



DAVIS UNIVERSITY

COURSE SYLLABUS
SSI307: PRINCIPLES OF NUTRITION
SUMMER QUARTER 2025

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COURSE SYLLABUS FOR: SSI307 PRINCIPLES OF NUTRITION

CREDIT HOURS: 5 CREDITS

INSTRUCTOR:

INSTRUCTOR EMAIL:

INSTRUCTOR OFFICE HOURS:

COURSE DESCRIPTION: This course investigates the principles of nutrition as applied to humans, including digestion, absorption and metabolism, and requirements for nutrients. Students apply critical thinking to various theories surrounding nutrition, food labeling, and diet planning.

TEXT: Reading materials will be provided by the course instructor

LATE WORK POLICY: All students are expected to submit homework assignments electronically on the date specified on the syllabus. No late homework will be accepted and the student will receive a "0" (zero) for the homework assignment. Should the student refuse to complete the assigned work for the class, it could result in the student failing the class. All work assigned is expected to be completed on the date assigned. The instructor reserves the right to alter the schedule as necessary. Please be sure to check your email/Moodle for any changes to the schedule.

PLAGIARISM AND COPYRIGHT INFRINGEMENT POLICY: Work that is found to be plagiarized receives a grade of zero and often causes a student to fail a class. Documentation of plagiarism is added to the student's academic file as a violation of accepted student conduct and is subject to disciplinary action. Plagiarism is the use of another person's exact words, or their ideas written in the student's words without giving the original author credit.

Plagiarism can result from any of the following:

- Quote material directly without using quotation marks.
- Paraphrase the original so that many of the phrases are the same as the original. A good rule is no more than 3 or 4 words in a row should be the same as the original.
- Copy the original sentence pattern, substitution synonyms for key words.
- Neglect to indicate the source of the original material.

ASSESSMENTS:

Content

Exams	40%
Quizzes	30%
Assignments	20%
Participation	10%
Total	100%

COURSE GRADE: A = 93%-100%

B = 85%-92%

C = 77%-84%

D = 70%-76%

F = below 70%

TENTATIVE CLASS SCHEDULE:

(Subject to change)

Week	Content Covered	Assignments & Assessment Due
Week 1:	Course Overview Nutrition and nutrients Dietary assessments Nutrition: every day choices Dietary guidelines and principles Basic principles of nutrition research Fed diets. How to recognize prudent health and nutrition information How to understand food labels Digestion: From Meals to Molecules Carbohydrates. Sugars, starches, and fibers	
Week 2:	Lipids: Fats, Phospholipids, and Sterols Proteins: amino acids, enzymes, hormones, and more Health effect of macronutrients Energy balance and weight management Eating disorders	
Week 3:	Energy and nutrient metabolism Water- and fat-soluble vitamins Vegetarian diets Nutrition and athletic performance Issues in food safety	Midterm Exam- Friday
Week 4:	Water, macro and trace minerals Water and alcohol Nutrition in disease prevention and treatment Nutrition in the lifecycle. Pregnancy, lactation, infancy and children Nutrition in the lifecycle. Adults	
Week 5:	Nutrition in the lifecycle. Elderly, oldest old and centenarians Malnutrition around the world	Final Exam- Friday