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HHPH 331 – 01E: Nutrition

COURSE SYLLABUS: Fall 2024

INSTRUCTOR INFORMATION

Instructor: Katharine (Katie) Halfacre, PhD
Office Location: Nursing and Health Science
Office Hours: M-F 10:00am – 11:00am (Virtual office hours on Friday)
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:

Whitney, E. & Rolfes, S.R. (2022). *Understanding Nutrition* (16th ed.). Cengage. Access at
<https://www.cengage.com/c/understanding-nutrition-16ewhitneyrolfes/9780357447512/>

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

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

Ability to utilize D2L, word processing, presentation, and database software; ability to utilize university email

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Instructional Methods

We will review various nutritional topics and the role of nutrition in health and human performance. Instructional activities will include discussions, knowledge application activities, quizzes and exams, and projects.

Student Responsibilities or Tips for Success in the Course

This is a college, junior-level course which will require students to be disciplined, motivated, and professional. Attendance, attentiveness, and quality of work should reflect that students are in professional preparation. You should plan to dedicate about nine hours of effort each week to succeed in this course. This time will be committed to reading the course text, attending lectures, and completing assignments. You are expected to read the course material so that you are prepared to have detailed discussions in forums on D2L

Attendance:

You are expected to participate in class activities. Attendance will not be awarded credit. However, it is necessary to complete graded assignments. Given the online format of this course, attendance is evaluated according to completed work and participation in discussion forums. For more information regarding TAMUC attendance policies, view the resources listed later in this document.

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

Total points corresponding to the final letter grades:

A = 832 – 925 Points

B = 740 – 831 Points

C = 647 – 739 Points

D = 555 – 646 Points

F = < 555 Points

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Point values of the assessments in the calculation of the final letter grade:

Syllabus Quiz	50 points
Diet Debate	75 points
TED Talk	75 points
SNAP Challenge	75 points
Dietary Analysis	75 points
Micronutrient Project	150 points
Exams	500 points
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Total Possible Points	1,000 points

Assessments

Food Choices Debate:

Students will work in groups to debate the merits and detriments of government involvement in Americans' daily food choices. Groups will be assigned a position on the topic (positive/negative) and will be tasked with developing arguments accordingly. More information such as detailed instructions, rubrics, and debate structure will be described during the semester in D2L and in class.

TED Talks:

Students will be grouped in pairs and assigned a topic related to a "fad" diet. Some students will argue the benefits of their assigned diet; some students will argue the negative consequences of their assigned diet. The pairs will be instructed to create a poster to accompany their presentation. This project will involve research, critical thinking, and communication skills. Specifics related to rubrics, topics, and instructions will be provided during the semester in D2L and in class.

SNAP Challenge:

Students will produce a one-day meal plan that adheres to the budget associated with SNAP benefits. Students will analyze this process and reflect upon their experience. Specifics related to rubrics, topics, and instructions will be provided during the semester in D2L and in class.

Dietary Analysis:

Students will record a 3-day food journal, enter it into an online software, and produce an analysis of their diet. Students will calculate their energy and nutrient needs. Students will reflect on their dietary habits and results from their dietary analysis. Specifics related to rubrics, topics, and instructions will be provided during the semester in D2L and in class.

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Micronutrient Project:

Students will select a micronutrient from a list that will be provided. Micronutrients included will be those covered in the text. Students will prepare a report on their assigned vitamin/mineral. Papers will be prepared in APA format and should be 2-5 pages long. Papers will describe the micronutrient, relevant government recommendations, the importance of the micronutrient for health, how the body processes the micronutrient (digestion, absorption, and metabolism), and quality sources of the micronutrient. Students will also prepare a 4-8 minute presentation to be submitted in video format on D2L. Presentations should provide a detailed summarization of the information from the research papers. Specifics related to rubrics, topics, and instructions will be provided during the semester in D2L.

Exams:

Four exams will be conducted during this course to assess knowledge of topics covered during the semester. The final exam will not be comprehensive. Specific details will be provided during the semester in D2L.

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_supp ort.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.

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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 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.

The syllabus/schedule are subject to change.

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](#) 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/GraduateStudentAcademicDis>

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[honestyFormold.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/>

Mental Health and Well-Being

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.



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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&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

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HHPH 331
Planned Fall 2024 Schedule

Week	Topic	Assignments (Due Date)
1	Syllabus & Introduction Ch. 1: Overview of Nutrition	Syllabus Quiz (9/1)
2	Ch. 2: Planning a Healthy Diet	
3	Ch. 3: Digestion, Absorption, and Transport Diet Debate	
4	Diet Debate Ch. 4: Carbohydrates	Exam 1 (9/29)
5	Diet Debate	Diet Debate (9/30)
6	Ch. 7: Energy Metabolism Ch. 8: Energy Balance and Body Composition	
7	Ch. 5: Lipids Ch. 9: Weight Management	
8	Ch. 6: Protein	
9	MIDTERM	Exam 2 (10/27)
10	Ch. 10: Water-Soluble Vitamins TED Talk	

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11	TED Talk Presentations Assign: Dietary Analysis & Micronutrient Project	TED Talk (11/4) SNAP Challenge (11/10)
12	Ch. 11: Fat-Soluble Vitamins Ch. 12 & 13: Water and Minerals	
13	Topic: Alcohol	
14	Dietary Analysis Micronutrient Project THANKSGIVING	Dietary Analysis (12/1)
15	Micronutrient Presentations	Micronutrient Presentation (12/2)
FINALS	FINAL EXAM	FINAL EXAM (12/13)

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