET) on Monday of Module/Week 2.
2. Case Study: The student will select from the case studies provided and compose a report according to the template which includes an assessment, recommendations, and a sample day meal plan. The thread will be due by 11:59 p.m. (ET) on Thursday of Module/Week 7. Two replies must be completed on a different case study than what the student focused on for their own case study. These replies must be completed in 150–200 words and are due by 11:59 p.m. (ET) on Monday of Module/Week 7.

D. iProfile Journal Entry Quiz

The student will complete this quiz after entry of all food, fluid, activity and exercise tracking into iProfile. This is due by 11:59 p.m. (ET) on Monday after Module/Week 1.

E. iProfile Journal Analysis Quiz

The student will use the Sample Student reports from iProfile to answer the question of this quiz in an effort to assist in learning to read the reports in iProfile. This must be completed before the Journal Analyses can be initiated. This is due by 11:59 p.m. (ET) on Monday after Module/Week 3.

F. Journal Analyses (3)

The student will examine and discuss the results of their iProfile report on their personal use and interaction with carbohydrates, proteins and fats, vitamins, minerals, water and exercise/activity. Each analysis is to be 2–3 pages in length and is due by 11:59 p.m. (ET) on Monday after the assigned module/week.

G. Cultural Perspective Paper

Students will write a 2–3 page paper, synthesizing biblical passages with cultural influences in order to examine how culture influences one's perspective on nutrition. This assignment is due by 11:59 p.m. (ET) on Friday of Module/Week 8.

## H. Exams (4)

There will be 4 exams for this course. Each exam will consist of 50 multiple-choice and true/false. Questions will be taken from the corresponding textbook readings and must be completed within 60 minutes. Each exam is open-book/open-notes and must be completed by 11:59 p.m. (ET) on Monday of the assigned module/week. Module/Week 8 is the exception, in which Exam 4 is due by 11:59 p.m. (ET) on Friday.

## VI. COURSE GRADING AND POLICIES

### A. Points

Course Requirements Checklist	10
Discussion Board forums (2 at 150 pts ea)	300
iProfile Journal Entry Quiz	25
iProfile Report Analysis Quiz	25
Journal Analysis:	
Macronutrients	75
Micronutrients and Water	75
Exercise and Activity	50
Cultural Perspective Paper	50
Exam 1 (Modules 1–2)	100
Exam 2 (Modules 3–4)	100
Exam 3 (Modules 5–6)	100
Exam 4 (Modules 7–8)	100
<b>Total</b>	<b>1010</b>

### B. Scale

A = 900–1010 B = 800–899 C = 700–799 D = 600–699 F = 599 and below

### C. Exams

1. For exams, students are required to complete the exam within the assigned time. For students who exceed this time limit a penalty of 1 point will be deducted for each minute they exceed the assigned time limit.
2. Students must take the exam during the assigned module. A 5 % deduction from the exam final grade will be assigned for each day the quiz is late.
3. No exam will be accepted seven (7) days after original due date without written approval from the professor. This approval must be sought prior to exam due date.

D. Disability Assistance

Students with a documented disability may contact Liberty University Online's Office of Disability Academic Support (ODAS) at [LUOODAS@liberty.edu](mailto:LUOODAS@liberty.edu) to make arrangements for academic accommodations. Further information can be found at [www.liberty.edu/disabilitysupport](http://www.liberty.edu/disabilitysupport).

***COURSE SCHEDULE***

**HLTH 330**

**HUMAN NUTRITION**

<b>MODULE/ WEEK</b>	<b>READING &amp; STUDY</b>	<b>ASSIGNMENTS</b>	<b>POINTS</b>
<b>1</b>	Grosvenor & Smolin: chs. 1–2 4 presentations 2 articles	Course Requirements Checklist Class Introductions iProfile Journal Entry Quiz	10 0 25
<b>2</b>	Grosvenor & Smolin: chs. 3–4 3 presentations	DB Forum 1 Exam 1	150 100
<b>3</b>	Grosvenor & Smolin: chs. 5–6 2 presentations	iProfile Report Analysis Quiz Journal Analysis: Macronutrients	25 75
<b>4</b>	Grosvenor & Smolin: chs. 7–8 2 presentations	Exam 2 Journal Analysis: Micronutrients and Water	100 75
<b>5</b>	Grosvenor & Smolin: chs. 9–10 4 presentations	Journal Analysis: Exercise and Activity	50
<b>6</b>	Grosvenor & Smolin: chs. 11– 12 2 presentations	Exam 3	100
<b>7</b>	Grosvenor & Smolin: chs. 13– 14 Case Studies 6 presentations	DB Forum 2	150
<b>8</b>	Grosvenor & Smolin: Review chs. 1–14	Cultural Perspective Paper Exam 4	50 100
<b>TOTAL</b>			<b>1010</b>