FNUT 1551 - Normal Nutrition

Fall 2026 Syllabus, Section 01, CRN 40865,

Credit hours: 3

Instructor

Donna Kopas

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Public Instructor Information

Instructor Title: Professor

Instructor Professional Qualifications:

- Master of Education, (MEd) Health Education, Pennsylvania State University, 1994
- Registered Dietitian (RDN), 1986; Licensed in Ohio (LD), 1987
- Dietetic Internship, University of Cincinnati Hopspital, 1985
- Completion of academic requirements for dietetic internship, Youngstown State University, 1984
- Bachelor of Science (BS), Food Service and Housing Administration, Pennsylvania State University, 1979

Instructor Office Location and Phone: Contact through the Department of Health Professions, Cushwa Hall 1226; Phone: 330-941-3327

Course Description

1551. Normal Nutrition. The fundamentals of normal nutrition as they apply to health; nutritional needs during various stages of the life cycle; dietary guides and their application to the selection of adequate diets; problems of nutritional deficiencies and excesses. 3 s.h.

Course Readings

Group	Title	Author	ISBN
Required	Digital textbook, Understanding Nutrition 16th Edition, Cengage Publishing	Whitney and Rolfes	

Course Readings

Readings from the digital textbook: **Whitney & Rolfes, Understanding Nutrition 16th Edition, Cengage Publishing. The digital textbook is included in the tuition for this course**. The textbook link is found on the course content page. Students will need to have a Cengage Account to access the e-textbook. If you do not already have one, information on how to create an account is provided on the Blackboard course content page just above the textbook link.

Students will also read two articles assigned by the instructor and answer discussion board questions.

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

Schedule of Topics and Assignments

Week of	Reading(s)	Proposed Topic	Due/To Prepare for Class
8/24	Text chapters 1 and 2	Overview of Nutrition and Planning a Healthy Diet Assignment 1, Food Label Exercise in Week 1 folder Extra Credit Discussion Forum #1 available on course content page	Assignment 1 Due by 11:59 pm, Wednesday Sept. 2 Discussion Forum #1 available until 11:59 pm Sunday Sept. 6

8/31	Text Chapter 3; Highlight 3: Common Digestive Disorders Folder on course content page entitled "Resources for Personal Diet Analysis assignment" Discussion Article #1 on Course Content page	Digestion, Absorption, and Transport Personal Diet Analysis Assignment available: review the assignment and enter 2 day diet record using Diet and Wellness App.	Personal Diet Analysis assignment should be worked on and saved over coming weeks. Questions to complete will be indicated on the course schedule. The assignment will be submitted at a later date. Discussion Article #1 due by 11:59 pm Sunday, Sept. 6
9/7	Legal Holiday Monday Sept. 7, University closed Exam 1 available on course content page Text Chapter 4; from Chapter 18, section 18.5 "Diabetes Mellitus" only	Exam 1 covers readings from weeks 1 and 2 Carbohydrates and Diabetes Mellitus Assignment 2: Carbohydrates and Fiber in the Diet in week 3 folder	Exam 1 available from from 12 AM Tuesday, Sept. 8 to 11:59 PM Thursday, Sept 10. Time limit to complete the exam - 45 minutes Assignment 2 due by 11:59 pm Sunday, Sept. 13 Stay on Track: Complete questions 1-4 of the personal diet analysis assighment
9/14	Text Chapter 5, and from Chapter 18, Section 18.3	Lipids and Cardiovascular Disease Assignment 3: Lipids in the Diet in Week 4 folder	Assignment 3 due by 11:59 PM Sunday, Sept. 20 Stay on track: Complete question 5 on the personal diet analysis assignment
9/21	Text Chapter 6; Highlight 2 at the end of Chapter 2: "Vegetarian Diets"	Protein and Vegetarian Diet Assignment 4: Protein in the Diet in Week 5 folder Extra credit discussion forum #2 available on Course Content page	Assignment 4 due by 11:59 PM Sunday, Sept. 27 Discussion Forum #2 available until 11:59 PM Sunday, Oct. 4 Stay on Track: Complete question 6 of the personal diet analysis assignment
9/28	Exam 2 available on course content page Text Chapters 7 and 8 Discussion Article #2 on course content page	Exam 2 covers readings from weeks 3-5 Energy Metabolism, Energy Balance and Body Composition	Exam 2 available from 12 AM Monday Sept. 28 to 11:59 PM Wednesday, Sept. 30; Time limit to complete the exam - 45 minutes Discussion article #2 due by 11:59 pm Sunday, Oct. 4
10/5	Text Chapter 9 and Highlight 9 at the end of the chapter You Tube video #18 "Fad Diets". Link in e-book above Chapter 1	Weight Management Assignment 5: Weight Management Case Study in Week 7 folder	Assignment 5 due by 11:59 PM Sunday, Oct. 11
10/12	Exam 3 available on Course Content page Text Chapter 10	Exam 3 covers readings from weeks 6 and 7 Water Soluble Vitamins Extra credit discussion forum #3 available on course content page	Exam 3 available from 12 AM Monday, Oct. 12 to 11:59 pm to 11:59 pm Wednesday, Oct. 14; Time limit to complete the exam - 45 minutes Discussion forum #3 available until 11:59 PM Sunday, Oct. 25 Stay on Track: Complete the portions of question 7 on the Personal Diet Analysis assignment which pertain to water soluble vitamins
10/19	Text Chapter 11 and Highlight 11 at the end of the chapter	Fat Soluble Vitamins, Antioxidants, and Cancer Extra credit assignment Vitamin Crossword in Week 9 folder	Extra credit Vitamin Crossword available until 11:59 pm Friday, Dec. 4; Grades will be posted at that time Stay on track: Complete the portions of question 7 on the Personal Diet Analysis assignment which pertains to fat soluble vitamins
10/26	Text Chapter 12 and Highlight 12; from Chapter 18, Section 18.4, "Hypertension"	Water and Major Minerals; Hypertension, Osteoporosis Extra credit discussion forum #2 available on Course Content page	Discussion forum #4 available until 11:59 pm, Sunday Nov. 8 Stay on Track: Complete questions 8-11 on the Personal Diet Analysis assignment

11/2	Text Chapter 13, Highlight 10 at end of Chapter 10, "Vitamin and Minneral Supplements"	Trace Minerals; Vitamin and Mineral Supplementation	Stay on Track: Finish question 7 and complete questions 12-14 on the Personal Diet Analysis assignment PERSONAL DIET ANALYSIS ASSIGNMENT DUE by 11:59 PM Sunday, Nov. 8
11/9	Exam 4 available on course content page Text Chapter 14 Veterans Day Holiday Nov. 11, University closed	Exam 4 covers readings from weeks 8-11 Nutrition and Physical Activity Optional assignment to replace 1 low 15-point assignment score available in Week 12 folder: Nutrition and Fitness Case Study Extra credit discussion forum #5 available on Course Content page	Exam 4 available until 11:59 PM, Sunday Nov. 11; Time to complete the exam - 45 minutes Optional Nutrition and Fitness Case Study due by 11:59 PM, Friday Dec. 4 Extra credit discussion forum #5 available until 11:59 PM, Sunday Nov. 22
11/16	Text Chapter 15	Nutrition During Pregnancy and Lactation Assignment 6: Pregnancy and Lactation Case Study available in week 13 folder	Assignment 6 due by 11:59 PM Sunday Nov. 22 PAPER FOR HONORS CREDIT DUE BY 11:59 PM SUNDAY NOV. 22
11/23	Text Chapter 16 Thanksgiving Holiday Nov. 25-27: University closed	Nutrition in Infancy, Childhood and Adolescence Assignment 7: Nutrition during Infancy available in week 14 folder	Assignment 7 due by 11:59 PM Tuesday, Dec. 1 (due date adjusted due to holiday)
11/30	Text Chapter 17	Nutrition and Aging Assignment 8: Nutrition in the Elderly Case Study available in week 15 folder	Assignment 8 due by 11:59 PM Sunday, Dec. 6
12/7	Finals Week: Exam 5 available on course content page	Exam 5 covers readings from weeks 13-15	Exam 5 available until 11:59 PM Wednesday Dec. 9; time to complete the exam - 45 minutes

The course schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better learning.