



DEPARTMENT OF HEALTH AND HUMAN PERFORMANCE
HHPK 331 Nutrition – 03B
Fall 2020 – 100% online

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REQUIRED TEXT: NOTE: The e-Textbook is required by Day 5 of class and you will not be able to pass the course without the required e-Textbook. Caduceus International Publishing does have payment/delayed payment plans.

James, DCS. (2015). Human Nutrition: A Consumer Approach. Gainesville, FL: Caduceus International Publishing, Inc.

Content found exclusively provided by Caduceus and accessed on our D2L platform and will be **\$99.95 per subscription**. (Code also available if you have financial aid, scholarships or grants that require you to purchase your books through the TAMUC Bookstore. Please contact Professor Tietjen-Smith for the code instructions in this case ONLY).

In order to get access to all materials, we will be using an online publisher instead of a traditional textbook. The following are directions on how to do that:

Log into D2L and your course with Google Chrome or Firefox (not Safari). Please click on “Content”, then “Chapter 1”, Link 1 “Introduction video by Dr. Delores James”. This will take you to the Caduceus log in window. Please click on “Register Now”. Once you have registered and paid for the online text, please email me and let me know that you are done.

Caduceus Technical Support: Email support@cipcourses.com or call 1-866-280-2900 (M-F 8-5 EST)

Course Description:

This basic nutrition science course introduces you to the relationship of food, its nutrients, and other components to health and human performance. Topics covered include the biological functions and food sources of each nutrient; nutrition guidelines; digestion and absorption of nutrients; nutrition throughout the lifecycle; food safety and technology; energy balance and weight management; and physical activity/athletic performance.

Student Learning Outcomes:

By the end of the course, the successful student should be able to:

1. Define a nutrient and an essential nutrient and list the six classes of nutrients found in foods.
2. State the nutrients that yield energy, how much energy they yield per gram and how energy is measured.
3. Calculate the number of calories consumed and establish percent of intake for the macronutrients.
4. Define the DRI and discuss whom the DRI applies to and how to use the DRI.
6. List the principles for diet-planning and describe the Dietary Guidelines for Americans.
7. Describe the digestion and absorption of nutrients.
8. Describe issues involved with absorption of nutrients and possible solutions.
9. Distinguish between macronutrients and their nutritional pathways.
10. Define metabolism, anabolism, and catabolism; give an example of each.
11. Define hunger, appetite, satiation and satiety and describe how each influence food intake.
12. List risk associated with deficient and excessive food intake.

13. Discuss reasonable dietary strategies for achieving and maintaining a healthy body weight.
14. Describe the benefits of physical activity to the human body.
15. List the fat-soluble, water-soluble vitamins, major and trace minerals and their functions in the human body.
16. List the major diet-related risk factors for select disease states.

Course Requirements:

Instructional / Methods / Activities Assessments:

We will review nutritional topics and the role of nutrition in health and human performance. Activities include discussions of timely topics, application of knowledge through quizzes and exams, and a project involving nutritional shopping strategies.

Course Time Commitment:

This is a college level course requiring students to be disciplined, self-motivated, and good managers of their time. This 3-hour credit course and **can require up to nine hours of commitment each week**. Some weeks may require less. Time will be spent reading course materials and completing assignments.

Please see syllabus for due dates on all assignments. 10% deduction for each day an assignment is late.

Assignment 1: E-Textbook Exams (3 exams at 20% each = 60% points)

You will take 3 exams over material presented in assigned readings (i.e. websites and articles); the chapters of the book; and lectures. Each exam will be timed and must be completed within the assigned time frame (**Check your course calendar for due dates**). The purpose of the exams is to ensure that you have the basic knowledge to perform other activities in class such as discussing, researching, and writing about a variety of nutritional topics, and issues related to them.

Assignment 2: Discussions (15 discussions = 15%)

Fifteen discussions will be available during the term. You are required to participate in all fifteen discussion boards. You should post a **minimum of 2 posts per discussion thread**: one initial post answering the question and one response post to your fellow classmates that further the discussion. **Initial post should be a minimum of 50 words**. Responses should go beyond ‘I agree’ or ‘I disagree’. Please be thorough and engage in the conversation.

Grade Earned	Discussion Rubric: Evaluation Criteria	Points Awarded
A	<p>Participates with the required number of on-topic posting/response of required length (50 words minimum). Initial response plus at least one additional post.</p> <ul style="list-style-type: none"> • Postings reflect the reading and some outside source material but may not <input type="checkbox"/> be accurately cited. • Consistently uses Standard American English with rare misspellings • Frequently attempts to motivate the group discussion by asking questions (related to initial discussion question) that further the discussion. 	90-100%

B	Participates with the required number of on-topic posting/responses of required length (50 words minimum). Initial response plus one additional post. Consistently uses Standard American English with rare misspellings Comments are logical and reflect critical thinking	80-89%
C	Participates with the required number of on-topic posting of required length. No response to fellow classmate postings. Participates, but does not further the discussion by asking other questions related to discussion question. <input type="checkbox"/> Minimal grammatical or spelling errors are noted in posts Opinions and ideas are stated clearly _	70-79%
D	<input type="checkbox"/> Participates with the required number of on-topic posting/responses <input type="checkbox"/> Significant errors in spelling and/or grammar <input type="checkbox"/> Occasionally posts off topic Posts do not meet length requirements <input type="checkbox"/>	60-69%
F	<input type="checkbox"/> Does not meet the required number of posting/responses <input type="checkbox"/> Poor spelling and grammar appear in most posts <input type="checkbox"/> Posts topics which do not relate to the discussion content Postings may have inaccurate information <input type="checkbox"/>	<60%

Assignment 3: Online Module Completion (15%):

This is a significant portion of the course material and VITAL to success in the course, therefore, I give credit for completing the material in a TIMELY MANNER. If you fail to complete the assignments by the time the corresponding exam is to be opened, I will fill in the missing modules with a ZERO FOR EACH MISSING MODULE SECTION. There are 15 weeks of modules / chapters, therefore completing each add up significant points toward your final grade.

Assignment 4: Attendance / Quizzes (10%):

Since a large portion of the class material is online (i.e. the “textbook”), students may feel they are not required to come to class daily. Let me assure you, attendance is **MANDATORY** and **will count 10% of your grade**. At times, that attendance will also be tied to a short quiz. Quizzes will be averaged into your overall attendance. There will be AT LEAST one quiz per week.

Grading

Assignment 1: Exams	60%
Assignment 2: Discussions	15%
Assignment 3: Module Content	15%
Assignment 4: Attendance / Quizzes	<u>10%</u>
	100%

Grade Scale:

100% - 90% = A

89% - 80% = B

79.9% - 70% = C

60.9% - 60% = D

Less than or equal to 60% = F

Minimal Technical Skills Needed

Using the learning management system, using Microsoft Word, PowerPoint, and Excel, using university email, and using Google Docs / Slides.

TECHNOLOGY REQUIREMENTS

Browser support

D2L is committed to performing key application testing when new browser versions are released. New and updated functionality is also tested against the latest version of supported browsers. However, due to the frequency of some browser releases, D2L cannot guarantee that each browser version will perform as expected. If you encounter any issues with any of the browser versions listed in the tables below, contact D2L Support, who will determine the best course of action for resolution. Reported issues are prioritized by supported browsers and then maintenance browsers.

Supported browsers are the latest or most recent browser versions that are tested against new versions of D2L products. Customers can report problems and receive support for issues. For an optimal experience, D2L recommends using supported browsers with D2L products.

Maintenance browsers are older browser versions that are not tested extensively against new versions of D2L products. Customers can still report problems and receive support for critical issues; however, D2L does not guarantee all issues will be addressed. A maintenance browser becomes officially unsupported after one year.

Browser	Supported Browser Version(s)	Maintenance Browser Version(s)
Microsoft® Edge	Latest	N/A
Microsoft® Internet Explorer®	N/A	11
Mozilla® Firefox®	Latest, ESR	N/A
Google® Chrome™	Latest	N/A
Apple® Safari®	Latest	N/A

Tablet and Mobile Support

Device	Operating System	Browser	Supported Browser Version(s)
Android™	Android 4.4+	Chrome	Latest

Apple	iOS®	Safari, Chrome	The current major version of iOS (the latest minor or point release of that major version) and the previous major version of iOS (the latest minor or point release of that major version). For example, as of June 7, 2017, D2L supports iOS 10.3.2 and iOS 9.3.5, but not iOS 10.2.1, 9.0.2, or any other version. Chrome: Latest version for the iOS browser.
Windows	Windows 10	Edge, Chrome, Firefox	Latest of all browsers, and Firefox ESR.

- You will need regular access to a computer with a broadband Internet connection. The minimum computer requirements are:
 - 512 MB of RAM, 1 GB or more preferred
 - Broadband connection required courses are heavily video intensive

- Video display capable of high-color 16-bit display 1024 x 768 or higher resolution
- You must have a:
 - Sound card, which is usually integrated into your desktop or laptop computer
 - Speakers or headphones.
 - *For courses utilizing video-conferencing tools and/or an online proctoring solution, a webcam and microphone are required.
- Both versions of Java (32 bit and 64 bit) must be installed and up to date on your machine. At a minimum Java 7, update 51, is required to support the learning management system. The most current version of Java can be downloaded at: [JAVA web site](http://www.java.com/en/download/manual.jsp)
<http://www.java.com/en/download/manual.jsp>
- Current anti-virus software must be installed and kept up to date.

Running the browser check will ensure your internet browser is supported.

Pop-ups are allowed.

JavaScript is enabled.

Cookies are enabled.

- You will need some additional free software (plug-ins) for enhanced web browsing. Ensure that you download the free versions of the following software:
 - [Adobe Reader](https://get.adobe.com/reader/) <https://get.adobe.com/reader/>
 - [Adobe Flash Player](https://get.adobe.com/flashplayer/) (*version 17 or later*) <https://get.adobe.com/flashplayer/>
 - [Adobe Shockwave Player](https://get.adobe.com/shockwave/) <https://get.adobe.com/shockwave/>
 - [Apple Quick Time](http://www.apple.com/quicktime/download/) <http://www.apple.com/quicktime/download/>
- At a minimum, you must have Microsoft Office 2013, 2010, 2007 or Open Office. Microsoft Office is the standard office productivity software utilized by faculty, students, and staff. Microsoft Word is the standard word processing software, Microsoft Excel is the standard spreadsheet software, and Microsoft PowerPoint is the standard presentation software. Copying and pasting, along with attaching/uploading documents for assignment submission, will also be required. If you do not have Microsoft Office, you can check with the bookstore to see if they have any student copies.

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

COMMUNICATION AND SUPPORT

Brightspace Support

Need Help?

Student Support

If you have any questions or are having difficulties with the course material, please contact your Instructor.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778 or click on the **Live Chat** or click on the words “[click here](#)” to submit an issue via email.



System Maintenance

Please note that on the 4th Sunday of each month there will be System Maintenance which means the system will not be available 12 pm-6 am CST.

Interaction with Instructor Statement

My response time to emails may be as long as 48 hours. Please be patient. Grades for assignments will be posted no later than 1 week after the submission deadline.

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

COURSE POLICIES

- A. **LATE ASSIGNMENTS: Late assignments will NOT be accepted.** All assignments are due at the beginning of class on the date they are due. If you know that you will not be able to attend class on a day that an assignment is due, please let me know and make plans to turn in the assignment before the due date. All assignments turned in after the due date will be considered late.
- B. An “**EXCUSED ABSENCE**” is defined as a documented university approved activity. The instructor reserves the right to change the content or format of all make-up work. The student is responsible for making up missed work.
 - If the absence is one of the reasons listed below, you will be able to make up the work. To reserve this right, you **MUST** provide written documentation on the day of your return to class (a copy that I can keep). Please notify me ahead of time if you know you will be absent.
 - *Participation in an activity appearing on the University’s authorized activity list.
 - *Death or major illness in a student’s immediate family.
 - *Illness of a dependent family member
 - *Participation in legal proceedings or administrative procedures that require a student’s presence.
 - *Religious Holy Day
 - *Illness that is too severe or contagious for the student to attend class (to be determined by Health Center or off campus physician).

*Required participation in military duty

- C. **Any student missing an exam or assignment without prior arrangement will receive a score of zero.**
- D. You MUST check your e-mail regularly in case I need to communicate with you. I will not e-mail you junk, and I request that you do the same for me. You may only use your university email. No private email addresses will be included in the group message system.
- E. **CELL PHONES:** Cell phones should be out of sight and placed on silent during class. If there are special circumstances in which you need to be available to answer your cell phone, please let me know before class.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the Student Guidebook.

<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: Netiquette

<http://www.albion.com/netiquette/corerules.html>

TAMUC Attendance

For more information about the attendance policy please visit the Attendance webpage and Procedure 13.99.99.R0.01.

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

Undergraduate Academic Dishonesty 13.99.99.R0.03

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

Graduate Student Academic Dishonesty 13.99.99.R0.10

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/graduate/13.99.99.R0.10GraduateStudentAcademicDishonesty.pdf>

PLAGIARISM/ACADEMIC DISHONESTY: Texas A&M University-Commerce does not tolerate **plagiarism** and other forms of academic **dishonesty**. Conduct that violates generally accepted standards of academic honesty is defined as academic dishonesty. "Academic dishonesty" includes, but is not limited to, plagiarism (the appropriation or stealing of the ideas or words of another and passing them off as one's own), cheating on exams or other course assignments, collusion (the unauthorized collaboration with others in preparing course assignments), and abuse (destruction, defacing, or

removal) of resource material. Be aware that the intent to deceive the reader does not have to be present for plagiarism to occur. For more information, please go to <http://www.plagiarism.org/>.

If you are in any doubt as to whether your work constitutes plagiarism or academic dishonesty, please discuss this with me confidentially.

STUDENTS WITH DISABILITIES: The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, the legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services
Texas A&M University-Commerce
Gee Library, Room 132
Phone (903) 886-5150 or (903) 886-5835
Fax: (903) 468-8148
StudentDisabilityServices@tamuc.edu

Nondiscrimination Notice

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to (<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>) and/or consult your event organizer). Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

“A&M-Commerce requires the use of face-coverings in all instructional and research classrooms/laboratories. Exceptions may be made by faculty where warranted. Faculty have management over their classrooms. Students not using face-coverings can be required to leave class. Repetitive refusal to comply can be reported to the Office of Students’ Rights and Responsibilities as a violation of the student Code of Conduct. Students should not attend class when ill or after exposure to anyone with a communicable illness. Communicate such instances directly with your instructor. Faculty will work to support the student getting access to missed content or completing missed assignments.”

HHPH 331: Nutrition
Course Outline – Fall 2020
Dr. Tietjen-Smith

Week / Chapter	Topics	Assignment	Due Date Due by Midnight
1	CLASS ORIENTATION & INTRODUCTION	Chapter 1 Videos Individual Dietary Recall	August 30
2	Choosing a Healthy Diet	Chapter 2 Content Calorie Article Discussion	Sept 6
3	Consumer Education	Chapter 3 Content Food Policy & Consumer Ed Discussion	Sept 13
4	Nutrition and Human Body	Chapter 4 Content BMI Trends Discussion <i>Exam 1</i>	Sept 20
5	Carbohydrates	Chapter 5 Content Low Carb Diet Discussion	Sept 27
6	Lipids	Chapter 6 Content Keto Diet Discussion	Oct 4
7	Proteins	Chapter 7 Content Protein Supplementation Discussion	Oct 11
8	Alcohol	Chapter 8 Content The Freshman 15 Discussion- Men vs Women	Oct 18
9	Vitamins	Chapter 9 Content Vegetarianism Discussion	Oct 25
10	Minerals and Water	Chapter 10 Content What We Drink and What's in It? Discussion <i>Exam 2</i>	Nov 1
11	Pregnancy and Breastfeeding	Chapter 11 Content Breastfeeding or Formula Discussion	Nov 8
12	Infants and Adolescents	Chapter 12 Content Fast Food – Can I Eat Healthy?	Nov 15
13	Adults and Elderly	Chapter 13 Content The Age of Diabetes Discussion	Nov 22
14	Obesity and Weight Management	Chapter 14 Content Healthy Recipe vs Original Cooking Experience	Nov 29
15	Physical Activity	Chapter 15 Content Effect of Exercise on Digestion Biochemistry Discussion <i>Exam 3</i>	Dec 6