



Department of Public Health Sciences
Health Promotion Program Syllabus

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| Course name: | Fundamentals of Nutrition |
| Course number: | HSCI 2302 |
| Course CRN: | 18103 |
| Semester/year: | Fall 2020 |
| Undergraduate credit: | 3 hrs. |
| Class instructor: | Maria Isabel Acosta, MS |
| Class location: | Virtually via Blackboard |
| Class meeting time: | Virtual presentations: T 10-11am and H 10-11am |
| Preferred contact method Blackboard Email | Please use the course email option from Blackboard for questions and concerns. Note: I do not reply emails on weekends. |
| Office hours: | Virtually via Blackboard Collaborative Ultra M 1-2pm, T 10-11am, R 5-6pm. Or by appointment |
| Course description: | Includes a study of the nutrients and their sources, their metabolic functions and effect 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 "C" or better |
| Required textbook | Sizer - Bundle: Nutrition: Concepts and Controversies, Loose-leaf Version, 15th + MindTap 1 term OR: Sizer/Whitney - MindTap for Sizer/Whitney's Nutrition: Concepts and Controversies, 1 term OR: Cengage - Cengage Unlimited, 1 term (4 months) Instant Access NOTE: The materials required for this class and any others using Cengage products are included in ONE Cengage Unlimited subscription. For \$119.99 per semester, you get access to ALL your Cengage online textbooks, and access codes, in one place. \$7.99 hardcopy textbook rentals are also available for select titles. Download the free Cengage Mobile App to get your Cengage Unlimited online textbooks and study tools on your phone. Ask for Cengage Unlimited in the bookstore or visit cengage.com/unlimited . |

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| | <p>View the tutorial video: https://play.vidyard.com/yUAP2eFUunPkCeXniVjqcY and see how to access and obtain your print options. You can purchase access to Cengage Unlimited in the bookstore or at cengage.com. You must log in to Mind Tap Using your @miners.utep.edu email account.</p> <p>Course Link URL: https://www.cengage.com/dashboard/#/course-confirmation/MTPND4XQNQ4D/initial-course-confirmation</p> |
| Supplemental reading, resources and material | <ol style="list-style-type: none"> 1. Blackboard basics 2. Mind Tap Access 3. Computer with Internet access 4. Dietary Guidelines: http://health.gov/dietaryguidelines/2015/guidelines/ |
| Major learning objectives: | <p>By the end of this course, students will be able to:</p> <ol style="list-style-type: none"> 1. Understand the importance of good nutrition and Healthy Dietary Patterns. 2. Identify primary goals and objectives as described in <i>Healthy People 2020</i> and <i>Dietary Guidelines for Americans 2015</i>. 3. Identify and explain the functions 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 7. Analyze the relationship between energy balance and weight management |
| Assessment strategies: | <p>Assessments</p> <ol style="list-style-type: none"> 1. Attendance: Students must log in into the course at least twice a week. Students will complete global nutrition and video activities for each chapter on Mind Tap. 2. Participation: Will be assessed by the use of Blackboard and Mind Tap. Additional information will be posted on Blackboard 3. There will be Six Mind Tap quizzes, one after each chapter; additional instructions will be provided. 4. There will be Four Partial Exams. Each Exam will be based on material covered since the previous Exam. However, 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 quiz or exams. There will be NO make-up quiz or exam if missed. 5. Dietary Analysis: Students will complete the Dietary Analysis using the Diet & Wellness app on Mind Tap. Additional Instruction on this assignments and necessary forms required can be found on Blackboard. <p>The Final Exam is comprehensive and will be available Online on the day Final exam is schedule according to the University's Calendar. You will be exempt from taking the Final exam if your overall score is above 850 points.</p> |

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| 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. | | | | | | | | | | | | | | |
| Grading scale & criteria: | <p>Grading scale & criteria:</p> <table border="1" data-bbox="646 390 1377 951"> <tr> <td>Attendance: Global Nutrition and videos activities, for each chapter (10 points ea.)</td> <td>100</td> </tr> <tr> <td>Participation: 6 Mind-tap quizzes (50 points ea.)</td> <td>300</td> </tr> <tr> <td>Four Exams one for each Module (60 points ea.)</td> <td>240</td> </tr> <tr> <td>Dietary Analysis: due date on Nov 6th</td> <td>260</td> </tr> <tr> <td>Two Mind-tap extra points quizzes: 1 post-test for macronutrients and 1 post-test for micronutrients (100 points ea.)</td> <td>200</td> </tr> <tr> <td>Final Comprehensive Exam</td> <td>100</td> </tr> <tr> <td style="text-align: right;">TOTAL</td> <td>1,200</td> </tr> </table> <p style="text-align: right;">Grading Scale: 900 & up = A 799 - 899 = B 699 - 799 = C 599 - 699 = D 598 & below = F</p> | Attendance: Global Nutrition and videos activities, for each chapter (10 points ea.) | 100 | Participation: 6 Mind-tap quizzes (50 points ea.) | 300 | Four Exams one for each Module (60 points ea.) | 240 | Dietary Analysis: due date on Nov 6 th | 260 | Two Mind-tap extra points quizzes: 1 post-test for macronutrients and 1 post-test for micronutrients (100 points ea.) | 200 | Final Comprehensive Exam | 100 | TOTAL | 1,200 |
| Attendance: Global Nutrition and videos activities, for each chapter (10 points ea.) | 100 | | | | | | | | | | | | | | |
| Participation: 6 Mind-tap quizzes (50 points ea.) | 300 | | | | | | | | | | | | | | |
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| Final Comprehensive Exam | 100 | | | | | | | | | | | | | | |
| TOTAL | 1,200 | | | | | | | | | | | | | | |
| Attendance: | <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” on online courses will be defined as active participation on 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 overall course 2. Student participation in discussion boards 3. Submission/completion of assignment and evaluations 4. 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> | | | | | | | | | | | | | | |
| Reading assignments: | All assigned readings need to be completed prior to coming to the next scheduled class session. Example: the reading assignments for week 2 need to be completed prior to coming to the week 2 class session | | | | | | | | | | | | | | |

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| 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 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. |
| 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. All assignments due dates are specified in the Tentative Schedule course calendar. Please see additional document. Once the assignment closed, it will not be reopened. |
| Permission to record lectures & discussions: | Not permitted without express permission of the instructor |
| Cell Phone/electronic tablet/ use policies: | N/A |
| Field trip policies: | N/A |
| Class participation: | 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. |
| 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: | <p>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.</p> <p>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.</p> <p>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".</p> |

Examples of “cheating” include:

- 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 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.