

Online Course Syllabus – Spring 2025

Course Information

<i>Course Number/Section</i>	HLTH 1322.0W1-2
<i>Course Title</i>	Human Nutrition
<i>Term</i>	Spring 2025; January 21-May 9

Instructor Contact Information

<i>Instructor</i>	Rachael McBride, MCN, RD/LD
<i>Office Phone</i>	972-883-2323 (for messages only)
<i>Email Address</i>	RachaelL.McBride@utdallas.edu <i>Please Note: The preferred method of course-related communication is through the eLearning course website, using the Course Messages tool.</i>
<i>Office Location</i>	N/A, Course Instructor teaches 100% online.
<i>Online Office Hours</i>	As announced
<i>Other Information</i>	The course instructor typically answers eLearning Course Messages within 3 days Monday through Friday.

About the Instructor

Rachael McBride is a UTD lecturer for this online course. She is a Registered and Licensed Dietitian and completed a Master of Clinical Nutrition at UT Southwestern. Prior to becoming a Registered Dietitian, she worked for over a decade in addictions counseling. She also owns and operates a private practice in Dallas, specializing in nutrition counseling for eating disorders.

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, Seventh Edition. P. Insel, D. Ross, K. McMahon and M. Bernstein; 2017. Jones & Bartlett Learning. ISBN: 9781284210958

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.

Textbooks can be ordered online or purchased at the [UT Dallas Bookstore](#).

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.

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.

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.

The instructor will communicate with students as a group within the course using the eLearning ***Course Announcements*** tool. Students should use the eLearning ***Course Messages*** tool while logged-in at the course website to communicate individual concerns or questions to the instructor. Student messages will be answered within 2 working days under normal circumstances.

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 AccessAbility Resource Center, 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.

HLTH 1322 Course Calendar Spring 2025

WEEK/ DATES	TOPIC/LECTURE	READING	ACTIVITY	DUE DATE
1 1/21-1/26	Course Access and Self-Orientation Course Introduction & Syllabus Nutrients & Nourishment	Ch 1	Assignment 1- Timed Syllabus Quiz	1/26, will accept through 2/2
2 1/27-2/2	Nutrition Guidelines & Assessment Supplements & Functional Foods	Ch. 2 Spotlight 1	Group Discussion 1	2/2
3 2/3-2/9	Digestion & Absorption	Ch. 3	Study for Exam 1	
2/8-2/10 Saturday-Monday	MODULE 1 EXAM Chapters 1-3 & Spotlight 1			2/8-2/10
4 2/10-2/16	Carbohydrates Lipids	Ch. 4-5	<i>Nutrition Project Instructions Available</i>	<i>Project due 3/30</i>
5 2/17-2/23	Lipids Protein	Ch. 5-6	Group Discussion 2	2/23
6 2/24-3/2	Protein Alcohol	Ch. 6-7		
3/1-3/3 Saturday-Monday	MODULE 2 EXAM Chapters 4-7			3/1-3/3
7 3/3-3/9	Metabolism	Ch. 8	Assignment 2	3/9
8 3/10-3/16	Energy Balance & Wt. Mgt	Ch. 9	Group Discussion 3	3/16
3/13-3/16 Thursday-Sunday	MODULE 3 EXAM Chapters 8-9			3/13-3/16
3/17-3/23	SPRING BREAK			3/17-3/23
9 3/24-3/30	Fat Soluble Vitamins Water Soluble Vitamins	Ch. 10-11	<i>Nutrition Project Due</i>	3/30
10 3/31-4/6	Water Soluble Vitamins Water & Major Minerals	Ch. 11-12	Assignment 3	4/6
11 4/7-4/13	Water & Major Minerals Trace Minerals	Ch. 12-13	Assignment 4	4/13
4/12-4/14 Saturday-Monday	MODULE 4 EXAM Chapters 10-13			4/12-4/14
12 4/14-4/20	Sports Nutrition	Ch. 14	Group Discussion 4	4/20

WEEK/ DATES	TOPIC/LECTURE	READING	ACTIVITY	DUE DATE
13 4/21-4/27	Diet & Health Life Cycle-Maternal & Infant Nutrition	Ch. 15-16	Assignment 5	4/27
14 4/28-5/4	Life Cycle-Childhood to Adulthood Eating Disorders	Ch. 17 Spotlight 3	Study for Exam 5	
5/3-5/5 Saturday-Monday	MODULE 5 EXAM Chapters 14-17 & Spotlight 3			5/3-5/5
15 5/5-5/9	Food Safety <i>Note: Short Week, ends 12/5</i>	Ch. 18	Group Discussion 5 <i>Reading Day May 10</i>	5/9, will accept through 5/11
16 University Final Exams: 5/12-5/16	COMPREHENSIVE FINAL EXAM: Ch. 1-18 Take anytime between 5/12-5/15			

Graded assessments will determine the course grade as follows:

<i>Assessment Category</i>	<i>Points Value</i>
Four Module Exams plus Comprehensive Final Exam [125 points each] (lowest grade of the 5 exams is dropped)	500
Five Lecture-Chapter Related Assignments [50 points each]	250
Five Group Discussions- Participation [30 points each]	150
Nutrition Research Essay Project	100
<i>Total Possible Points</i>	<i>1,000</i>

Course Grading Scale

<i>Points Earned</i>	<i>Letter Equivalent</i>
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 below	F

Course Policies

Exams

Module Exams are open for a three-day (72 hours) period, beginning Saturday 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. 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.

Online Comprehensive Final Examination

The final examination will cover all course content; it is a cumulative, timed multiple choice exam. It is available Monday through Friday 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.

Missed Exams and Final Exam

There are four module exams in the course and a final exam, totaling five exams. Four 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. 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 exam grade 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

Five (5) 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. **All assignments are due by 11:59 pm of the due date.**

Turnitin eLearning Submission Instructions for 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/AI 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 (using 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 100 points to the course’s 1,000 potential total points. Project availability and due date are specified in course calendar.

Class Participation-Group Discussions

Each student will be assigned as a member of a discussion group within this course. Discussion group topic grades contribute cumulatively to 150 points of 1000 maximum points in the course. During the course, five (5) 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. **All discussion postings must be submitted by 11:59 pm 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.

Class Participation

Regular class participation is expected. Students who fail to participate in class regularly are inviting scholastic difficulty. A portion of the grade for this course is directly tied to your participation in this class. It also includes engaging in group or other activities during class that solicit your feedback on homework assignments, readings, or materials covered in the lectures (and/or labs). Class participation is documented by faculty. Successful participation is defined as consistently adhering to University requirements, as presented in this syllabus. Failure to comply with these University requirements is a violation of the [Student Code of Conduct](#).

Note:

- (a) Texas Senate Bill 17, the recent law that prohibits diversity, equity, and inclusion programs and activities at public universities in Texas, does not in any way apply to academic course instruction. Students should not feel the need to self-censor or limit their participation in academic courses pertaining to topics of race and racism, structural inequality, LGBTQ+ issues, or diversity, equity, and inclusion, and related topics.

Class Materials

The Instructor may provide class materials that will be made available to all students registered for this class as they are intended to supplement the classroom experience. These materials may be downloaded during the course; however, these materials are for registered students' use only. Classroom materials may not be reproduced or shared with those not in class or uploaded to other online environments except to implement an approved AccessAbility Resource Center accommodation. Failure to comply with these University requirements is a violation of the [Student Code of Conduct](#).

Class Recordings

Students are expected to follow appropriate University policies and maintain the security of passwords used to access recorded lectures. Unless the AccessAbility Resource Center has approved the student to record the instruction, students are expressly prohibited from recording any part of this course. Recordings may not be published, reproduced, or shared with those not in the class, or uploaded to other online environments except to implement an approved AccessAbility Resource Center accommodation. Failure to comply with these University requirements is a violation of the [Student Code of Conduct](#).

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.”

Accommodations for Students with Disabilities

Please review [the section](#) within the UT Dallas Syllabus Policies and Procedures webpage.

Academic Support Resources

Please visit the [Academic Support Resources](#) page to view the University’s academic support resources for all students.

UT Dallas Syllabus Policies and Procedures

Please visit the [Syllabus Policies](#) page to view the University’s policies and procedures segment of the course syllabus.

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 Professor.