

FNUT 1551 - Normal Nutrition

Fall 2026 Syllabus, Section 03, CRN 40866,

Credit hours: 3

Instructor

Matthew Good

Email: mfgood@ysu.edu

Public Instructor Information

Instructor Title: Part-Time Faculty

Instructor Professional Qualifications: M.S., University of Akron; Registered Dietitian Nutritionist; Licensed Dietitian, State of Ohio

Instructor Office Location: Cushwa 3201

Department Office Phone: 330-941-2970

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	Understanding Nutrition, 16th Edition, with MindTap	Ellie Whitney and Sharon Rady Rolfes	9780357525289
Required	Supplemental Article: Healthy Diets on Instagram: Evaluating the Quality and Potential Risks of #Healthy Content	Sarah E. Schwartz et al.	
Required	Supplemental Article: Supporting Nutrition and Dietetics Students' Relationships with Food and Body Image: Adopting a Co-Created Curricula Approach	Christie Jane Bennett et al.	

The required electronic textbook is provided through YSU's First Day Ready program. Access is delivered automatically through the course in Blackboard as a course charge at a discounted rate.

The two supplemental readings listed above are peer-reviewed research articles provided to students through Blackboard. The related discussion assignments and instructions are also available in Blackboard.

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	Understanding Nutrition, Chapter 1; supporting video mini-lectures	Chapter 1: An Overview of Nutrition	Introduce Yourself (Extra Credit) due Sunday, 8/30, by 11:59 p.m. Chapter 1 Exam due Sunday, 8/30, by 11:59 p.m.
8/31	Understanding Nutrition, Chapter 2; supporting video mini-lectures	Chapter 2: Planning a Healthy Diet	Chapter 2 Exam due Sunday, 9/6, by 11:59 p.m.

9/7	Understanding Nutrition, Chapter 3; supporting video mini-lectures	Chapter 3: Digestion, Absorption, and Transport	Diet Analysis Project Part 1 due Sunday, 9/13, by 11:59 p.m. Chapter 3 Exam due Sunday, 9/13, by 11:59 p.m.
9/14	Understanding Nutrition, Chapter 4; supporting video mini-lectures	Chapter 4: Carbohydrates: Sugars, Starches, and Fibers	Chapter 4 Exam due Sunday, 9/20, by 11:59 p.m.
9/21	Understanding Nutrition, Chapter 5; supporting video mini-lectures Supplemental article, Healthy Diets on Instagram	Chapter 5: The Lipids: Triglycerides, Phospholipids, and Sterols	Supplemental Readings Discussion (Article 1) due Sunday, 9/27, by 11:59 p.m. Chapter 5 Exam due Sunday, 9/27, by 11:59 p.m.
9/28	Understanding Nutrition, Chapter 6; supporting video mini-lectures	Chapter 6: Protein: Amino Acids	Diet Analysis Project Part 2 due Sunday, 10/4, by 11:59 p.m. Chapter 6 Exam due Sunday, 10/4, by 11:59 p.m.
10/5	Understanding Nutrition, Chapter 7; supporting video mini-lectures	Chapter 7: Energy Metabolism	Chapter 7 Exam due Sunday, 10/11, by 11:59 p.m.
10/12	Understanding Nutrition, Chapter 8; supporting video mini-lectures	Chapter 8: Energy Balance and Body Composition	Chapter 8 Exam due Sunday, 10/18, by 11:59 p.m.
10/19	Understanding Nutrition, Chapter 9; supporting video mini-lectures	Chapter 9: Weight Management: Overweight, Obesity, and Underweight	Chapter 9 Exam due Sunday, 10/25, by 11:59 p.m.
10/26	Understanding Nutrition, Chapter 10; supporting video mini-lectures Supplemental article, Supporting Nutrition and Dietetics Students' Relationships with Food and Body Image	Chapter 10: Water-Soluble Vitamins: B Vitamins and Vitamin C	Supplemental Readings Discussion (Article 2) due Sunday, 11/1, by 11:59 p.m. Chapter 10 Exam due Sunday, 11/1, by 11:59 p.m.
11/2	Understanding Nutrition, Chapter 11; supporting video mini-lectures	Chapter 11: Fat-Soluble Vitamins: A, D, E, and K	Diet Analysis Project Part 3 due Sunday, 11/8, by 11:59 p.m. Chapter 11 Exam due Sunday, 11/8, by 11:59 p.m.
11/9	Understanding Nutrition, Chapter 12; supporting video mini-lectures	Chapter 12: Water and the Major Minerals	Chapter 12 Exam due Sunday, 11/15, by 11:59 p.m.
11/16	Understanding Nutrition, Chapter 13; supporting video mini-lectures	Chapter 13: Trace Minerals	Chapter 13 Exam due Sunday, 11/22, by 11:59 p.m.
11/23	Understanding Nutrition, Chapter 14; supporting video mini-lectures	Chapter 14: Fitness: Physical Activity, Nutrients, and Body Adaptations	Chapter 14 Exam due Sunday, 11/29, by 11:59 p.m.
11/30	Understanding Nutrition, Chapter 18; supporting video mini-lectures	Chapter 18: Disease Prevention	Chapter 18 Exam due Sunday, 12/6, by 11:59 p.m.
12/7		Cumulative Course Review	Cumulative Final Exam due Thursday, 12/10, by 11:59 p.m.

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.