

**COURSE:** SC241 N Survey of Nutritional Science  
**CREDIT:** 3 Semester Hours  
**SEMESTER:** Spring 2020 Cycle 6  
**INSTRUCTOR:** Chris Basel  
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**OFFICE:** East Ed. 224  
**MEETING TIME:** Online

It's an exciting time to study science! Scientific discoveries are made every day and our understanding of nature has increased incredibly. Some suggest that the Bible and science are inconsistent. However, on the contrary, science and the Bible are completely consistent and this should strengthen our faith as we discover more and more about the incredible, awesome nature of our Creator God!

## **I. COURSE DESCRIPTION:**

SC241 N (3 hrs) A broad overview of fundamental nutritional concepts for the non-science major. Emphasis is placed on a conceptual understanding of nutritional science including nutrients, minerals, vitamins, digestion, energy consumption, and weight management from a biblical worldview.

## **II. COURSE OBJECTIVES:**

### **A. General competencies to be achieved. The student will:**

- 1) Demonstrate an understanding of the fundamental concepts of nutritional science from a biblical worldview.
  - a. Program Objectives 1 and 3.
  - b. Assessments – chapter review questions and exams.

### **B. Specific competencies to be achieved. The student will:**

- 1) Demonstrate the ability to apply the concepts of nutritional science to health applications.
  - a. Program Objectives 1, 3, and 4.
  - b. Assessments – chapter review questions and exams.
- 2) Read literature covering the biblical worldview of nutritional science and demonstrate your understanding of these concepts by reporting on the literature clearly and concisely.
  - a. Program Objectives 2, 3, and 4.
  - b. Assessments – Creation apologetics essays

**III. REQUIREMENTS: All students will be expected to:**

- Participate frequently and make regular progress.
- Complete reading assignments, homework, creation apologetics essays, and exams on schedule.

**IV. METHODS**

- A. LECTURES:** Lectures will be posted on Canvas and consist of material from the book and additional material from a variety of sources. Students should take notes as the homework questions will be directly related to the lectures.
- B. READING AND CHAPTER REVIEW (HOMEWORK) QUESTIONS:** Since this is a survey course, not every topic in your textbook will be addressed. Emphasis will be placed on the most important concepts and practical applications. The instructor will tell you which sections of each chapter will be covered. It is imperative that you complete the homework problems in order to understand the material and to do well on tests.
- C. CREATION APOLOGETICS ESSAYS:** The purpose of this portion of the class is to develop your ability to analyze the complex issues associated with the debate over creation and evolution from a biblical worldview and to learn that you can defend your faith (1 Peter 3:15) using science. You will read articles or watch videos and then prepare essays that demonstrate your understanding of the topics. The topics include such things as the nature of science, the origin of evolutionary deception, ways to recognize evolutionary deception, and a review of some of the key biological science issues associated with the debate.

Essays must follow the APA style according to the Publication Manual of the American Psychological Association, 6th edition except as noted in this paragraph. Essays should be around one-half page, single spaced, using Times New Roman 12 font. Essays should not be longer than one page. Do not include a title page or a reference page. Put a descriptive title and your name and date at the top of the page. Include the reference after the bottom of the essay. You will be graded on content and understanding of the topics. Your writing should be clear and concise. Proper writing style including clarity, grammar, and punctuation will be considered during grading. Do not use first person. Discuss what the article or video said and means, not what you think about it. Make sure you use quotation marks as needed.

*Plagiarism is defined as copying any part of a book or paper without identifying the author. This also includes taking another person's ideas and presenting them as your own.*

- D. TESTS:** Questions used for the regular exams will be taken from the homework, possibly with minor modifications. Test questions for the comprehensive portion of the final will be taken from the regular tests and new material covered since the last regular exam. Exams will be taken in the Mastering Nutrition software via Canvas.

Students not taking tests during the class period on campus will need to use the ProctorU test proctoring service. The cost is \$8 for tests one hour or less (most tests). Tests that last from 61 to 120 minutes are \$10 (possibly the final). This is payable to ProctorU at

the time of the test. You will also need a web camera, microphone, speakers, credit card, and a government issued picture ID (such as a driver's license).

**E. MISSED OR LATE HOMEWORK OR CREATION APOLOGETICS ESSAYS:**

Grades for late homework and creation apologetics essays will be reduced for each day that they are late. Assignments that are more than one week late will not be accepted and will receive no credit.

**F. HOW TO GET HELP:**

I am available during my posted office hours in E. Ed. 224. Also, feel free to contact me via email or phone (see email address and phone numbers above). I recommend only texting to my cell phone as I don't answer calls I don't recognize. Please text only between 7:00 AM and 8:00 PM.

*The Clark Academic Center (learning@calvary.edu) is dedicated to providing free academic assistance for all CU students. Student tutors aid with all facets of the writing process, tutor in various subject areas, prepare students for exams and facilitate tests. Please take advantage of this service.*

*Students with disabilities have the responsibility of informing the DSS Director (dss@calvary.edu) of any disabling condition that may require support.*

**V. GRADING** See grading scale in the university catalog.

Chapter Review Questions	20%
Regular Exams	40%
Creation Apologetics Essays	25%
Final Examination (comprehensive)	15%

**VI. MATERIALS – Required**

**A. The Bible:** The Bible is a required textbook in every course at Calvary University. To facilitate academic level study, students are required to use for assignments and research an English translation or version of the Bible based on formal equivalence (meaning that the translation is generally word-for-word from the original languages), including any of the following: New American Standard (NASB, English Standard Version (ESV), New King James (NKJV), or King James (KJV). Other translations and versions based on dynamic equivalence (paraphrases, and thought-for-thought translations like NLT and NIV) may be used as supplemental sources. Please ask the professor if you have questions about a particular translation or version.

**B. Mastering Nutrition Software:** It is **required** that you purchase access to the **Modified Mastering Nutrition** software. This is required to complete the homework and tests. The cost is approximately \$60. It will also allow access to many on-line helps that are useful for learning this material. Purchase this through the class website on Canvas! See comments below about purchasing it with the eText, which is an option. Detailed instructions will be given there. If you do not purchase the software through the Canvas class website, it will be the wrong software!

**VII. MATERIALS - Optional**

**Textbook:**

Nutrition: From Science to You (3rd Edition)  
Author: Joan S. Blake, Kathy D. Munoz, and Stella Volpe  
ISBN-10: 978-0-321-99549-0 ISBN-13: 978-0-321-99549-0  
Pearson, 2016

The text is not required as the information can be obtained from lectures or other online sources. However, most students will find the textbook very useful for studying. If you want a hard copy of your own, consider purchasing a used version on the internet (typically around \$50). New hard copies cost approximately \$150. Previous editions of the text should be acceptable and will be less expensive. Another option is the eText which is about \$60. Consider purchasing the package – Mastering Nutrition software and eText together as you will save \$10. Be aware, though, that the eText disappears at the end of the semester.

**VIII. TENTATIVE CLASS SCHEDULE:**

Any changes to the schedule will be posted on Canvas.

<b>LECTURE TOPIC(S)</b>	<b>CHAPTER(S)</b>
Introduction to nutritional science	1
Tools for eating healthy	2
Digestion, absorption and transport	3
Carbohydrates	4
Lipids	5
Proteins	6
Energy metabolism	8
Fat-soluble vitamins	9
Water-soluble vitamins	10
Water	11
Major minerals	12
Trace minerals	13
Energy balance and body composition	14
Weight management	15
Nutrition and fitness	16