



**COLLEGE OF HEALTH SCIENCES
DEPARTMENT OF FAMILY AND CONSUMER SCIENCES**

COURSE NUMBER: FACS 2362.05 - Nutrition

CREDIT HOURS: 3

Fall Semester 2017

Class Meets: Thursday 6:00PM – 8:45PM
MLHB, Room 301

Instructor: Mrs. Kimberly Townsend, MS, RD, LD
Phone: 936-499-9504
Email: klo001@shsu.edu
Office hours: By appointment only.
Office Location: MLHB 220

Required Textbook and Software:

Blake J, Munoz K, and Volpe S. *Nutrition: From Science to You*. Pearson Education: 2016. ISBN: 978-0-321-99549-0 or 0-321-99549-X. The textbook serves as a comprehensive reference for basic nutrition concepts. Only the book is required for this course. *You do not need an access code for this course.*

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 utilizing evidence-based practice. Meets requirement for pre-nursing curriculum.

Prerequisite: 3 hours completed in BIOL or CHEM class with a grade of C or better

Course Objectives: This course complies with the following Academy of Nutrition and Dietetics Knowledge Requirements: KRD 2.1 & 3.2. Upon successful completion of this course, the student will be able to:

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. (KRD 3.2)
6. Provide guidelines to effectively alter established, but undesirable, food habits. (KRD 3.2)
7. Demonstrate basic understanding of nutritional quality assessment of individuals and populations utilizing computer software. (KRD 2.1)
8. Apply the concepts of energy balance and weight control.
9. Demonstrate the relationship between physical activity, health, and nutrition.
10. Foster a desire to share nutrition information with others.



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Academic Dishonesty:

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 the academic experiences both in and out of the classroom. Any student found guilty of dishonesty in any phase of academic work will be subject to disciplinary action. 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.

Penalties that apply:

1. If a student is involved in cheating on an exam, that person will receive a grade of "0" on that exam. If a student is involved in cheating on a second exam or the final examination, that student will receive an "F" for the course.
2. If a student is involved in misrepresenting work, the work will receive a "0". Most work is to be done by the individual student and is not team work unless stipulated.

Actions that constitute cheating or academic dishonesty include but are not limited to:

1. Copying work of another student.
2. Plagiarizing published work.
3. Allowing someone else to complete an assignment or work for the student.

Classroom Rules of Conduct:

Students are expected to assist in maintaining a classroom environment that is conducive to learning. Students are to treat faculty and students with respect. Students may tape record lectures provided they do not disturb other students in the process and that the instructor is notified in advance. In addition, all tobacco products, including chewing tobacco, are prohibited in all academic buildings and classes. Students found using these products in the academic building will be asked to leave.

Sidebar conversations will not be tolerated in the classroom. The instructor reserves the right to eject any student(s) found talking loudly and/or disrupting classroom instruction.

If a student wants to use a laptop to record notes, the student must sit in one of the **first two rows** of class since laptops can be a distraction to other students.



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Cell Phone/Electronic Devices:

The use by students of electronic devices that perform the function of a telephone or text messenger during class-time may be prohibited if deemed disruptive by the instructor to the conduct of the class. Arrangements for handling potential emergency situations may be granted at the discretion of the instructor. Failure to comply with the instructor's policy could result in expulsion from the classroom or with multiple offenses, failure of the course.

Cell phones may not be using for taping or photography without the consent of the professor and for class related projects that may arise.

Any use of a telephone or text messenger or any device that performs these functions during a test period is prohibited. These devices should not be present during a test or should be stored securely in such a way that they cannot be seen or used by the student. Even the visible presence of such a device during the test period will result in a zero for that test. Use of these devices during a test is considered de facto evidence of cheating and could result in a charge of academic dishonesty (see student code of conduct <http://www.shsu.edu/students/guide/StudentGuidelines2010-2012.pdf#page=29>).

Religious Holidays:

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.

Americans with Disabilities Act:

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).** See the link at <https://www.shsu.edu/syllabus/>



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Visitors in the Classroom:

Only registered students may attend class. Exceptions can be made on case-by-case basis by the instructor. In all cases, visitors must not present a disruption to the class by their attendance. Students wishing to audit a class must apply to do so through the Registrar's Office.

Course Requirements/Attendance Policy:

Regular and punctual class attendance is expected as stated in the latest Sam Houston State University catalog. *One (1) absence is permitted without penalty before a subjective factor will be applied to the final grade particularly in borderline cases.* A record of student's attendance will be kept. Those who miss a substantial number of classes will penalize themselves by missing material that will be discussed in class, that may not appear in the texts, and over which the class will be tested. If a student arrives late for class and roll has been taken, the student is considered absent for the day unless otherwise corrected during the class period. *It is your responsibility to sign in to class each day or you will be counted absent. If you leave class early, you will be counted absent for the day.*

Course Format:

This course will consist of teacher lectures, student/teacher discussion, power point presentations and student inquiry. Lectures will include textbook information as well as other references, and this professor's clinical and practical experience in clinical dietetics.

Classroom Policies and Procedures:

1. Assignments are turned in online.
2. Assigned work that is turned in for credit must be typed.
3. All assignments must be completed and turned in before the final exam can be taken.

SHSU Academic Policy Manual

<http://www.shsu.edu/dept/academic-affairs/aps/aps-students.html>

Please refer to the link for the following policies:

- Procedures in cases of Academic Dishonesty AP 810213
- Academic Grievance Procedures for Students AP 900823
- Students with Disabilities AP 811006
- Student Absences on Religious Holy Days AP 861001
- Use of Telephones and Text Messengers in Academic Classrooms and Facilities AP 100728



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Exams:

There will be a Midterm exam and a Final exam given during the semester. The Midterm and Final exam will consist of multiple choice, and/or true/false questions and/or matching. The Final exam is not cumulative. Students will need to bring a scantron and No.2 Pencil to both exam. Both exams will be T/F and Multiple Choice with 100 questions each.

Grading Plan:

Dietary Analysis	200 points
Attendance	50 points
Midterm Exam	200 points
<u>Final Exam (not cumulative)</u>	<u>200 points</u>
Total possible points	650 points

- ❖ The instructor reserves the right to implement pop tests and other additional assignments. The total point value will be adjusted accordingly.
- ❖ Late assignments will NOT be accepted.
- ❖ The professor may take up to 2 weeks to return grades from exams and assignments.
- ❖ The professor may refer students who are failing or demonstrating poor academic performance to the SHSU First Alert Program.

Grades in this course are determined by applying the following scale to a student's total. Grades will NOT be curved.

Grading Scale:	Total Points
A = 90-100%	581-650 points
B = 80-89%	516-580 points
C = 70-79%	451-515 points
D = 60-69%	386-450 points
F = 59%-below	<385 points



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Dietary Analysis Assignment:

The major project of the course is a record and assessment of your own diet. A detailed description of the project is provided under the Diet Analysis section in Blackboard. The project is **due on the due date by 11:59:00 PM** (Central Standard Time). **Late submissions will be accepted with the following grade below.** You are welcome to submit the project before the due date. If you attach a document, the document **MUST be a Word or PDF document**. All work for this project must be typed.

The Dietary Analysis Project will be a record of food intake for 3 days and then use the knowledge gained during the semester to determine the nutritional status of their diet. Project will be turned in online through blackboard.

***** Email submissions will not be accepted****

Please submit on Blackboard. Hard copies will not be accepted.

- 0-24 hours late: 20% off points earned
 - If you earned 170 points, grade would be 136 points.
- 24-48 hours late: 40% off points earned
 - If you earned 170 points, grade would be 102 points.
- 48-72 hours late: 70% off points earned
 - If you earned 170 points, grade would be 51 points.
- >72 hours late: zero on the assignment

Items to submit

1. Word document of food eaten for 3 days.
2. Website printouts:
 - a) Food Groups and Calories Report
 - b) Nutrients report
 - c) Food Details Report
3. Dietary Analysis Worksheet

Instructor Evaluations:

Students will be asked to complete a course/instructor evaluation toward the end of the semester online.



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Course Outline: General Tentative Schedule for Semester Activities

Dates	Topics/Readings
Week 1 August 24	Introduction to Course Chapter 1 – What is Nutrition?
Week 2 August 31	Chapter 2 – Tools for Healthy Eating Chapter 3 – Digestion, Absorption, and Transport
Week 3 September 7	Chapter 4 – Carbohydrates Chapter 5 – Lipids
Week 4 September 14	Chapter 6 – Proteins Chapter 7 – Alcohol
Week 5 September 21	Chapter 8 – Energy Metabolism Chapter 9 – Fat Soluble Vitamins
Week 6 September 28	Chapter 10 – Water-Soluble Vitamins Chapter 11 – Water
Week 7 October 5	Exam – Covers Chapters 1 – 11 Not open book, open notes. May use 3x5 index card for notes
Week 8 October 12	Chapter 12 – Major Minerals Chapter 13 – Trace minerals
Week 9 October 19	Chapter 14 – Energy Balance and Body Composition Chapter 15 – Weight Management
Week 10 October 26	Chapter 16 – Nutrition and Fitness
Week 11 November 2	Chapter 17 – Life Cycle Nutrition: Pregnancy through Infancy
Week 12 November 10	Dietary Analysis Due Friday November 10 th at 11:59:00PM online.
Week 12 November 9	Chapter 18 – Life Cycle Nutrition: Toddlers through Adolescence
Week 13 November 16	Chapter 19 – Life Cycle Nutrition: Older Adults
November 23	*** THANKSGIVING HOLIDAY***
Week 14 November 30	Chapter 20 – Food Safety, Technology, and Availability Chapter 21 – Global Nutrition and Malnutrition
Week 15 December 7	Final Exam Thursday 8:30pm – 10:30pm – Covers chapters 12-21 Not open book, open notes. May use 3x5 index card for notes