

NSCI 2114
Syllabus Addendum for Honors (Section 702)
Spring 2015

Discussion Instructor: Dingbo Daniel Lin, PhD

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In addition to the general course objectives and goals described in the main NSCI 2114 syllabus, the **45 total points of the Discussion in-class activities** for the Honors Discussion Section will be based on **evaluating two peer-reviewed scientific articles**.

- a. The goal of this activity is for you to be familiar with reading peer-reviewed research articles and to allow you to apply what you have learned in class to practice. You will be asked to read **two** peer-reviewed research articles and you need to summarize (in own words) the work that was done. You will interpret data, criticize the articles, and discuss the various aspects of the article such as the purpose, the methods, the findings, conclusion, and implications of the study. The summary needs to be typewritten (double-spaced) and maximum of 3 pages. **You need to turn in both hardcopy and e-copy of your summary (specific for honor's section, NSCI 2114-Princ Human Nutrition-Sec DS 005-702) on the assigned date (see schedule below).**
- b. **Dr. Lin will provide the first research article. Summary of research article 1 is due in discussion on Feb 18, 2015** (see schedule below). We will briefly discuss the research article during discussion.
- c. **You have to choose the second research article to evaluate.** You can choose any research article but it should be a primary research article and from a peer-reviewed journal. You can choose any topic that interests you but should be related to nutrition, health, and wellness. **The paper needs to be approved by Dr. Lin by March 11, 2015. An e-copy of the research article needs to be turned in to D2L Dropbox by March 11, 2015.** Similar to research article 1, you will need to discuss the various aspects of the article such as the purpose of the study, the methods, the findings, conclusion, and implications. **Summary of research article 2 is due in discussion on April 8, 2015** (see schedule below).
- d. Research article critiques will be worth a total of **45 points of the Discussion in-class activities (20 points for Evaluation #1, 25 points for Evaluation #2)**

NSCI 2114 Discussion Schedule – Spring 2015 (Section 702)

Week	Due Date	Topic	Points
1	Jan. 14	Introduction Discussion of syllabus (section 702) Assignment 1: What is Nutrition? Discussion of Weekly Physical Activity Log (a week is Monday at 12:00 AM until Sunday 11:59 PM)- <i>Physical activity log (45 points total)</i>	15 points (due Week 2 in discussion) 5 points/week (Turn in Weekly using dropbox in D2L by 9:00 AM, Monday)
2	Jan. 21	Assignment 2: ChooseMyPlate	20 pts. (due Week 3 in discussion)
3	Jan. 28	Assignment 3: 24-hour Recall & Healthy Eating Assessment Discussion of HRA	20 pts.
4	Feb. 4	Assignment 4: Digestion	20 pts.
5	Feb. 11	Assignment 5: Diet Analysis	20 pts. (due Week 6 in discussion)
6	Feb. 18	Assignment 6: Carbohydrates Research article 1 due	20 pts. 20 pts.
7	Feb. 25	Assignment 7: Lipids	20 pts.
8	Mar. 4	Assignment 8: Proteins	20 pts.
9	Mar. 11	Assignment 9: Personal Health & Nutrition Research article 2 approved by Dr. Lin	40 pts
10	Mar. 18	No Discussion – Spring Break	
11	Mar. 25	Assignment 10: Hot Topics	15 pts
12	Apr. 1	Assignment 11: Vitamin/Minerals Discussion of Popular, Fad and Weight Loss Diet Paper (Assignment 16- see week 14)	20 pts.
13	Apr. 8	Assignment 12: Video Critique Research article 2 due	10 pts. 25 pts.
14	Apr. 15	Assignment 13: Basal Metabolic Rate (BMR)/Physical Activity	20 pts.
15	Apr. 22	Assignment 14: Popular, Fad and Weight Loss Diet Paper	50 pts.
16	Apr. 29	Optional Final Exam Review (Dead Week)	
17	May 5-9	No Discussion (Finals Week)	

* Please note that the syllabus is subject to change