Term Information

Effective Term  Autumn 2014

Course Change Information

What change is being proposed? (If more than one, what changes are being proposed?)
Addition of offering at the Mansfield Campus.

What is the rationale for the proposed change(s)?
Per David Tovey and Richard Bruno.

What are the programmatic implications of the proposed change(s)?
(e.g. program requirements to be added or removed, changes to be made in available resources, effect on other programs that use the course)?
None.

Is approval of the request contingent upon the approval of other course or curricular program request? No

Is this a request to withdraw the course? No

General Information

Course Bulletin Listing/Subject Area  Human Nutrition
Fiscal Unit/Academic Org  Department of Human Sciences - D1251
College/Academic Group  Education & Human Ecology
Level/Career  Undergraduate
Course Number/Catalog  2210
Course Title  Science of Human Nutrition
Transcript Abbreviation  Sci Hum Nutrition
Course Description  Basic principles of biological science, emphasizing the interaction between nutrients and physiological (including cellular) processes.
Semester Credit Hours/Units  Fixed: 3

Offering Information

Length Of Course  14 Week
Flexibly Scheduled Course  Never
Does any section of this course have a distance education component?  Yes
Is any section of the course offered  100% at a distance
Grading Basis  Letter Grade
Repeatable  No
Course Components  Lecture
Grade Roster Component  Lecture
Credit Available by Exam  No
Admission Condition Course  No
Off Campus  Never
Campus of Offering  Columbus, Lima, Mansfield, Marion

Previous Value  Columbus, Lima, Marion
Prerequisites and Exclusions

Prerequisites/Corequisites
Exclusions
Not open to students with credit for 210.

Cross-Listings

Cross-Listings

Subject/CIP Code

Subject/CIP Code
30.1901
Subsidy Level
Baccalaureate Course
Intended Rank
Sophomore

Requirement/Elective Designation

General Education course:
Biological Science

Course Details

Course goals or learning objectives/outcomes

• Understand basic biological aspects of nutrient requirements of humans
• Appreciate the complex interactions and synergism of nutrients upon physiological and cellular processes
• Evaluate reputable versus non-reputable sources of nutrition information
• Determine how nutritional information is derived from the scientific method of investigation
• Understand the linkages between nutrients and disease processes, body size, mental ability and performance
• Understand the diverse cultural patterns that influence both food preferences and nutrient status
• Evaluate controversial topics related to food and nutrition
Content Topic List

• What you eat and why
• Nutrition and health/nutrients
• Using scientific research to determine nutrient needs
• Guidelines for designing a healthy diet
• Methods of nutritional assessment
• Dietary guidelines
• MyPyramid
• DRIs
• Food labels
• Healthy web sites
• The human body: A nutrition perspective
• Human physiology: Digestive system
• Nutrients: Carbohydrates simple, complex carbohydrates/fiber digestion, absorption, energy use lactose intolerance, diabetes
• Nutrients: Lipids (fat) digestion, absorption, function, heart disease, fat intake & replacement strategies
• Nutrients: Protein amino acids; putting proteins to work; vegetarianism
• Energy: Energy balance: Intake vs. use
• Weight Control: Healthy Weight/Obesity
• Energy Balance: Obesity treatment
• Controlling energy intake/physical activity
• Nutrients: Fat soluble vitamins, A, D, E, K
• Vitamin Supplements: Who needs them?
• Nutrients: Water soluble vitamins thiamin, riboflavin, niacin, B-6, folate, B-12, C
• Nutrients: Water
• Nutrients: major minerals: sodium, potassium, chloride, fluoride high blood pressure calcium, phosphorus/osteoporosis
• Nutrients: Trace minerals
• Fitness and sports
• Energy sources, fluids/ergogenic aids?
• Eating Disorders, anorexia nervosa & bulimia nervosa
• Alcohol

Attachments

• HN 2210 Spring 2014 Syllabus.pdf
  (Syllabus. Owner: Newhouse, Melissa Ann)

Comments

• Note about syllabus from Mansfield Advisor Lyndsey Anderson: This is Dr. Richardson’s syllabus from SP14, but she will be our instructor for AU14, so I am not anticipating many syllabus changes. (by Newhouse, Melissa Ann on 06/05/2014 12:55 PM)
## Workflow Information

<table>
<thead>
<tr>
<th>Status</th>
<th>User(s)</th>
<th>Date/Time</th>
<th>Step</th>
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<tr>
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<td>Newhouse,Melissa Ann</td>
<td>06/05/2014 12:55 PM</td>
<td>Submitted for Approval</td>
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<tr>
<td>Approved</td>
<td>Folden Jr,H Eugene</td>
<td>06/09/2014 08:07 AM</td>
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<td></td>
<td>Odum,Sarah A. Zircher,Andrew Paul</td>
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The Ohio State University College of Education and Human Ecology
Department of Human Sciences
Program Area: Human Nutrition
HUMN NTR 2210 Online: The Science of Human Nutrition
Spring 2014: 3 credit hours

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Julia Richardson MS RD LD</th>
</tr>
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<tbody>
<tr>
<td>Office</td>
<td>385 Campbell Hall</td>
</tr>
<tr>
<td>Office Hours</td>
<td>Thursdays by appointment</td>
</tr>
<tr>
<td>Instructor email</td>
<td><a href="mailto:richardson.429@osu.edu">richardson.429@osu.edu</a></td>
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<table>
<thead>
<tr>
<th>Teaching Assistants (TA)</th>
<th>Jason McCartan, Lisa Liu, Liye Suo</th>
</tr>
</thead>
<tbody>
<tr>
<td>TA Office</td>
<td>319 Campbell Hall</td>
</tr>
<tr>
<td>Office hours</td>
<td>See Carmen News for hours - TA's will post during week 1</td>
</tr>
<tr>
<td>TA emails</td>
<td><a href="mailto:mccartan.7@osu.edu">mccartan.7@osu.edu</a>; <a href="mailto:liu.1745@osu.edu">liu.1745@osu.edu</a>; <a href="mailto:suo.9@osu.edu">suo.9@osu.edu</a></td>
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</table>

Required Text and Online McGraw-Hill Connect Student Access


McGraw Hill Connect online registration IS required to access assignments and other tools for this course. Each student must register with an account. There is a fee for this registration and access. If you buy a new text at the OSU bookstore, the access is included with the textbook (you receive an access code). If you buy a used text, you will need to purchase access to the website for the semester (around $55.00) Please see CARMEN for detailed instructions on how to register, and pricing (either purchase separately if you bought a used book or e-book OR how to enter your code purchased with the new text). There is a document that details registration (complete with step by step screen shots and instructions) in the Content Section of Carmen in a Folder called "Getting Started." We will use McGraw-Hill Connect for some Quizzes, LearnSmart Study Modules, assignments, and Nutrition analysis software.

Course Description/Objectives

The Course will address the basic principles of the biological science involving interactions between nutrients and physiological processes with emphasis on implications for human health.
General Education (GE) Goals and Expected Learning Outcomes: This course meets the goals of the Natural Science Component of the GE. Courses in natural sciences foster an understanding of the principles, theories, and methods of modern science, the relationship between science and technology, the implications of scientific discoveries and the potential of science and technology to address problems of the contemporary world.

The specific Learning Outcomes below stem from the Natural Science Learning Outcomes.

Upon completion of this course, the student will be able to:

1. Understand basic biological aspects of nutrient requirements of humans.
2. Appreciate the complex interactions and synergism of nutrients upon physiological and cellular processes.
3. Recognize the linkages between nutrients and disease processes, body size, mental ability and performance.
4. Understand key events in the history of nutritional science from the early discovery of the essential nutrients to the current discovery of the effects of nutrients on the human genome.
5. Determine how nutritional information is derived from the scientific method of investigation.
7. Understand how methods of modern science are used in the assessment of nutritional status.
8. Understand the diverse social and cultural patterns that influence food preferences and their implications to nutrient status.
9. Understand the potential of modern science and technology to address nutritional problems of the contemporary world.
10. Utilize computer technology to assess dietary intake and activity levels compared to national recommendations.

CARMEN

All students are required to use CARMEN. Lecture notes, assignments, some quizzes, discussion topics and forums, and course announcements (as “News” on CARMEN homepage) will be posted there. Students will use CARMEN to submit ALL assignments via the “dropbox” feature and should become familiar with this feature if not familiar already. One common form of communication from instructors or TA’s to students will be through CARMEN “News” on the homepage of our course page. Therefore, students should plan to access CARMEN and check “News” daily during the week (M-F). Please also note that CARMEN was recently updated (Summer 2013).

www.carmen.osu.edu
CARMEN Help and Tutorials

The homepage for Carmen (http://telr.osu.edu/carmen/) has great information on how to get started with this course management system and many links to helpful tutorials. It also tells you to call 688-HELP or e-mail carmen@osu.edu if you are experiencing difficulties.

Communication

Email/Internet: All students must have an active OSU email account and know how to use the Internet. Emails sent from Hotmail, yahoo, google, etc accounts may not be answered as they may go to spam boxes of Instructor or TA. Furthermore, it is OSU policy to answer emails only from OSU email accounts. If we can verify your identity, we will answer your email but it is easier if you email from your OSU account.

If you do not know how to use the Internet, take the tutorial at the following address: http://liblearn.osu.edu/tutor/.

Students are encouraged to post their general questions on the Discussion Boards on CARMEN, within the most appropriate topic header, and to read these often as there will be answers to common questions found. In a course this large, it is very common for students to have the same questions. To avoid redundancy and make best use of time, please review questions and answers within a topic BEFORE posting a question to be sure your answer is not already found among the threads. Also to help with students finding answers to questions asked, please make your subject as detailed and relevant to your post as possible (within reason of course - no paragraphs as subjects). There will be many topic areas to minimize tedious searching through threads. As a thread becomes heavily populated, new sub threads will be created.

Students are encouraged to use email to communicate with the professor or TA’s regarding more personal matters (or subjects you wish not to be posted in CARMEN). In most cases, emails will be answered within 12-24 hours (exceptions may include emails sent on weekends or holidays). When developing your emails, it helps to put “HN 2210 Spring 2014 ....” in the subject line along with any descriptors you feel necessary. Please email the instructor rather than the TA's regarding personal issues including grade discrepancies, illnesses, requests for extensions, etc.

Course announcements will be posted on CARMEN, specifically in the “News” section. A common form of communication from instructor or TA’s to students will be through CARMEN “News” on the homepage of our course page. Therefore, students are encouraged to access CARMEN and check “News” daily during the week (M-F) and once on the weekend.

Weekly Email Updates will be sent to the class from the instructor at the end of each week to recap events, topics, course assignments, etc from the week and remind students of upcoming tasks and assignments. This is also a way in which the instructor can communicate important announcements regarding the course, and or discuss current events as they relate to the topics that have been
covered. These updates will be sent as pdf files through email and will also be posted (archived) to Carmen in the Content section, under "Weekly Update Archives" for reference.

**Office hours** are offered each week and can be used to discuss questions or concerns of any kind. Particularly, if course content, assignments, or technology utilized for assignments and quizzes are a struggle, office hours should be utilized at the earliest convenience. Please email the instructor or TA to schedule a time to stop by during office hours.

**“Attendance” and Professionalism**

While this is an online course, students are encouraged to review course material multiple times per week, allotting enough time each week to review readings in text, and lectures notes, as if you are “attending” class, and additional time to study materials (quizzes, animations, additional readings, LearnSmart study modules, quizzes, assignments) “outside of class.” **For a 3 credit hour course, students typically spend 3 hours in lecture each week and 6 hours in studying each week.**

**Therefore, you should plan to spend 9 hours each week mastering the material.** Students are required to have a reliable computer. **This course is an on-line course and assumes that students have enough computer literacy to complete the course requirements.** It can be very easy to fall behind in this course. It requires much individual motivation and discipline to stay on task and up to date with assignments and readings.

**Assignments/Quizzes and Study Tools**

Assignment **due dates (and open dates when applicable) are listed in your course schedule in this syllabus** (in the schedule at the end). **Please be cognizant of due dates as listed in the Schedule in this Syllabus.** Directions for Assignments will be posted on CARMEN in the Content Section in folder labeled "Assignments." **All assignments requiring submission of documents will be submitted online via the “dropbox” feature in CARMEN by the posted due date and time noted in course schedule in this syllabus.** Students are responsible to ensure an assignment uploads successfully. It is a good practice to log out and back in to verify your assignment has uploaded. Emails asking for leniency because you "did not realize the assignment did not upload" will not be considered for full credit. Students are encouraged to save assignments in some way (hard drive, flash drive, etc) for the purpose of review for exams. **All assignments must be typed and submitted in WORD, EXCEL or PDF formats (reflecting the document version that the original assignment was posted).** HTML formats, webarchives, and wordpad will NOT be accepted. **Failure to upload in proper format may result in point deduction of 10% maximum value for the assignment when turned in on time. Please see Late Assignment Policy on page 5 of this syllabus to review.**

Weekly Quizzes are due on Monday by midnight except when that day is a holiday. **Please take note of these exceptions in the Course Schedule.** Quizzes will not be “reset” for students who miss the due date. **Late Submission of Quizzes will receive 0 points. There is no late policy for Quizzes.** Quizzes will be taken online on Carmen OR on the McGraw Hill Connect website. Quizzes will have the option for multiple attempts, but will display a random selection of questions from a chosen pool each time.
Discussion Groups of about 25 students each will be created and topics posted periodically corresponding to your chapter readings. Please see the syllabus schedule for dates of topics. These topics will be relevant to nutrition in our daily lives. They are designed to help you think critically, analyze, and evaluate the topics you are studying. This will hopefully prepare you for those same types of questions on exams. You will be required to respond and interact with your Discussion Group regarding the topic prompt. Each Group Discussion topic will require your initial post to the topic and a response to at least one colleague's post. Discussion points will be awarded for participation and appropriate responses (2.5 points for initial response and 2.5 points for reply to a colleague). Specific parameters for each topic will be posted to Carmen News.

LearnSmart Study Modules are a great study tool found on your Connect Website. LearnSmart is a study product and NOT a quiz. These will not be graded but may be assigned for extra credit. The goal of LearnSmart is to help you learn the topics presented in each chapter. LearnSmart will ask you a series of questions that will adapt to your strengths and weaknesses to guide you through the material you need to learn. By answering questions correctly, you work towards completing your assignment. The more questions you answer correctly, the sooner you complete a module. If you are willing to put in the time, these modules are a great way to assess your progress and learn the material in an interactive and unique way.

Exams

Two Exams will be given throughout the semester: one Midterm and One Comprehensive Final Exam. Exams will be given online with parameters to protect its integrity.

Make-up Exam/Late Assignment policy

Make-up exams will be scheduled for students that have a medical excuse or an academic or athletic conflict on the day of the regularly scheduled exam. The Instructor must be notified BEFORE the exam if a make-up exam is needed unless impossible (hospitalization, emergency, etc)

Late assignments are penalized 10% of the maximum potential grade per day after the original due date up to one week late. No late assignments will be accepted that are more than one week after the original due date. Please be cognizant of due dates as listed in Schedule in Syllabus. Assignments are due on MONDAYS by midnight except when a due date falls on a holiday.

Academic Misconduct

Academic Misconduct is defined as any activity, which tends to compromise the academic integrity of the institution, or subvert the educational process. Suspected cases of academic misconduct, including plagiarism on written assignments and cheating during exams, will be reported to the Committee on Academic Misconduct (COAM). For information on avoiding academic misconduct please see http://oaa.osu.edu/coamtensuggestions.html. For information on the COAM rules and procedures see http://oaa.osu.edu/coamresources.html
Special Accommodations/Disabilities

I wish to fully include persons with disabilities in this course. Please let me know if you have a disability and require accommodations in the curriculum, instruction, or assessments of this course to enable you to fully participate. You may contact me to discuss any specific needs. For students with documented disabilities, please contact the Office for Disability Services (http://ods.osu.edu) at (614) 292-3307 or visit Pomerene Hall to coordinate reasonable accommodations.

Course Evaluations

It is critical to the continued success of this course to have your honest and valued feedback. You will have the opportunity to fill out the standard institutional SEI on the instructor (Online submission). You will also have the opportunity to make comments about the course using this feature. Please keep notes throughout the semester with this in mind.
## COURSE SCHEDULE

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<thead>
<tr>
<th>DATE</th>
<th>TOPIC Guide</th>
<th>RELEVANT DATES</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>Syllabus/Welcome Online Orientation documents</td>
<td>Optional Orientation In Person Thursday January 9th 6pm – 7pm Independence Hall Room 100</td>
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<tr>
<td>1/6-1/12</td>
<td>CH 1: What you eat and why?</td>
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<tr>
<td>Week 2</td>
<td>CH 2: Guidelines for Designing a Healthy Diet</td>
<td>No Quizzes or Assignments DUE this week.</td>
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<tr>
<td>1/13-1/19</td>
<td>CH 3: The Human Body: Nutrition Perspective</td>
<td>Please do NOT wait until the last minute to complete the quizzes and discussion responses due next week.</td>
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<td></td>
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<td>Discussion 1 Opens Thursday 1/16 midnight (Responses due next week)</td>
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<tr>
<td>Week 3</td>
<td>CH 4: Carbohydrates</td>
<td>TUESDAY 1/21 - 3 Quizzes and 1 Discussion Response DUE by midnight</td>
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<td>1/20-1/26</td>
<td></td>
<td>• Orientation Quiz (Carmen)</td>
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<td>• Chapter 1-2 Quiz (MH Connect)</td>
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<td></td>
<td></td>
<td>• Chapter 3 Quiz (MH Connect)</td>
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<td></td>
<td></td>
<td>• Discussion 1 Initial Response (Carmen)</td>
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<td></td>
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<td>THURSDAY 1/23 - 1 Discussion Response DUE by midnight</td>
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<td>• Discussion 1 Response to Peer (Carmen)</td>
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<td></td>
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<td>• Discussion 2 Opens midnight</td>
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<tr>
<td>Week 4</td>
<td>CH 5: Lipids</td>
<td>MONDAY 1/27 - 1 Quiz, 1 Assignment, and 1 Discussion Response DUE by midnight</td>
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<td>1/27-2/2</td>
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<td>• Chapter 4 Quiz (MH Connect)</td>
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<td></td>
<td>• Food Label Assignment (Carmen as Quiz)</td>
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<tr>
<td></td>
<td></td>
<td>• Discussion 2 Initial Response (Carmen)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>THURSDAY 1/30 - 1 Discussion Response DUE by midnight</td>
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<tr>
<td></td>
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<td>• Discussion 2 Response to Peer (Carmen)</td>
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</table>
| Week 5  | CH 6: Proteins | **MONDAY 2/3** - 1 Quiz Due and 1 Assignment DUE by midnight  
• Chapter 5 Quiz (MH Connect)  
• MyPlate Assignment (Carmen as Quiz) |
| Week 6  | CH 12: Undernutrition around the World  
CH 13: Safety of our Food Supply | **MONDAY 2/10** - 1 Quiz and 1 Discussion Response DUE by midnight  
• Chapter 6 Quiz (MH Connect)  
• Discussion 3 Initial Response (Carmen)  
**THURSDAY 2/6** - Discussion 3 Opens midnight |
| Week 7  | Midterm Chapters 1-6, 12-13 | **MONDAY 2/17** - 1 Quiz Due by midnight  
• Chapter 12-13 Quiz (MH Connect)  
**Midterm ONLINE (Carmen Quiz)** - Opens Thursday 2/20 12am - closes 2/20 11:59p |
| Week 8  | CH 7: Energy Balance and Weight Control | **THURSDAY 2/27** - Discussion 4 Opens Midnight |
| Week 9  | CH 8: Vitamins | **MONDAY 3/3** - 1 Quiz and 1 Discussion Response DUE by midnight  
• Chapter 7 Quiz (MH Connect)  
• Discussion 4 Initial Response (Carmen)  
**THURSDAY 3/6** - 1 Discussion Response DUE by midnight  
• Discussion 4 Response to Peer (Carmen) |
| **Spring Break March 10-16** |
| Week 10 | CH 9: Water and Minerals | **MONDAY 3/17** 1 Quiz DUE by midnight  
• Chapter 8 Quiz (MH Connect) |
| Week 11  3/24-3/30 | CH 10: Sports Nutrition | **MONDAY 3/24** - 1 Quiz and one Assignment DUE by midnight  
- Chapter 9 Quiz (MH Connect)  
- Food and Activity Record and Analysis Assignment (Carmen)  
**THURSDAY 3/27** - Discussion 5 Opens midnight |
|-------------------|------------------------|---------------------------------------------------------------|
| Week 12  3/31-4/6 | CH 14: Pregnancy and Breastfeeding | **MONDAY 3/31** - 1 Quiz and 1 Discussion Response DUE by midnight  
- Chapter 10 Quiz (MH Connect)  
- Discussion 5 Initial Response (Carmen)  
**THURSDAY 4/3** - 1 Discussion Response DUE by midnight  
- Discussion 5 Response to Peer (Carmen) |
| Week 13  4/7-4/13 | CH 15: Nutrition from Infancy through Adolescence  
CH 11: Eating Disorders | **MONDAY 4/7** - 1 Quiz DUE by midnight  
- Chapter 14 Quiz (MH Connect)  
**THURSDAY 4/10** - Discussion 6 Opens midnight |
| Week 14  4/14-4/20 | CH 16: Nutrition During Adulthood | **MONDAY 4/14** - 1 Quiz and 1 Discussion Response DUE by midnight  
- Chapter 15+11 Quiz (MH Connect)  
- Discussion 6 Initial Response (Carmen)  
**THURSDAY 4/17** - 1 Discussion Response DUE by midnight  
- Discussion 6 Response to Peer (Carmen) |
| Week 15-16  4/21-4/29 | Final Examinations | **MONDAY 4/21** - 1 Quiz DUE by midnight  
- Chapter 16 Quiz (MH Connect)  
**Online Final Exam - Carmen Opens Thursday 4/24 12am - closes 4/24 11:59p** |

(MH Connect) = McGraw Hill Connect; when you find this after a quiz, you will know to access it on our McGraw Hill Connect website.

(Carmen) = when you find this after a Quiz, Assignment, or Discussion, you will know to access it on our Carmen course page.
## Course Grading

Performance will be evaluated with quizzes, assignments, discussion topic participation and examinations.

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<tr>
<th>Activity</th>
<th>Points</th>
<th>% of grade</th>
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<tbody>
<tr>
<td>Orientation Quiz - Carmen</td>
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<tr>
<td>13 Chapter Quizzes - McGraw-Hill Connect (5 points each – lowest score dropped)</td>
<td>60</td>
<td>11.5%</td>
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<tr>
<td>Group Discussion Topic Participation - Carmen (6 topics at 5 points each)</td>
<td>30</td>
<td>6%</td>
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<tr>
<td>Assignment: Food Label Comparison - Carmen</td>
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<td>2%</td>
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<tr>
<td>Assignment: MyPlate - Carmen</td>
<td>15</td>
<td>3%</td>
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<tr>
<td>Assignment: Food and Activity RECORD and ANALYSIS - Carmen and McGraw Hill Connect</td>
<td>50</td>
<td>9.5%</td>
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<tr>
<td>Midterm (75 questions) Online - Carmen</td>
<td>150</td>
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<tr>
<td>Comprehensive Final Exam (100 questions) Online - Carmen</td>
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<td>38%</td>
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**TOTAL** **520**

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1/3 Grade

2/3 Grade
**Grading Scale**

This course is graded on a scale of A-E. Rounding is already factored in to the points schedule (ex: 481/520 = 92.5%).

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<td>481-520</td>
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<td>A-</td>
<td>90-92%</td>
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