

The University of Texas at Dallas
Course Syllabus: Human Nutrition

Course Information

<i>Course Number/Section</i>	HLTH 1322
<i>Course Title</i>	Human Nutrition
<i>Term</i>	Spring 2013
<i>Meeting Times/Room</i>	Tues and Thurs 1:00 – 2:15 pm / CB1, 1.102

Professor Contact Information

<i>Professor</i>	Lora Day, MA, RD – <i>Lecturer, part-time (for this class only)</i>
<i>Email Address</i>	lora.day@utdallas.edu (preferred contact method)
<i>Office Phone</i>	972 883 2323 (messages only, School of Interdisciplinary Studies)
<i>Office Location</i>	N/A
<i>Office Hours</i>	By appointment on class days

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 the balance of nutrients which is 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 adulthood through aging, 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.
- 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, 4th edition. Insel, Ross, McMahon and Bernstein, 2011
Jones-Bartlett Publishers

Each new text includes access to the Nutrition Electronic Student Study Guide, which follows the chapter topics and offers fill-in-the-blank questions and summaries so students can test themselves on concepts presented in each chapter. This optional resource access 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://nutrition.jbpub.com/4e/study_guide.aspx to do so. The description is: *Nutrition 4e Online Student Study Guide ISBN: 9780763790325. Price: 11.95*
There is a recommended **free public access** text companion website at <http://nutrition.jbpub.com/4e/>

Other Required Materials

Additional reading from course-related websites will be occasionally assigned and announced in class. Although our class text was published in 2011, it includes the 2008 edition of the U. S. Dietary Guidelines in Chapter 2. We will study current 2010 edition guidelines documents, available at:

- 1) <http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/ExecSumm.pdf>
- 2) <http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/DG2010Brochure.pdf>

Assignments & Academic Calendar

A separate handout of a schedule of course topics, assignments and exam dates will be provided to students and available at the course eLearning website.

Grading Policy

The final course grade will be determined as follows:

<u>Graded assessments:</u>	<u>Percent of Final Grade</u>
4 Exams	60%
*Final Exam (non-cumulative):	15%
8 Assignments (valued as 10 grades)	<u>25%</u>
TOTAL	100%

*The final exam is not required for any student who has earned a course average of 94% or better **before Review Week**. These students will be eligible for an A as their final grade, based only upon the regular semester exam and assignment grades, as well as “extra credit” as described below. *It is still possible to earn an A in the course without this final exam exemption. Students must be present at the last class meeting before Final Exams, to be notified in person of their eligibility for this exemption. The instructor will not substitute Email notification for this requirement.*

Optional Extra Credit Activities

There will be five unscheduled, unannounced “Extra Credit” Activities that will occur or be assigned during class meetings, which may contribute an *additional* maximum of 5% to the student’s grade average. Students must be present in class on the day an Extra Credit Activity takes place or is assigned in order to complete it. *These are optional activities and no make-up extra credit activities are provided. No additional Extra Credit Activities beyond these will be provided.*

Final Grade Determination:

A ≥ 93; A- = 90-92
B+ = 87-89; B = 83-86; B- = 80-82
C+ = 77-79; C = 73-76; C- = 70-72
D = 60-69
F ≤ 59

Course Policies

Exams: Exams are multiple choice. Students will bring a specified Scantron form to enter their answers to the questions on the exam form. Students are provided their graded Scantron forms as well as their exam forms to review in class with the instructor. Students will return their graded Scantrons and Exams to the instructor at the end of the same class period in which they were reviewed. Failure to do so will result in a grade of “0” recorded for the exam that was not returned.

Make up exams: A missed exam will result in a grade of 0 until the student takes a make up exam.

All make-up exams will be given on the University scheduled Review/Reading Day preceding the day of the Final Exam. Undocumented and unexcused absence from an exam will result in the student being eligible for a make up exam with a 25 point late penalty. A make up exam without a late penalty will be given only in the case of illness supported by a written physician’s excuse which must be approved by the instructor. Requests for make-up exams, along with the physician’s excuse, must be given to the instructor on *the day of return to class after an absence* to be eligible for a make-up exam.

Assignments

Assignments must be turned in as hard copies to the instructor on scheduled class meeting due dates.

Electronically submitted assignments are not accepted in lieu of a hard copy, even when a student is absent.

Late Work

Assignments must be turned in on the announced due dates to be eligible for full credit. Late assignments will be accepted only on the class day immediately following the due date, and a 50% late penalty will be applied. *Late assignments are **not** accepted at any time after the immediate next class day after the original assignment due date.*

Class Attendance

Regular attendance and attention in class is vital to success in this course. Students are responsible for all material presented in class in the event of an absence. Class lecture notes posted on the eLearning site will not encompass all the material discussed in any given class.

Classroom Citizenship

Students are required to silence electronic devices when in the classroom. Texting is not permitted during class. Students are expected to show respect and courtesy toward classmates and the instructor.

Technical Support If you experience any problems with your UTD account you may send an email to: assist@utdallas.edu or call the UTD Computer Helpdesk at 972-883-2911.

Field Trip Policies / Off-Campus Instruction and Course Activities

Off-campus, out-of-state, and foreign instruction and activities are subject to state law and University policies and procedures regarding travel and risk-related activities.

Information regarding these rules and regulations may be found at

http://www.utdallas.edu/BusinessAffairs/Travel_Risk_Activities.htm. Additional information is available from the office of the school dean.

Student Conduct and Discipline

The University of Texas System and The University of Texas at Dallas have rules and regulations for the orderly and efficient conduct of their business. It is the responsibility of each student and each student organization to be knowledgeable about the rules and regulations which govern student conduct and activities. General information on student conduct and discipline is contained in the UT Dallas printed publication, *A to Z Guide*, which is available to all registered students each academic year.

The University of Texas at Dallas administers student discipline within the procedures of recognized and established due process. Procedures are defined and described in the *Rules and Regulations, Series*

50000, Board of Regents, The University of Texas System, and in *Title V, Rules on Student Services and Activities* of the university's *Handbook of Operating Procedures*. Copies of these rules and regulations are available to students in the Office of the Dean of Students, where staff members are available to assist students in interpreting the rules and regulations (SU 1.602, 972/883-6391) and online at <http://www.utdallas.edu/judicialaffairs/UTDJudicialAffairs-HOPV.html>.

A student at the university neither loses the rights nor escapes the responsibilities of citizenship. He or she is expected to obey federal, state, and local laws as well as the Regents' Rules, university regulations, and administrative rules. Students are subject to discipline for violating the standards of conduct whether such conduct takes place on or off campus, or whether civil or criminal penalties are also imposed for such conduct.

[Added July 2010] Students are expected to be attentive during class and to participate actively in group activities. Students are expected to listen respectfully to faculty and to other students who are speaking. Racism, sexism, homophobia, classism, ageism, and other forms of bigotry are inappropriate to express in class. Classes may discuss issues that require sensitivity and maturity. Disruptive students will be asked to leave and may be subject to disciplinary action.

Academic Integrity

The faculty expects from its students a high level of responsibility and academic honesty. Because the value of an academic degree depends upon the absolute integrity of the work done by the student for that degree, it is imperative that a student demonstrate a high standard of individual honor in his or her scholastic work.

Scholastic Dishonesty: Any student who commits an act of scholastic dishonesty is subject to discipline. Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, submitting for credit any work or materials that are attributable in whole or in part to another person, taking an examination for another person, or any act designed to give unfair advantage to a student or the attempt to commit such acts.

Plagiarism, especially from the web, from portions of papers for other classes, and from any other source, is unacceptable and will be dealt with under the university's policy on plagiarism (see general catalog for details). This course will use the resources of *turnitin.com*, which searches the web for possible plagiarism and is over 90% effective.

Copyright Notice

The copyright law of the United States (*Title 17, United States Code*) governs the making of photocopies or other reproductions of copyrighted materials, including music and software. Copying, displaying, reproducing, or distributing copyrighted works may infringe upon the copyright owner's rights and such infringement is subject to appropriate disciplinary action as well as criminal penalties provided by federal law. Usage of such material is only appropriate when that usage constitutes "fair use" under the Copyright Act. As a UT Dallas student, you are required to follow the institution's copyright policy ([Policy Memorandum 84-I.3-46](#)). For more information about the fair use exemption, see <http://www.utsystem.edu/ogc/intellectualproperty/copypol2.htm>.

Email Use

The University of Texas at Dallas recognizes the value and efficiency of communication between faculty/staff and students through electronic mail. At the same time, email raises some issues concerning security and the identity of each individual in an email exchange. The university encourages all official student email correspondence be sent only to a student's UT Dallas email address and that faculty and staff consider email from students official only if it originates from a UT Dallas student account. This allows the university to maintain a high degree of confidence in the identity of all individuals corresponding and the security of the transmitted information. UT Dallas furnishes each student with a free email account that is to be used in all communication with university personnel. The Department of Information Resources at UT Dallas provides a method for students to have their UT Dallas mail forwarded to other accounts.

Withdrawal from Class

The administration of this institution has set deadlines for withdrawal from any college-level courses. These dates and times are published in that semester's course inventory and in the academic calendar. Administration procedures must be followed. It is the student's responsibility to handle withdrawal

requirements from any class. In other words, a professor or other instructor cannot drop or withdraw any student. You must complete the proper paperwork to ensure that you will not receive a final grade of "F" in a course if you choose not to attend the class once you are enrolled.

Student Grievance Procedures

Procedures for student grievances are found in *Title V, Rules on Student Services and Activities*, of the university's *Handbook of Operating Procedures*.

In attempting to resolve any student grievance regarding grades, evaluations, or other fulfillments of academic responsibility, it is the obligation of the student first to make a serious effort to resolve the matter with the instructor, supervisor, administrator, or committee with whom the grievance originates (hereafter called "the respondent"). Individual faculty members retain primary responsibility for assigning grades and evaluations. If the matter cannot be resolved at that level, the grievance must be submitted in writing to the respondent with a copy of the respondent's School Dean. If the matter is not resolved by the written response provided by the respondent, the student may submit a written appeal to the School Dean. If the grievance is not resolved by the School Dean's decision, the student may make a written appeal to the Dean of Graduate or Undergraduate Education, and the dean will appoint and convene an Academic Appeals Panel. The decision of the Academic Appeals Panel is final. The results of the academic appeals process will be distributed to all involved parties.

Copies of these rules and regulations are available to students in the Office of the Dean of Students, where staff members are available to assist students in interpreting the rules and regulations.

Incomplete Grade Policy

As per university policy, incomplete grades will be granted only for work unavoidably missed at the semester's end and only if 70% of the course work has been completed. An incomplete grade must be resolved within eight (8) weeks from the first day of the subsequent long semester. If the required work to complete the course and to remove the incomplete grade is not submitted by the specified deadline, the incomplete grade is changed automatically to a grade of F.

Office of Student AccessAbility (OSA)

UT Dallas is committed to providing equal educational opportunities for students with documented disabilities to all University courses and programs. Any student with a documented physical, psychological, or learning disability, which affects his/her academic performance, is eligible for services. If you need classroom accommodations, please make an appointment with the Office of Student AccessAbility at: SSB 3.200 (3rd Floor in SSB), 972-883-2098. Office hours are Monday – Thursday, 8:30 a.m. - 6:00 p.m., Friday 8:00 a.m. – 5:00 p.m. Evening appointments are available by request. <http://www.utdallas.edu/studentaccess/>

OSA provides registered students with an accommodation letter to present to faculty members. The letter verifies that the student is qualified to receive certain accommodations. The accommodation letter should be presented to instructors of each course at the beginning of the semester. The approved accommodations should be discussed at that time. It is the student's responsibility to notify his/her professor of their needs. UT Dallas is proud to welcome and support a diverse student body.

Religious Holy Days

The University of Texas at Dallas will excuse a student from class or other required activities for the travel to and observance of a religious holy day for a religion whose places of worship are exempt from property tax under Section 11.20, Tax Code, *Texas Code Annotated*.

The student is encouraged to notify the instructor or activity sponsor as soon as possible regarding the absence, preferably in advance of the assignment. The student, so excused, will be allowed to take the exam or complete the assignment within a reasonable time after the absence: a period equal to the length of the absence, up to a maximum of one week. A student who notifies the instructor and completes any missed exam or assignment may not be penalized for the absence. A student who fails to complete the exam or assignment within the prescribed period may receive a failing grade for that exam or assignment.

If a student or an instructor disagrees about the nature of the absence [i.e., for the purpose of observing a religious holy day] or if there is similar disagreement about whether the student has been given a reasonable time to complete any missed assignments or examinations, either the student or the instructor may request a ruling from the chief executive officer of the institution, or his or her designee.

The chief executive officer or designee must take into account the legislative intent of *TEC 51.911(b)*, and the student and instructor will abide by the decision of the chief executive officer or designee.

Avoiding Plagiarism

[Adapted from Duke University's guidelines for writers; added July 2010]

Take time to make careful choices among--and learn to use--the research tools available to you. You will probably find that your favorite web search engine is not adequate by itself for college-level research. Consult with your professor or a librarian. You may need to use specialized research tools, some of which may require learning new searching techniques.

Expect to make trips to the library. While you can access many of the library's resources from your home computer, you may find that you need to make several trips to use materials or research tools that are not accessible remotely. Of course, you will be seeking the best information, not settling for sources simply because they happen to be available online.

Allow time for gathering materials that are not available at UT Dallas. The InterLibrary Loan Office can borrow articles and books from other libraries, but this process takes additional time.

Allow time for reading, rereading, absorbing information, taking notes, synthesizing, and revising your research strategy or conducting additional research as new questions arise.

Sloppy note-taking increases the risk that you will unintentionally plagiarize. Unless you have taken note carefully, it may be hard to tell whether you copied certain passages exactly, paraphrased them, or wrote them yourself. This is especially problematic when using electronic source materials, since they can so easily be copied and pasted into your own document.

Identify words that you copy directly from a source by placing quotation marks around them, typing them in a different color, or highlighting them. (Do this immediately as you are making your notes. Don't expect to remember days or weeks later what phrases you copied directly.) Make sure to indicate the exact beginning and end of the quoted passage. Copy the wording, punctuation and spelling exactly as it appears in the original.

Jot down the page number and author or title of the source each time you make a note, even if you are not quoting directly but are only paraphrasing.

Keep a working bibliography of your sources so that you can go back to them easily when it's time to double-check the accuracy of your notes. If you do this faithfully during the note-taking phase, you will have no trouble completing the "works cited" section of your paper later on.

Keep a research log. As you search databases and consult reference books, keep track of what search terms and databases you used and the call numbers and URLs of information sources. This will help if you need to refine your research strategy, locate a source a second time, or show your professor what works you consulted in the process of completing the project.

You must cite direct quotes. *You must cite paraphrases.* Paraphrasing is rewriting a passage or block of text in your own words. If you paraphrase, you must still cite the original source of the idea.

You must cite ideas given to you in a conversation, in correspondence, or over email.

You must cite sayings or quotations that are not familiar, or facts that are not "common

knowledge." However, it is not necessary to cite a source if you are repeating a well known quote or familiar proverb. Common knowledge is something that is widely known. For example, it is widely known that Bill Clinton served two terms as president; it would not be necessary to cite a source for this fact.

These types of sources should be cited as well. Printed sources: Books, parts of books, magazine or journal articles, newspaper articles, letters, diaries, public or private documents; *Electronic sources:* Web pages, articles from e-journals, newsgroup postings, graphics, email messages, software, databases; *Images:* Works of art, illustrations, cartoons, tables, charts, graphs; *Recorded or spoken material:* Course lectures, films, videos, TV or radio broadcasts, interviews, public speeches, conversations.

Resources to Help You Succeed

The GEMS Center (located within the Conference Center) provides a wide array of free academic support and enhancement for UT Dallas undergraduate students. Offerings include, but are not limited to, a Math Lab and Writing Center, Peer Tutoring (with a focus on science, technology, engineering and math courses), test review sessions, and academic success coaching. The current menu of services, schedules, and contact information is posted on the GEMS website: <http://www.utdallas.edu/ossa/gems/>. [Added July 2010]

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