

FNUT 1551 - Normal Nutrition

Fall 2026 Syllabus, Section 04, CRN 41041,

Credit hours: 3

Instructor

Katheryn Willey

Email: kewilley@ysu.edu

Public Instructor Information

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Instructor Title:

Adjunct Faculty, Nutrition

Instructor Professional Qualifications:

Katheryn Willey, MS, RD, LD, CDCES

Registered Dietitian (RD)

Licensed Dietitian (LD)

Certified Diabetes Care and Education Specialist (CDCES)

Bachelor of Science in Nutrition, Kent State University, 2015

Master of Science in Food and Nutrition, Indiana University of Pennsylvania, 2017

Doctoral Student, EdD in Leadership – Health & Wellness, American College of Education, in progress.

Instructor Office Location:

Online / By Appointment

Instructor Office Phone:

Not Applicable – Please contact the instructor through YSU email.

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. 17 e or 16 e	Whitney, E., & Rolfes, S. R	9780357974278

Required Textbook:

Whitney, E., & Rolfes, S. R. *Understanding Nutrition*. Cengage. 17 e or 16 e

Del Pozo, G., Ezan, P., Moubassat, M., & Déchelotte, P. (2024). Does so-called “healthy” content on Instagram display balanced recipes? A pilot study in relation to the risk of unhealthy eating patterns in social network users. *Appetite*, 200, 107542. <https://doi.org/10.1016/j.appet.2024.107542>

Schutz, Y., Montani, J.-P., & Dulloo, A. G. (2021). Low-carbohydrate ketogenic diets in body weight control: A recurrent plaguing issue of fad diets? *Obesity Reviews*, 22(S2), e13195. <https://doi.org/10.1111/obr.13195>

Students are responsible for completing assigned readings according to the course schedule posted in Blackboard.

Additional readings, videos, websites, handouts, and educational materials may be provided through Blackboard throughout the semester.

Students should use credible, evidence-based sources when completing course assignments. Appropriate sources may include peer-reviewed literature and reputable health organizations and government agencies.

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	Chapter 1 – An Overview of Nutrition	Module 1: Introduction to Nutrition	Review the syllabus Become familiar with Blackboard and MindTap Complete the course orientation
8/31	Chapter 2 – Planning a Healthy Diet	Planning a Healthy Diet	Complete Chapter 2 materials
9/7	Chapter 3 – Digestion, Absorption, and Transport	Digestion, Absorption & Transport	Begin Discussion Board 1: Social Media Influences (Initial post by Wednesday); Two Peer Responses (Sunday)
9/14	Chapter 4 – The Carbohydrates: Sugars, Starches, and Fibers	Carbohydrates	Complete Chapter 4 materials Complete chapter activities and review; Due: No major graded assignments
9/21	Chapter 5 – The Lipids: Triglycerides, Phospholipids, and Sterols	Lipids	Complete Chapter 5 materials Complete chapter activities and review Begin preparing for Test 1 Due: No major graded assignments
9/28	Chapter 6 – Protein: Amino Acids	Protein + Chapters 1-6 Self Review	Complete Chapter 6 materials Review Chapters 1–6 Prepare for Test 1 Due Sunday, October 4 by 11:59 PM: TEST 1 – Chapters 1–6 100 points
10/5	Chapter 7 – Energy Metabolism	Energy Metabolism	Complete Chapter 7 materials Begin Diet Self-Assessment Part 1 Complete your 3-day food intake record for the 3-Day Average Report Due: No major graded assignments
10/12	Reading: Chapter 8 – Energy Balance and Body Composition	Energy Balance & Body Composition	This Week: Complete Chapter 8 materials Continue working on Diet Self-Assessment Part 1 Due: No major graded assignments
10/19	Reading: Chapter 9 – Body Weight and Health	Body Weight & Health	Due Sunday, October 25 by 11:59 PM: Diet Self-Assessment Part 1: 3-Day Average Report 50 points
10/26	Reading: Chapter 10 – The Water-Soluble Vitamins: B Vitamins and Vitamin C	Water-Soluble Vitamins	This Week: Complete Chapter 10 materials; No formal assignment is due
11/2	Reading: Chapter 11 – The Fat-Soluble Vitamins: A, D, E, and K	Fat-Soluble Vitamins	Due Wednesday Discussion Board 2 – Initial Post; Discussion Board 2 – Two Peer Responses (Due Sunday)
11/9	Review: Chapters 7–11	Review: Chapters 7–11; Prep for Exam 2	Due Sunday, November 15 by 11:59 PM: TEST 2 – Chapters 7–11 100 points
11/16	Reading: Chapter 12 – Water and the Major Minerals Chapter 13 – The Trace Minerals	Water & Minerals	This Week: Complete Chapters 12 and 13 materials Work on Diet Self-Assessment Part 2: Summary/Self-Assessment Due: No major graded assignments
11/23	Thanksgiving Academic Break Reading: No new required reading Due: NO ASSIGNMENTS DUE		
11/30	Reading: Chapter 14 – Fitness: Physical Activity, Nutrients, and Body Adaptations Chapter 18 – Disease Prevention	Fitness & Disease Prevention	Diet Self-Assessment Part 2: Summary/Self-Assessment 50 points Exam 3- Chapters 12, 13, 14 & 18 100 points; All is due Sunday by 11:59 PM:
12/7			none

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.