



University of Nevada, Las Vegas

School of Integrated Health Sciences - Department of Kinesiology and Nutrition Sciences

NUTR 223 Course Syllabus

Course Information

Course Title: Principles of Nutrition

Course Number: NUTR 223, Section 1001

Session: Fall 2025

Dates: August 25, 2025 – December 12, 2025

Course Format: Hybrid - meets face to face on Mondays from 4:00 – 5:15 pm, in BHS 133.

Hybrid format means that we will meet once per week, and there will be an online component to be completed nearly every week. Attendance is mandatory. ***Per DPND guidelines, missing more than one (1) class will result in a 10% deduction on your overall grade at the end of the semester.***

Course Description: Nutrition functions and bases for nutrient requirement at the cellular level. Emphasis will be placed on the classification, digestion, absorption, metabolism, and function of carbohydrates, lipids, proteins, water, vitamins, and minerals in the human body. A personal dietary assessment project will be required.

For NUTR Majors

Pre-Requisites: MATH 124 or higher (not MATH 132), CHEM 108,

BIOL 189/L Co-Requisites: NUTR 271

Instructor Information

Instructor: Dawn Matusz, MS, NDTR (Pronouns: *she, her, hers*)

Email Address: Use Web Campus mail only for course inquiries. ("Inbox" tab to the left.)

Office Hours: I will hold virtual office hours on Mondays from 1:00 pm – 3:00 pm by appointment only. To request a virtual one-on-one meeting, please schedule using the following link: <https://calendly.com/dawn-matusz/15min>

Meetings for Virtual one-on-one meetings will be conducted via Google Meet.

Kinesiology & Nutrition Sciences Main Office: 702-895-4328. Location: BHS 323.

Course Materials

This course requires the purchase of a *Cengage Unlimited Subscription* to get access to our textbook plus access to the required MindTap platform. There is no other way to gain access to our textbook and online assignments without a subscription. The textbooks for this course is ***Understanding Nutrition, 16th edition, by Whitney & Rolfes*** and ***Medical Terminology for Health Professionals, Spiral Bound, 9th edition, Ehrlich & Schroeder***.

Your enrollment in this course means that you already have access to the required Cengage Unlimited Subscription to our custom UNLV electronic textbook. You also have access to the required MindTap

platform. The UNLV Bookstore coordinates with the Registrar for the book fee. If you already have Cengage Unlimited, you can opt out of this fee until September 13, 2024.

You will be required to register one time for access. After that you simply click the same link to access the Cengage MindTap materials. You can also choose to rent the hardcopy textbook from the publisher for an additional fee.

Course Objectives:

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

- Define the science of nutrition and identify the components of the scientific method.
- Identify the basic principles of nutrition science and learn how to apply them in real-life situations regarding food choices.
- Understand the scientific basis for dietary standards & guidelines.
- Identify credible sources for nutrition information and learn the differences between lay nutrition information and peer-reviewed scientific literature.
- Name the parts and functions of the human digestive system and recall how nutrients are digested, absorbed, and metabolized in the body.
- Discuss the functions of the essential nutrients, and the effects of deficiency and toxicity on health.
- Provide foundation for interpretation of nutrition information (i.e. food labels, Nutrition Facts Panels, etc.)
- Demonstrate knowledge of the sources, metabolism, and functions of carbohydrates, protein, fat, vitamins, and minerals.
- Discuss factors affecting the science of energy balance in weight control and body composition.
- Identify the key nutrition issues related to sports and fitness, eating disorders and obesity.
- Be able to differentiate the nutritional needs throughout the lifecycle.
- Identify the food safety basics.
- Relate nutrients to promotion of health and disease prevention.
- Complete a personal dietary assessment with the use of a computerized diet analysis software program and apply the principles of good nutrition in the planning of a healthy diet.

Foundational Knowledge and Skills:

At the completion of the course students will have met the following ACEND Foundation Knowledge Requirements and Learning Outcomes:

Scientific and Evidence Base of Practice: Integration of scientific information and research into practice.

KRDN 1.1: The curriculum must reflect the scientific basis of the dietetics profession and must include research methodology, interpretation of research literature and integration of research principles into evidence-based practice.

KRDN 1.3: Apply critical thinking skills.

Professional Practice Expectations: beliefs, values, attitudes and behaviors for the professional dietitian level of practice.

KRDN 2.1: Demonstrate effective and professional oral and written communication and documentation.

Clinical and Customer Services: development and delivery of information, products and services to individuals, groups and populations.

KRDN 3.6: Develop nutritionally sound meals, menus and meal plans that promote health and disease management and meet client's / patient's needs.

Course Policies

- ***Per DPND guidelines, missing more than one (1) class will result in a 10% deduction on your overall grade at the end of the semester.***
- You must complete your own work on all assignments and projects. You may NOT work with another student. Violating this could result in zero points for the assignment, a failing grade in the course, suspension, and a report to the UNLV Office of Student Conduct.
- You must complete the Syllabus and Academic Misconduct Quiz which serve as the course contract between students and instructor in terms of academic misconduct policies and procedures, and serves as your first, and final, warning for academic integrity within this course.
- Most assignments for this course are due on **Fridays by 11:59 pm PT**. Due to holidays, there are two weeks which have due dates on Sundays. The final assignments of the semester will be due earlier on the final Friday of class. Refer to the Course Schedule for more information.
- All due dates and times are Pacific Time – be aware of this & plan accordingly if you are in a different time zone.
- Once points are issued via Web Campus for an exam, assignment, or project, students have **72 hours** to ask questions about earned points. After that, points cannot be changed.
- **Web Campus will NOT notify you if you miss an assignment/exam.** It is your responsibility to keep track of your points earned against the total possible for the course.
- Assignments are available starting at the beginning of the course and close on the Due Date and Quizzes are open on the Tuesday prior to the Due Date – providing more than enough time to complete the work within the deadlines.
- Contract --- This syllabus is a contract between the student and the instructor. By enrolling in this course, it is assumed and implied that the student understands that they are obliged to follow all of the requirements and rules set forth in this document.
- I reserve the right to modify this syllabus at any point during the semester.

Late Work Policy

Late work is *not* accepted in this course without **legitimate medical or emergency documentation**. In addition, best efforts must be made to notify the instructor *prior* to the due date.

Please note that contacting the instructor prior to a due date does not guarantee an extension as that decision will be determined based on the nature of the need for an extension. Please note that work schedules, other course deadlines/schedules, technology issues/errors, submission/upload errors, and lack of access to technology devices and/or software are **not** considered legitimate excuses.

In the event that you have submission issues, at a minimum, you must email the instructor your submission *prior to the deadline* for any type of consideration to be made, and a **10% penalty** will be implemented for failure to follow assignment and submission instructions. However, submitting in this format does not guarantee that it will be accepted by the instructor based on the nature of the need to submit in this format, and may result in a grade of zero for that assignment, assessment, or major project.

Furthermore, if the instructor agrees to an extension (prior to the due date), an automatic **20% late penalty** will be implemented to the overall grade of the assignment, assessment, or major project. Inquiries made to the instructor after submission without legitimate medical or emergency documentation *will not* be answered or considered for credit. All other late submissions will receive a grade of zero.

Course Evaluation:

Activity	Points
Syllabus & Academic Misconduct Quiz	20
Labs (3x30)	90
Dietary Assessment Project (3 parts: 60, 70, 70 points)	200
RD Exam Practice Quizzes (5x25)	125
Cengage MindTap Assignments – Understanding Nutrition	150
Cengage MindTap Assignments – Medical Terminology	225
Information Portfolio	30
Understanding Research Articles Module	40
Class Participation (12 x 10 points)	120
Total	1000

Course Grade Breakdown:

Letter Grade	Percentage	Points
A	93-100%	930 – 1000 points
A-	90-92.99%	900 – 929 points
B+	87-89.99%	870 – 899 points
B	83-86.99%	830 – 869 points
B-	80-82.99%	800 – 829 points
C+	77-79.99%	770 – 799 points
C	73-76.99%	730 – 769 points
C-	70-72.99%	700 – 729 points
D+	67-69.99%	670 – 699 points
D	63-66.99%	630 – 669 points
D-	60-62.99%	600 – 629 points
F	<60%	0 – 599 points

NOTE: Final course grades in letter format are NOT provided by the instructor. Letter grades are reported to the Registrar, where students will access them electronically. The instructor reserves the right to decide whether or not to round up percentages. In the case that the instructor decides to round up, traditional rounding rules will apply. (For instance, if the instructor decides to round up, 89.44% would remain a B+, but 89.50% could be rounded up to an A-.) Assignment and exam grades are posted in Web Campus. ***Missed items do not necessarily show up as a graded item. It is your responsibility to keep track of completed assignments and understand that you get zero points for a missed item.***

Course Assignments

The following is a list of all graded assignments for this course. Please see Web Campus for further assignment descriptions:

Syllabus & Academic Misconduct Quiz (20 points): The Syllabus & Academic Misconduct Quiz will be open on Monday, August 19, 2024 at 6:00 am. You may complete this quiz before the course officially starts on August 26. Completion of this quiz is required for the rest of the course modules to open. Once you have completed this quiz, the MindTap module will open. Once you've viewed the MindTap Overview page, the rest of the course modules will open.

Dietary Assessment Project (200 points): You will complete a dietary assessment project on your own dietary habits. This project is in three parts, and each part builds on the previous part. Further instructions for

each part of the project is available on that part's page. A video tutorial is also available for each part of the project.

Labs (3 x 30 points each): Students will complete three labs as homework over the course of the semester.

Cengage MindTap Assignments (375 points): Access MindTap assignments through Web Campus only. Only those assignments noted as "Counts Towards Grade" will be graded. It is your responsibility to read all instructions to know if you have more than one attempt at an assignment, and/or whether multiple takes of an assignment record your highest attempt or an average of the attempts as your final grade. There are two books in which MindTap activities have been assigned: Understanding Nutrition & Medical Terminology.

Understanding Research Articles Module (40 points): Students will complete this module to receive an introduction in peer-reviewed articles.

Information Portfolio (40 points): Students will complete an information portfolio which includes a compilation of tables, figures, and other items from the course.

Class Participation (120 points): Students are expected to participate in class discussions and activities. Participation points will be awarded based on this participation. To ensure that full points are awarded every class, come to class prepared to participate in case study discussions and other activities as indicated on the syllabus. ***Tardiness to class of more than 15 minutes will result in an automatic 5 point deduction in the days participation points.***

RD Exam Practice Quizzes (5 x 25 points): There will be five (5) quizzes worth 25 points each – 1 quiz per module. These quizzes will be delivered in the same manner as the RD Exam. See "Important Policy Regarding All Exams" below for more information. Quizzes 1 – 4 will open on Tuesdays at 12:00 am and close at 1:00 pm on the Fridays in the week they are due. The 5th quiz will open on Monday of Finals week and close at 1:00 pm on Friday that week.

IMPORTANT POLICY REGARDING ALL QUIZZES: Quizzes are delivered in the style of the RD credentialing exam. Questions on each quiz will be delivered one at a time, and locked once the student moves to the next question. Students will not be able to revisit questions. **Clicking out of the quiz window will result in a zero for the quiz. Activity Logs will be checked.** For this reason, it is suggested that students ***enable a pop-up blocker before taking the quiz.*** If a pop-up breaks through while taking a quiz, including a text or a phone call, immediately take a screenshot. Send any screenshots (**with date and time visible**) to the instructor immediately after the quiz. **Evidence of pop-ups will not be requested if the Activity Log shows that a student has clicked out of the window. The quiz will automatically earn zero points. It is up to the student to provide this evidence immediately upon completing the quiz.**

Extra Credit: You may earn up to 12 points extra credit at the end of the course by completing the MindTap Global Nutrition Watch for Chapters 15, 16, 17, and 20. You can earn up to 3 points per chapter. Extra credit will open on Tuesday, December 3 at 12:01 am. All extra credit will close on December 13 at 1:00 pm.

Important Dates

Wednesday, September 10 – Administrative drop for non-payment.

Friday, October 3 – Last day to completely withdraw from all classes w/ 50% refund if account PIF.

Friday, October 31 – Last day to drop classes w/o refund or to change from credit to audit.

Computer Issues

The instructor cannot help with computer issues. Contact OIT Help Desk for assistance with passwords and access issues, or visit the [OIT website](#) for helpful information regarding Web Campus, computer labs, software and browser problems. It is your responsibility to be sure that you have a reliable internet connection and a computer operating at an appropriate speed. It is suggested that you do not use a wireless connection. For all technical support and/or computer issues, contact the OIT Help Desk at (702) 895-0777.

Academic Policies for Students

<https://www.unlv.edu/policies/students>

The Course Schedule is located on pages 7 – 10.

NUTR 223 – Fall 2025 – Course Schedule

Module 1 – The Basics

Week / Date	Class (Mondays, 4:00-5:15pm)	Online Component	What's Due
1 Aug 25	Course Introduction In-Class Activities: <ul style="list-style-type: none"> Students Burning Questions Beach Ball Marshmallow Challenge 	Syllabus & Academic Misconduct Quiz Understanding Research Articles Module	Syllabus & Academic Misconduct Quiz Understanding Research Articles Module Due: Friday, August 29 @ 11:59 pm
2 Sep 1	NO CLASS Labor Day Recess	Chapter 1: An Overview of Nutrition MindTap Homework Nutrition CH 1 MindTap Test Med Terms CH 1 MindTap Test Med Terms CH 2 <i>Prepare for Next Class's Activities</i>	MindTap Homework Nutrition CH 1 MindTap Test Med Terms CH 1 MindTap Test Med Terms CH 2 Due Friday, September 5 @ 11:59 pm
3 Sep 8	Chapter 1: An Overview of Nutrition Potential In-Class Activities: <ul style="list-style-type: none"> Chapter 1 DWP Calories Word Part Jeopardy! (CH 1, 2) Chapter 1 Worksheet Activities 	Chapter 2: Planning a Healthy Diet MindTap Homework Nutrition CH 2 MindTap Test Med Terms CH 3 <i>Prepare for Next Class's Activities</i>	MindTap Homework Nutrition CH 2 MindTap Test Med Terms CH 3 Due Friday, September 12 @ 11:59 pm
4 Sep 15	Chapter 2: Planning a Healthy Diet Potential In-Class Activities: <ul style="list-style-type: none"> Chapter 2 DWP Food Labels Dietary Patterns Puzzle Activity Chapter 2 Worksheet Activities 	Chapter 3: Digestion, Absorption, and Transport MindTap Homework Nutrition CH 3 MindTap Test Med Terms CH 4 <i>Prepare for Next Class's Activities</i>	MindTap Homework Nutrition CH 3 MindTap Test Med Terms CH 4 Due Friday, September 19 @ 11:59 pm
5 Sep 22	Chapter 3: Digestion, Absorption, and Transport Potential In-Class Activities: <ul style="list-style-type: none"> Chapter 3 Case Study Chapter 3 – DWP – Fiber Chapter 3 Worksheet Activities 	Chapter 4: The Carbohydrates MindTap Homework Nutrition CH 4 MindTap Test Med Terms CH 5 RD Exam Practice Quiz #1 <i>Prepare for Next Class's Activities</i>	MindTap Homework Nutrition CH 4 MindTap Test Med Terms CH 5 RD Exam Practice Quiz #1 Due Friday, September 26 @ 11:59 pm

Module 2 – The Macronutrients

Week / Date	Class (Mondays, 4:00-5:15pm)	Online Component	What's Due
6 Sep 29	Chapter 4: The Carbohydrates Potential In-Class Activities <ul style="list-style-type: none"> CH 4 Case Study CH 4 DWP – Carbohydrates Med Term Jeopardy (CH 5) Chapter 4 Worksheet Activities 	Chapter 5: The Lipids MindTap Homework CH 5 <i>Prepare for Next Class's Activities</i>	MindTap Homework Nutrition CH 5 MindTap Test Med Terms CH 6 MindTap Test Med Terms CH 7 Due Friday, October 3 @ 11:59 pm
7 Oct 6	Chapter 5: The Lipids <ul style="list-style-type: none"> CH 5 Case Study CH 5 DWP – Saturated Fat Chapter 5 Worksheet Activities 	Chapter 6: Protein DAP Step 1 MindTap Homework CH 6 <i>Prepare for Next Class's Activities</i>	MindTap Homework Nutrition CH 6 MindTap Test Med Terms CH 8 DAP Step 1 Due Friday, October 10 @ 11:59 pm
8 Oct 13	Chapter 6: Protein <ul style="list-style-type: none"> CH 6 Case Study Chapter 6 Worksheet Activities 	Chapter 7: Energy Metabolism MindTap Homework CH 7 Lab: Energy Pathways (hand-drawn on paper) <i>Prepare for Next Class's Activities</i>	MindTap Homework Nutrition CH 7 MindTap Test Med Terms CH 9 MindTap Test Med Terms CH 10 Due Friday, October 17 @ 11:59 pm Lab: Energy Pathways Due Monday, October 20 @ 4:00 pm
9 Oct 20	Chapter 7: Energy Metabolism Potential In-Class Activities <ul style="list-style-type: none"> CH 7 Case Study Chapter 7 Worksheet Activities NOTE: Energy Pathways Lab due at the BEGINNING of class. Assignments will not be accepted beyond 4:15 pm.	Chapter 10: The Water-Soluble Vitamins Chapter 11: The Fat-Soluble Vitamins MindTap Homework CH 10, CH 11 RD Exam Practice Quiz #2 Find Peer-Reviewed Article – Vitamin Supplementation or Deficiency <i>Prepare for Next Class's Activities</i>	RD Exam Practice Quiz #2 MindTap Homework CH 10 MindTap Homework CH 11 Due Friday, October 24 @ 11:59 pm

Module 3: The Micronutrients

Week / Date	Class (Mondays, 4:00-5:15pm)	Online Component	What's Due
10 Oct 27	Chapter 10: Water Soluble Vitamins Chapter 11: Fat Soluble Vitamins Potential In-Class Activities: <ul style="list-style-type: none"> Vitamin Review Article Reports Chapters 10, 11 Worksheet Activities 	Chapter 12: Water & the Major Minerals Chapter 13: The Trace Minerals MindTap Homework CH 12, CH 13 DAP Step 2 Find Peer-Reviewed Article – Mineral Supplementation or Deficiency Prepare for Next Class's Activities	MindTap Homework CH 12 MindTap Homework CH 13 DAP Step 2 Due Sunday, November 2 @ 11:59 pm <i>Nevada Day Recess – October 31</i>
11 Nov 3	Chapter 12: Water & the Major Minerals Chapter 13: The Trace Minerals Potential In-Class Activities: <ul style="list-style-type: none"> Iron Deficiency Anemia CH 12 Case Study Article Reports Chapters 12, 13 Worksheet Activities 	Chapter 8: Energy Balance & Body Composition Lab: Micronutrients MindTap Homework CH 8 RD Exam Practice Quiz #3	Lab: Micronutrients MindTap Homework Nutrition CH 8 MindTap Test Med Terms CH 11 RD Exam Practice Quiz #3 Due Friday, November 7 @ 11:59 pm

Module 4: Energy Balance & Fitness

Week / Date	Class (Mondays, 4:00-5:15pm)	Online Component	What's Due
12 Nov 10	NO CLASS Veteran's Day Recess	Chapter 14: Fitness MindTap Homework CH 14 DAP Step 3 Prepare for Next Class's Activities	MindTap Homework Nutrition CH 14 MindTap Test Med Terms CH 12 DAP Step 3 Due Friday, November 14 @ 11:59 pm
13 Nov 17	Chapter 8: Energy Balance & Body Composition Chapter 14: Fitness Potential In-Class Activities: <ul style="list-style-type: none"> CH 8 Case Study CH 14 – DWP – Physical Activity Chapters 8, 14 Worksheet Activities 	Chapter 9: Weight Management MindTap Homework CH 9 RD Exam Practice Quiz #4 Prepare for Next Class's Activities	MindTap Homework CH 9 MindTap Test Med Terms CH 13 RD Exam Practice Quiz #4 Due Friday, November 21 @ 11:59 pm

Module 5: Weight Management & Disease Prevention

Week / Date	Class (Mondays, 4:00-5:15pm)	Online Component	What's Due
14 Nov 24	OPTIONAL VIRTUAL SESSION Chapter 9: Weight Management Potential In-Class Activities: <ul style="list-style-type: none"> • CH 9 Case Study 1 • CH 9 Case Study 2 • Chapter 9 Worksheet Activities 	Chapter 18: Disease Prevention MindTap Homework CH 18 Lab: Generative AI in Nutrition Prepare for Next Class's Activities	MindTap Homework CH 18 MindTap Test Med Terms CH 14 MindTap Test Med Terms CH 15 Lab: Generative AI in Nutrition Due Sunday, November 30 @ 11:59 pm <i>Thanksgiving Recess:</i> <i>November 27 & 28</i>
15 Dec 1 Study Week	Chapter 18: Disease Prevention Potential In-Class Activities: <ul style="list-style-type: none"> • CH 18 DWP Diabetes Exchanges • Lab – Dietary Exchanges • Exploring CAM • Chapter 18 Worksheet Activities 	Information Portfolio Extra Credit Opens Tuesday, December 2 (See Syllabus for details on Extra Credit.)	Information Portfolio Due Friday, December 5 @ 11:59 pm

Final Quiz & Extra Credit

Week / Date	Class (Mondays, 4:00-5:15pm)	Online Component	What's Due
16 Dec 8 Finals Week	NO CLASS	RD Exam Practice Quiz #5 Opens Monday, December 8 @ 12:00 am	RD Exam Practice Quiz #5 Chapters 15, 16, 17, 20 Extra Credit (Optional) Due Friday, December 12 @ 5:00 pm Course Closes: Friday, December 12 @ 5:00 pm