Online Course Syllabus – Fall 2021

Course Information
Course Number/Section	HLTH 1322.0W1-0W2
Course Title	Human Nutrition
Term	Fall 2021; August 23 – December 15

Instructor Contact Information
Instructor	Lora Day, MA, RDN/LD
Office Phone	972 883 2323 (for messages only, not main communication route)
Email Address	lora.day@utdallas.edu
	Important Note*:* Enrolled students in the course should not send email to the above utdallas email address to communicate about course issues. ***All course-related communication should occur within the eLearning course website, using the Course Messages tool.***
Office Location	N/A, Course Instructor teaches 100% online.
Online Office Hours	As announced
Other Information	The course instructor typically answers eLearning Course Messages within 24 hours, Mon-Fri.
	Please Note: Individual student class-related communication will be conducted within the eLearning class website "Course Messages" tool. Do not use regular UTD email to correspond with the instructor about course-related issues. You will be referred back to eLearning.

About the Instructor
Mrs. Day is a UTD lecturer for this online course. She is a Registered and Licensed Dietitian-Nutritionist and completed a Master of Nutrition degree from UT Austin and a BS in Nutrition from Texas Christian University. She has over 30 years of experience in the field of dietetics and nutrition, including working as a Certified Nutrition Support Clinician at a major teaching hospital for eighteen years.

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 to plan a diet that 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

Required Text:
Nutrition, Sixth Edition. P. Insel, D. Ross, K. McMahon and M. Bernstein; 2017. Jones & Bartlett Learning. Custom Text for UT Dallas ISBN: 9781284150179

The textbook is required. Each new print copy of Nutrition, Sixth Edition from the UTD Bookstore includes a Navigate 2 Advantage Access code which unlocks a comprehensive and interactive eBook, animations, student practice activities and assessments. The Navigate 2 eBook and learning resources are **not** included with a used textbook.

The textbook is available in stock at the UT Dallas bookstore in new version, including the NAV2 access code for a discounted price of approximately $48.00. The text can be ordered online through the UT Dallas Bookstore.

The digital-only version of the text with Navigate 2 access is also available from the publisher at Navigate 2 Advantage Access for Nutrition website. (A discounted price is not available at this website.)

Other Required Materials
Additional readings from websites related to course objectives are occasionally assigned. Links to these readings are made available through a Web Links folder located within the Learning Module/Chapter.

Technical Requirements for an eLearning Course
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.

Students assume complete responsibility for using compatible and reliable computers and networks for course assessments, especially for timed quizzes and exams. Time extensions, re-setting of exams and other accommodations are **not** provided in the event of failures related to user error, computer systems and networks used by students. **Students should use hard-wired internet connections for all exams.** Wireless networks in general, including CometNet, may **not** be reliable for online exams. UTD computer labs with LockDown Browser availability are strongly recommended for taking online exams because they provide the greatest level of reliability. The two on-campus labs with LockDown Browser are: **1)** Founders Commons Lab **2)** Sonora Lab located in McDermott Library. Due to COVID-19 precautions, please check lab availability and appointment scheduling at UT Dallas Computer Labs Information Page. Please note computer lab staff do not provide LockDown Browser technical support. All technical support related to LockDown Browser is provided by the eLearning Help Desk.

Course Access and Navigation
This course can be accessed using your UT Dallas NetID account on the eLearning website.

Please see the course access and navigation section of the Getting Started with eLearning webpage for more information.

To become familiar with the eLearning tool, please see the Student eLearning Tutorials webpage.

UT Dallas provides eLearning technical support 24 hours a day, 7 days a week. The eLearning Support Center includes a toll-free telephone number for immediate assistance (1-866-588-3192), email request service, and an online chat service.

Communication
This course utilizes online tools 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 Student eLearning Tutorials webpage for video demonstrations on eLearning tools.

Interaction and Communication with Instructor
The instructor will communicate with students as a group within the course using the eLearning *Course Announcements* tool.

Students should always use the eLearning *Course Messages* tool while logged-in at the course website to communicate individual concerns or questions to the instructor. The instructor will reply to student messages within 1 working day (M-F) under normal circumstances. Students should use business-like courtesy and respect when communicating with the instructor. Casual texting language and abbreviations are not appropriate. Please *do not* use regular UT Dallas email to communicate about the course.

All concerns and questions related to eLearning technical function or support should be directed to the eLearning Help Desk at the toll-free number displayed at the header of each eLearning webpage (1-866-588-3192), *not* to the instructor. The eLearning Support Center services also include email request service and an online chat service.

Distance Learning Student Resources
Online students have access to resources including the McDermott Library, Academic Advising, The Office of Student AccessAbility, and many others. Please see the eLearning Current Students webpage for more information.

Server Unavailability or Other Technical Difficulties
The University is committed to providing a reliable learning management 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 provide an appropriate accommodation based on the situation. Students should immediately report any problems to the instructor and also contact the online eLearning Help Desk. The instructor and the eLearning Help Desk will work with the student to resolve any issues at the earliest possible time.

Course Calendar Information
The Course Calendar with Topics Schedule, Assessments and Activities and Due Dates is provided on the next two pages of this document. A separate Course Calendar Document is available at the Course Calendar link in the Tool Bar area of the Course eLearning website. Students are encouraged to download the Course Calendar and refer to it regularly to stay current with all course activities and assessments.

Please note: All assignments and discussion activities are due by 11PM of the announced due date.
Module exams are open for 48 hours during the announced exam dates, with any exceptions noted.

WEEK # / DATES	**TOPIC / RECORDED LECTURE**	**TEXT CHAPTER**	**ASSESSMENT / ACTIVITY**	**DUE DATE**
1 8/23 – 8/29	Course Access and Self-Orientation *Course Introduction & Syllabus Slideshow** Ch. 1: Nutrients & Nourishment	1	Assign 1 – Timed Quiz: Syllabus Quiz* **Must submit Syllabus Quiz to access all other course materials*!	8/29 (Extension allowed through 9/5 with no penalty)
2 8/30 – 9/5	Ch. 2: Nutrition Guidelines & Assessment **Spotlight 1**: Supplements & Functional Foods	2 **Spotlight 1:** Supplements & Func. Food	Assign. 2 –*Turnitin*: Ch.1-2 Group Discussion Topic 1	9/5 9/5
3 9/6 – 9/12	LABOR DAY HOLIDAY 9/6 Ch. 3 Digestion & Absorption	3	Assign. 3 –Timed Quiz: Ch.3	9/12
9/12 – 9/13 Sunday-Monday	MODULE 1 EXAM over Chapters 1-3 & Spotlight 1			MOD. 1 EXAM: 9/12 – 9/13
4 9/13 – 9/19	Ch. 4-Carbohydrates	4	Group Discussion Topic 2 Assign 4– *Turnitin*: Ch.4	9/19 9/19
5 9/20 – 9/26	Ch. 5 Lipids	5	Assign 5 – Timed Quiz: Ch. 5	9/26
6 9/27 – 10/3	Ch. 6 Protein	6	Group Discussion Topic 3	10/3
10/3 – 10/4 Sunday-Monday	MODULE 2 EXAM over Chapters 4-6			MOD. 2 EXAM: 10/3 – 10/4
7 10/4 – 10/10	Ch. 7 Alcohol Ch. 8 Metabolism *(to continue though week 8)*	7 8	Assign. 6 – Timed Quiz: Ch. 7 and 8	10/17
8 10/11 – 10/17	Ch. 8 Metabolism *continued* Ch. 9 Energy Balance & Wt. Mgt; **Spotlight 2:** Obesity	8 9 **Spotlight 2**	Assign. 6 – Timed Quiz: Ch. 7 and 8 Group Discussion Topic 4	10/17 10/17
9 10/18 – 10/24	Ch. 10: Fat Soluble Vitamins	10	No assignments-Study-review for Exam 3	Study for Exam 3
10/24 – 10/25 Sunday-Monday	MODULE 3 EXAM over Chapters 7-10 & Spotlight 2			MOD. 3 EXAM: 10/24 – 10/25

Please note: All assignments and discussion activities are due by 11PM of the announced due date.
Module exams are open for 48 hours during the announced exam dates, with any exceptions noted.

WEEK # / DATES	TOPIC / RECORDED LECTURE	TEXT CHAPTER	ASSESSMENT / ACTIVITY	DUE DATE
10 10/25 – 10/31	Ch. 11: Water Soluble Vitamins *Nutrition Research Essay Project Materials available*	11	Assign 7– *Turnitin*: Ch. 11	10/31 *(Research Essay Project due 11/21)*
11 11/1 – 11/7	Ch. 12: Water & Major Minerals Ch. 13: Trace Minerals *Nutrition Research Essay Project Materials available*	12 13	Assign. 8 – *Turnitin*: Ch. 12-13	11/7 *(Research Essay Project due 11/21)*
12 11/8 – 11/14	Ch. 14: Sports Nutrition *Nutrition Research Essay Project Materials available*	14	Group Discussion Topic 5	11/14 *(Research Essay Project due 11/21)*
11/14 - 11/15 Sunday-Monday	MODULE 4 EXAM over Chapters 11-14			MOD. 4 EXAM: 11/14 – 11/15
13 11/15 – 11/21	Ch. 15: Diet & Health Ch. 16: Life Cycle-Maternal & Infant Nutrition	15 16	Assign. 9 – Timed Quiz: Ch. 15-16 *Research Essay Project due Sunday 11/21. Submit with Turnitin link*	11/21 *(Research Essay Project due 11/21)*
Fall Break 11/22 – 11/28	*ENJOY A SAFE FALL BREAK & THANKSGIVING HOLIDAY!*			*Fall Break* 11/22 – 11/28
14 11/29 – 12/5	Ch. 17: Life Cycle-Childhood to Adulthood **Spotlight 3:** Eating Disorders	17 **Spotlight 3**: Eating Disorders	Assign. 10 –Timed Quiz: Ch. 17	12/5
12/5 - 12/6 Sunday-Monday	MODULE 5 EXAM over Chapters 15-17 & Spotlight 3			MOD. 5 EXAM: 12/5 – 12/6
15 12/6 – 12/7	Ch. 18: Food Safety **Note: Only 2 days for this Chapter, discussion posts allowed through 12/8**	18	Group Discussion Topic 6	12/7 (Extension allowed to 12/8)
12/8	*University Reading Day Wednesday, 12/8*			
16 *University Final Exams: 12/9 – 12/15*	**Comprehensive Course Final Exam: Take on Friday 12/10 or Monday 12/13**	**Comprehensive Exam: Ch. 1-18**	**Comprehensive Final:** *Optional if all 5 module exams were taken– refer to course syllabus exam policies.*	**Take Final on 12/10 OR 12/13**

Grading Policy

Graded assessments will determine the course grade as follows**:**

Assessment Category & Point Value

Assessment Category	Points Value
Five Module Exams plus Comprehensive Final Exam [100 points each] (lowest grade of the 6 exams is dropped)	500
Ten Lecture-Chapter Related Assignments [25 points each]	250
Nutrition Research Essay Project	130
Six Group Discussions-Participation [20 points each]	120
Total Possible Points	**1,000**

Course Grading Scale

Points Earned	Letter Equivalent
925 and above	A
895 - 924	A-
865 - 894	B+
825 - 864	B
795 - 824	B-
765 - 794	C+
725 - 764	C
695 - 724	C-
595 -694	D
594 and less	F

Extra points are not awarded beyond actual grade categories 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.

Course Policies

Exams

Module Exams are open for a two-day (48 hours) period, beginning Sunday morning at 12 am and ending on Monday night at 11:59 pm. Please refer to course calendar for all exam dates and exceptions.

Module Exams are accessed by clicking the exam link in the designated Module Exams folder or within the Learning Module covered by the exam. Each exam is timed, and in multiple-choice format. The *Respondus LockDown Browser* software must be downloaded from the eLearning link and utilized to take each exam. Students have one allowed attempt and a specified amount of time to submit the 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 attempt is not released for student review to help preserve future exam integrity; however, students may individually request feedback about missed questions.

Exam Policies, continued

Respondus LockDown Browser is a secure browser for taking exams in this eLearning course. It prevents the computer user from printing, copying, going to another URL, or accessing other applications during an exam.

When an eLearning exam requires use of Respondus LockDown Browser, students cannot take the exam with any other web browser. To download *Respondus LockDown Browser*, please go to UT Dallas LockDown Browser webpage.

Please refer to Page 2 of this syllabus about recommendations to take exams in a UT Dallas Computer Lab with LockDown Browser availability. For lab availability and scheduling, check UT Dallas Computer Labs Information Page.

Online Comprehensive Final Examination

The final examination will cover all course content; it is a cumulative, timed multiple choice exam. It is available during *two separate* 24-hour periods during the regular UTD final examinations schedule. The final exam is required if any one of the five regular module exams was missed. The final exam is *optional* for students who took all *five* regular module exams. Five exam grades (including the final exam if applicable) are calculated in the final course grade, by dropping the lowest of the six total exam grades (5 regular exam grades + 1 final exam grade). A zero (0) grade is entered for any untaken exam.

Missed Exams and Final Exam

There are five module exams in the course and a final exam, totaling six exams. Of the six exam grades, the lowest grade is dropped and the remaining five exam grades each contribute equally to course final grade determination. Students who take all five module exams may opt out of the comprehensive final exam. Students who take all five module exams *and* the final exam will have the lowest of the total of six exam grades dropped. Only the five highest exam grades are calculated in determination of the course final grade. *Students who miss a regular module exam will be assigned a grade of 0 for the missed exam and will be required to take the course final exam. The 0 grade for the missed exam will then be dropped in calculating the final course grade.* Late exams are not provided.

Assignments

Ten assignments related to material covered in chapters, including lectures, the course textbook and course-related websites will be completed. A syllabus quiz is included as the first assignment, and must be submitted before access to the rest of the course is allowed. There are two types of assignments: 1) short answer format, submitted via Turnitin, or 2) a timed quiz format. Assignment grades cumulatively contribute 250 points to the maximum of 1,000 total course points. Assignments are generally available for defined one-week timeframes, generally Monday through Sunday, per the course calendar. The Turnitin assignment submission link is available for the same defined one-week periods. Exceptions for availability and due dates are noted in the course calendar when they occur. **NOTE**: All assignments are due by **11pm** of the due date.

Turnitin eLearning Submission Instructions for Specified Assignments and Research Essay Project

Some assignments are timed quizzes and others are short-answer assignments, in *Word Document* format. The short-answer assignments and the research essay project will be submitted as Word Documents and submitted via *Turnitin*, a submission and instructor feedback tool, and a plagiarism detection tool. Students are expected to complete all assignments independently, relying only on individual student effort. The short-answer Word Document assignments and the designated *Turnitin* submission links are located in the Assignments folder of the course homepage and are available to download during announced timeframes, per course calendar. TurnItIn submission instructions are visible for each assignment.

Important: Students are completely responsible for confirming successful submission of *Turnitin* submissions and re-submitting before the closing date if necessary. Students should keep their emailed *Turnitin* submission receipt and return to the *Turnitin* assignment page to view their submission. Grading comments may be viewed by clicking on the "Grademark" tab of the graded *Turnitin* assignment. For more information and assistance with *Turnitin*, please go to the [Turnitin Help Center website](#).

Late Assignments
Students can take assignment quizzes or submit written assignments up to 48 hours after the due date. (Use the provided *Turnitin* link for written assignments.) The assignment will be marked as "late" and late penalty equal to 50% of point value will be applied by the instructor. Assignments are not accepted after the 48 hour "late window" timeframe.

Nutrition Research Essay Project
A nutrition research essay project will be open and available for submission during a four-week period during the second half of the semester, with its grade contributing a maximum of 130 points to the course's 1,000 potential total points. Project availability and due date are specified in course calendar.

Class Participation-Group Discussions
Students are required to log-in regularly to the online class site in order to stay on schedule with assignments per the course calendar, including assigned discussion group topics throughout the semester. Each student will be assigned as a member of a discussion group within this course. Discussion group topic grades contribute cumulatively to 120 points of 1000 maximum points in the course.

During the course, six (6) scheduled group discussion topics will be announced relating to the current week's lectures. Each student member of the group should post an entry early in the week and provide one-two response postings to other group member posts. Postings are graded for timeliness, original content, thoughtful consideration of topic, response to other members and quality of verbal expression. Discussion posts made earlier in the week earn more points for timeliness. **Note:** All discussion postings must be submitted by 11pm of the topic deadline to be graded. Late discussion posts are not possible.

Extra Credit Not Available
Extra credit activities are not available in this course. Please refer to the grading policy for explanation of course grade determination.

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 and common courtesy when interacting with class members and professor. Casual texting abbreviations and style is not appropriate in the course.

Comet Creed
This creed was voted on by the UT Dallas student body in 2014. It is a standard that Comets choose to live by and encourage others to do the same:

"As a Comet, I pledge honesty, integrity, and service in all that I do."

UT Dallas Syllabus Policies and Procedures
The information contained in the following link constitutes the University's policies and procedures segment of the course syllabus. Please go to [UT Dallas Syllabus Policies](#) webpage for these policies. Please review the catalog sections regarding the [credit/no credit](#) or [pass/fail](#) grading option and withdrawal from class.

The descriptions and timelines contained in this syllabus are subject to change at the discretion of the Instructor.