



NSD 225 M002 Nutrition in Health

Tuesday/Thursday, 2:00 PM – 3:20 PM – Facility FALK200 – Fall 2026

Instructor Dr. Latha Ramalingam

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Office Hours Tuesdays/Thursdays 1:00–2:00 PM

Course Description

Nutrient requirements, functions, and sources. Interrelationships and application to food selection for healthy individuals. Weight control, sports nutrition and dietary supplements are discussed.

Additional Course Description

This course is designed to welcome learners from all backgrounds and levels of experience. Together, we will explore the fascinating field of nutrition and its impact on health in a supportive environment.

In this course, I will cover the introductory concepts of human nutrition, the nutrients and their functions and how the body utilizes them, how they are obtained through food and supplements and recommendations for intake to promote optimal growth, health and prevention of disease, throughout the lifespan. Students will explore their own eating habits and evaluate their own dietary intake through the dietary analysis assignment.

Prerequisite / Co-requisite

None

Audience

This course is open to all students.

Credits

3

Course Fees and/or Costs

None beyond those listed under Required Texts/Supplies below.

Learning Objectives

After taking this course, students will be able to:

LO1: Describe the functions and processes of nutrients in foods and in the body.

LO2: Obtain, analyze, and interpret dietary assessment data.

LO3: Identify specific nutrition needs or concerns throughout the life cycle.

LO4: Discuss current nutrition recommendations related to enhanced health and prevention of disease.

Shared Competency Course Tags

This course fosters the following Syracuse University university-wide learning goals for undergraduate students: Information Literacy and Technological Agility; Scientific Inquiry and Research Skills.

Required Texts / Supplies

Connect Master: Why Nutrition?, McGraw Hill Publishing

Your course materials will be provided through Orange Instant Access. You are automatically enrolled and your required course material will be accessible via Blackboard – all you need to do is log in.

Title	Author	Publisher	ISBN	Price to Student	Duration
Connect Master 2.0: Why Nutrition?	Sanctuary	McGraw-Hill Education	9781260424928	\$87.93	180 days

Your course materials will be provided through Orange Inclusive Access (OIA). You are automatically enrolled, and your required course material will be accessible via Blackboard – all you need to do is log in. Price will be charged to your Bursar account.

Course Requirements and Expectations

Exams: ~30% of the grade

There are two multiple-choice exams based on lectures and reading assignments. You must take all exams at the specified time. Exam grades will be posted on Blackboard in a timely manner. Your exams will not be returned in class.

Make-up exams: If you have a legal excuse (illness or death in the family) or authorized athletic event, please clear this with the instructor and arrange a make-up time with the graduate teaching assistant. Make-up exams will only be offered if a valid excuse is provided WITH documentation. Make-up exams must be completed within 5 days after your official excused absence. Excuses need to be informed before the exam for you to retake the exam.

Homework in McGraw Hill's Connect: ~45% of grade

You will have 12 homework assignments in Connect. These assignments will consist of activities in McGraw Hill Connect, which may include a variety of activities such as viewing a video, answering multiple choice, sorting or matching questions. Assignment due dates are listed in the course schedule. Late assignments will receive a 10% deduction per day.

Attendance and Participation

Attendance is highly encouraged as students who attend (both by being in class and paying attention) receive higher grades. Class activities will enhance your understanding of the readings and lectures.

Dietary Analysis Assignment: 25% of grade

You will conduct your own personal dietary analysis using web-based software through Connect to analyze your dietary intake and critically evaluate your eating habits in relation to dietary guidance.

**Trigger warning: For some students, diet analysis assignments may be stressful and trigger disordered eating behaviors. If you do not feel comfortable recording your own dietary intake, please talk to Professor during the first week of class to determine an alternative plan.*

Extra Credit

Extra credit will be regularly offered in the form of SmartBook Activities or in class activities. All students will have equal opportunity to participate. No additional extra credit will be offered after the last week of class. Please stay on top of your grades. I encourage you to check Blackboard regularly to determine your success in class along the way.

Evaluation Component / Points Breakdown

Evaluation Component	Points
Exams (2 exams of 50 points each)	100
Homework (1-10 @ 15 points each)	150
Diet Analysis	100
Total Possible Points = 448	
Extra Credit – SmartBook (20 chapters @ 2 points each)	Up to 40

E-mail Communication

When sending an e-mail to any of your professors, use the following structure to receive response:

- Send the e-mail from your syr.edu e-mail address
- Include “NSD 225 ” and say online in the subject heading to get a response
- Begin with a greeting – you can address professors as Dr. _____ or Professor _____ - Clearly write out your question or request and end the e-mail with a sign-off – such as “Thank you. Best, Your name”

I typically check e-mails during the day between 9:00AM – 5:00PM on weekdays. Having said that, expect up to 24 hours for a response.

Grading

Final grades are determined using the grading scale below, which reflects the Evaluation Component / Points breakdown described above.

Grading Table

Grade	Grade Point/credit	Percentage Range
A	4.000	≥93–100
A-	3.667	≥90–92.99
B+	3.333	≥87–89.99
B	3.000	≥83–86.99
B-	2.667	≥80–82.99
C+	2.333	≥77–79.99
C	2.000	≥73–76.99
C-	1.667	≥70–72.99
D	1.000	≥60–69.99
F	0	<60

[Source: Academic Rules Section 8.4 Grades]

Course Schedule

Date	Topic/Assignment	Reading from the Book	Due dates *All assignments due by 11:59 pm on Sunday	Learning objectives addressed
Week 1 Aug 24-30	Introductions to the course. Unit 1: What's in Your Pizza - What is nutrition and how is it related to health? - How to record your dietary intake.	Text: Unit 1 Module 1	1) Diet Analysis Assignment: - Record your dietary intake for 3 consecutive days (ideally 2 weekdays and 1 weekend day) and enter it into NCP 2) Homework: Week 1 Homework due	LO1, LO2
Week 2 Aug 31-Sept 6	- What is nutrition and how is it related to health? Introduction of the Nutrients, Calories and Food Groups. Unit 1: What's in Your Pizza? - Micronutrients, food labels, nutrient density, enrichment/fortification. - In depth look at the nutrients: vitamins, minerals, water,	Text: Unit 1 Module 2		LO1, LO4
Week 3 Sept 7- Sept 13	Unit 1: What's in Your Pizza: Carbohydrates and protein	Text: Unit 1 Module 3 lessons 1-5	- Diet Analysis Assignment 2: Carbohydrates and Protein (using your own reports from Week 1) - Week 4 Homework due	LO1
Week 4 Sept 14-Sept 20	Unit 1: What's in Your Pizza: Carbohydrates and protein	Text: Unit 1 Module 4-5	- Diet Analysis Assignment 2: Carbohydrates and Protein (using your own reports from Week 1) - Week 4 Homework due	LO1, LO2

Week 5 Sept 21-27	- Unit 1: What's in Your Pizza: Lipids, Oils vs. solid fats, finding them in foods and making decisions. - Human body	Text: Unit 1 Module 6 and Unit 2: Module 1	- Diet Analysis Assignment 3: Lipids (using your own reports from Week 1) - Week 5 Homework due	LO1, LO2, LO4
Week 6 Sep 28- Oct 4	Human Body Hunger and Satiety. Review	Text: Unit 2 Module 2,3,4	Week 6 Homework due	LO1
Week-7 Oct 5-Oct 11	Exam-1 (Oct 8)and Unit 2: The Human Body User Manual	Text: Unit 2 Module 1 lessons 2,3,4	Week 7 Homework due	LO1
Week 8 Oct 12-19	Unit 2: Diabetes and Cardiovascular Disease	Text: Unit 2 Module 2 lessons 1-6	Nothing due	LO4
Week 9 Oct 19-25	Unit 3: Take Care of Yourself - Making Sense of Nutrition Science - Scientific Method - Manage Weight: Do you Need to Lose Weight? How does Adipose Tissue Work? - What are the Best Strategies for Weight Loss?	Text: Unit 3 Modules 1 & 2	Week 9 Homework due	LO4
Week-10 Oct 26-Nov 1	Unit 3: Take Care of Yourself - Sports Nutrition - Bone health	Text: Unit 3 Module 3-4	Week 10 Homework due Diet Analysis 4: Energy Balance: (using your own reports from Week 1)	LO2, LO4
Week 11 Nov 2-Nov 8th	Unit 4: Food Choices in College - What to Eat for Breakfast - What to Order for Lunch - What to Buy at the Grocery Store	Text: Unit 4	Week 11: Homework due	LO4
Week 12 Nov 9-15	Unit 5: Pills and Powders Dietary Supplements Energy Drinks Micronutrients	Text: Unit 5	Homework due Diet Analysis Assignments 5 – Revisiting Your Diet	LO1, LO2, LO4
Week 13 Nov 16-22	Unit 6: Lifespan The first 1000 Days Childhood to Older Adulthood	Text: Unit 6		LO3
Week-14 Nov 30-Dec 6	Review and exam 2 on Thursday Dec 3rd			LO1, LO2, LO3, LO4

Course Specific Policies

Faculty and Student Responsibilities

University courses are necessary preparation for a professional career. Therefore, the NSD faculty expect you to treat all courses in a professional manner. Professional behavior includes meeting deadlines, taking responsibility for your own learning, and respect for others. Active participation is monitored, expected, and is an indicator of professional behavior.

Verification of Medical Condition

Excuses for failure to meet deadlines for medical reasons will be given only if such absences are advised by a health care provider, based on clinical findings and prescribed treatment recommendations.

Academic Drop Deadline

As part of our efforts to track satisfactory academic progress, the Academic Drop/Financial Drop deadline will occur on Monday, September 14, 2026, for the fall semester.

Students may still withdraw from the course up until Friday, November 20, 2026. Withdrawing from the course after the drop deadline noted above will place a 'WD' grade on the transcript.

Use of Class Materials and Recordings

Original class materials (handouts, assignments, tests, etc.) and recordings of class sessions are the intellectual property of the course instructor. You may download these materials for your use in this class. However, you may not provide these materials to other parties (e.g., web sites, social media, other students) without permission. Doing so is a violation of intellectual property law and of the student code of conduct.

SU Policies and Services

Syracuse University Policies

Syracuse University has a variety of other policies designed to guarantee that students live and study in a community respectful of their needs and those of fellow students. Some of the most important of these concern the policies below.

Blackboard Learning Management System

This class will use the Blackboard Learning Management to house the syllabus, course content, links to external course materials, assignments, quizzes, exams, feedback, and grades. Note when submitting materials that the University's Blackboard Learning Management System is on Eastern Time. Student access to Blackboard class page is activated when the instructor makes the course "available". Information about Blackboard is available on Answers Blackboard; alternatively, you can contact Information Technology Services by sending an email to help@syr.edu, calling 315.443.2677, or in-person at the ITS Service Center, located at 1-227 CST in the Life Sciences Complex. Business hours for the Service Center can be found on the ITS Website at http://its.syr.edu/its_service_center/

Disabilities and Accommodations

Syracuse University values diversity and inclusion and is committed to a climate of mutual respect and full participation. There may be aspects of the instruction or design of this course that result in barriers to your inclusion and full participation. I invite students to meet with me to discuss strategies and/or accommodations (academic adjustments) that may be essential to your success in collaboration with the Center for Disability Resources (CDR).

To discuss disability-accommodations or register with CDR, visit disabilityresources.syr.edu, or contact the center at 315.443.4498 or disabilityresources@syr.edu for more detailed information. CDR is responsible for coordinating disability-related academic accommodations and will work with you to develop an access plan. Since accommodations may require early planning and generally are not provided retroactively, please contact CDR as soon as possible.

Discrimination or Harassment

Syracuse University does not discriminate and prohibits harassment or discrimination related to any protected category including creed, ethnicity, citizenship status, reproductive health decisions, national origin, sex, gender, pregnancy, disability, marital status, age, race, color, veteran status, military status, religion, sexual orientation, domestic violence status, genetic information, gender identity and/or gender expression, shared common ancestry or any other status protected by applicable law.

Any complaint of discrimination or harassment related to any of these protected bases should be reported to Sheila Johnson-Willis, associate vice president and chief equal opportunity and Title IX officer in the Office of Equal Opportunity, Inclusion and Resolution Services (621 Skytop Road, Suite 1001, Syracuse, NY 13244; equalopp@syr.edu; 315.443.4018). She is responsible for coordinating compliance efforts under various laws including Titles VI, VII, IX and Section 504 of the Rehabilitation Act.

Email Policy

An official email address is established and assigned by Information Technology Services (ITS) for each registered student, as well as for all active faculty and staff members. All University communications sent via email will be sent to this address. Faculty and staff members must use the officially established University email address to communicate with students registered in their classes. Keep in mind that student records sent to a non-syr.edu email address may create a FERPA violation (See the complete policy at [Syracuse University Email Policy](#)).

Academic Integrity

Exams can be stressful, and stress can weaken our ability to make good decisions, including our choices about academic integrity. As a preeminent and inclusive student-focused research institution, Syracuse University places academic integrity at the forefront of learning and considers it a core value and guiding pillar of education. The University's [Academic Integrity Policy](#) provides guidelines for completing academic work with integrity. Students are required to meet both course-specific and University-wide academic integrity expectations, such as crediting your sources, doing your own work, communicating honestly and supporting academic integrity.

Upholding academic integrity includes the protection of faculty intellectual property. Students should not upload, distribute or share an instructor's course materials, including presentations, assignments, exams or other evaluative materials, without permission. Using websites that charge fees or require uploading of course material (e.g., Chegg, Course Hero) to obtain exam solutions or assignments completed by others and presenting them as your own violates academic integrity expectations in this course and may be classified as a Level 3 violation.

All academic integrity expectations that apply to in-person assignments, quizzes and exams also apply online. Students found in violation of the policy are subject to grade sanctions determined by the course instructor and non-grade sanctions determined by the school or college offering the course. Students may not drop or withdraw from courses in which they face a suspected violation. Any established violation in this course may result in course failure regardless of violation level. Based on the assignments and specified learning outcomes, the full use of artificial intelligence as a tool, with disclosure and citation, is permitted in this course.

It would be better to contact Dr. Ramalingam directly, admit that you are not ready for the exam, and ask what you should do about it.

University Attendance Policy

Attendance in classes is expected in all courses at Syracuse University. Students are expected to arrive on campus in time to attend the first meeting of all classes for which they are registered. Students who do not attend classes starting with the first scheduled meeting may be academically withdrawn as not making progress toward degree by failure to attend. Instructors set course-specific policies for absences from scheduled class meetings in their syllabi.

It is a federal requirement that students who do not attend or cease to attend a class to be reported at the time of determination by the faculty. Faculty will use “ESPR” and “MSPR” in Orange Success to alert the Office of the Registrar and the Office of Financial Aid. A grade of NA is posted to any student for whom the Never Attended flag is raised in Orange SUccess. More information regarding Orange SUccess can be found [here](http://orangesuccess.syr.edu/getting-started-2/), at <http://orangesuccess.syr.edu/getting-started-2/>.

If a student is unable to participate in-person or virtually for an extended period of time (48 hours or more), the student may request an absence notification from their home school/college Dean’s Office or through Student Outreach and Retention (SOaR) office. Instructors will be notified via the “Absence Notification” flag in Orange SUccess.

Barnes Center at the Arch (Health, Counseling, etc.) staff will not provide medical excuse notes for students. When Barnes Center staff determine it is medically necessary to remove a student from classes, they will coordinate with SOaR case management staff to provide appropriate notification to faculty through Orange Success. For absences lasting less than 48 hours, students are encouraged to discuss academic arrangements directly with their faculty.

TRIGGER WARNING: Because of the nature of the topics covered in this class, the course readings or class discussions may generate intellectual and emotional discomfort. These responses are natural parts of intellectual growth. If, however, your emotional response becomes acute psychological distress (triggering), please communicate with me. I invite you to contact me if you have concerns in this regard.

THE FAMILY EDUCATIONAL RIGHTS AND PRIVACY ACT

The Family Educational Rights and Privacy Act (FERPA) sets forth requirements regarding the privacy of student records. FERPA governs both the access to and release of those records, known as education records, and the information they contain. Under FERPA, faculty have a legal responsibility to protect the confidentiality of student records. For additional information about FERPA and Syracuse University’s FERPA policy, see [Compliance with the Family Education Rights and Privacy Act](#) or contact the Office of the Registrar (315.443.2422). In recent years it has become increasingly common for parents and other family members to contact faculty directly with questions about a student’s academic performance. If this happens, you are encouraged to consult your department chair or senior associate dean for guidance. Even seemingly innocuous statements about matters such as class attendance or participation can constitute FERPA violations. Students may file FERPA waiver forms, which allow university personnel to discuss their academic records and performance with specified individuals.

FAITH TRADITION OBSERVANCES

Syracuse University’s Religious Observances Policy recognizes the diversity of faiths represented in the campus community and protects the rights of students, faculty and staff to observe religious holy days according to their traditions. Under the policy, students are given an opportunity to make up any examination, study or work requirements that may be missed due to a religious observance, provided they notify their instructors no later than the academic drop deadline. For any observances occurring before the academic drop deadline, students must notify faculty at least two academic days in advance. Students register their observances using MySlice.