



Department of Public Health Sciences
HSCI 2302: Fundamentals of Nutrition

COURSE INFORMATION

CRN: 13363

Term: Fall 2024

Delivery Method: In-person

Meeting Day and Time: Tuesdays & Thursdays 10:30 – 11:50 am

Location: Undergraduate Learning Center, Room 216

INSTRUCTOR INFORMATION

Instructor: María Isabel Acosta, MS miacosta@utep.edu

Written Communication: via Blackboard on email course space

Office Location: College of Health Sciences, Room 416

Office Hours: Tuesday and Thursdays from 12:00 to 2:00 pm or by appointment

COURSE DESCRIPTION

This is a 3-credit core course for all Health Science students. The course includes a study of the nutrients and their sources, their metabolic functions and effect on wellbeing and health problems, also the components of adequate diets and local, national and world nutritional problems.

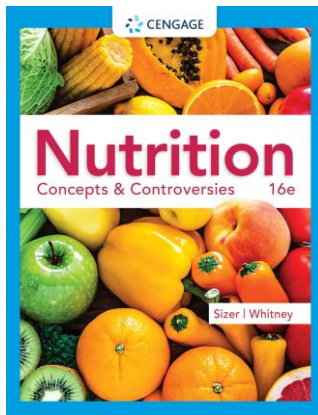
COURSE OBJECTIVES

At the end of this course, students will be able to:

1. Understand the importance of good nutrition and Healthy Dietary Patterns.
2. Identify primary goals and objectives as described in *Healthy People 2030* and *Dietary Guidelines for Americans*.
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.

REQUIRED MATERIAL

Sizer, Whitney Bundle: **Nutrition Concepts and Controversies**, 16th edition. Cengage 2021. ISBN: 978-0-357-72761-4 + one term Mind-tap for Sizer/Nutrition 16e edition from Cengage. Mind tap platform is available for purchase on its own.



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.

View the **tutorial video**: <https://play.vidyard.com/yUAP2eFUunPkCeXniVjgcY> and see how to access and obtain your print options. You can purchase access to Cengage Unlimited in UTEP bookstore or at **cengage.com**. You must log into Mind Tap using your @miners.utep.edu email account.

COURSE ASSIGNMENTS AND GRADING

- **Attendance:** Students must log on to the course at least twice a week. Students will complete global nutrition and video activities for each chapter on Mind Tap.
- **Participation:** Will be assessed using Blackboard and Mind Tap. Additional information will be posted on Blackboard
- There will be **Six Mind Tap quizzes**, one after each chapter; additional instructions will be provided.
- There will be **Three 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 quizzes or exams. **There will be NO make-up quiz or exam if missed.**
- **Dietary Analysis Assignment:** 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.

The **Final Exam** is comprehensive and will be available Online schedule according to the University's Calendar. You may be exempted from taking the final exam if your overall score is above 899 points.

GRADING SCALE AND CRITERIA

Attendance: Global Nutrition and videos activities, for each chapter (10 points ea.)	100
Participation: 6 Mind-tap quizzes (50 points ea.)	300
Three partial Exams (80 points ea.)	240
Dietary Analysis Assignment: due the last week of the semester	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 POINTS	1,200

Grading Scale:

900 & up = A
799 - 899 = B
699 - 799 = C
599 - 699 = D
598 & below = F

TECHNOLOGY REQUIREMENTS

Some course content is delivered via the Internet through the Blackboard learning management system. 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.

You will need to have access to a computer/laptop. You will need to download or update the following software: Microsoft Office, Adobe Acrobat Reader, Windows Media Player, QuickTime, and Java. Check that your computer hardware and software are up-to-date and able to access all parts of the course.

If you do not have 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.

IMPORTANT: If you encounter technical difficulties beyond your scope of troubleshooting, please contact the UTEP [Help Desk](#) as they are trained specifically 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!

COURSE COMMUNICATION:

Here are the ways we can keep the communication channels open:

- **Office Hours:** I will have office hours for your questions and comments about the course. My office hours are in-person, please see the days and times at the top of this syllabus.
- **Email:** Blackboard email is the best way to contact me. I will make every attempt to respond to your email within 48 hours of receipt. When emailing me, be sure to email from your UTEP student e-mail account and please put the course number in the subject line. In the body of your e-mail, clearly state your question. At the end of your e-mail, be sure to put your first and last name, and your university identification number.
- **Announcements:** Check the Blackboard announcements **every Monday** for any updates, deadlines, or other important messages.

ATTENDANCE AND PARTICIPATION

Our class meetings are in-person at College of Health Sciences Rom 206, every Tuesday and Thursday from 12:00 to 1:20 pm, beginning January 16 through May 6.

Attendance in the course is determined by participation in the learning activities of the course. Your participation in the course is important not only for your learning and success but also to creating a community of learners. Participation is determined by the completion of the following activities:

- Reading/Viewing all course materials to ensure understanding of assignment requirements
- Participating in engaging discussions with your peers
- Other activities as indicated in the weekly modules

Because these activities are designed to contribute to your learning each week, they cannot be made up after their due date has passed.

ILLNESS PRECAUTIONS

Please stay home if you have symptoms of a communicable illness. If you are feeling unwell, please let me know as soon as possible, so that we can work on appropriate accommodation.

***EXCUSED ABSENCES AND/OR COURSE DROP POLICY**

According to UTEP Catalog, "At the discretion of the instructor, a student can be dropped from a course because of excessive absences or lack of effort. A grade of "W" will be assigned before the course drop deadline and a grade of "F" after the course drop deadline." See Policies and Regulations in the UTEP Undergraduate Catalog for a list of excuse absences. Therefore, if I find that, due to non-performance in the course, you are at risk of failing, I will drop you from the course. I will provide 24 hours advance notice via email.

OR

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. If you do not, you are at risk of receiving an "F" for the course.

DEADLINES, LATE WORK, AND ABSENCE POLICY

Assignments will be due on Sundays at midnight (11:59 PM) via Blackboard. No late work will be accepted if the reason is not considered excusable.

MAKE-UP WORK POLICY

This course has a weekly ongoing pace, meaning that you will be constantly earning points with each weekly activity you complete. Every course assignment (articles, videos, quizzes and exams) will have a deadline, and no further extensions or exceptions will be granted.

The course offers two extra credit quizzes in order to earn 200 additional points.

All students will have the option to use this opportunity to increase their grades. This extra-credit task would help to recover the pace if the student missed, failed or has a low graded assignment.

ALTERNATIVE MEANS OF SUBMITTING WORK IN CASE OF TECHNICAL ISSUES

I strongly suggest that you submit your work with plenty of time to spare in the event that you have a technical issue with the course website, network, and/or your computer. I also suggest you save all your work (answers to discussion points, quizzes, exams, and essays) in a separate Word document as a backup. This way, you will have evidence that you completed the work and will not lose credit. If you are experiencing difficulties submitting your work through Blackboard, please contact the UTEP Help Desk. You can email me your backup document as a last resort.

INCOMPLETE GRADE POLICY

Incomplete grades may be requested only in exceptional circumstances after you have completed at least half of the course requirements. Talk to me immediately if you believe an incomplete is warranted. If granted, we will establish a contract of work to be completed with deadlines.

***ACCOMMODATIONS POLICY**

The University is committed to providing reasonable accommodations to students with documented disabilities. Students who become pregnant may also request reasonable accommodation, 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.

***SCHOLASTIC INTEGRITY**

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](#).

*GUIDANCE ON ARTIFICIAL INTELLIGENCE

AI prohibited

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).

AI allowed only with prior permission from instructor

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.

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:

Chat-GPT(version). Date of query (year/month/day). "Text of your query."
Generated using OpenAI. <https://chat.openai.com/>

A short paragraph describing how the tool(s) was/were used for the assignment must be included.

AI allowed with proper acknowledgement

Use of AI technologies or automated tools, particularly generative AI such as [ChatGPT](#) or [DALL-E](#), is **only allowed with proper attribution given for its use**.

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:

Chat-GPT(version). Date of query (year/month/day). "Text of your query."
Generated using OpenAI. <https://chat.openai.com/>

A short paragraph describing how the tool(s) was/were used for the assignment must be included.

Using AI for brainstorming

Some AI technologies or automated tools, particularly generative AI such as [ChatGPT](#) or [DALL-E](#), can be beneficial during the early brainstorming stages of an activity, and you are welcome to explore them for that purpose. However, keep in mind that AI-generated ideas are not your own and may hinder your ability to think critically and creatively about a problem. It is also important to remember that these technologies

often “hallucinate” or produce materials and information that are inaccurate or incomplete—even providing false citations for use.

That said, you are not allowed to submit any AI-generated work in this course as your own. If you use any information or materials created by AI technology, you are required to cite it like you would any other source. Consider how this will affect your credibility as a writer and scholar before doing so. 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).

Free use of AI without acknowledgement

Use of AI technologies or automated tools, including generative AI such as [ChatGPT](#) or [DALL-E](#), is permitted in this class. Students must include a short paragraph, with each relevant assignment, explaining how the tool was used.

PLAGIARISM DETECTING SOFTWARE

Some of your course work and assessments may be submitted to SafeAssign, a plagiarism detecting software. SafeAssign is used to review assignment submissions for originality and will help you learn how to properly attribute sources rather than paraphrase.

****COURSE RESOURCES:*** *Where you can go for assistance*

UTEP provides a variety of student services and support. Please refer to the QR code below for a listing of campus resources.



TECHNOLOGY REQUIREMENTS

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You will need to have access to a computer/laptop, scanner, a webcam, and a microphone. You will need to download or update the following software: Microsoft Office, Adobe Acrobat Reader, Windows Media Player, QuickTime, and Java. Check

that your computer hardware and software are up-to-date and able to access all parts of the course.

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.

IMPORTANT: If you encounter technical difficulties beyond your scope of troubleshooting, please contact the UTEP Help Desk as they are trained specifically 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!**

TECHNOLOGY RESOURCES

- [Help Desk](#): Students experiencing technological challenges (email, Blackboard, software, etc.) can submit a ticket to the UTEP Helpdesk for assistance. Contact the Helpdesk via phone, email, chat, website, or in person if on campus.

Academic Resources

- [UTEP Library](#): Access a wide range of resources including online, full-text access to thousands of journals and eBooks plus reference service and librarian assistance for enrolled students.
- [University Writing Center \(UWC\)](#): Submit papers here for assistance with writing style and formatting, ask a tutor for help and explore other writing resources.
- [Math Tutoring Center \(MaRCS\)](#): Ask a tutor for help and explore other available math resources.
- [History Tutoring Center \(HTC\)](#): Receive assistance with writing history papers, get help from a tutor and explore other history resources.
- [RefWorks](#): A bibliographic citation tool; check out the RefWorks tutorial and Fact Sheet and Quick-Start Guide.

Individual Resources

- [Military Student Success Center](#): Assists personnel in any branch of service to reach their educational goals.
- [Center for Accommodations and Support Services](#): Assists students with ADA-related accommodations for coursework, housing, and internships.
- [Counseling and Psychological Services](#): Provides a variety of counseling services including individual, couples, and group sessions as well as career and disability assessments.

UTEP Calendar:

<https://www.utep.edu/student-affairs/registrar/Academic%20Calendars/academic-calendar.html>