

College of Health Sciences
Department of Family & Consumer Sciences

Course Number and Title: FACS 2362.04
Nutrition Semester: Spring 2018
Credit Hours: 3.0 credit hours
Classroom Location: ONLINE – Blackboard

Faculty Information: Crystal Clark Douglas, PhD, RD
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Office Hours: M 9-11am; T 9:30-10:30am; 2:30-3:30pm; Th 9:30-10:30am

Virtual Office: The Virtual Office is located under the Course Information section on the Blackboard course site. Please feel free to leave me a message or ask a question about the course in the Virtual Office. Posting in the Virtual Office is preferred because odds are, if you have a question for the instructor, someone else in the class may have the same question (or they may even have an answer). I will respond to questions typically within 24 hours Monday through Friday. I may respond outside these hours/times if available. For one-on-one inquiries, please email me @ ccdouglas@shsu.edu. When posting or e-mailing, please remember that this is not the same as instant messaging. Do not expect to receive an immediate response.

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: BIOL 2401 Anatomy 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.

Required Text: 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.

Required MasteringNutrition with MyDietAnalysis Access Card/Code for Nutrition: From Science to You, 3rd Edition: Pearson's mastering Nutrition is a collection of online homework, tutorial, and assessment products designed with a single purpose in mind: to improve the results of higher education students, one student at a time.

Additional Software: Super Tracker, USDA MyPlate: <http://www.choosemyplate.gov/index.html>

Methods of Evaluation: Your grade in this course will be determined by your performance on the assignments, exams, and the diet analysis project. Points for this course are tallied as shown in the table below:

Task Title:	Points	Assignment Due Dates: Fridays 3:00 PM	Course Objective(s) Targeted
Syllabus and Course Schedule Quiz	5		
Mastering Nutrition Assignments (14 Total)	140		all
Lesson 1	10	January 26	
Lesson 2	10	February 2	
Lesson 3	10	February 9	
Lesson 4	10	February 16	
Lesson 5	10	February 23	
Lesson 6	10	March 2	
Lesson 7	10	March 9	
Spring Break	*****		
Lesson 8	10	March 23	
Lesson 9	10	March 30	
Lesson 10	10	April 6	
Lesson 11	10	April 13	
Lesson 12	10	April 20	
Lesson 13	10	April 27	
Lesson 14	10	May 4	
Diet Analysis Project:	120		3-10
All Daily Reports	30	February 23	
Assessment	90	March 23	
Documentary (give details later date)	15*BONUS	To be determined	
Exams (3)	300		
Exam 1 (lessons 1-4)	100	Open February 19-23	
Exam 2 (lessons 5-10)	100	Open April 9-13	
Exam 3 (lessons 11-14)	100	Open April 30-May 4	
Final Exam	120	Open Monday, May 7 at 8am-Wednesday, May 9 at 3pm	
Total Points Available	685		

*Viewing the assigned documentary is an assignment. However, students will have the option to participate in a brief assessment (on-line questionnaire) concerning the documentary. Students who chose to complete the assessment will earn 15 bonus points.

Your grade will be calculated based on the percentage of possible points you earned for this class. (Total points earned divided by total points available). Bonus points earned add to total points earned (total points available remain unchanged). This percentage will be converted to a numerical grade according to the conversions shown in the grading scale below. This course is not graded on a curve. Grades of xx.5 and above will be rounded up; grades of less than xx.5 will be rounded down.

If you have concerns about your grade, please discuss it with the instructor early in the semester. Do not wait until the last week of class.

Grading Scale:	Points	Percentage	Grade
	581-650	90 – 100%	A
	517-581	80 – 89%	B
	451-517	70 – 79%	C
	386-451	60 – 69%	D
	<385	< 60%	F

Exams: This course includes three exams, which will be held throughout the semester. Exams 1-3 will consist of 50 questions, primarily multiple choice, fill-in-the-blank, or matching. All exams are timed; students will have 75 minutes to complete exams 1-3. The exams do NOT need to be taken in a testing center. Please make sure you have a good internet connection. The exam can only be taken once. Some of these questions may involve some basic math (addition, subtraction, multiplication and division). Please have a calculator ready. **Each test will be due at 3:00PM on the last day it is available. Each test will be open from Monday 8:00AM to Friday at 3:00PM.** Students are welcome to come to my office during office hours to look over their exams for up to two weeks following the exam date.

Final Exam: The comprehensive final exam will consist of 60 questions, primarily multiple choice, fill-in-the-blank, or matching. This exam is timed; students will have 90 minutes to complete this exam. The exam does NOT need to be taken in a testing center. Please make sure you have a good internet connection. The exam can only be taken once. Some of these questions may involve some basic math (addition, subtraction, multiplication and division). Please have a calculator ready. **This test will be open from Monday 8:00AM to Wednesday at 3:00PM.**

MasteringNutrition Assignments: Each lesson will have an assignment that goes with it. It will either be a case study and/or chapter questions. Some of these assignments may involve some basic math (addition, subtraction, multiplication and division). The assignments will reinforce key concepts covered in the lecture and in the readings. Assignments are graded automatically and will be available after the due date. The instructor will make comments/provide feedback to individuals as needed.

Within each Lesson, you will be asked to complete an assignment (found within Mastering Nutrition tab). There are 14 Lessons in this course, and the Lessons will be completed in the order they are presented. **The Lesson 1 folder will be available on day 1. The remaining Lessons will become available each Friday at 3:00PM.** The instructions for each assignment are available within Mastering Nutrition. The due dates for each assignment are detailed in each Lesson. Each assignment is worth 10 points each. Unless otherwise noted, you are expected to work independently on these assignments. Since you are asked to translate nutrition concepts "in your own words," **no two assignments should be alike.** Please review the SHSU Academic Dishonesty Policy. **For a first plagiarism offense, all parties will receive a grade of zero on the assignment. For a second offense, all parties will receive an F in the course.**

Lesson assignments are **due on the due date by 3:00 PM** (Central Standard Time). Any assignment e-mailed to the professor will not be graded. **Late assignments will not be accepted.** If you know you have a busy week coming up with work, other classes, travel, etc., you are welcome to submit your assignments early. It is advantageous to submit assignments a day early if possible as unforeseen technical difficulties do occur (computer crashes, Blackboard issues, electrical outage, etc.) If you have some unforeseen circumstance that prevents you from submitting an assignment before the due date, you are still welcome to complete it for the learning experience and feedback. However, the grade will remain a zero.

Lesson Topics

- Lesson 1: Overview of Nutrition
- Lesson 2: Tools for Healthy Eating
- Lesson 3: Digestion, Absorption and Transport
- Lesson 4: Carbohydrates
- Lesson 5: Lipids
- Lesson 6: Proteins
- Lesson 7: Energy Metabolism
- Lesson 8: Vitamins & Minerals
- Lesson 9: Achieving and Maintaining a Healthy Body Weight (includes Disordered Eating)
- Lesson 10: Physical Activity and Water
- Lesson 11: Life Cycle Nutrition: Pregnancy through Infancy
- Lesson 12: Life Cycle Nutrition: Infancy, Toddlers through Adolescence
- Lesson 13: Life Cycle: Nutrition Older Adults
- Lesson 14: Food Safety and the Environment

Course Elements & Progression: There are 14 lessons in this course. The lessons should be completed in the order they are presented. Each lesson contains:

- Learning objectives
 - Pay close attention to the learning objectives listed in the lesson outlines. Assignment and project questions are based directly on these objectives. You may want to write out explanations and notes about each objective as part of your studying.
- Textbook readings
 - Use the learning objectives listed in the lesson outlines as your reading guide. Refer to the textbook for Tables and How To sections mentioned in the assignments or posted in the lesson.
- Videos (as applicable)
 - These are included to help bring some of the information from the textbook to life and to help further your understanding of nutrition concepts. Some of these are used for the lesson assignments so make sure you have access to a computer that can stream videos and play Adobe Flash (SWF) files.
- A graded assignment worth 10 points
 - These assignments are your opportunity to immediately apply some of the key concepts from each lesson.
- Links to additional resources
 - More web links can be found on the Textbook Companion Website under the "Read It" section for each chapter.

In addition to the lesson assignments, the students will complete a diet analysis project.

Diet Analysis Project: The major project of the course is a record and assessment of your own diet. Students are expected to record/list their food intake for three days, complete the required diet analysis using MyDietAnalysis, and answer additional questions pertaining to the project. A detailed description of the project is provided under the Diet Analysis Project section in Blackboard. **Late submissions will not be accepted.** 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.

Documentary: Students will be required to view a nutrition documentary. Students will have the option to earn bonus points for participating in a brief assessment (on-line questionnaire) concerning the documentary. More details on this assignment will be provided in class.

Planning Your Schedule: This course (similar to an in-person lecture course) is paced at one lesson/topic per week. Each lesson (including viewing the videos, reading the textbook, and completing the assignment) is designed to take an average of approximately 3-4 hours. This is equivalent to the on-campus version of this course, which involves three hours of in-class time plus an estimated six hours of study time per week. Your actual study needs will depend on several factors, including your science background and your learning style. **Remember, you can submit assignments as early as you want but late assignments are not accepted!** If you find yourself falling behind and missing many assignments, you may want to reconsider your enrollment in the course.

Course Evaluation: Students will have the opportunity to complete a course/instructor evaluation form online at the end of the semester.

Course Policies

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.
4. Keep in mind that threaded discussions are meant to be constructive exchange

University Policies

Rules of Conduct: Students are expected to comply with the university's Code of Conduct, found on the Dean of Students website at http://www.shsu.edu/~slo_www/. All students are expected to assist in maintaining an environment that is conducive to learning. Students are to treat faculty and other students with respect.

Religious Holy Days: 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 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 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: 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/departments 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/>