



**SPRINGVILLE  
HIGH SCHOOL**  
"HOME OF THE  
MIGHTY RED DEVILS"

UVU Course Number: NUTR 1020 H50  
UVU Course Name: HUMAN NUTRITION

High School Course Number: 35422C  
High School Course Title: Human Biology/Nutrition

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**COURSE DESCRIPTION**

This is a Concurrent Enrollment course, offering both high school credit (0.5 Science) through Springville High School and college credit ( 3.0 Nutrition/Health) through Utah Valley University. You may take this class for high school credit without registering for Concurrent Enrollment. It is a one semester course.

**COURSE OBJECTIVES & LEARNING OUTCOMES**

**OBJECTIVES:**

- 1) Describe and list the basic nutrients for optimum health.
- 2) Identify dietary requirements as it relates to nutrition through the lifespan.
- 3) Utilize and evaluate computerized dietary programs.
- 4) Plan a series of nutritionally sound meals, identifying the nutrients and functions.
- 5) Describe the breakdown of nutrients as related to digestion, absorption and metabolism.
- 6) Describe the role of fluids and electrolytes in good nutrition.
- 7) Describe specific dietary needs as they relate to specific illness and disease.
- 8) Analyze and describe how malnutrition can result from cultural, physical or environmental factors.
- 9) Describe health problems that result from malnutrition.
- 10) Describe the etiology and health problems associated with eating disorders.
- 11) Identify and analyze controversial nutrition topics and quackery claims.
- 12) Describe how nutritional information in the news, popular magazines, food labels and by governmental agencies applies to them, as consumers.

**TEXTBOOKS AND INSTRUCTIONAL MATERIALS**

Textbook: Wardlaw, Gordon M., *Contemporary Nutrition: Issues and Insights*, 5<sup>th</sup> Ed., McGraw Hill, 2003. Also a CD version of MyDietAnalysis – MyNutritionLab

**COURSE TOPICS/ TENTATIVE SCHEDULE**

	<b>TOPIC</b>	<b>CHAPTER</b>
<b>Term 1</b>	<b>Unit 1A</b>	
	Overview of the Human Body	3
	Digestive System	
	<b>Unit 1A Exam</b>	

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**Unit 2 Introduction to Nutrition and a Review of Food Chemistry**

What you eat and why	1
- Food Labels	
- Diet composition	
Carbohydrates: Sugars, Starches, and Fiber	4
- Mono-, Di-, Polysaccharides	
- Fiber	
Fats, Oils, and Other Lipids	5
- Saturated, Unsaturated Fatty Acids	
- Steroids, Cholesterol	
Proteins and Amino Acids	6
- Mono-, Di-, Oligopeptides	
- Essential, Nonessential Amino Acids	
Vitamins	7
- Fat Soluble, Water Soluble	
Minerals and Water	8
- Major, Minor	

**Unit 1B Exam****Alcohol Paper and Presentations**

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**Term 2****Unit 3**

Tools for Designing a Healthy Diet	2
- Food Pyramid	
- Composition of a Healthy Diet	
Energy Balance and Weight Control	9
- Computer-based Diet Analysis	
<b>“My Diet Analysis”</b>	
<b>Unit 2 Exam</b>	

**Unit 4**

Fitness and Sports Nutrition	10
- Athlete nutrition	
- Value of Being Fit	
- Carbohydrate loading	
- Performance Enhancing Drugs	
Eating Disorders	11
- Cause and Effect of Eating Disorders	
- Female Athlete Triad	

**Unit 3 Exam**

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**UVU Final Exam**

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## EXAMS

The course is divided into 4 units. A unit exam will be given after each one. Term 1 will include units 1A and !B, Term 2 will include units 2 and 3. Dates of exams will be posted at least two class periods in advance. It is your responsibility to know when exams are scheduled. If you miss a day of class, come in and check the schedule before the next class period. If you miss an exam, it must be taken **BEFORE** the next class period unless arrangements **PRIOR** to the test are made. Late exams will lose 20% for each class period that passes before makeup is done.

You may be required to take the UVU Nutrition 1020 final exam at the end of the semester.

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## GRADES

Your UVU grade will be an average of the two high school term grades.

### Grading scale.

A = 100-93	B = 82-80	C = 72-70	D = 62-57
A- = 92-87	B- = 79-77	C- = 69-67	D- = 56-50
B+ = 86-83	C+ = 76-73	D+ = 66-63	F = Below 50

**NOTICE:** Your grade for this class will become part of your permanent college transcript and will affect your GPA. A low grade in this course can affect college acceptance and scholarship eligibility.

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## DROPPING THE CLASS

\_\_\_\_\_ is the last day to drop the UVU NUTR 1020 course without it showing on your UVU transcript.

\_\_\_\_\_ is the last day to withdraw from the UVU class for any reason.

If you drop the high school class, you must also withdraw from the UVU class to avoid receiving an E or UW (unofficial withdrawal). Please don't enroll in concurrent enrollment if you are not committed to doing your very best in the course for the entire semester.

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## INSTRUCTOR POLICIES

**CLASS GUIDELINES:** This class will follow a lecture/lab format similar to a college course since it is a college course. You will be provided with a syllabus for taking notes. Exam questions will come directly from the text and syllabus.

## ATTENDANCE

It is my intention to follow Nebo School District's attendance policy. Attendance will count as 10% of the academic grade. Grades are figured automatically by the district computer based on attendance taken during the day. This should provide adequate incentive to be in class and on time.

Missed tests and quizzes **MUST** be taken **BEFORE** the next class period. Other missed work must be handed in within one week.

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## EXTRA CREDIT

Extra credit may be done each term but can only raise your grade one step on the scale. Projects may include:

- 1) Research papers (individual) – 2-3 pages of original work with two references (no plagiarism).
  - 2) Posters – (individual) – on a subject covered during the term.
  - 3) Bulletin boards (up to 3 people) – on a subject that must be approved by your teacher.
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- 4) Class presentations (individual) – 10-15 minute presentation on some area of interest or expertise – may include a guest speaker, etc.
  - 5) Any other approved project.
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#### **ACADEMIC STANDARDS**

Each student is expected to maintain academic ethics and honesty in all its forms, including but not limited to cheating and plagiarism. You are expected to act like adults. If you don't, you will be given a verbal warning. An additional warning will bring a 25 point grade cut. A third will bring another 25 point cut and a call to your parents.

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**ATTENTION STUDENTS WITH DISABILITIES:** If you have any disability, which may impair your ability to successfully, complete this course, please contact the Counseling Center. Academic accommodations are granted for all students who have qualified documented disabilities.

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