



College of Health Sciences
Department of Family and Consumer Sciences

Course Number and Title: FACS 2362.05 Nutrition

Semester: Spring 2018

Credit Hours: 3.0 credit hours

Classroom Location: ONLINE – Blackboard

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Office Hours: By appointment only.

Office Location: MLHB 220

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: Chemistry or Biology 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.

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. **Please do not purchase an access code.**

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

Course Components. Detailed information to be found in Course Calendar and on Blackboard.		Points	Course Objective(s) Targeted	Due Date by 11:59:00PM
<u>Lesson Assignments</u>				
<u>Lesson #</u>	<u>Type of Assignment</u>			
1	Multiple Choice	20	#1	Friday, January 26, 2018
1	Short Answer	30	#1	Friday, January 26, 2018
2	Multiple Choice	20	#1	Friday, February 2, 2018
2	Short Answer	30	#1	Friday, February 2, 2018
3	Multiple Choice	20	#1	Friday, February 9, 2018
3	Short Answer	30	#1	Friday, February 9, 2018
4	Multiple Choice	20	#3	Friday, February 16, 2018
4	Short Answer/CS	30	#3	Friday, February 16, 2018
5	Multiple Choice	20	#4	Friday, February 23, 2018
5	Short Answer/CS	30	#4	Friday, February 23, 2018
6	Multiple Choice	20	#5	Friday, March 2, 2018
6	Short Answer/CS	30	#5	Friday, March 2, 2018
7	Multiple Choice	20	#4	Friday, March 9, 2018
7	Short Answer	30	#4	Friday, March 9, 2018
<u>MIDTERM EXAM</u>				<u>See dates/time below</u>
<u>SPRING BREAK</u>				<u>March 12-16, 2018</u>
8	Multiple Choice	20	#2	Friday, March 23, 2018
8	Short Answer	30	#2	Friday, March 23, 2018
9	Multiple Choice	20	#6	Thursday, March 29, 2018
9	Short Answer	30	#6	Thursday, March 29, 2018
<u>Diet Analysis Project Due</u>				<u>Thursday, March 29, 2018</u>
10	Multiple Choice	20	#9	Friday, April 6, 2018
10	Short Answer/CS	30	#9	Friday, April 6, 2018
11	Multiple Choice	20	#5	Friday, April 13, 2018
11	Short Answer/CS	30	#5	Friday, April 13, 2018
12	Multiple Choice	20	#8	Friday, April 20, 2018
12	Short Answer/CS	30	#8	Friday, April 20, 2018
13	Multiple Choice	20	#5	Friday, April 27, 2018
14	Multiple Choice	20	#5	Friday, May 4, 2018
540				
** the 2 lowest Multiple Choice and 2 lowest Short Answer will be dropped**				
It already will shows dropped items in the calculations on blackboard all through the semester				
<u>Syllabus Quiz (Multiple Attempts permitted)</u>		30		Friday, Jan 19, 2018 at 11:59:00PM
<u>Diet Analysis Project</u> Nutrient Analysis worksheet		200	#3-10	Thursday, March 29, 2018 at 11:59:00PM
<u>Exams</u> Midterm Exam – 75 MC/TF (120 minutes to complete) (Lessons 1-7)		150		Open Saturday, Mar 3, 2018 12:00AM – Friday, Mar 9, 2018 11:59:00PM
Final Exam – 75 MC/TF questions (120 minutes to complete) (Lessons 8-14)		150		Open Saturday, May 5, 2018 12:00AM – Thursday, May 10, 2018 11:59:00PM
Total Points		1070		

Your grade will be calculated based on the percentage of possible points you earned for this class. 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. Final grades are not rounded.

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
	963 - 1070	90 – 100%	A
	856-962	80 – 89%	B
	749-855	70 – 79%	C
	642-748	60 – 69%	D
	<641	< 60%	F

Tests: Each test will be open book and timed. The test does NOT need to be taken in a testing center. Please make sure you have a good internet connection. The test can only be taken once. The midterm and final exam will have 75 questions (120 minutes). 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 11:59:00PM on the last day it is available. Final Exam is NOT cumulative.

Lesson Multiple Choice/Short Answer: Each lesson will have a Multiple Choice and Short Answer 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 instructions for each assignment, along with their due dates (also found in the Course Calendar above), are detailed in each Lesson. Each Multiple Choice is worth 20 points each and Short Answers are worth 30 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 11:59:00 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.

Assignment grades will be available after the due date. The lowest Multiple Choice and Short Answer will be dropped. So, if you miss an assignment, the missed assignment (with a grade of zero) will be the one dropped.

Lesson Topics

- Lesson 1: Overview of Nutrition – Ch 1
- Lesson 2: Tools for Healthy Eating – Ch 2
- Lesson 3: Digestion, Absorption and Transport – Ch 3
- Lesson 4: Carbohydrates (includes Diabetes) – Ch 4
- Lesson 5: Lipids (includes Cardiovascular Disease) – Ch 5
- Lesson 6: Proteins and Alcohol – Ch 6, 7
- Lesson 7: Energy Metabolism – Ch 8
- Lesson 8: Vitamins & Minerals – Ch 9, 10, 12, 13
- Lesson 9: Achieving and Maintaining a Healthy Body Weight (includes Disordered Eating) – Ch 14, 15
- Lesson 10: Physical Activity and Water – Ch 16, 11
- Lesson 11: Life Cycle Nutrition: Pregnancy through Infancy - Ch 17
- Lesson 12: Life Cycle Nutrition: Toddlers through Adolescence – Ch 18
- Lesson 13: Life Cycle Nutrition: Older Adults – Ch 19
- Lesson 14: Food Safety, Technology, and Availability; Global Nutrition and Malnutrition – Ch 20, 21

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.
- 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. A detailed description of the project is provided under the Diet Analysis Project section in Blackboard. The project **is due on the due date by 11:59:00 PM** (Central Standard Time). **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.

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 exchanges.

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. Section 51.911 (a) (2) defines a religious holy day as: "a holy day observed by a religion whose places of worship are exempt from property taxation under Section 11.20..." 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.

University policy 861001 provides the procedures to be followed by the student and instructor. A student desiring to absent himself/herself from a scheduled class in order to observe (a) religious holy day(s) shall present to each instructor involved a written statement concerning the religious holy day(s). The instructor will complete a form notifying the student of a reasonable timeframe in which the missed assignments and/or examinations are to be completed.

Academic Dishonesty: Students are expected to engage in all academic pursuits in a manner that is above reproach. Students are expected to maintain 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.

Allegations of **student misconduct**, as defined in paragraph 5.2, Chapter VI of the *Rules and Regulations*, Board of Regents, The Texas State University System, and Sam Houston State University *Student Guidelines*, published by the Dean of Students' Office, will be referred to the Dean of Students' Office for necessary action.

Students with Disabilities: It is the policy of Sam Houston State University that individuals otherwise qualified shall not be excluded, solely by reason of their disability, from participation in any academic program of the university. Further, they shall not be denied the benefits of these programs nor shall they be subjected to discrimination. Students with disabilities that might affect their academic performance should register with the Office of Services for Students with Disabilities located in the Lee Drain Annex (telephone 936-294-3512, TDD 936-294-3786, and e-mail disability@shsu.edu). They should then make arrangements with their individual instructors so that appropriate strategies can be considered and helpful procedures can be developed to ensure that participation and achievement opportunities are not impaired.

SHSU adheres to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations for students with disabilities. NOTE: No accommodation can be made until a student registers with the Services for Students with Disabilities.
<http://www.shsu.edu/dotAsset/187f9029-a4c6-4fb4-aea9-2d501f2a60f3.pdf>

During lab activities and exams/quizzes, students will be required to store their belongings in open bins and/or shelving. These dates are clearly spelled out on the class schedule. Please plan accordingly in order to properly store your valuables.

Class Attendance Each instructor is obligated to clarify her/his classroom policy regarding absences in writing to each student enrolled in class at the beginning of the semester. Each faculty member will announce to her/his class the policies for accepting late work or providing make-up examinations.

A student shall not be penalized for three or fewer hours of absences when examinations or other assigned class work have not been missed. Class absences will be counted only from the actual day of enrollment for the individual student in that specific class.

Use of Telephones and Text Messengers in Academic Classrooms and Facilities

Each course syllabus must contain a policy statement as to the disposition of telephones and text messages (1) in the classroom, (2) during testing periods, and (3) for emergency considerations.

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