



## HHPH, 331, 01W, NUTRITION

Web Based

COURSE SYLLABUS: MAY MINI 2022

### INSTRUCTOR INFORMATION

Instructor: Kaylie Daniels, MS, RDN, LD  
Office Location: NHS 134  
Office Hours: By Appointment  
Office Phone: 908-866-5549  
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 2<sup>nd</sup> day 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](https://players.brightcove.net/4931690914001/default_default/index.html?videoid=6177747652001)

**Technical Support:** If you have a question or issue with WileyPLUS, we have a dedicated team of agents waiting to assist you and your students via live chat support (24/7): <https://support.wileyplus.com/s/contactsupport>

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## **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.
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 **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.

### 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%
- B = 80%-89%
- C = 70%-79.9%
- D = 60.9%-69%
- F = 60% or Below

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

Grading:

Assignments	30%
Discussions	30%
Chapter Quizzes	40%
TOTAL	100%

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## Assessments

### **E-textbook Chapter Quizzes (16 Chapter Quizzes = 40%)**

Instead of exams you will complete quizzes (mini chapter tests) for each chapter covered. The quizzes are over material presented in assigned readings and lectures, which 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. There will be a time limit for the quizzes with one attempt. If you fail to complete the assignments by the time they are due you will receive a zero. Completing each add up significant points toward your final grade. The purpose of the quizzes are 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.

### **Assignments (Handout and Reflection Paper = 30%)**

You will have two assignments; creating a nutrition education handout piece and a nutrition documentary reflection paper. The purpose of the handout project is to ensure that you can take the information you have learned and provide it in a coherent, accurate and aesthetically pleasing manner. The handout can be in form of a flyer or a social media post/video. For the documentary review paper you will watch a nutrition related documentary and write a reflection paper (minimum of two pages) summarizing what you watched, what you learned and your thoughts/opinions on the topic/documentary you chose. Rubrics are provided for both projects on D2L.

### **Discussions (4 discussions = 30%)**

Four discussions will be available during the term. You are required to participate in all four 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.

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Grade Earned	Discussion Rubric: Evaluation Criteria	Points Awarded
A	<input type="checkbox"/> Participates with the required number of on-topic posting/response of required length (50 words minimum). Initial response plus at least <b><u>one additional</u></b> post. <ul style="list-style-type: none"> <li>• Postings reflect the reading and some outside source material but may not be accurately cited.</li> <li>• Consistently uses Standard American English with rare misspellings</li> <li>• Frequently attempts to motivate the group discussion by asking questions (related to initial discussion question) that further the discussion.</li> </ul>	90-100%
B	<input type="checkbox"/> Participates with the required number of on-topic posting/responses of required length (50 words minimum). Initial response plus <b><u>one</u></b> additional post. <ul style="list-style-type: none"> <li><input type="checkbox"/> Consistently uses Standard American English with rare misspellings</li> <li><input type="checkbox"/> Comments are logical and reflect critical thinking</li> </ul>	80-89%
C	<input type="checkbox"/> Participates with the required number of on-topic posting of required length. <b>No</b> response to fellow classmate postings. <ul style="list-style-type: none"> <li><input type="checkbox"/> Participates, but does not further the discussion by asking other questions related to discussion question.</li> <li><input type="checkbox"/> Minimal grammatical or spelling errors are noted in posts</li> <li><input type="checkbox"/> Opinions and ideas are stated clearly</li> </ul>	70-79%
D	<input type="checkbox"/> Participates with the required number of on-topic posting/responses <ul style="list-style-type: none"> <li><input type="checkbox"/> Significant errors in spelling and/or grammar</li> <li><input type="checkbox"/> Occasionally posts off topic</li> <li><input type="checkbox"/> Posts do not meet length requirements</li> </ul>	60-69%
F	<input type="checkbox"/> Does not meet the required number of posting/responses <ul style="list-style-type: none"> <li><input type="checkbox"/> Poor spelling and grammar appear in most posts</li> <li><input type="checkbox"/> Posts topics which do not relate to the discussion content</li> <li><input type="checkbox"/> Postings may have inaccurate information</li> </ul>	<60%

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# 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](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](mailto: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

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>

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## **Interaction with Instructor Statement**

Students can expect a response to email messages and/or phone calls within 24 hours from the time of 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**

#### **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](mailto:studentdisabilityservices@tamuc.edu)

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

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

## **Campus Counseling**

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

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regarding Counseling Center events and confidential services, please visit [www.tamuc.edu/counsel](http://www.tamuc.edu/counsel)

### **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 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.

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**Department or Accrediting Agency Required Content**

**TENTATIVE COURSE OUTLINE/ CALENDAR**

<b>Module</b>	<b>Topics and Page Numbers</b>	<b>Assignment</b>	<b>Due Date</b>
1 5/16- 5/20	<b>CLASS ORIENTATION &amp; INTRODUCTION</b> (SLO: 1,2) <b>Nutrition: Food for Health</b> <b>Nutrition Guidelines: Applying the Science of Nutrition</b> <b>Digestion, Absorption, Metabolism</b> (SLO: 2,4)	<b>Chapter 1-3 Content</b> Class Introduction Discussion Is a Calorie a Calorie Discussion Ch. 1-3 Quizzes	<b>ALL DISCUSSIONS QUIZZES ARE DUE BY 11:59PM CST ON THE DATES BELOW</b> <b>5/20/2022</b>
2 5/20- 5/25	<b>Carbohydrates: Sugars, Starches, Fiber</b> (SLO: 6,7,8,9) <b>Lipids: Triglycerides, Phospholipids and Cholesterol</b> <b>Proteins and Amino Acids</b> (SLO: 3,4) <b>Energy Balance and Weight Management</b> (SLO: 2,5,6,11,12,15)	<b>Chapter 4-7 Content</b> Individual Dietary Recall Discussion Nutrition Documentary Reflection Paper Ch. 4-7 Quizzes	<b>5/25/2022</b>
3 5/25- 5/29	<b>Water Soluble Vitamins</b> (SLO: 3,4) <b>Fat Soluble Vitamins</b> (SLO: 8,11,15) <b>Water and the Electrolytes</b> (SLO: 4,14) <b>Major Minerals/Trace Minerals</b> (SLO: 4,12)	<b>Chapter 8-12 Content</b> Healthy Shopping on a Budget Discussion Ch. 8-12 Quizzes	<b>5/29/2022</b>
4 5/29- 6/2	<b>Nutrition and Physical Activity</b> (SLO: 2,10,11,13) <b>Nutrition During Pregnancy and Lactation, Infancy and Adolescence, Aging</b> (SLO: 3,4,11)	<b>Chapter 13-16 Content</b> Nutrition Handout Ch. 13-16 Quizzes	<b>6/2/2022</b>

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