

**Course Syllabus**  
**HLTH 1322.0W1/.0W2**  
**Human Nutrition**  
The University of Texas at Dallas

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## Course Information

### **Course**

Course Number Section	HLTH 1322.0W1/.0W2
Course Title	Human Nutrition
Term and Dates	Spring 2015: January 12-May 11

### **Professor Contact Information**

Professor:	Lora Day, MA, RD/LD
Office Phone:	972 883 2323 (for messages only, not main communication route)
Email Address:	<a href="mailto:lora.day@utdallas.edu">lora.day@utdallas.edu</a> NOTE: Enrolled students in the course should not use this email address to communicate about the course. All course-related communication is done within the eLearning course website, using the Course Messages tool.
Office Location:	N/A, professor teaches 100% online.
Online Office Hours:	as announced
Other Information:	The professor will typically answer all class correspondence within 24 hours, Mon-Fri. NOTE: All class-related messages should be sent with the eLearning class "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, and completed a Master of Nutrition degree from UT Austin in addition to 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 a major teaching hospital for eighteen years. She is also a clinical instructor 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* (Fifth Edition). 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*, (5<sup>th</sup> 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 through CourseSmart.com at <http://www.coursesmart.com/9781284033656>

## **Other Required Materials**

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

## **Suggested Course Materials**

- There is a recommended free public access companion website to the course text at <http://nutrition.jbpub.com/nutrition5/> and free digital access to nutrition science animations at <http://nutrition.jbpub.com/resources/animations.cfm>

## **Course Policies**

### *Exams*

Module Exams are open for a 48 hour period, beginning Friday morning at 12 am and ending on Saturday night at 11:59 pm.

### *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 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 course final grade.* Late exams are not provided.

### *Assignments*

Assignments are open for submission for defined one-week periods, from Monday through Sunday, with any exceptions of longer open dates noted in the course calendar when they occur. All assignments are due by 11pm on the due date.

### *Late Assignments*

Students can submit assignments up to 48 hours after the due date using the provided TurnItIn link. The assignment will be marked as a late submission and graded with a 50 point late penalty. Assignments are not accepted after the 48 hour “late window” timeframe.

### *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 during a four-week period during the second half of the semester.

### *Class Participation-Group Discussion*

Students are required to login regularly to the online class site and stay on schedule with assignments per the course calendar. Students are also required to participate in all class activities such as contributing to an assigned 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 and courtesy when interacting with class members and professor. Casual texting abbreviations and style is not appropriate in the 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 a technical difficulty which is eLearning-caused, preventing 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 contact the UTD eLearning Help Desk at 1-866-588-3192 and <http://www.utdallas.edu/elearning/eLearningHelpdesk>. Secondly, the student should contact the instructor using eLearning Course Messages. The instructor and the UTD eLearning Help Desk will work with the student to resolve any UTD server or eLearning system failures at the earliest possible time. The eLearning HelpDesk will also offer advice to assist with technical failures related to other sources or causes, but students must assume complete responsibility for those issues and consequences related to assessments.

## 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](#).

### *Student Responsibilities related to Technical Requirements and eLearning Assessments*

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. UTD computer labs with the Lockdown Browser installed on computers are strongly recommended for taking exams to offer the greatest reliability of systems. UTD labs with Lockdown Browser installed on all computers are located in the Jindal School of Management lab and the Sonora lab located in the McDermott Library. 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.

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## Course Access and Navigation

This course was developed using a web course tool called eLearning. The course is 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/elearning/eLearningHelpdesk>. Your instructor does not advise about technical support issues.

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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 eLearning 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. All concerns and questions related to eLearning technical function should not be directed to the instructor. Students should call the eLearning Help Desk at the number shown at the top of every eLearning course page to obtain technical support.

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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>

**eLearning Help Desk:** 866-588-3192

### **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:*

Five Module Exams and Comprehensive Final Exam (lowest of the six grades is dropped)	50 %
Ten Lecture-Chapter Related Assignments	25 %
Dietary Intake Analysis Project	15 %
Group Discussions Participation	10 %
Total	100 %

### *Grading Scale*

<i>Scaled Score</i>	<i>Letter Equivalent</i>
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 greater 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 will follow a fill-in-the-blank and short answer format or a timed quiz format. Assignment

grades will cumulatively contribute to 25% of course grade. Assignments are available and may be submitted within defined timeframes, per the course calendar.

### **Special Project**

A Dietary Intake Record and Analysis Project will be assigned during the course, with its grade contributing to 15% of course grade. Its availability and due date are specified in the course calendar.

### **Turnitin eLearning Assignment and Project Submission Instructions**

The assignments, which are short answer-based, and the special project will be submitted and examined through the integrated plagiarism detection tool called Turnitin. Students are expected to complete all assignments independently, relying only on their individual efforts. 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.)

### **Turnitin eLearning Assignment and Project Submission Instructions, continued**

Students are completely responsible for confirming successful submission of Turnitin submissions and re-submitting before the closing date if necessary. 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](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 eight (8) 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. The LockDown 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 attempt is not released for student review to help preserve future exam integrity.

*Respondus LockDown Browser* is a secure browser for taking exams in this eLearning course. It prevents you from printing, copying, going to another URL, or accessing other applications during a test. When an eLearning exam requires that Respondus LockDown Browser be used, you will not be able to take the exam with any other 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 Comprehensive Final Examination**

The final examination will cover all course content; it is 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. 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 of the regular module exams. Five exam grades (including the final exam if applicable) are calculated in the final course grade, with the lowest of the six exam grades being dropped. Any exam that is not taken will be considered as a 0 grade.

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### **Course Calendar**

The Course Calendar with Topics Schedule, Assessments and Activities and Due Dates is on the following two pages. 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.

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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 quizzes and 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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