



Department of Public Health Sciences

Course name:	Fundamentals of Nutrition
Course no.:	HSCI 2302
Course CRN/Sections:	20510/20511
Semester/year	Spring 2024
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.
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/Elle 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 Resources:	-Various videos/articles 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 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

	<ol style="list-style-type: none"> 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 1 Mid-Term exam (see course schedule) and one comprehensive final exam (worth 20% of your grade). The final exam will be cumulative, heavy on material from the second half of the course. The Mid-term exam will be available for one week due on the Friday of that week at 12PM. 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 Work must be neatly and professionally typed, unacceptable written assignments will have points deducted. Additional instructions and necessary forms required for each assignment can be found on Blackboard.</p> <table border="1" data-bbox="508 310 1435 653"> <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 Exam (200 pts)</td> <td>200</td> <td>20%</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 (100 pts)</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: >89.5% A 79.5%-89.4 B 70%-79.4% C 60%-69.4% D <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 Exam (200 pts)	200	20%	Final Exam	200	20%	Dietary Analysis* (120 pts)	120	12%	Main Discussion (100 pts)	100	10%	Introduction Discussion	50	5%	Total	1000	100%
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<p>Incomplete policy:</p>	<p>An "I" (incomplete grade) can only be considered only if requested by the student in advance of the conclusion of the course 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 knowing about an exam or assignment due date because lack of participation in the class is not a valid excuse.</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). There are also supplemental research articles posted on Blackboard for your reference. This material is subject to exam questions.
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> Once again, early communication is needed for any unforeseen circumstances, no later than 3 days after a due date.
Permission to record lectures & discussions	Not permitted without express permission of the instructor

Technology Requirements	<p>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.</p> <p>Course content is delivered via the Internet through the Blackboard learning management system and Cengage MindTap program. Ensure your UTEP e-mail account is working and that you have access to the Web and a stable web browser. Google Chrome and Mozilla Firefox are the best browsers for Blackboard; other browsers may cause complications. When having technical difficulties, update your browser, clear your cache, or try switching to another browser.</p> <p>You will need to download or update the following software: Microsoft Office, Adobe Acrobat Reader, Windows Media Player, QuickTime, Java, and RESPONDUS LOCKDOWN BROWSER (free from UTEP Tech Services). Check that your computer hardware and software are up-to-date and able to access all parts of the course.</p> <p>If you do not have a word-processing software, you can download Word and other Microsoft Office programs (including Excel, PowerPoint, Outlook and more) for free via UTEP's Microsoft Office Portal. Click the following link for more information about Microsoft Office 365 and follow the instructions.</p> <p>IMPORTANT: If you encounter technical difficulties beyond your scope of troubleshooting, please contact the UTEP Help Desk as they are trained specifically <u>in assisting with technological needs of students. Please do not contact me for this type of assistance. The Help Desk is much better equipped than I am to assist you!</u></p>
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<p>ARTIFICIAL INTELLIGENCE</p>	<p>Use of AI technologies or automated tools, particularly generative AI such as ChatGPT or DALL-E, is not allowed for assignments in this class. Each student is expected to use critical and creative thinking skills to complete tasks and not rely on computer-generated ideas. Any direct use of AI-generated materials submitted as your own work will be treated as plagiarism and reported to the Office of Student Conduct and Conflict Resolution (OSCCR).</p> <p><u>AI allowed only with prior permission from instructor</u> Use of AI technologies or automated tools, particularly generative AI such as ChatGPT or DALL-E, is only allowed with approval from the instructor BEFORE being used. Without permission, you will be expected to think creatively and critically to complete assignments without assistance from these tools. Consider how this will affect your credibility as a writer and scholar before doing so.</p> <p>If given permission to use any of these tools, students must properly cite and give full credit to the program used upon submission of every relevant assignment. For example, text generated using ChatGPT must be cited:</p> <p style="padding-left: 40px;">Chat-GPT(version). Date of query (year/month/day). "Text of your query." Generated using OpenAI. https://chat.openai.com/</p> <p>A short paragraph describing how the tool(s) was/were used for the assignment must be included.</p>
<p>Class participation:</p>	<p>Active student participation in this course is very important. Students must be prepared to participate in all online activities.</p>
<p>Special accommodations:</p>	<p>The University is committed to providing reasonable accommodations to students with documented disabilities. Students who become pregnant may also request reasonable accommodations, in accordance with state and federal laws and regulations and University policy. Accommodations that constitute undue hardship are not reasonable. To make a request, please register with the UTEP Center for Accommodations and Support Services (CASS). Contact CASS at 915-747-5148, email them at cass@utep.edu, or apply for accommodations online via the CASS portal.</p> <p><i>Early communication with me is better regarding any needed accommodations to ensure you receive the help you need!</i></p>
<p>Student conduct:</p>	<p>Academic dishonesty is prohibited and is considered a violation of the UTEP Handbook of Operating Procedures. It includes, but is not limited to, cheating, plagiarism, and collusion. Cheating may involve copying from or providing information to another student, possessing unauthorized materials during a test, or falsifying research data on laboratory reports. Plagiarism occurs when someone intentionally or knowingly represents the words or ideas of another as ones' own. Collusion involves collaborating with another person to commit any academically dishonest act. Any act of academic dishonesty attempted by a UTEP student is unacceptable and will not be tolerated. All suspected violations of academic integrity at The University of Texas at El Paso must be reported to the Office of Student Conduct and Conflict Resolution (OSCCR) for possible disciplinary action. To learn more, please visit HOOP: Student Conduct and Discipline.</p>

	<p>Examples of “cheating” include:</p> <ul style="list-style-type: none"> • 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. <p>“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.</p>
<p>Course Drop Policy</p>	<p>I will not drop you from the course. However, if you feel that you are unable to complete the course successfully, please let me know and then contact the Registrar’s Office to initiate the drop process by the deadline. If you do not, you are at risk of receiving an “F” for the course.</p>