



Department of Public Health Sciences

| | |
|--|---|
| Course name: | Fundamentals of Nutrition |
| Course no.: | HSCI 2302 |
| Course CRN/Sections: | 14840, 17853 & 17091 |
| Semester/year | Fall 2022 |
| Undergraduate credit hours: | 3 |
| Class location: | Online |
| Class meeting time: | N/A |
| Class instructor: | Lauren Lavretsky, MS, RD, LD, CHES |
| Office location: | Available via email or scheduled phone meeting |
| Phone: | N/A |
| Email: | Please feel free to contact me throughout the semester using the email address lmavretsky@utep.edu . Please do not rely on the Blackboard messaging system to contact me. Use my direct email. This is an online course so you are responsible for checking your email, as well as the course website for announcements. Please note that as a general rule I rarely reply to email on weekends (Friday afternoon until Monday morning). If you send a message via email that you think requires my urgent attention, you may type "URGENT HSCI 2302" in the subject line. Please save such messages for real urgent cases. |
| Office hours: | By email or by appointment |
| Preferred contact method: | Email lmavretsky@utep.edu |
| 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: | (1) Nutrition: Concepts and Controversies, 16th, By FrancesSizer/Ellie Whitney. 2022, Cengage learning. (2) MindTap access card. The electronic supplement/access code for Mind Tap is required for this course. Mind Tap includes an electronic textbook and all supplemental materials. You may purchase access and register through the Mind Tap link on the Blackboard course site. |
| Supplemental reading/Resources: | -Computer with Internet access (Preferred browser Google Chrome or Firefox for use with Mind Tap supplement) -Various videos available free online or through the UTEP library |
| Course format: | Online |
| Major learning objectives (must be numbered): | By the end of this course, students will be able to: 1. Understand the importance of good nutrition 2. Identify primary goals and objectives as described in <i>Healthy People 2020</i> 3. Identify and explain the function of the major organs involved in the digestion and absorption of food 4. Identify and describe the physiological function, sources, and requirements for major nutrients (e.g. proteins, carbohydrates, fats, vitamins, minerals, and water) by our body |

| | |
|---|---|
| | <ol style="list-style-type: none"> 5. Identify the different components of a food label; learn how to read and interpret the label information given related to one's own nutritional needs 6. Learn about different nutrients which are positively related to health and identify those that increase risk of developing chronic disease 7. Analyze the relationship between energy balance and weight management 8. Identify the basic principles of food sanitation, safety and food insecurity 9. Identify the principles of optimum nutrition |
| <p>Assessment strategies: (must be numbered)</p> | <p>Written Examinations and Graded Assignments</p> <ol style="list-style-type: none"> 1. There will be 2 Mid-Term exams (see course schedule) and one comprehensive final exam (worth 20% of your grade). The final exam will be cumulative. Mid-term exams will be available for one week due on the Friday of that week at 5PM. All exams will be available on Blackboard under "Exams" 2. <u>There will be NO make-up exams if exam is missed.</u> It is highly recommended to take the exam prior to the due date in case unforeseen circumstances arise. 3. Work must be neatly and professionally written or typed, unacceptable written assignments will have points deducted. <u>5 points will be deducted for late work, for every class day that these are late.</u> This includes the two Discussions that will take place on Blackboard under "Discussions"; see course schedule for due dates. 4. The majority of assignments/quizzes/supplementary graded activities will be through the Mind Tap portal. You will have two hours to complete each MindTap assignment (must be done in one sitting). Please use the Mind Tap link through Blackboard to access these. The course schedule details which assignments will need to be completed in Mind Tap and associated due dates/times. <u>There are no late MindTap assignments/quizzes accepted.</u> 5. You will have one larger culminating assignment called the "Dietary Analysis Assignment" due later in the semester. You will need MindTap to help you prepare the diet analysis portion of this assignment. The assignment instructions will be posted on Blackboard and this assignment will be turned in via Blackboard. Your large dietary assignment will only be accepted up to 3 days late. 6. One must realize that information in nutrition is cumulative and highly interrelated. Therefore, just because a concept appears on a quiz or exam does NOT mean that it will not appear on future tests and quizzes. 7. This is an online course highly reliant on technology. Technology failures will not result in the ability to make-up and assignment or an exam. Ensure excellent internet connectivity and computer battery power prior to starting an assignment, quiz, or exam. |

| <p>Grading scale & criteria</p> | <p>Student performance</p> <p>Work must be <u>neatly and professionally typed</u>, unacceptable written assignments will have points deducted.</p> <p>Additional instructions and necessary forms required for each assignment can be found on Blackboard.</p> <table border="1" data-bbox="508 384 1437 722"> <thead> <tr> <th>Components of the Course Grade</th> <th>Points</th> <th>% of the total grade</th> </tr> </thead> <tbody> <tr> <td>Mind Tap Chapter Assignments/Quizzes (5-15 points each)</td> <td>330</td> <td>33%</td> </tr> <tr> <td>Mid-Term Exams (100 pts each)</td> <td>200</td> <td>20% (10% each)</td> </tr> <tr> <td>Final Exam</td> <td>200</td> <td>20%</td> </tr> <tr> <td>Dietary Analysis* (120 pts)</td> <td>120</td> <td>12%</td> </tr> <tr> <td>Main Discussion (1 worth 100 pts each)</td> <td>100</td> <td>10%</td> </tr> <tr> <td>Introduction Discussion</td> <td>50</td> <td>5%</td> </tr> <tr> <td>Total</td> <td>1000</td> <td>100%</td> </tr> </tbody> </table> <p>Grading Scale:</p> <p>>89.5% A</p> <p>79.5%-89.4 B</p> <p>70%-79.4% C</p> <p>60%-69.4% D</p> <p><59.4% F</p> <p>* In order to obtain all points work must be clean, professional, and creative. Your ongoing progress and grade in the course can be found in the Blackboard gradebook.</p> | Components of the Course Grade | Points | % of the total grade | Mind Tap Chapter Assignments/Quizzes (5-15 points each) | 330 | 33% | Mid-Term Exams (100 pts each) | 200 | 20% (10% each) | Final Exam | 200 | 20% | Dietary Analysis* (120 pts) | 120 | 12% | Main Discussion (1 worth 100 pts each) | 100 | 10% | Introduction Discussion | 50 | 5% | Total | 1000 | 100% |
|--|--|--------------------------------|--------|----------------------|---|-----|-----|-------------------------------|-----|----------------|------------|-----|-----|-----------------------------|-----|-----|--|-----|-----|-------------------------|----|----|--------------|-------------|-------------|
| Components of the Course Grade | Points | % of the total grade | | | | | | | | | | | | | | | | | | | | | | | |
| Mind Tap Chapter Assignments/Quizzes (5-15 points each) | 330 | 33% | | | | | | | | | | | | | | | | | | | | | | | |
| Mid-Term Exams (100 pts each) | 200 | 20% (10% each) | | | | | | | | | | | | | | | | | | | | | | | |
| Final Exam | 200 | 20% | | | | | | | | | | | | | | | | | | | | | | | |
| Dietary Analysis* (120 pts) | 120 | 12% | | | | | | | | | | | | | | | | | | | | | | | |
| Main Discussion (1 worth 100 pts each) | 100 | 10% | | | | | | | | | | | | | | | | | | | | | | | |
| Introduction Discussion | 50 | 5% | | | | | | | | | | | | | | | | | | | | | | | |
| Total | 1000 | 100% | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Incomplete policy:</p> | <p>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.</p> | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Course/Instructor & Institutional Policies</p> | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Attendance:</p> | <p>It is expected that all students enrolled in HSCI 2302 Fundamentals of Nutrition to participate in all instructional activities. Online courses are no different from classroom courses in regards to attendance. Participation must be defined accordingly. Students "attendance" in online courses will be defined as active participation in the course as described in the course syllabus. Online courses will have, at minimum, weekly mechanism for student participation, which can be documented by any or all of the following methods:</p> <ol style="list-style-type: none"> 1. Student participation in discussion 2. Submission/completion of assignment and evaluations 3. Communication with the instructor. <p>Students who do not log on to the course within the drop/add period for the course will be dropped from the course. Students who fail to maintain an active participation in an online course as defined in the course syllabus will be processed in accordance with the university's current attendance policy.</p> <p>Other Attendance Policy: Class participation is a mandatory component of this course. It is the student's responsibility to get all assignments and/or class notes. Not</p> | | | | | | | | | | | | | | | | | | | | | | | | |

| | |
|--|---|
| | <p>knowing about an exam or assignment due date because lack of participation in the class is not a valid excuse.</p> <p style="text-align: center;"><u>COVID-19 PRECAUTION STATEMENT</u></p> <p>Please stay home if you have been diagnosed with COVID-19 or are experiencing COVID-19 symptoms. If you are feeling unwell, please let me know as soon as possible, so that we can work on appropriate accommodations. If you have tested positive for COVID-19, you are encouraged to report your results to covidaction@utep.edu, so that the Dean of Students Office can provide you with support and help with communication with your professors. The Student Health Center is equipped to provide COVID-19 testing.</p> <p>The Center for Disease Control and Prevention recommends that people in areas of substantial or high COVID-19 transmission wear face masks when indoors in groups of people. The best way that Miners can take care of Miners is to get the vaccine. If you still need the vaccine, it is widely available in the El Paso area, and will be available at no charge on campus during the first week of classes. For more information about the current rates, testing, and vaccinations, please visit epstrong.org.</p> |
| Reading assignments: | All assigned readings need to be completed prior to the end of the Unit. At the end of each unit all assignments and EXAM for that unit are due. There will be no make-up exams, or late exams, as you will have on average 3 weeks to one month to complete each unit's activities (see course schedule). |
| Writing standards | 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 undergraduate 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. |
| Policy for late assignments | 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. Five (5) points will be deducted for each day an assignment is late (including weekend days). <u>No assignments will be accepted past five days late. The dietary analysis assignment is only accepted up to three days late.</u> |
| Permission to record lectures & discussions | Not permitted without express permission of the instructor |

| | |
|---|---|
| Cellphone/electronic tablet/ use policies: | N/A Recommend using a laptop/desktop for all course activities for internet reliability. There will be no make-up exams for failed internet service. Please remember there are computer labs on campus for your use. |
| Field trip policies: | N/A |
| Class participation: | Active student participation in this course is very important. Students must be prepared to participate in all online activities. |
| Special accommodations: | 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 cass@utep.edu , or visit their office located in UTEP Union East, Room 106. For additional information, please visit the CASS website at www.sa.utep.edu/cass . |

Student conduct:

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." Regent's Rules and Regulations, 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 (<http://studentaffairs.utep.edu/Default.aspx?tabid=4386>) "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".

Examples of "cheating" include:

- Copying from the homework, on-line work or exams, engaging in written, oral, or any other means of communication with another 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.