



FACS 2362 Nutrition

Fall, 2017

College of Health Sciences, Department of Family and Consumer Sciences

Instructor: Heather Frazier, RDN, LD
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Office Hours: Tuesday 10:00 am – 1:00 pm; Wednesday 10:00 am – 12:00 pm; by appointment

Virtual Office Hours: The online Virtual Office will be checked Monday through Friday prior to 5:00 pm Central Standard Time (CST). Most communication about the course (general questions, questions about assignments, etc.) should be through the Virtual Office. Students should expect to receive a response within 24 hours during normal business days and hours (Monday through Friday 8 am to 5 pm).

Day and Time Class Meets: N/A

Course Format: Online

Location of Class: Blackboard

Required Textbook: Blake, J., Munoz, K., & Volpe, S. (2016). *Nutrition: From Science to You*, 3rd Ed. Pearson.

Required Access Card: MasteringNutrition with MyDietAnalysis. Students will need to access MasteringNutrition in Blackboard using an access code. An access code has been provided below that allows FREE access to the e-text version of the book & MasteringNutrition.

Access Code: USMBFE-WHIRR-RETCH-HOGUE-ORACY-OOSSE

Additional Software: SuperTracker, USDA MyPlate, <https://www.supertracker.usda.gov/default.aspx>

Course Description: Study is made of the fundamental concepts of nutrition. The various nutrients, their sources, metabolism, physiology and interrelationships are emphasized. Requirements at different stages of growth and development are studied. Experience is provided in making dietary studies and in adjusting meals for individuals and population groups. Meets requirement for pre-nursing curriculum. Prerequisite: 3 hours completed in BIOL or CHEM.

Course Objectives:

1. Discuss foods as sources of various nutrients; their action, interaction and balance in relation to health and disease.
2. Name and describe the characteristics, physiological functions, and food sources of essential nutrients.
3. Demonstrate a varied and balanced diet from both a personal and professional viewpoint applying psychological, cultural and economic influences on the implementation of a healthy diet.

4. Summarize nutritional information regarding chemical characteristics, clinical symptoms of deficiencies and food sources of each nutrient.
5. Delineate nutrition information with regard to various environmental, cultural and lifestyle choices in health promotion and wellness.
6. Provide guidelines to effectively alter established, but undesirable, food habits.
7. Demonstrate basic understanding of nutritional quality assessment of individuals and populations utilizing computer software.
8. Understand the concepts of energy balance and weight control.
9. Recognize the relationship between physical activity, health, and nutrition.
10. Foster a desire to share nutrition information with others.

IDEA Objectives: In this course, our focus will be on this major objective (as assessed by the IDEA course evaluation system):

- Gain a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories).

Course Content: This is a tentative course schedule and is subject to change.

| Week | Dates | Topic | Activities & Assignments | Exams |
|------|---------------|-------------------------------------|--|---|
| 1 | 8/23 – 8/27 | Introduction to Course Chapter 1 | MasteringNutrition Assignment #1 Ready for Blackboard? | |
| 2 | 8/28 – 9/3 | Chapter 2 & 20 | MasteringNutrition Assignment #2 Discussion Board #1 Part I | |
| 3 | 9/4 – 9/10 | Chapter 3 & 11 | MasteringNutrition Assignment #3 Discussion Board #1 Part II | |
| 4 | 9/11 – 9/17 | Chapter 4 & 7 | MasteringNutrition Assignment #4 | Exam #1 Ch. 1-4, 7, 11, 20 Available: 9/14-9/17 |
| 5 | 9/18 – 9/24 | Chapter 5 | MasteringNutrition Assignment #5 Discussion Board #2 Part I | |
| 6 | 9/25 – 10/1 | Chapter 6 | MasteringNutrition Assignment #6 Discussion Board #2 Part II | |
| 7 | 10/2 – 10/8 | Chapter 8 | MasteringNutrition Assignment #7 | |
| 8 | 10/9 – 10/15 | Chapter 9 & 10 | MasteringNutrition Assignment #8 | Exam #2 Ch. 5, 6, 8-10 Available: 10/12-10/15 |
| 9 | 10/16 – 10/22 | Chapter 12 & 13 | MasteringNutrition Assignment #9 MyDietAnalysis Project Due | |
| 10 | 10/23 – 10/29 | Chapter 14 | MasteringNutrition Assignment #10 Discussion Board #3 Part I | |
| 11 | 10/30 – 11/5 | Chapter 15 | MasteringNutrition Assignment #11 Discussion Board #3 Part II | |
| 12 | 11/6 – 11/12 | Chapter 16 | MasteringNutrition Assignment #12 | Exam #3 Ch. 12-16 Available: 11/9-11/12 |

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| 13 | 11/13 – 11/19 | Chapter 17 | MasteringNutrition Assignment #13 Discussion Board #4 Part I | |
| 14 | 11/20 – 11/26 | Chapter 18 | MasteringNutrition Assignment #14 Discussion Board #4 Part II | |
| 15 | 11/27 – 12/1 | Chapter 19 | MasteringNutrition Assignment #15 | |
| Final | | | | Final Comprehensive Available: 12/4-12/6 |

Course Requirements:

- 1. Technical Requirements:** Students must have access to the internet and Blackboard. It is recommended that you log in and check Blackboard weekly for updates. For any technical support issues with Blackboard, call 936-294-2780 or email blackboard@shsu.edu.
- 2. Getting Started with Blackboard Learn:** Part of ensuring a successful experience as a student taking online classes is to become familiar with the Blackboard learning environment. Whatever it is you need to work through, the Getting Started course will make it easy for you to quickly learn what you need in order to succeed as an online learner. You can access this tutorial in the course under Student Bb Orientation.
- 3. Accessing MasteringNutrition:** In the Blackboard course click on “MasteringNutrition” on the left-hand menu. Click any link on the page. Follow the directions to create a Pearson account or enter Pearson account information. Select Access Code, enter the access code, and select finish. Always remember to enter MasteringNutrition from the Blackboard course.
- 4. Attendance Policy (AP 800401):** Students are expected to check into the course regularly (at least twice a week). If an emergency or other situation arises that prevents the student from “attending” class, the instructor should be informed immediately.
- 5. Communication:** You may contact the instructor through e-mail, visit with the instructor during office hours, or post questions on Blackboard in the Virtual Office. Any question that a student would ask during a typical face-to-face class (in front of all students) should be posted on the Blackboard Virtual Office. Personal questions regarding grades and other sensitive subjects should be addressed through e-mail.
- 6. Email Communication Guidelines:** E-mail should only be utilized for communicating about grades or private matters relating to the course. When communicating with the instructor via e-mail, the student must follow the etiquette outlined below. If proper etiquette is not followed, the instructor reserves the right not to reply to the e-mail.
 - The e-mail must have a meaningful subject line which includes the course number (FACS 2362). The instructor teaches other courses and this will help clarify your message.
 - Students must include a greeting, such as Dear Professor Frazier, just like a written letter and a closing, such as Sincerely or Thank You.
 - Standard spelling, punctuation, and capitalization must be used. Students must stay away from slang, all CAPS, abbreviations, and emoticons.
 - Students must write clear, short paragraphs that are direct and to the point. Write complete sentences. This e-mail is considered business and should be structured as such.
 - Students must sign the message with their name. Do not include quotes or other personal information at the end of the message.

- 7. Netiquette:** Because this is an online classroom, interactions are in written form. The ability to write is necessary, but you also need to understand what is considered appropriate when communicating online. The word "netiquette" is short for "Internet etiquette." Rules of netiquette have grown with the growth of the Internet to help users act responsibly when they access or transmit information online. As an SHSU student, you should be aware of the common rules of netiquette for Blackboard and employ a communication style that follows these guidelines.
1. Be considerate. Rude or threatening language, inflammatory assertions (often referred to as "flaming"), personal attacks, and other inappropriate communication will not be tolerated.
 2. Never post a message that is in all capital letters -- it comes across to the reader as SHOUTING! Use boldface and italics sparingly, as they can denote sarcasm.
 3. Always practice good grammar, punctuation and composition. This shows that you've taken the time to write your response.
- 8. MasteringNutrition Assignments:** Access through MasteringNutrition Assignments. Assignments are graded automatically in MasteringNutrition. The grading policy is posted in MasteringNutrition and Blackboard. After the due date, the instructor will post the grade in Blackboard. Assignments are due by the end of the day (11:59 pm CST) on the assigned due date unless otherwise specified. Late assignments will not be accepted. The lowest assignment grade will be dropped (not counted in final grade points).
- 9. Discussion Boards:** Students will be randomly assigned to 1 of 4 discussion board groups. Students will interact with classmates by posting in the discussion board in response to a given topic. Detailed instructions are provided in Blackboard. To receive full credit, posts must be substantial, insightful, and display professional writing ability. Late submissions receive no credit.
- 10. MyDietAnalysis Project:** Students are expected to record their food intake for three days, complete the required analysis, and answer additional questions pertaining to the project by the assigned due date. The Diet Analysis Project assignment must be submitted in the .docx or .pdf format. Detailed instructions can be found in Blackboard. The project must be submitted within Blackboard, and must conform to the following guidelines:
1. The project is due at 11:59 pm Central Standard Time (CST) unless otherwise stated.
 2. It is advantageous to submit the project a day early if possible as unforeseen technical difficulties do occur (computer crashes, Blackboard issues, electrical outage, etc.). If you miss the deadline for any reason, it will be considered late.
 3. Please be aware that occasionally it might take a long time to upload some files due to the size of the file or your upload speed. So if you wait until the very last minute and try to submit at 11:58 pm, your submission might not go through until 12:00 am or later, making your assignment late.
 4. Any assignment e-mailed to the professor will not be graded.
 5. Late projects will receive partial credit (50% of original grade) and will be accepted until one week past the due date.
- 10. Examinations**
1. Exams will be administered only on the specified dates.
 2. Exams are timed and are to be completed in one sitting. Exams #1-3 will be open for one hour only; the time begins when the exam is opened. Students cannot leave the exam and return. If the one-hour time limit is exceeded, the session will end and students will receive that grade, no exceptions. The comprehensive final exam will be 2 hours in length.
 3. Students are responsible for having a secure internet connection and proper browser support to ensure optimal performance. Exams are graded automatically. Students may not use any material and/or resources for the exams. Students are not to discuss answers to exams with other students until the exam closes.

4. Cheating on any exam will result in a zero(0) for the exam for all parties involved. Exams will be available for review after the exam closes.
5. There are no make-up exams. Students that do not take the exam during the specified time period will receive a zero(0) on the exam.

Course Evaluation: All course grades will be recorded in the Blackboard grade book. The instructor may take up to 2 weeks to return grades.

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| Ready for Blackboard? | 20 points |
| MasteringNutrition Assignments (14 @ 20 points each) | 280 points |
| Discussion Board (4 @ 50 points each) | 200 points |
| Diet Analysis Project | 100 points |
| Exams (3 @ 100 points each) | 300 points |
| <u>Final</u> | <u>100 points</u> |
| Total | 1000 points |

Grading Scale: (grades will not be curved or rounded)

| | | |
|---|---------------|-------------------|
| A | 90.0% - 100% | 900 – 1000 points |
| B | 80.0% - 89.9% | 800 – 899 points |
| C | 70.0% - 79.9% | 700 – 799 points |
| D | 60.0% - 69.9% | 600 – 699 points |
| F | < 60% | < 600 points |

Student Syllabus Guidelines: You may find online a more detailed description of the following policies. These guidelines will also provide you with a link to the specific university policy or procedure:

<http://www.shsu.edu/syllabus/>

Academic Dishonesty (AP 810213): All students are expected to engage in all academic pursuits in a manner that is above reproach. Students are expected to maintain complete honesty and integrity in their academic experiences. Any student found guilty of dishonesty in any phase of academic work will be subject to disciplinary action as described in the student handbook. The University and its official representatives may initiate disciplinary proceedings against a student accused of any form of academic dishonesty including, but not limited to, cheating on an examination or other academic work which is to be submitted, plagiarism, collusion and the abuse of resource materials. Plagiarism includes, but is not limited to, copying the work of another student, copying published work without appropriate citations, and allowing someone else to complete an assignment or work for the student.

Students with Disabilities (AP 811006): It is the policy of Sam Houston State University that no otherwise qualified disabled individual shall, solely by reason of his/her disability, be excluded from the participation in, be denied the benefits of, or be subjected to discrimination under any academic or Student Life program or activity. Disabled students may request help with academically related problems stemming from individual disabilities from their instructors, school/department chair, or by contacting the Director of the Office of Services for Students with Disabilities, Lee Drain North Annex, or by calling 936.294.3512, TDD 936.294.3786. **NOTE: No accommodation can be made until the student registers with the Office of Services for Students with Disabilities (SSD).**

Cell Phone and Electronic Devices (AP 100728): Since the class is online, students may use electronic devices that perform the function of a telephone or text messenger during class-time (completion of assignments and case studies). Students may not use any telephone or text messenger or any device that performs these functions during a test period.

Religious Holy Days (AP 861001): Section 51.911(b) of the Texas Education Code requires that an institution of higher education excuse a student from attending classes or other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. A student whose absence is excused under this subsection may not be penalized for that absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence. "Religious holy day" means a holy day observed by a religion whose places of worship are exempt from property taxation under Section 11.20, Tax Code. Students remain responsible for all work, and any missed work must be made up in a reasonable amount of time.

Academic Grievance Procedures for Students (AP 900823): The purpose of this academic policy statement is to provide for the resolution of student academic grievances in a prompt and equitable manner. Under the provisions of this policy, academic grievances include disputes over course grades, unauthorized class absences or tardiness, and/or an instructor's alleged unprofessional conduct related to academic matters. If the dispute is determined to be based upon professional judgment, the aggrieved student is entitled to have, as appropriate and in turn, the department/school chair, College Academic Review Panel, academic dean, Dean of Graduate Studies (for graduate student issues), and Provost and Vice President for Academic Affairs form an opinion about the dispute and so advise the individual(s) involved. After considering the advice provided by any or all of the administrators participating in hearing the grievance, the individual(s) involved in the dispute shall retain the academic freedom to decline to change the original judgment in the matter.