



HHPH, 335, 01B, WOMEN'S NUTRITION

COURSE SYLLABUS: SPRING 2023

INSTRUCTOR INFORMATION

Instructor: Katharine Halfacre, Phd
Office Location: NHS 134 Office Hours: TBA
Office Phone: 903-866-5549
University Email Address: Katharine.Halfacre@tamuc.edu
Preferred Form of Communication: **Email**
Communication Response Time: 24-48 hours

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required: Thompson, L. & Ward, W. (2007) Optimizing Women's Health through Nutrition, 1st Edition, CRC Press.

Optional Texts and/or Materials:

Other readings such as websites, research articles, etc. will be provided on D2L under course content.

Course Description

Exploration of the biology, physiology, and nutritional concepts unique to women. Covers the nutritional needs of women throughout the lifecycle and emphasizes the importance of nutrition in disease risk reduction, management, and treatment. Emphasizes social, economic, environmental, political, and epidemiological issues associated with women's health.

The syllabus/schedule are subject to change.

Student Learning Outcomes

At the end of this course the students will be able to:

1. Understand basic biological and physiological differences between men and women.
2. Comprehend the sex-based differences in disease trends.
3. Identify demographic, environmental, and behavioral factors associated with women.
4. Discuss trends and recent research in major health conditions that affect women.
5. Understand how data collection and measurement can affect the validity of women's health indicators.

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.

Instructional Methods

We will review nutritional needs unique to women throughout the life cycle and the role of nutrition in disease prevention, management and prevention. Activities include chapter readings, discussions of timely topics, application of knowledge through quizzes and exams, and a women's current health issue project.

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 approximately nine hours of commitment each week. Time will be spent reading course materials and completing assignments. It is expected that you read the material we are covering so you are prepared and ready to participate in discussions and complete chapter quizzes.

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.

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GRADING

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

- A = 90%-100%
- B = 80%-89%
- C = 70%-79%
- D = 60%-69%
- F = 59% or Below

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

Exams (4)	40%
Women's Health Project	15%
<u>Quizzes (15)</u>	<u>45%</u>
TOTAL	100%

Assessments

Exams (4 Exams = 40%)

Four exams will be administered covering all material presented in the assigned chapter readings, quizzes, discussions, and the book. Each exam will be timed and must be completed within the assigned time frame (Check your course calendar for due dates).

Women's Current Health Issue Project/Presentation (15%)

The first week of the course you will be divided into groups. Each group will research and analyze a current health issue on women's health that interests them. Besides learning about the topic selected, the group project will serve as an opportunity to gain experience working together in a team. It is important that students build on and grow the skills necessary to effectively communicate and work in teams. The project will be split into two parts:
Part 1: Women's Health Issue Research Paper
Part 2: Women's Health Issue Presentation

The research paper will serve as the information needed to complete part two of the project. Additional project guidelines are provided on D2L.

Quizzes (45%)

Quizzes will be conducted to assess knowledge of the chapters in the text.

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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 YouSeeU Virtual Classroom Requirements:

<https://support.youseeu.com/hc/enus/articles/115007031107-Basic-SystemRequirements>

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

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 contact (email preferred) within 48 hours. Generally, the

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instructor will attempt to respond to contact as soon as possible. Assignments will be graded and posted in a timely manner. Office hours are posted and appointments should be scheduled during those times.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

Electronic Devices & Acceptable Use Policy: Cell phones and other electronic devices should be silenced and put away upon entry into the classroom. This practice ensures that your electronic devices will not be a distraction. You should only use electronic devices to take notes or for relevant class activities. There will be no penalty for utilizing your cell phone or other electronic devices in a manner that does not impact the learning environment for others. Students who negatively impact the learning environment may be asked to leave the classroom, if necessary, and will not receive credit for missed work. 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. With respect to online activities, the use of cell phones and other electronic devices is strictly prohibited during quizzes and exams.

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>

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 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 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

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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&MCommerce 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&MCommerce campuses. Report violations to the University Police Department at 903886-5868 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 COURSE

OUTLINE / CALENDAR

HHPH 335 Planned Spring 2024 Schedule		
Week	Topic	Assignments (Due Date)
1	Syllabus & Introduction	Quiz 1 (1/14)

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2	Need to Optimize the Health of Women	Quiz 2 (1/21)
3	Sex-Specific Biology of the Gastrointestinal Tract	Quiz 3 (1/28)
4	Eating Disorders	Quiz 4 (2/4) Exam 1 (2/4)
5	Adolescence	Quiz 5 (2/11)
6	Pregnancy and Lactation	Quiz 6 (2/18)
7	Premenopause	Quiz 7 (2/25)
8	Menopause and Midlife	Quiz 8 (3/3)
9	Unit Review: Lifecycle Nutrition MIDTERM	Exam 2 (3/10)
SPRING BREAK		
10	Obesity and Weight Management	Quiz 9 (3/24)
11	Metabolic Syndrome and Diabetes	Quiz 10 (3/31)
12	Cardiovascular Disease	Quiz 11 & Quiz 12 (4/7)

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13	Unit Review: Major Diseases Exam 3	Exam 3 (4/14)
14	Bone Health GI Disorders	Quiz 13 & Quiz 14 (4/21)
15	Women's Health Project Presentations	Women's Health Presentation (5/1)
16	Cancers Women's Health Paper	Quiz 15 (5/3) Women's Health Paper (5/3)
FINALS	FINAL EXAM	FINAL EXAM (5/10)

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