



HHPH, 331, 02W, NUTRITION

COURSE SYLLABUS: FALL 2024
WEB-BASED

INSTRUCTOR INFORMATION

Instructor: Kaylie Campbell, MS, RDN, CSSD, LD
Office Location: Virtual via Zoom
Office Hours: Virtually By Appointment
Office Phone: 903-866-5549
University Email Address: Kaylie.Campbell@tamuc.edu
Preferred Form of Communication: Email
Communication Response Time: 24-48 Hours

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required: **Available via Inclusive Access on D2L.**

ISBN 9781260702378 Human Nutrition: Science for Healthy Living, Third Edition
McGraw Hill with Connect.

Note: If you opted out of Inclusive Access when registering for the course you will need to purchase e-text with Connect access to complete coursework. Reach out to your instructor if you have issues purchasing or accessing the text.

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 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.

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 chapter tests, and two major assignments. All course materials will be available day one of the course with modules closing on their scheduled due dates. This allows students to work ahead as they see fit, but keep in mind you will need to complete the modules/assignments by their due dates.

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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**. Since this is a condensed semester you may expect multiple assignments to be due each week. Time will be spent reading course materials, responding to discussions and completing assignments.

Please see syllabus and D2L for due dates on all assignments. **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 tests. 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:

Exams	40%
Assignments	40%
Participation	20%
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TOTAL	100%

Assessments

Chapter Tests (4 Tests = 40%)

You will take 4 exams over material presented in assigned readings (i.e. websites and articles); the chapters of the book; and lectures. Each chapter test will be timed and must be completed within the assigned time frame **(Check your course calendar for due dates)**. The purpose of the chapter tests 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.

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Assignments (40%)

3-Day Food Diary

Students will complete a 3-day food and activity diary to understand average intake and behaviors. They will utilize the collected data for their Diet Analysis Project due at the end of the semester.

1-Day Low-Budget Meal Plan

Students will create a one day meal plan including at least 3 meals for the day with a maximum budget of \$4 for the day. The challenge is to discover the difficulties of shopping choices and nutrition when on a tight budget. Some may already experience this in their own lives. Answering the question how can one eat healthy when on a budget? The assignment will include a breakdown of chosen meals, meal/portion cost and a reflection over their experience while creating their meal plan. Further details regarding this assignment will be provided via D2L.

Diet Analysis Project

Using the data collected in their 3-Day Food Diary students will address their estimated energy needs, health risks, nutrient intake, calculations, comparing actual versus recommended intake, and reflecting on their results. The project will be submitted as a report at the end of the semester.

Participation (20%)

Syllabus Quiz and Course Contract

Students will view the orientation video and review the course syllabus the first day of class then complete the syllabus quiz acknowledging they have reviewed the requirements and expectations for the course. At the end of the quiz students will complete a course contract signifying they have reviewed course orientation, syllabus and agree to follow course guidelines.

Chapter Reading Assignments

Students will be assigned SmartBook reading assignments through the e-textbook to ensure concepts learned in lecture and reading are understood prior to chapter tests.

Discussions

Four discussions will be available during the term. You are required to participate in all four discussion boards. You should post a ***minimum* of 3 posts per discussion thread**: one initial post answering the question and two responses to your fellow classmates that further the discussion. Rubric for discussions is provided on D2L.

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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/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 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 24-48 hours from the time that your communication was sent. All assignments will be graded and grades posted in a timely manner. Also see instructor information at the beginning of syllabus.

COURSE AND UNIVERSITY 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>

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](#)

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<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>

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).

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, **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.

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/>

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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&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

Week	Date	Chapter	Assignments Due <i>All assignments will be due by Sunday @ 11:59PM!</i>
1	8/26-9/1	Course Orientation Ch. 1 Introduction to Nutrition	Syllabus Quiz Introduction Discussion
2	9/2-9/8	Ch. 2 Evaluating Nutrition Information	
3	9/9-9/15	Ch. 3 Basis of a Healthy Diet	Nutrition Supplement Evaluation Discussion
4	9/16-9/22	Ch. 4 Human Digestion, Absorption, and Transport	3-Day Food Diary
5	9/23-9/29	Ch. 5 Carbohydrates	Exam 1 (Ch. 1-4)
6	9/30-10/6	Ch. 6 Lipids	3-Day Food Diary Reflection Discussion
7	10/7-10/13	Ch. 7 Proteins	
8	10/14-10/20	Ch. 8 Metabolism	Is a Calorie a Calorie? Discussion
9	10/21-10/27	Ch. 9 Fat Soluble Vitamins	Exam 2 (Ch. 5-8)
10	10/28-11/3	Ch. 10 Water Soluble Vitamins	1-Day Low Budget Meal Plan
11	11/4-11/10	Ch. 11 Water and Major Minerals	Vitamin and Mineral Discussion
12	11/11-11/17	Ch. 12 Trace Minerals	
13	11/18-11/24	Ch. 13 Obesity, Energy Balance, and Weight Management	Exam 3 (Ch. 9-12)
14	11/25-12/1	Ch. 15 Nutrition for Fitness and Sport	Dietary Patterns Discussion
15	12/2-12/8	Ch. 20 Global Nutrition	Dietary Analysis Project
16		FINAL EXAM (Ch. 14-17)	

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