



FACS 2362 Nutrition
Spring 2018
College of Health Sciences
Department of Family and Consumer Sciences

Instructor: Heather Frazier, PhD, RDN, LD
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Office Hours: Monday 2:30 pm - 4:30 pm; Wednesday 9:30 am - 12:30 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 must access MasteringNutrition in Blackboard using an access code. The access code can be purchased with the book or separately.

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

For Food Science and Nutrition Majors: This course addresses the KRDN's listed below that are part of the ACEND requirements for earning a verification statement to become eligible to apply to dietetic internship programs.

- KRDN 1.3 Apply critical thinking skills.
- KRDN 4.5 Describe safety principles related to food, personnel and consumers.

Course Content: This is a tentative course schedule and is subject to change. Please note the due dates in a location that you check regularly.

Module	Dates	Book Chapters	Due Date	Assignments & Tests
1	1/17 - 1/28	Ch. 1 What is Nutrition?	1/28	Ready for Blackboard? Mastering Assignment #1 MyDietAnalysis: 3 Day Food Record
2	1/29 - 2/11	Ch. 2 Tools for Healthy Eating Ch. 3 Digestion, Absorption & Transport	2/11	Mastering Assignment #2 MyDietAnalysis: MyPlate & USDA Food Groups
3	2/12 - 2/25	Ch. 4 Carbohydrates Ch. 5 Lipids Ch. 6 Proteins	2/25	Mastering Assignment #3 MyDietAnalysis: Carbohydrates, Lipids, & Protein Intake
4	2/26 - 3/4	Ch. 7 Alcohol Ch. 8 Metabolism	3/4	Mastering Assignment #4 Midterm
5	3/5 - 3/25	Ch. 9 Fat-Soluble Vitamins Ch. 10 Water-Soluble Vitamins	3/25	Mastering Assignment #5 MyDietAnalysis: Fat- and Water-Soluble Vitamins Intake
6	3/26 - 4/8	Ch. 12 Major Minerals Ch. 13 Trace Minerals	4/8	Mastering Assignment #6 MyDietAnalysis: Major & Trace Minerals Intake
7	4/9 - 4/22	Ch. 14 Energy Balance Ch. 16 Nutrition & Fitness	4/22	Mastering Assignment #7

8	4/23 - 5/4	Ch. 17 Pregnancy & Infancy Ch. 18 Toddlers & Adolescents Ch. 19 Elderly	5/4	Mastering Assignment #8
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The Final Exam will be available May 7 - May 9.

Course Requirements

- 1. Technical Requirements:** Students must have access to the internet and Blackboard. It is recommended that students log in and check Blackboard at least twice 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 (or purchase), 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 Dr. 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 in 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 Mastering Assignments in MasteringNutrition. 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. Students may work ahead on assignments if desired.

9. MyDietAnalysis Project: Access through Mastering Assignments in MasteringNutrition. Students are expected to record their food intake for three days and complete the required analysis by the assigned due dates. The Project is divided into sections and each section has a different due date. Due dates are posted above (in Course Content) and in the Blackboard course in the corresponding Module that it is to be completed. Please note that the due date in Blackboard and Mastering Assignments is April 8, which is the due date for the last section. Students may work ahead on the project if desired. Late project sections will receive partial credit (50% of section grade) and will be accepted until April 8.

10. Examinations

1. A total of two exams will be administered (midterm and final) in Mastering Assignments in MasteringNutrition.
2. Exams will be administered only on the specified dates.
3. Exams are timed and are to be completed in one sitting. There will be 75 multiple choice questions per exam. Exams will be open for two hours only; the time begins when the exam is opened. Students cannot leave the exam and return. If the two-hour time limit is exceeded, the session will end and students will receive that grade, no exceptions.
4. 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.
5. 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.
6. 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.

Ready for Blackboard?	25 points
MasteringNutrition Assignments (8 @ 25 points each)	225 points
Diet Analysis Project	135 points
Midterm	75 points
<u>Final</u>	<u>75 points</u>
Total	510 points

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

A	90.0% - 100%	459 – 510 points
B	80.0% - 89.9%	408 – 458 points
C	70.0% - 79.9%	357 – 407 points
D	60.0% - 69.9%	306 – 356 points
F	< 60%	< 306 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.