



## **HHPH, 331, 01W, NUTRITION**

Web Class

COURSE SYLLABUS: Spring 2024

1/10/2024-5/10/2024

### **INSTRUCTOR INFORMATION**

Instructor: Rebecca Bridgefarmer

Office Location: NHS 145

Office Hours: Monday 11:00am-1:30pm; Tuesday (virtual) 10:30am-1:00pm

Office Phone: 903.866.5549

University Email Address: Rebecca.Bridgefarmer@tamuc.edu

Preferred Form of Communication: E-mail

Communication Response Time: 24-48 hours

### **COURSE INFORMATION**

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required: Rolfes S., Pinna K., Whitney E., Understanding Normal & Clinical Nutrition (12<sup>th</sup> Edition)

Inclusive Access: Link in D2L

### **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.

*The syllabus/schedule are subject to change.*

## **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 the percentage 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.

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# **COURSE REQUIREMENTS**

## **Minimal Technical Skills Needed**

Students should have a basic knowledge of computer and Internet skills in order to be successful in an online course. Here are some highlights:

1. Knowledge of terminology, such as browser, application, URL, etc.
2. Understanding of basic computer hardware and software; ability to perform computer operations, such as: managing files and folders: save, name, copy, move, backup, rename, delete, check properties
3. Ability to use the learning management system, using Microsoft Word and PowerPoint, using presentation and graphics programs, accessing, and navigating sites like YouTube
4. Knowledge of copying and pasting, spell-checking, saving files in different formats and sending and downloading attachments
5. Internet skills (connecting, accessing, using browsers) and ability to perform online research using various search engines and library databases.
6. Ability to use online communication tools, such as email (create, send, receive, reply, print, send/receive attachments), discussion boards (read, search, post, reply, follow threads), chats, etc.

## **Instructional Methods**

The primary mode of instruction will involve interactive lectures, where key concepts and theories will be presented, fostering a participatory learning environment. Additionally, collaborative discussions, group activities, and case studies will be integrated to encourage critical thinking, problem-solving, and peer-to-peer learning. To enhance comprehension and retention, multimedia resources, such as audio-visual materials and online simulations, will be incorporated. Regular assessments, including quizzes, examinations, and projects, will provide students with opportunities to demonstrate their understanding and apply acquired knowledge.

## **Student Responsibilities or Tips for Success in the Course**

This is a college level course requiring students to be self-disciplined, self-motivated, and good managers of their time. This 3-hour credit course requires up to 9 hours of commitment each week. Time will be spent in class, reading course materials, responding to discussions, and completing assignments.

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**NO LATE ASSIGNMENTS WILL BE ACCEPTED (Unless a university approved excuse is provided).** 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:

### **Letter Grade / Point Value**

A	900-1000
B	800-899
C	700-799
D	600-699
F	0-599

Assignment	Quantity	Points	Total
Exams	4	100	400
Projects	3	75	225
Chapter Quizzes	15	10	150
Discussion Boards	8	7 x 30 pts 1 x 15 pts	225
<b>Total Points</b>			1000

## Assessments

### **Exams**

You will take 4 exams on material presented in assigned readings (i.e., websites and articles); the chapters of the book; and lectures. (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. Exam #4 will be your final exam. Exams are taken on the computer, via D2L.

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## **Projects**

Throughout the course, you will be assigned three projects that will require you to apply the concepts and skills learned in class to real-world scenarios. Projects provide an opportunity for hands-on experience and practical application of the course content. Detailed project guidelines will be provided in advance, and you will have sufficient time to complete them.

All projects will be due on Sunday of the assigned week at 11:59pm.

## **Assignments**

### **Quizzes**

You can expect to have an in-class quiz every week, which will cover the material discussed in the previous week's lectures and readings. Quizzes are designed to assess your comprehension of the material and reinforce key concepts. Make sure to review your notes and readings regularly to stay on top of the weekly assessments.

### **Discussion Boards**

Over the semester, you will have 8 discussion board assignments that promote critical thinking in the chapters we have covered. You will be required to respond to specific prompts, providing in-text citations and references for all submissions. Failure to provide references could result in a 0 for the discussion board posts. Discussion board #1 (in week 1) is worth 15 points, while the rest of the discussion boards will be worth 30 points.

### **APA 7**

All written assignments are to be submitted using APA 7 formatting.

\*If students are unable to attend class due to a university excused absence (athletics, documented illness, death in the family, etc.) they may be able to make up missed participation points by completing an additional discussion/question. If the instructor feels as though you are not participating or are distracting or disrespecting the instructor or other students in any way, you may be counted absent and/or asked to leave and counted absent.

## **AI Use Policy**

Texas A&M University-Commerce acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

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For this course, the use of any form of AI for generating text, discussion boards, project information, and communication is prohibited and will be reported if used.

Students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

13.99.99.R0.03 Undergraduate Academic Dishonesty  
13.99.99.R0.10 Graduate Student Academic Dishonesty

## 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)

## 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.

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## 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 in office (NHS 134) window.

## 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.**

**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>

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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>

### **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](#)

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

### **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](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

### COURSE OUTLINE / CALENDAR

\*Subject to Change

<b>HHPH 331</b> <b>Spring 2024 Schedule</b>		
<b>Week</b>	<b>Topic</b>	<b>Assignments Due</b>
1	Course Orientation Ch 1. Food for Health	Discussion Board (15 pts) Quiz
2	Ch. 2 Nutrition Guidelines	Discussion Board Quiz
3	Ch. 3 Digestion, Absorption, Metabolism	Quiz
4	Ch. 4 Carbohydrates <b>Exam 1</b>	Discussion Board Quiz
5	Ch. 5 Lipids	Quiz <b>Project 1</b>
6	Ch. 6 Protein	Discussion Board Quiz
7	Ch. 7 Energy Balance & Weight Management	Quiz
8	Ch. 8 Water Soluble Vitamins <b>Exam 2</b>	Discussion Board Quiz
9	Ch. 9 Fat Soluble Vitamins	Quiz
Spring Break		
10	Ch. 10 Water & Electrolytes	Discussion Board Quiz <b>Project 2</b>
11	Ch. 11 Major Minerals	Quiz
12	Ch. 12 Trace Minerals <b>Exam 3</b>	Discussion Board Quiz
13	Ch. 13 Nutrition & Physical Activity	Quiz
14	Ch. 14/15/16 Overview of Lifecycle Nutrition	Discussion Board Quiz
15	Review	Quiz <b>Project 3</b>
16	Finals <b>Exam 4</b>	Final Exam

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