



Department of Public Health Sciences  
Health Promotion Program Syllabus

Course name:	Fundamentals of Nutrition
Course no.:	HSCI 2302
Course CRN:	26058
Semester/year	Spring 2019
Undergraduate credit hours:	3
Class location:	UTEP Blackboard/Online course
Class meeting time:	N/A
Class instructor:	Aida L. Moreno-Brown, MS, RDN, LD
Office location:	By appointment
Phone:	(915) 637-5060 - If you leave a message please state your name and the course CRN#.
Email:	Communication with instructor should be done strictly through the Blackboard message system, NOT through the college e-mail address.
Office hours:	By appointment
Preferred contact method:	Course Black Board email
Course description:	Includes a study of the nutrients and their sources, their metabolic functions and effects of wellbeing and health problems; also the components of adequate diets and local, national and world nutritional problems.
Course pre-requisites:	BIOL 1305 with a grade of "C" or better.
Required textbooks:	<p><b><u>Link to purchase materials:</u></b></p> <p><a href="http://www.cengagebrain.com/course/3063277">http://www.cengagebrain.com/course/3063277</a></p> <p><b><u>Required Course Materials</u></b></p> <p>This course will require <b>MindTap</b> from Cengage. <b>ISBN: 9781305671164 Price: \$100.00</b></p> <p>You can choose to purchase <b>MindTap</b> through Cengage Unlimited – a digital subscription service (think Netflix or Apple Music) which can save you a lot of money. With Cengage Unlimited you can access <u>ANY</u> Cengage materials you are using across <u>ALL</u> of your courses <u>AND</u> a library of 20,000 ebooks, study guides and reference materials. Cengage Unlimited costs \$119.99 for four months, \$179.99 for twelve months or \$239.99 for twenty-four months.</p> <p>You also get a print rental when you activate <b>MindTap</b> You'll pay just \$7.99 + free shipping. You may also have the option to purchase a loose-leaf version of your textbook for <b>\$46.95</b> which you can keep. As a bonus, when your subscription ends, you can choose up to six ebooks to retain in your virtual locker for an additional twelve months.</p> <p>You can purchase access to Cengage Unlimited in the college bookstore or at <a href="http://www.cengage.com">www.cengage.com</a>.</p> <p><b><u>Getting Registered</u></b></p> <p>To access your course materials and explore Cengage Unlimited, login to <b>Blackboard</b> and click on the link that says <b>Click HERE to Access your MindTap Course!</b> When prompted, login with your Cengage account and follow the prompts to complete the registration process.</p> <p><b><u>Additional Registration/Purchasing Support</u></b></p> <p>Should you need additional guidance, please visit <a href="http://www.cengage.com/start-strong">www.cengage.com/start-strong</a>. Financial Aid students can purchase access to Cengage Unlimited from the college bookstore.</p>

<b>Supplemental reading:</b>	N/A
<b>Course format:</b>	Blackboard: Case Studies, Multimedia, Written Assignments, Readings, quizzes, Videos and Comprehensive Final Exam
<b>Major learning objectives (must be numbered):</b>	<ul style="list-style-type: none"> <li>➤ The student will become familiar with healthy People 2020 goals and objectives.</li> <li>➤ The student will become familiar with the Dietary Guidelines.</li> <li>➤ The student will be able to explain the functions of the major organs involved in the digestion and absorption of food.</li> <li>➤ The student will be able to describe the physiological functions and sources of proteins, carbohydrates, fats, vitamins, minerals, and fiber.</li> <li>➤ The student will be able to analyze the relationship between energy balance and weight management.</li> </ul>

**Assessment strategies:  
(must be numbered)**

1. Text chapters and readings  
There are 15 Chapters, Chapters 1 -15. Each chapter contains the following for a graded assignment:
2. Case studies
3. Video Quizzes
4. Global Nutrition
5. Post Learning Quizzes  
Diet & Wellness + (\*\*See instructions below\*\*) **Mandatory Assignment** Diet & Wellness (+) will require you to set up your own personal file.

**NOTE: Your course calendar will give you the due date for this assignment.**

6. Comprehensive Multiple Choice/T & F - Final  
**\*\*\*DO NOT fall behind. Chapters 1 – 15 will be open all semester and will close on 5/5, 5:00 pm. It is the student’s responsibility to contact me immediately if something is preventing you to move forward in a timely manner with your assignments.**

**Computerized Diet & Wellness Analysis Assignment:**

Students will be completing an analysis of 3 days of food intake & activity using Cengage’s Diet & Wellness Plus program found in Mindtap (big yellow plus sign on right margin of page). Students will complete this assignment to gain a better understanding of how nutrition relates to their personal health goals. This mandatory assignment is worth 100 pts. The due date for this assignment will be noted in your course calendar. If submitted late, points will be deducted.

Access tutorial Link for tutorial instructions (Diet Plus & Wellness Analysis) on youtube.com. (Cengage Learning) Search for “Diet & Wellness Plus Overview for Students”.

This will show you how to create a profile and start the Diet & Wellness Plus Analysis

**Students must ensure that a report is generated by clicking the REPORTS tab and then selecting the required options.**

**You will submit:**

- 1) **Daily Requirement Intake; 2) Intake vs. Goals; 3) 3 day input reports; 4) you will submit to me in an email to BB a narrative in your own words what you learned and would change based on your reports.**
- 2) **Either submit each of these individually to the BB course email OR put all the reports including your narrative in one PDF file/ZIP file.**
- 3) **Review tutorial links found in BB home page to “D & W assignment” and “How to Get Started With MindTap”**

Program Competencies (core competency area must be identified & numbered according to that listed by the Health Promotion program)	Learning objectives	Assessment strategies
This course meets the following Health Promotion degree competencies		

<b>Grading scale &amp; criteria</b>	<p>Grading scale:</p> <p>Grading components:</p> <p>Diet &amp; Wellness = 100 points</p> <p>Video quizzes = 225 points</p> <p>Case Studies = 225 points</p> <p>Global Nutrition =225points</p> <p>Post-learning Quizzes =225 points</p> <p>Final (Comprehensive) = 100 points</p> <p>Total possible points for this course = 1100 points</p> <p>A = 990 - 1100</p> <p>B = 880 - 989</p> <p>C = 770 - 879</p> <p>D = 660 - 769</p> <p>F = Below 600</p>
<b>Incomplete policy:</b>	An "I" (incomplete grade) can only be considered only <u>if requested by the student in advance of the conclusion of the course</u> and only for <u>legitimate, documented</u> emergencies. Failure to request and negotiate the terms of an "Incomplete" grade before the conclusion of the course will result in a denial except in the most extraordinary circumstances.
<b>Course/Instructor &amp; Institutional Policies</b>	
<b>Attendance:</b>	When a student registers for a course, it is assumed that she/he has made arrangements to avoid such conflicts. Students are responsible for any information or activities presented lectures, assignments, and/or readings. Students may be administratively withdrawn for excessive unexcused absences (2 or more classes, if applicable). Compliance to due dates, in class presentations, homework, exams and other activities is mandatory. All emergency-related assignment tardiness must be verified. <b>If an exceptional situation arises that prevents you to complete the work within the suggested timeline you are expected to contact me via BB message, immediately.</b> No Exceptions!!
<b>Reading assignments:</b>	All assigned readings need to be completed prior to coming to completing assignments.
<b>Writing standards</b>	Effective public health leaders and practitioners are also effective written as well as oral communicators. Written communication is a critical element of the communication

	process. Our MPH graduate program both recognizes and expects good writing to be the norm for course work. Please feel free to seek out assistance from the UTEP Writing Center. It is free and they are very helpful.
<b>Policy for late assignments</b>	Due dates for homework, exams, presentations and other assignments are designed for fairness to all students. No exceptions to those dates will be made excepting in cases of university-designated closures.
<b>Permission to record lectures &amp; discussions</b>	Not permitted without express permission of the instructor.

<b>Cellphone/electronic tablet/ use policies:</b>	N/A in online course Please note that all cellular telephones, pagers, headphones, iPods, iPads, mp3 players, earpieces, laptops, and other forms of communication and entertainment technology equipment must be powered off and put away during the class period. If a situation should arise which necessitates a student to be contacted by a physician or family member, the instructor shall be notified and cell phone can be set to "vibrate." Please be advised that students who use unauthorized technology during class time will be dismissed from that week's class session.
<b>Field trip policies:</b>	N/A
<b>Class participation:</b>	N/A in online course Active student participation in this course is very important. Students must be prepared to come to class to discuss, answer questions, and participate in all class activities.
<b>Special accommodations:</b>	If you have a disability and need classroom accommodations, please contact The Center for Accommodations and Support Services (CASS) at 747-5148, or by email to <a href="mailto:cass@utep.edu">cass@utep.edu</a> , or visit their office located in UTEP Union East, Room 106. For additional information, please visit the CASS website at <a href="http://www.sa.utep.edu/cass">www.sa.utep.edu/cass</a> .
<b>MPH handbook:</b>	<a href="http://chs.utep.edu/publichealthsciences/pdf/MPH%20STUDENT%20%20HANDBOOK%202013-2014.pdf">http://chs.utep.edu/publichealthsciences/pdf/MPH%20STUDENT%20%20HANDBOOK%202013-2014.pdf</a>
<b>Student conduct:</b>	Students are expected to be above reproach in all scholastic activities. Students who engage in scholastic dishonesty are subject to disciplinary penalties, including the possibility of failure in the course and dismissal from the university. "Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, and the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another student, any act designed to give unfair advantage to a student or the attempt to commit such acts." <u>Regent's Rules and Regulations</u> , Part One, Chapter VI, Section 3.2, Subdivision 3.22. Since scholastic dishonesty harms the individual, all students, and the integrity of the University, policies on scholastic dishonesty will be strictly enforced. From the UTEP Dean of Student Affairs ( <a href="http://studentaffairs.utep.edu/Default.aspx?tabid=4386">http://studentaffairs.utep.edu/Default.aspx?tabid=4386</a> ) "It is an official policy of university that all suspected cases or acts of alleged scholastic dishonesty must be referred to the Dean of Students for investigation and appropriate disposition. Any student who commits an act of scholastic dishonesty is subject to discipline. Scholastic dishonesty includes, but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts".  <b>Examples of "cheating" include:</b> <ul style="list-style-type: none"> <li>• Copying from the homework, in-class work or exam paper of another student, engaging in written, oral, or any other means of communication with another</li> </ul>

student during an exam or homework assignment, or giving aid to or seeking aid from another student during a test;

- Possession and/or use during an exam or home test of materials which are not authorized by the person giving the test, such as class notes, books, or specifically designed “crib notes”;
- Using, obtaining, or attempting to obtain by any means the whole or any part of non-administered test, test key, homework solution, or computer program; using a test that has been administered in prior classes or semesters but which will be used again either in whole or in part without permission of the instructor; or accessing a test bank without instructor permission;
- Collaborating with or seeking aid from another student for an assignment without authority;
- Substituting for another person, or permitting another person to substitute for one's self, to take a test;
- Falsifying research data, laboratory reports, and/or other records or academic work offered for credit.

**“Plagiarism”** means the appropriation, buying, receiving as a gift, or obtaining by any means another's work and the unacknowledged submission or incorporation of it in one's own academic work offered for credit, or using work in a paper or assignment for which the student had received credit in another course without direct permission of all involved instructors. NOTE: This includes cutting-and-pasting and photocopying from on-line and other material.

**“Collusion”** means the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any provision of the rules on scholastic dishonesty.

