CFS 111: Human Nutrition  
Department of Consumer & Family Sciences  
Western Kentucky University  
Spring 2009

Instructor Information  
Karen Mason, Ph.D., R.D.  
Academic Complex 209A  
270-745-3462  
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Office Hours: MWF: 9:00-10:00 a.m.  
MW: 12:45-2:45 p.m.  
R: 12:30-3:30 p.m.  Additional office hours are available by appointment.

Course Information  
Lectures: CFS 111, MWF 11:30 a.m. – 12:25 p.m., Smith Stadium 1029

Course Description: Study of nutrients essential to human life and well-being. Nutrients are studied relative to their function in metabolism, sources in food, and relationship to health.

General Education Information for CFS 111:  
Human Nutrition, CFS 111, may be taken to fulfill the Health and Wellness category of the General Education requirements at Western Kentucky University; information and skills to improve understanding of various factors that enhance health, well-being, and quality of life are addressed. Course objectives marked with an asterisk are linked to this general education goal.

Course Objectives:  (The first four course objectives, marked with an asterisk, are linked to the general education goal for health and wellness.)  
1) Discuss the role of nutrition and other lifestyle choices in the prevention of disease to include the dangers of deficits and toxicities.*  
2) Identify the functions, properties, human requirements and food sources of essential nutrients.*  
3) Discuss tools, such as the DRI, Food Pyramid and Exchange Lists, and their role in selecting a nutritionally adequate diet.*  
4) Identify nutritional needs at different stages in human growth and development.*  
5) Examine the principles and ethics involved in making nutrition recommendations, emphasizing the importance of nutrition research and reliable sources of nutrition information.  
6) Explain the physiology of digestion, absorption, metabolism and excretion of foods and nutrients.  
7) Evaluate food beliefs, food and nutrition fads and advertisements based on the principles of nutrition.


Special Instructional Materials: A calculator will be useful for solving example problems in class. For exams, students should have a calculator, a No. 2 pencil and a scantron (Form #2052 or #882-E). Students may NOT borrow a calculator from another classmate during an exam. No PDAs or cell phones are allowed during an exam.
For Nutrition and Dietetics students: This class helps fulfill competencies (knowledge and skills) for Nutrition and Dietetics students set by the American Dietetic Association. To identify competencies specific for this class please go to http://www.wku.edu/dietetics.

Grading/Evaluation

1. Grades will be assigned according to the total points achieved in the class as follows:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Points</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>418-465</td>
<td>90-100</td>
</tr>
<tr>
<td>B</td>
<td>372-417</td>
<td>80-89</td>
</tr>
<tr>
<td>C</td>
<td>325-371</td>
<td>70-79</td>
</tr>
<tr>
<td>D</td>
<td>279-324</td>
<td>60-69</td>
</tr>
<tr>
<td>F</td>
<td>Less than 279 points</td>
<td>&lt;60</td>
</tr>
</tbody>
</table>

The allocation of points for the class will be:

<table>
<thead>
<tr>
<th>Exam/assignment</th>
<th>Points Available</th>
<th>Your Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exam 1</td>
<td>100 points</td>
<td></td>
</tr>
<tr>
<td>Exam 2</td>
<td>100 points</td>
<td></td>
</tr>
<tr>
<td>Exam 3</td>
<td>100 points</td>
<td></td>
</tr>
<tr>
<td>Exam 4</td>
<td>100 points</td>
<td></td>
</tr>
<tr>
<td>Quizzes</td>
<td>25 points</td>
<td></td>
</tr>
<tr>
<td>Diet Analysis</td>
<td>15 points</td>
<td></td>
</tr>
<tr>
<td>Homework</td>
<td>25 points</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td><strong>465 points</strong></td>
<td></td>
</tr>
</tbody>
</table>

All grades will be posted on WKU’s Blackboard web site at http://ecourses.wku.edu/.

2. Students are required to access the course’s website on WKU’s Blackboard. The course website will contain lecture notes, announcements, grades, assignments, exam preparation tips, and links to practice problems. The lecture notes for each chapter will be posted in Blackboard at least two days before starting the respective chapter. An email will be sent the first week of class on how to access Blackboard.

3. Students are encouraged to check their WKU email accounts at least twice per week, as reminders about the class are sent to students’ WKU email accounts periodically throughout the semester.

4. All exams will be multiple choice and true/false. Students will be given one hour to complete each exam. Exams will be given back for review. Students are encouraged to review any questions missed on exams. The midterm and final exams will be semi-comprehensive. Approximately 80% of the midterm will be new material and the remaining 20% will be from material covered from the first exam. The final exam (exam 4) will be derived from approximately 80% new material and the remaining 20% will be from material covered since midterm. Students will be given tips before the midterm and final exams on how to prepare for the comprehensive section.

5. Students must be present for all exams. Make-up exams will be given to students with extenuating circumstances. Extenuating circumstances include sickness, serious illness, or death of an immediate family member. Athletes and students who accompany athletic teams for official purposes will also be excused for out-of-town games/meets. It is incumbent on the student to provide acceptable documentation to substantiate the absence. Absences for any other reason will be excused at the discretion of the instructor.
and will require proper documentation. Students who miss an exam for any other reason than those stated above will automatically have 10 points deducted from the make-up exam score. Routine medical appointments (eye or dental exam – unless an emergency) and court appearances (unless on jury duty) are not considered excusable absences.

6. Four announced lecture quizzes will be given throughout the semester. Questions will be based on lecture notes for the upcoming exam. Make-up quizzes will only be administered to students with an excused absence, and written documentation MUST be provided.

7. Students will be required to complete a 5 point exit quiz. The link to this quiz will be emailed to the students the last week of class. The confirmation page for the exit quiz should be printed and given to the instructor for full credit. This quiz is not graded on score, but on completion.

8. Instructions for the homework assignments and the dietary analysis assignment will be provided to the students at least 1 week before the assignments will be due. Late assignments will be penalized 1 point each day late.

9. Class attendance will be taken daily. Attendance will be considered when the final grade is determined. A borderline grade may be determined by attendance. No absences will boost a grade by up to, but no more than, 1 point. Thus, a final class average of 79.4% may be boosted to a "B" if NO absences have occurred; otherwise, a 79.4% is a "C". Students are recommended to obtain missed notes/announcements from fellow classmates when absent.

10. In addition to coming to class, each student will be expected to come to class on time. Tardiness will be recorded and will be factored into the assigning of grades, especially when a student has a borderline grade.

11. Occasionally unannounced bonus quizzes will be given. Students must be present to take the quizzes.

12. Grades in the class are final and will not be changed unless there is a computational error or error on the part of the instructor. If you need a certain grade in this course to maintain or increase your grade point average, you MUST put the appropriate amount of effort into the class.

13. Students are expected to be professionally courteous to the professor and peers. This includes turning off cell phones before coming to class, not being disruptive during class time, coming to class on time, and staying the entire 55 minutes of class.

### Lecture & Exam Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Reading (Text Chapter)</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 26 –</td>
<td>Introduction &amp; Syllabus</td>
<td>Chapter 1</td>
</tr>
<tr>
<td>February 13</td>
<td>What is Nutrition?</td>
<td>Chapter 2</td>
</tr>
<tr>
<td></td>
<td>Tools for Healthy Eating</td>
<td>Chapter 3</td>
</tr>
<tr>
<td></td>
<td>The Basics of Digestion</td>
<td></td>
</tr>
<tr>
<td>September 16</td>
<td>EXAM 1</td>
<td>Chapters 1-3</td>
</tr>
<tr>
<td>February 18 –</td>
<td>Carbohydrates</td>
<td>Chapter 4</td>
</tr>
<tr>
<td>March 20</td>
<td>Fats, Oils, and Other Lipids</td>
<td>Chapter 5</td>
</tr>
<tr>
<td></td>
<td>Proteins and Amino Acids (introduction)</td>
<td>Chapter 6</td>
</tr>
<tr>
<td>March 9 – 13</td>
<td>Spring Break</td>
<td>No class</td>
</tr>
<tr>
<td>March 23</td>
<td>EXAM 2</td>
<td>Chapters 4-5 (80%)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chapters 1-3 (20%)</td>
</tr>
</tbody>
</table>
March 25 – April 13
Proteins and Amino Acids
Weight Management
Nutrition & Fitness
Chapter 6
Chapter 10
Chapter 11

April 15
EXAM 3
Chapters 6, 10, 11

April 17 – May 8
Alcohol
Vitamins
Phytochemicals
Nutrition & Cancer
Minerals & Water
Food Safety & Technology
Chapter 9
Chapter 7
Lecture Notes
Lecture Notes
Chapter 8
Chapter 14

May 11
10:30 a.m. – 12:30 p.m.
FINAL EXAM
Chapters 7, 8, 9, 14 and Notes (80%)
Chapters 6, 10, 11 (20%)

Class schedule, reading assignments, and exam dates are subject to change.

**Policies and Services**

**Academic Dishonesty**

Students will be expected to do his/her own work for exams/quizzes and assignments. Failure to comply with this policy will result in a failing grade for the exam/assignment and, perhaps, the course. If caught cheating, the student will receive a minimum of a zero on the assignment/quiz/exam and the cheating incident will be reported to WKU’s Office of Student Life. Copying answers on an assignment/quiz/exam is cheating. Taking an exam or quiz for someone else is cheating. Having someone else take an exam or quiz for you is cheating. Students should be aware of WKU’s academic dishonesty policy (WKU Catalog, 2008-2009, p. 26), which states: “Students who commit any act of academic dishonesty may receive from the instructor a failing grade in that portion of the coursework in which the act is detected or a failing grade in the course without possibility of withdrawal. The faculty member may also present the case to the Office of the Dean of Student Life for disciplinary sanctions.”

**Student Disability Services**

In compliance with university policy, students with disabilities who require accommodations (academic adjustments and/or auxiliary aids or services) for this course must contact the Office for Student Disability Services in DUC A-200 of the Student Success Center in Downing University Center. The phone number is 745-5004.

Please DO NOT request accommodations directly from the professor or instructor without a letter of accommodation from the Office for Student Disability Services.

**Tutoring through The Learning Center**

(located in the Academic Advising and Retention Center, DUC-A330)

Should you require academic assistance with this course, or any General Education Course, there are several places that can provide you with help. TLC tutors in most major undergraduate subjects and course levels throughout the week. To make an appointment, or to request a tutor for a specific class, call 745-6254 or stop by DUC A-330. Log on to TLC’s website at [www.wku.edu/tlc](http://www.wku.edu/tlc) to find out more. TLC hours: M-Thur. 8am-9pm, Fri. 8am-4pm, Sat.-Closed, and Sundays 4pm-9pm.