

Course Syllabus
HLTH 1322.011
Human Nutrition
The University of Texas at Dallas

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Course Information

Course

Course Number Section	HLTH 1322.011
Course Title	Human Nutrition
Term and Dates	Fall 2013: August 26 - December 11

Professor Contact Information

Professor:	Lora Day, MA, RD/LD
Office Phone:	972 883 2323 (for messages only, not main communication route)
Email Address:	lora.day@utdallas.edu (Enrolled students in the course should contact the professor using the Course Messages tool.)
Office Location:	N/A, professor teaches only this 100% online course
Online Office Hours:	Tues/Thurs, 9-11am (usual schedule, additional hours may be arranged in advance.)
Other Information:	The professor will typically answer all email correspondence within 24 hours, Mon-Fri.

About the Instructor

Mrs. Day is a UTD lecturer, teaching only the Human Nutrition course online. She is a Registered and Licensed Dietitian, with a Master of Nutrition degree from UT Austin, and a BS in Nutrition from Texas Christian University. She has 30 years of experience in the field of dietetics and nutrition in clinical, administrative and instructional positions, and worked as a Certified Nutrition Support Clinician at major teaching hospital for eighteen years. She also teaches in the Master of Clinical Nutrition program at UT Southwestern.

Course Pre-requisites, Co-requisites, and/or Other Restrictions

None.

Course Description

This is an introduction to the study of human nutrition. Topics will include classes, sources and functions of nutrients; as well as digestion, absorption and metabolism, with application to nutrition needs of normal life-cycle groups. Other nutrition related topics will be addressed, including sports nutrition, complementary and alternative medicine, eating disorders and food safety.

Student Learning Objectives/Outcomes

Upon completion of this course, students should be able to:

- Identify the components of a healthy diet.
- Describe concepts of normal nutrition and nutrition balance.
- Apply nutritional principles in planning of a diet which promotes health.
- Discuss nutrients essential to life as well as their balance recommended for the preservation of health.
- Explain the processes of digestion, absorption and metabolism as they relate to the nutritional process.
- Describe the nature and function of each of the energy nutrients.
- Recognize, differentiate and identify the role of vitamins, minerals and fluids in maintaining health and describe deficiency/toxicity states, as well as major food sources of these nutrients.
- Compare the differences in nutritional needs at various stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence and elderly adulthood, and describe how nutrition and lifestyle choices impact the life cycle.
- Recognize and discuss the relationship of exercise to nutrition balance and overall health maintenance.
- Assess the scientific validity of nutritional claims and information and identify claims, practices and products which may be intentionally misleading or fraudulent.
- Assess nutritional value of dietary intake and foods through dietary analysis and interpretation of food labels compared with appropriate Dietary Reference Intakes.

Required Textbooks and Materials

Nutrition (5th ed.). P. Insel, D. Ross, K. McMahon and M. Bernstein (2014). Jones & Bartlett Learning. ISBN 978-1-4496-4924-1.

You may purchase or rent the hardcover text or rent the digital version of the text. Each new and digitally-rented text includes access to the digital *Student Study Guide to Accompany Nutrition*, (5th ed.), ExpressPDF Version. The guide follows each chapter's topics and offers fill-in-the-blank questions and summaries so students can test themselves on concepts presented in each chapter. The study guide is an optional resource access and is not included with the purchase of a used textbook. If you have a used textbook and want to purchase this online study tool, you may go to:

<http://www.jblearning.com/catalog/9781449694784/>. The description is: *Student Study Guide to Accompany Nutrition*, Fifth Edition. ISBN-13:9781449694784.

The textbook can be ordered online through [Off-Campus Books](#) or the [UTD Bookstore](#). It also available in stock at both bookstores for purchase or rental. The textbook can be digitally rented from Jones & Bartlett Learning.

Other Required Materials

Additional reading from course objectives-related websites will be occasionally assigned and available through a Links folder associated with the Learning Unit.

Suggested Course Materials

- There is a recommended free public access companion website to the course text at <http://nutrition.jbpub.com> and free digital access to nutrition science animations at <http://nutrition.jbpub.com/resources/animations.cfm>

Course Policies

Exams

Exams will be open for a 48 hour period, opening on Friday morning at 12 am and ending on Saturday night at 11:59 pm.

Late Exams

If a student misses a module exam, they are responsible for communicating to the instructor within the E-learning course no later than the Monday date immediately following the exam close date to be eligible for a late exam. Failure to communicate within this timeframe will result in ineligibility for a late exam. A late exam with a 25 point late penalty will be arranged for eligible students for the next Friday-Saturday date (one week after regularly scheduled exam). Students who miss an exam due to illness must furnish written verification from a physician to be eligible for a late exam without late penalty.

Assignments

Assignments are open for submission for defined one-week periods, from Monday through Sunday.

Late Assignments

Students must communicate to the instructor within the eLearning course by the Monday date immediately following the assignment close date to be eligible to turn-in a late assignment, which must be turned-in no later than the following day. Because students have a full week to complete and turn-in assignments, each late assignment will be graded with a 50% late penalty.

Extra Credit

NO extra credit will be earned in this course. Exceptions are not granted. See grading information for course grade determination.

Special Project

A dietary intake record and analysis project will be open and available for submission for a three-week period during the semester.

Class Participation

Students are required to login regularly to the online class site. The instructor will use the tracking feature in eLearning to monitor student activity. Students are also required to participate in all class activities such as group discussion board.

Virtual Classroom Citizenship

The same guidelines that apply to traditional classes should be observed in the virtual classroom environment. Students are expected to use proper etiquette, respect and courtesy when interacting with class members and the professor. Casual texting abbreviations and style is not appropriate in this course.

Policy on Server Unavailability or Other Technical Difficulties

The university is committed to providing a reliable online course system to all users. However, in the event of any unexpected server outage or any unusual technical difficulty which prevents students from completing a time sensitive assessment activity, the instructor will extend the time windows and provide an appropriate accommodation based on the situation. Students should immediately report any problems to the instructor and also contact the UTD eLearning Help Desk: <http://www.utdallas.edu/elearninghelp>, 1-866-588-3192. The instructor and the UTD eLearning Help Desk will work with the student to resolve any issues at the earliest possible time.

Technical Requirements

In addition to a confident level of computer and Internet literacy, certain minimum technical requirements must be met to enable a successful learning experience. Please review the important [technical requirements](#) on the [Getting Started with eLearning webpage](#).

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Course Access and Navigation

This course was developed using a web course tool called eLearning. It is to be delivered entirely online. Students will use their UTD NetID account to login at: <http://elearning.utdallas.edu>. Please see more details on [course access and navigation information](#).

To get familiar with the eLearning tool, please see the [Student eLearning Tutorials](#).

UTD provides eLearning technical support 24 hours a day/7 days a week. The services include a toll free telephone number for immediate assistance (1-866-588-3192), email request service, and an online chat service. Please use this link to access the UTD eLearning Support Center: <http://www.utdallas.edu/elearninghelp>.

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Communications

This eLearning course has built-in communication tools which will be used for interaction and communication. Some external communication tools such as regular email and a web conferencing tool may also be used during the semester. For more details, please visit the [eLearning Tutorials webpage](#) for video demonstrations on numerous tools in eLearning.

Interaction with Instructor

The instructor will mainly communicate with students as a group with the course Announcements tool. Students may send individual concerns or questions to the instructor using the course Messages tool. The instructor will reply to student Messages within 2 working days (M-F) under normal circumstances. As stated in the classroom citizenship section, students should use business-like courtesy and respect when communicating with the instructor. Casual texting language and abbreviations are not appropriate.

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Student Resources

The following university resources are available to students:

UTD Distance Learning:

<http://www.utdallas.edu/elearning/students/cstudents.htm>

McDermott Library:

Distance Learners (UTD students who live outside the boundaries of Collin, Dallas, Denton, Rockwall, or Tarrant counties) will need a UTD-ID number to access all of the library's electronic resources (reserves, journal articles, ebooks, interlibrary loan) from off campus. For UTD students living within those counties who are taking online courses, a Comet Card is required to check out materials at the McDermott Library. For more information on library resources go to

<http://www.utdallas.edu/library/distance.html>.

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Student Assessments

Grading Information and Policy

Graded assessments will determine the course grade as follows:

Four Module Exams	40 %
Final Exam	10 %
Ten Chapter-Related Assignments	25 %
Dietary Intake Record and Analysis Project	15 %
Group Discussion Participation	10 %
Total	100%

Grading Scale

Scaled Score	Letter Equivalent
93 and above	A
90 - 92	A-
87 - 89	B+
83 - 86	B
80 - 82	B-
77 - 79	C+
73 - 76	C
70 - 72	C-
60 - 69	D
59 and less	F

Course averages with partial point values of .45 or above will be rounded to the next highest point. Extra points are not awarded beyond this level and extra-credit activities are not provided.

Accessing Grades

Students can check their grades by clicking “My Grades” on the course menu after the grade for each assessment task is released.

Assignments

Ten assignments are to be completed, relating to material covered in chapters, including lectures, the course textbook and course-related websites. A syllabus quiz is included as the first assignment. Assignments usually follow a fill-in-the-blank and short answer format. Assignment grades will cumulatively contribute to 25% of course grade.

Special Project

A Dietary Intake Record and Analysis Project will be assigned during the course, with its grade contributing to 15% of course grade.

Assignment submission instructions

Locate the assignment in your eLearning course. You will submit your assignments in the required file format with a simple file name and a file extension. To submit your assignment, click the assignment name link and follow the on-screen instructions to upload and submit your file(s). For additional information on how to submit assignments, view the [Submitting an Assignment video tutorial](#).

Please Note: Each assignment link will be deactivated after the assignment due time. After your submission is graded, you may go to My Grades on the course menu and click the score link to check the results and feedback.

Turnitin eLearning Assignment Submission Instructions

The assignment(s) will be submitted and examined through the integrated plagiarism detection tool called Turnitin. Please find the Turnitin assignment submission link on the designated course page and click to view it. Please follow the on-screen instruction to view the assignment information and to submit your assignment. (Note: only one single file may be submitted. Some common file types accepted are: Word, HTML, PDF, TXT and RTF.) You can go back to the Turnitin assignment page to view your submission and check the feedback when it becomes available. If instructor choose to release the Originality Report (showing the percentage of similarity match and the sources detected), you will also be able to view it. For more information and assistance on using Turnitin, please go to: http://www.turnitin.com/en_us/support/help-center.

Participation/Discussions

Each student will be assigned to a discussion group within this course. During the course, there will be ten (10) scheduled group discussions on a topic related to the current week's lectures. Each student in the discussion group should post an entry early in the week and provide comments on other group member entries throughout the week. Group discussion postings are subjectively graded by the instructor for timeliness of posting, originality of content, thoughtful consideration of the topic, and quality of verbal expression.

Online Module Exams

Exams are accessed by clicking the exam link on the designated page. Each exam is timed, and in multiple-choice format. A lock-down browser program must be utilized to take each exam. You will have one allowed attempt and a specified amount of time to submit your completed exam. The exam timer will run continuously from the time the exam is begun. Please read the on-screen instructions carefully before you click "Begin". After each exam is graded and released, you may go to My Grades page and click the score link of the exam to view your grade. The submitted exam is not released for student review to help preserve future exam integrity.

Respondus LockDown Browser is a secure browser for taking tests in Blackboard. It prevents you from printing, copying, going to another URL, or accessing other applications during a test. If a Blackboard test requires that Respondus LockDown Browser be used, you will not be able to take the test with a standard web browser. To download Respondus LockDown Browser, please go to the UT Dallas' LockDown Browser webpage: <http://www.utdallas.edu/elearning/resources/lockdownbrowser.html>

Online Final Examination

The final examination will cover specified course content, and will not be cumulative. It will be timed and in multiple choice format. It will be available and announced during two separate 24-hour periods during the regular UTD final examinations schedule.

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HLTH 1322 Course Calendar

WEEK/ DATES	TOPIC/LECTURE	TEXT CHAPTER	ASSESSMENT / ACTIVITY	DUE DATE
1 8/26—9/1	Course Access and Self-Orientation <i>Course Introduction</i> -LDay Ch. 1: Nutrients & Nourishment-LDay	1	Assign 1: Syllabus Quiz Group Discussion 1	9/8
2 9/2-9/8	Ch. 2: Nutrition Guidelines & Assessment-LDay Spotlight 1: Complementary and Alternative Nutrition-LDay	2 Spotlight on CAN	Assign. 2: Nutrient Calculations/Food Labels Assign. 3: C.A.N.	9/8 9/8
3 9/9-9/15	Ch. 3 Digestion & Absorption-LDay EXAM 1 over Ch. 1-3 & Spotlight on CAN	3	Group Discussion 2 EXAM 1	9/15 EXAM 1: 9/13-9/14
4 9/16-9/22	Ch. 4-Carbohydrates-LDay	4	Group Discussion 3 Assign 4: Carbohydrates	9/22
5 9/23-9/29	Ch. 5 Lipids-LDay Ch. 6 Protein- LSandon, (<i>guest lecture</i>)	5 6	Assign 5: Lipids	9/29
6 9/30-10/6	Ch. 6 Protein, <i>continued</i> -LSandon, (<i>guest lecture</i>) EXAM 2 , over Ch 4-6	6	Group Discussion 4 EXAM 2	10/6 EXAM 2: 10/4-10/5
7 10/7-10/13	Ch. 7 Alcohol-LDay Ch. 8 Metabolism- LDay	7 8	Assign. 6: Alcohol	10/13

8 10/14-10/20	Ch. 8 Metabolism <i>continued</i> -LDay Ch. 9 Energy Balance & Wt. Mgt; Spotlight 2: Obesity-LSandon (<i>guest lecture</i>)	8 9	Group Discussion 5	10/20
9 10/21-10/27	Ch. 10: Fat Soluble Vitamins-LDay EXAM 3 , over Ch. 7-10	10	Group Discussion 6 EXAM 3	10/27 EXAM 3: 10/25-10/26
10 10/28-11/3	Ch. 11: Water Soluble Vitamins-LDay	11	Group Discussion 7 <i>Dietary Intake Record and Analysis Project Open, due 11/17</i>	11/3 Project due 11/17
11 11/4-11/10	Ch. 12: Water & Major Minerals-LSandon (<i>guest lecture</i>) Ch. 13: Trace Minerals-LDay	12 13	Assign 7: Water & Major Minerals/ Trace Minerals <i>Dietary Intake Record and Analysis Project Open, due 11/17</i>	11/10 Project due 11/17
12 11/11-11/17	Ch. 14: Sports Nutrition-LSandon (<i>guest lecture</i>) EXAM 4 over Ch. 11-14	14	Group Discussion 8 EXAM 4 <i>Dietary Intake Record and Analysis Project Open, due 11/17</i>	11/17 EXAM 4: 11/15-11/16 Project due 11/17
13 11/18-11/24	Ch. 15: Diet & Health-LSandon (<i>guest lecture</i>) Ch. 16: Life Cycle-Maternal & Infant Nutrition-LDay	15 16	Assign. 8: Diet and Health Assign. 9: Maternal & Infant Nutrition	12/1 12/1
Fall Break 11/25-12/1	FALL BREAK		FALL BREAK	
14 12/2-12/8	Ch. 17: Life Cycle-Childhood to Adulthood-LDay Spotlight 3: Eating Disorders-LDay	17 Spotlight on Eating Disorders	Group Discussion 9 Assign. 10: Childhood-Adulthood	12/8
15 12/9-12/11	Ch. 18: Food Safety-LDay <i>Univ. Reading Day: 12/12</i>	18	Group Discussion 10	12/9-12/11
FINAL EXAMS WEEK	Course Final Exam may be taken 12/14 OR 12/17	Ch 15-18,Eating Disorders	Course Final Exam	12/14 OR 12/17

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Scholastic Honesty

The University has policies and discipline procedures regarding scholastic dishonesty. Detailed information is available on the [UTD Judicial Affairs](#) web page. All students are expected to maintain a high level of responsibility with respect to academic honesty. Students who violate University rules on scholastic dishonesty are subject to disciplinary penalties, including the possibility of failure in the course and/or dismissal from the University. Since such dishonesty harms the individual, all students and the integrity of the University, policies on scholastic dishonesty will be strictly enforced. Plagiarism of other students' work on graded assessments will be screened and is not tolerated. Online exams are to be completed by individual student effort, as would be expected in a live classroom setting.

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Course Evaluation

As required by UTD academic regulations, every student must complete an evaluation for each enrolled course at the end of the semester. A link to an online instructional assessment form will be emailed to you for your confidential use.

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University Policies

The information contained in the following link constitutes the University's policies and procedures segment of the course syllabus.

Please go to <http://go.utdallas.edu/syllabus-policies> for these policies.

These descriptions and timelines are subject to change at the discretion of the professor.

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