

HLTH 1322 Human Nutrition Online Course Syllabus

Course Information

Course Number/Section HLTH 1322.0W1-0W2
Course Title Human Nutrition
Term Fall 2017; August 21 – December 14

Professor Contact Information

Professor 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 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, professor teaches 100% online.
Online Office Hours as announced
Other Information The professor will typically answer course messages within 24 hours, Mon-Fri.
Please Note: Individual student class-related communication will be conducted 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-Nutritionist and completed 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, including working as a Certified Nutrition Support Clinician at a major teaching hospital for eighteen years. She also works as 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

Course Objectives

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

Required Text

Nutrition, Sixth Edition. P. Insel, D. Ross, K. McMahon and M. Bernstein; 2017. Jones & Bartlett Learning. ISBN-13: 978-1-284-10005-1

Each new print copy of *Nutrition*, Sixth Edition includes a Navigate 2 Advantage Access code that unlocks a comprehensive and interactive eBook, animations, student practice activities and assessments. This is an optional student learning resource and is not included with a used textbook. The digital-only version of the text with Navigate 2 access is also available from the publisher at <http://www.jblearning.com/catalog/9781284100174/>

Students who order the text directly from the publisher can use this promotion code which applies a 40% discount to the regular price. **Promotion Code: INSEL17**

Publisher website link: <http://www.jblearning.com/catalog/9781284100051/>

Textbooks can be ordered online through Off-Campus Books <http://www.offcampusbooks.com> or the UT Dallas Bookstore <http://www.bkstr.com/texasatdallasstore/home>. The text is available in stock at both bookstores. Local discounts may be available. The textbook can be digitally rented through VitalSource at <https://www.vitalsource.com/products/nutrition-paul-insel-v9781284124224>

Other Required Materials

Additional readings from websites related to course objectives-related occasionally are assigned and available through a Links folder located within the Learning Module/Chapter.

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 <http://www.utdallas.edu/elearning/students/getting-started.html#techreqs> on the Getting Started with eLearning webpage <http://www.utdallas.edu/elearning/students/getting-started.html>.

Student Responsibilities for Technical Requirements of Course 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.** Wireless networks in general, including CometNet, are **not** adequately reliable for exam taking. UTD computer labs with LockDown Browser installed on computers are strongly recommended for exam taking because they offer the highest reliability of all systems. The two on-campus labs with LockDown Browser are: **1) Jindal School of Management Lab** and **2) 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.

Course Access and Navigation

The course can be accessed using the UT Dallas NetID account at: <https://elearning.utdallas.edu>. Please see the course access and navigation <http://www.utdallas.edu/elearning/students/getting-started.html#courseaccessandnav> section of the site for more information.

To become familiar with the eLearning tool, please see the Student eLearning Tutorials <http://www.utdallas.edu/elearning/students/eLearningTutorialsStudents.html>.

UT Dallas provides eLearning technical support 24 hours a day/7 days a week. The eLearning Support Center <http://www.utdallas.edu/elearninghelp> services include 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 eLearning Tutorials webpage <http://www.utdallas.edu/elearning/students/eLearningTutorialsStudents.html> for video demonstrations on eLearning tools.

Interaction and Communication with Instructor

The instructor will mainly communicate with students as a group within the course using the eLearning *Course Announcements* tool.

Students should send individual concerns or questions to the instructor using the eLearning *Course Messages* tool. 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. Students should *not* use regular UTDallas Outlook 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 <http://www.utdallas.edu/elearninghelp>.

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

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 <http://www.utdallas.edu/elearninghelp>. The instructor and the eLearning Help Desk will work with the student to resolve any issues at the earliest possible time.

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.

Grading 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 %
Six Group Discussions-Participation	10 %
Total	100 %

HLTH 1322 Course Calendar Fall 2017 (Page 1 of 2)

WEEK/ DATES	TOPIC/LECTURE	TEXT CHAPTER	ASSESSMENT / ACTIVITY	DUE DATE
1 8/21—8/27	Course Access and Self-Orientation <i>Course Introduction & Syllabus Slideshow</i> Ch. 1: Nutrients & Nourishment	1	Assign 1: Syllabus Quiz	9/5 (extended due date because of Labor Day)
2 8/28-9/3	Ch. 2: Nutrition Guidelines & Assessment Spotlight 1: Complementary and Alternative Nutrition	2 Spotlight on CAN	Assign. 2: Ch.1 & 2 Group Discussion 1	9/5 9/5 (extended due date because of Labor Day)
3 9/4-9/10	Ch. 3 Digestion & Absorption EXAM 1 over Ch. 1-3 & Spotlight on CAN	3	Assign. 3-Timed Quiz: Ch.3 EXAM 1	9/10 EXAM 1: 9/8-9/9
4 9/11-9/17	Ch. 4-Carbohydrates	4	Group Discussion 2 Assign 4: Ch.4	9/17 9/17
5 9/18-9/24	Ch. 5 Lipids Ch. 6 Protein	5 6	Assign 5-Timed Quiz: Ch. 5	9/24
6 9/25-10/1	Ch. 6 Protein, <i>continued</i> EXAM 2 , over Ch 4-6	6	Group Discussion 3 EXAM 2	10/1 EXAM 2: 9/29-9/30
7 10/2-10/8	Ch. 7 Alcohol Ch. 8 Metabolism	7 8	Assign. 6-Timed Quiz: Ch. 7 and 8	10/8
8 10/9-10/15	Ch. 8 Metabolism <i>continued</i> Ch. 9 Energy Balance & Wt. Mgt; Spotlight 2: Obesity	8 9	Group Discussion 4	10/15
9 10/16-10/22	Ch. 10: Fat Soluble Vitamins EXAM 3 , over Ch. 7-10	10	EXAM 3	 EXAM 3: 10/20-10/21

HLTH 1322 Course Calendar Fall 2017 (Page 2 of 2)

WEEK/ DATES	TOPIC/LECTURE	TEXT CHAPTER	ASSESSMENT / ACTIVITY	DUE DATE
10 10/23-10/29	Ch. 11: Water Soluble Vitamins	11	Assign 7: Ch. 11 <i>Dietary Intake Record and Analysis Project Materials are open</i>	10/29 <i>Project due 11/19</i>
11 10/30-11/5	Ch. 12: Water & Major Minerals Ch. 13: Trace Minerals	12 13	Assign. 8: Ch. 12 & 13 <i>Dietary Intake Record and Analysis Project Materials are open</i>	11/5 <i>Project due 11/19</i>
12 11/6-11/12	Ch. 14: Sports Nutrition EXAM 4 over Ch. 11-14	14	Group Discussion 5 EXAM 4 <i>Dietary Intake Record and Analysis Project Materials are open</i>	11/12 EXAM 4: 11/10-11 <i>Project due 11/19</i>
13 11/13-11/19	Ch. 15: Diet & Health Ch. 16: Life Cycle-Maternal & Infant Nutrition	15 16	Assign. 9- Timed Quiz: Ch. 15 & 16 <i>Dietary Intake Record and Analysis Project Materials are due</i>	11/19 <i>Project due 11/19</i>
11/20-11/26	FALL BREAK, THANKSGIVING	Fall Break	Fall Break	Fall Break
14 11/27-12/3	Spotlight 3: Eating Disorders Ch. 17: Life Cycle-Childhood to Adulthood EXAM 5 over Ch. 15-17 & Eating Disorders	Spotlight on Eating Disorders 17	Assign. 10-Timed Quiz: Ch. 17 EXAM 5	12/3 EXAM 5: 12/1-12/2
15 12/4-12/6 (Short Week)	Ch. 18: Food Safety <i>University Reading Day: 12/7</i>	18	Group Discussion 7 Note Early deadline	12/7
16 University FINAL EXAMS 12/8-12/14	Comprehensive Course Final Exam Take on 12/9 OR 12/12	Comprehens ive Exam: Ch. 1-18	Comprehensive Final: OPTIONAL IF ALL 5 MODULE EXAMS TAKEN	Take Final on 12/9 OR 12/12

Grading Policy

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.

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. Please refer to course calendar for all exam dates.

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* program 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.

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 a test. 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.

<http://www.utdallas.edu/elearning/resources/lockdownbrowser.html>

(Exam Policies continued on next page)

Online Comprehensive Final Examination

The final examination will cover all course content; it is cumulative, timed and in multiple choice format. It will be 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 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 total exam grades (5 regular exam grades + 1 final exam grade) being dropped. The grade of Zero (0) is entered for any exam which was not taken.

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 course final grade.* Late exams are not provided.

Assignments

Ten assignments will be completed which relate to material covered in chapters, including lectures, the course textbook and course-related websites. 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 will cumulatively contribute to 25% of course grade. Assignments are generally available for defined one week timeframes per the course calendar. The TurnItIn link for assignment submission is open for a defined one-week periods, from Monday through Sunday, with any exceptions of longer open dates noted in the course calendar when they occur. **NOTE:** All assignments are due by **11pm** on the due date.

Turnitin eLearning Submission Instructions for Assignments and Special Project

Some assignments are timed quizzes and others are short answer-based. The short answer-based assignments, as well as the special project will be submitted via the integrated plagiarism detection tool called [TurnItIn](#). Students are expected to complete all assignments independently, relying only on their individual efforts. Each assignment document and its designated [TurnItIn](#) submission link are located in the Assignments folder of the course homepage and will be available to submit during specified timeframes. Click on the assignment's [TurnItIn](#) link and follow the on-screen instruction to view the assignment information and to submit your assignment. (Note: only one single file may be submitted. All assignments should be submitted as Word document files.)

Students are completely responsible for confirming successful submission of [TurnItIn](#) submissions and re-submitting before the closing date if necessary. Students can 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: http://www.turnitin.com/en_us/support/help-center.

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 graded with a 50 point late penalty. Assignments are not accepted after the 48 hour “late window” timeframe.

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, with its grade contributing to 15% of the course grade. Its availability and due date are specified in the course calendar.

Class Participation-Group Discussions

Each student will be assigned as a member of a discussion group within this course. During the course, there will be six (6) scheduled group discussions on a topic related to the current week’s lectures. Each student member of the discussion group should post an entry early in the week and provide comments on at least one other group member posting 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.

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 a group discussion board as members of an assigned discussion group.

Note: Discussion postings must be submitted by 11pm of the closing date for the topic in order to receive credit. Students cannot make late discussion posts.

Extra Credit

Extra credit activities are not available in this course. Please refer to the grading policy for 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 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 <http://go.utdallas.edu/syllabus-policies> for these policies.

The descriptions and timelines contained in this syllabus are subject to change at the discretion of the Professor. Any changes will be announced to students.