



HHPH, 331, 02W, NUTRITION

WEB BASED

COURSE SYLLABUS: SPRING 2022

INSTRUCTOR INFORMATION

Instructor: Kaylie Daniels, MS, RDN, LD
Office Location: NHS 134; Whitley Gym 202
Office Hours: MW 1-2PM; TR 11-1PM
Office Phone: 903-866-5549
University Email Address: kaylie.daniels@tamuc.edu
Preferred Form of Communication: Email
Communication Response Time: ASAP or within 24 hours

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required: **ISBN 9781119495314** Nutrition: Science and Applications, Fourth Edition WileyPLUS Access Code

Content provided exclusively by WileyPLUS and accessed on our D2L platform and will be **\$69.99 per subscription**. With an additional charge you can also opt for lifetime access, hard copy rental or loose-leaf copy you can keep. (If you have financial aid, scholarships or grants that require you to purchase your books through TAMUC Bookstore please reach out to me before purchase)

Note: The e-Textbook is required by the 1st week of class and you will not be able to pass the course without the required e-Textbook

For Students: The following is a video for those who may be brand new to WileyPLUS, and need a “crash course” on what to expect!

Link: https://players.brightcove.net/4931690914001/default_default/index.html?videoId=6177747652001

The syllabus/schedule are subject to change.

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 (Should be measurable; observable; use action verbs)

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.
5. List the principles for diet-planning and describe the Dietary Guidelines for Americans.
6. Describe the digestion and absorption of nutrients.
7. Describe issues involved with absorption of nutrients and possible solutions.
8. Distinguish between macronutrients and their nutritional pathways.
9. Define metabolism, anabolism, and catabolism; give an example of each.
10. Define hunger, appetite, satiation and satiety and describe how each influence food intake.
11. List risk associated with deficient and excessive food intake.
12. Discuss reasonable dietary strategies for achieving and maintaining a healthy body weight.
13. Describe the benefits of physical activity to the human body.
14. List the fat-soluble, water-soluble vitamins, major and trace minerals and their functions in the human body.
15. List the major diet-related risk factors for select disease states.

COURSE REQUIREMENTS

Minimal Technical Skills Needed

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

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Instructional Methods

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.

Student Responsibilities or Tips for Success in the Course

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. It is expected that you read the material we are covering in class that day prior to arriving so you are prepared and ready to discuss in class.

Late Assignments

Please see syllabus for due dates on all assignments. **Late assignments will lose one letter grade (10%) per day late.** One day begins at Midnight (12AM) and continues to 11:59PM. (For example: if the assignment is due Sunday at 11:59PM and you turn it in at 12:01AM Monday morning it will be deducted 10%; if you turn it in Tuesday it will be deducted 20%). Highly recommended that students do not wait until the last minute to complete assignments, discussion boards or exams. Communication is important! If you have questions, concerns, are struggling with understanding material, will be missing class, etc. please notify the instructor.

GRADING

Final grades in this course will be based on the following scale:

A = 90%-100% = Points

B = 80%-89% = Points

C = 70%-79% = Points

D = 60%-69% = Points

F = 59% or Below

Weights of the assessments in the calculation of the final letter grade.

Exams	40%
Project	25%
Discussions/Participation	20%
<u>Quizzes</u>	<u>15%</u>
TOTAL	100%

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Assessments

E-textbook Exams (3 Exams = 40% 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.

Food Pantry Nutrition Education Project (Mid and Final Project = 25% points)

You will have one major group project (groups to be determined the second week of class) for a total of 200 points; split into two parts. The purpose of the project is to put together a recipe demonstration utilizing ingredients that can be found in our Lion Food Pantry on campus or your local food pantry. The first part of your project will be to create a handout for the recipe you choose and provide the nutritional breakdown for your recipe. The second part of the project will be to demonstrate/cook your recipe. Multiple parts of the project will be assigned and due following the course schedule provided at the beginning of the semester. More information such as rubrics and detailed project instructions will be posted via D2L.

If it is determined that you are unable to complete a video demonstration because you do not have kitchen access or access to technology to video your demonstration there will be an alternate assignment assigned for the second half of the project. You will still complete the handout/recipe portion of the project!!

Discussions/Participation (15 discussions + Attendance = 20%)

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.

Attendance and Participation: Participation in this class is still expected by participating in class discussions and completing your assignments in a timely manner. Students are responsible for all class content/activities/work missed during their absences, whether excused or unexcused. In the case of planned absence, students are responsible for anticipating such conflicts and discussing them with their instructors in advance, preferably at the beginning of the semester. In the case of unplanned absence, students shall submit documentation to their instructor. In the case of long-term absences due to quarantine, medical treatments, military orders, or other situations, students must contact their instructors at the beginning of the period of absence to discuss a plan for completing the semester. It is the student's responsibility to arrange for the completion of any missed work.

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Quizzes (15 Quizzes = 15%)

This covers 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 quizzes with a ZERO. Quizzes will be opened the week we cover that material/chapter and will close prior to the corresponding exam. There are 16 weeks of modules /chapters, therefore completing each add up significant points toward your final grade. The quizzes are given to help you determine areas of progress or sections you need to study more to prepare for the exams, unlimited attempts will be given. There are also practice quizzes that will not count towards your grade available in the e-textbook.

TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

YouSeeU Virtual Classroom Requirements:

<https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements>

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

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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

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. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

Interaction with Instructor Statement

Students can expect a response to email messages and/or phone calls within 24 hours from the time that your communication was sent. All assignments will be graded and grades posted in a timely manner. Office hours are posted

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

Electronic Devices & Acceptable Use Policy: Research indicates student performance is significantly (negatively) correlated with cell phone use. The active use of cellular phones or other electronic devices is distracting to your own learning, your classmates, and the professor. It is also considered extremely disrespectful and unprofessional in a classroom or work setting. **Cell phones should be silenced and put away upon entry into the classroom.** (This means out of reach, like in your backpack or off your desk; NOT in your lap, pocket, purse, or other place where you try to hide its' use.) **Excessive texting in the classroom will NOT be tolerated. The professor reserves the right to deduct points from your grade for each instance (see Attendance & Participation section above).** If you choose to utilize an electronic device to take notes during class, it is expected that it will be used solely for that purpose. The professor reserves the right to monitor all electronic device use during the class period to ensure appropriate use. Photos, video, or any other type of recording may not be taken in class without prior expressed written consent of every individual who may appear in such recordings

Email Response Policy: It is commonly accepted courtesy to give an individual at least 24-48 hours to respond to an email. In general, I will respond to your emails within 48 hours, EXCLUDING weekends, if I am not out sick or at a conference. This means if you email me on a Friday, it may be Monday afternoon or Tuesday before I can

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respond. If you do email me, please include the course name and/or number, as well as your specific concern/question/problem/etc. Please also utilize correct spelling, grammar, and complete sentences. Emails sent without these specifications will go unanswered!!! You can also schedule an appointment for an online chat, conference phone call, or face-to-face meeting if needed, but please request appointments **at least** 24 hours in advance. Do not expect me to respond urgently to your emails because you suddenly realized a deadline for submitting an assignment is due and you have urgent questions. Pace your work and when a need arises to email me, make sure you have enough time to cover the 48-hour expected response duration. Emergencies 'you create' on your side will not constitute emergencies on my side. Therefore you will NOT be excused for not meeting a due date just because you did not receive a response from me to your email/inquiry related to a pending assignment due.

Religious observations: Any student in this course who plans to observe a religious holiday which conflicts in any way with the course schedule or requirements should contact the instructor at the **beginning** of the semester to discuss alternative accommodations.

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.

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).
<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:

<https://www.britannica.com/topic/netiquette>

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>

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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 Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

[Graduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormold.pdf>

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

Students with Disabilities-- ADA Statement

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, this 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

Velma K. Waters Library Rm 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: studentdisabilityservices@tamuc.edu

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

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

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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 Statement

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 the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

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 Supports Students' Mental Health

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit www.tamuc.edu/counsel

Department or Accrediting Agency Required Content

TENTATIVE COURSE OUTLINE / CALENDAR

Week	Ch.	Topics and Page Numbers	Assignment	Due Date
1 1/12-1/16	1 & 2	CLASS ORIENTATION & INTRODUCTION (SLO: 1,2) Nutrition: Food for Health Nutrition Guidelines:	Chapter 1 & 2 Content Class Introduction Discussion Individual Dietary Recall	ALL DISCUSSIONS QUIZZES ARE DUE BY 11:59PM CST

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		Applying the Science of Nutrition		ON THE DATES BELOW 1/16/2022
2 1/17-1/23	3	Digestion, Absorption, Metabolism (SLO: 2,4)	Chapter 3 Content Calorie Article Discussion	1/23/2022
3 1/24-1/30	4	Carbohydrates: Sugars, Starches, Fiber (SLO: 6,7,8,9)	Chapter 4 Content Low Carb Diet Discussion	1/30/2022
4 1/31-2/6	5	Lipids: Triglycerides, Phospholipids and Cholesterol (SLO: 3,4)	Chapter 5 Content Keto Diet Discussion	2/6/2022
5 2/7-2/13	6	Proteins and Amino Acids (SLO: 3,4)	Chapter 6 Content Protein Supplementation Discussion	2/13/2022
6 2/14-2/20	7	Energy Balance and Weight Management (SLO: 2,5,6,11,12,15)	Chapter 7 Content Healthy Shopping on a Budget Ch. 1-7 Quizzes	2/20/2022
7 2/21-2/27	8	Water Soluble Vitamins (SLO: 3,4)	Chapter 8 Content Vegetarianism Discussion EXAM 1 (Ch. 1-7)	2/27/2022
8 2/28-3/6	9	Fat Soluble Vitamins (SLO: 8,11,15)	Chapter 9 Content Fast Food – Can I Eat Healthy?	3/6/2022
9 3/7-3/13	10	Water and the Electrolytes (SLO: 4,14)	Chapter 10 Content What We Drink and What's In It Discussion	3/13/2022
10 3/14-3/18		SPRING BREAK NO CLASS		
11 3/21-3/27	11 & 12	Major Minerals/Trace Minerals (SLO: 4,12)	Chapter 11 & 12 Content Meal Prepping 101	3/27/2022

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12 3/28-4/3	13	Nutrition and Physical Activity (SLO: 2,10,11,13)	Chapter 13 Content Nutrition and Exercise Discussion Ch. 8-13 Quizzes	4/3/2022
13 4/4-4/10	14	Nutrition During Pregnancy and Lactation (SLO: 3,4,11)	Chapter 14 Content The Freshman 15 Discussion EXAM 2 (Ch. 8-13)	4/10/2022
4/11-4/17	15	Nutrition from Infancy to Adolescence (SLO: 3,4,11)	Chapter 15 Content Healthy vs. Original Recipe	4/17/2022
4/19	16	Nutrition and Aging (SLO: 3,4,11)	Chapter 16 Content Cooking 101 Discussion	4/24/2022
4/21	Recipe Demonstrations			
4/26	Recipe Demonstrations		Serving Size Discussion Ch. 14-18 Quizzes	5/1/2022
4/28	Recipe Demonstrations			
	FINALS WEEK		EXAM 3 (Ch. 14-18)	5/12/2022 @8AM

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