



Department of Public Health Sciences
HSCI 2302: Fundamentals of Nutrition
Spring 2023

Instructor: **Maria Isabel Acosta, MS** miacosta@utep.edu

Course pre-requisites: BIOL 1305 with a grade "C" or better

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 of wellbeing and health problems; also the components of adequate diets and local, national and world nutritional problems.

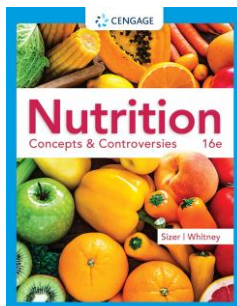
Course Objectives

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 in into 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 by the use of 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 quiz 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

Course content is delivered via the Internet through the Blackboard learning management system and the Mind-tap Cengage platform from your textbook. 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, 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!**

COURSE COMMUNICATION

- **Announcements:** a weekly announcement **every Monday** will be posted to give directions on what we will cover during the week. Also, here is where you can find any updates, deadlines, or other important messages. Please check the Blackboard announcements frequently.
- **Email:** e-mail is the best way to contact me. Please use the **course email option from Blackboard** for questions and concerns. When e-mailing me, be sure to put your first and last name, and your university identification number. I will make every attempt to respond to your e-mail within 24-48 hours of receipt. If I found that the concern has to be clarified with the whole group, I will post the response using the **Announcements** to do so.
- **Office Hours:** We will have office hours for your questions and comments about the course before, after class, or by appointment.

NETIQUETTE

As we know, sometimes communication online can be challenging. It's possible to miscommunicate what we mean or to misunderstand what our classmates mean given the lack of body language and immediate feedback. Therefore, please keep these netiquette (network etiquette) guidelines in mind. Failure to observe them may result in disciplinary action.

- Always consider audience. This is a college-level course; therefore, all communication should reflect polite consideration of other's ideas.
- Respect and courtesy must be provided to classmates and to the instructor at all times. No harassment or inappropriate postings will be tolerated.
- When reacting to someone else's message, address the ideas, not the person. Post only what anyone would comfortably state in a face-to-face situation.
- Blackboard is not a public internet venue; all postings to it should be considered private and confidential. Whatever is posted on in these online spaces is intended for classmates and professor only. Please do not copy documents and paste them to a publicly accessible website, blog, or other space.

ATTENDANCE AND PARTICIPATION

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 create a community of learners. Participation is determined by completion of the following activities:

- **Attendance:** Every Chapter will open two activities in Mind-tap: a Global Nutrition article and a video follow by multiple options questions.
- **Participation:** There will be six Mind-tap weekend quizzes, one after some specific chapters.

The activities of this course were planned to ensure the reading and understanding of each chapter material. I will gladly review/explain any concept or concern that arise during our office hours. Do not hesitate to participate in these scheduled Blackboard Collaborate sessions. The purpose of these sessions are for you to view live demonstrations of the course material and/or to participate in small discussion groups with your classmates. Because these activities are designed to contribute to your learning each week and they cannot be made up after their due date has passed.

EXCUSED ABSENCES AND/OR COURSE DROP POLICY

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

- **The Dietary Analysis** is the major writing assignment of this course and will be due on Sunday May 1st at midnight (11:59 PM). You may turn-in it earlier but no late work will be accepted if the reason is not considered excusable.
- **Quizzes and Exams** will be due on Sundays at midnight (11:59 PM). No late work will be accepted. This course has a no-make-up work policy.

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 will 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 back-up. 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 the course website, please contact the UTEP Help Desk. You can email me your back-up 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 and auxiliary services to students, staff, faculty, job applicants, applicants for admissions, and other beneficiaries of University programs, services and activities with documented disabilities in order to provide them with equal opportunities to participate in programs, services, and activities in compliance with sections 503 and 504 of the Rehabilitation Act of 1973, as amended, and the Americans with Disabilities Act (ADA) of 1990 and the Americans with Disabilities Act Amendments Act (ADAAA) of 2008. Reasonable accommodations will be made unless it is determined that doing so would cause undue hardship on the University. Students requesting an accommodation based on a disability must register with the UTEP Center for Accommodations and Support Services (CASS). Contact the Center for Accommodations and Support Services at 915-7475148, or email them at cass@utep.edu, or apply for accommodations online via the CASS portal.

COVID-19 Accommodations

Students are not permitted on campus when they have a positive COVID-19 test, exposure or symptoms. Students who are considered high risk according to CDC guidelines and/or those who live with individuals who are considered high risk may contact Center for Accommodations and Support Services (CASS) to discuss temporary accommodations for on-campus courses and activities. Apply at cassportal.utep.edu and fill out a three-question application. You will be scheduled to meet with disability coordinator to discuss your unique situation.

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.

PLAGIARISM DETECTING SOFTWARE

Most online courses are asynchronous so that students can work at their own pace and do not have concerns about access to the course at a specific time.

However, if you plan to hold synchronous class sessions, it's a good idea to record them and post them to Blackboard for later viewing. Be sure to follow FERPA and university guidelines regarding student privacy.

More information about student privacy can be found here:

<https://www.utep.edu/provost/Files/docs/curriculum/UT-system-online-learning-student-privacy-faqs.pdf>

COPYRIGHT STATEMENT FOR COURSE MATERIALS

All materials used in this course are protected by copyright law. The course materials are only for the use of students currently enrolled in this course and only for the purpose of this course. They may not be further disseminated.

COVID-19 PRECAUTIONS

You must STAY AT HOME and REPORT if you (1) have been diagnosed with COVID-19, (2) are experiencing COVID-19 symptoms, or (3) have had recent contact with a person who has received a positive coronavirus test. Reports should be made at screening.utep.edu. If you know of anyone who should report any of these three criteria, you should encourage them to report. If the individual cannot report, you can report on their behalf by sending an email to COVIDaction@utep.edu. For each day that you attend campus—for any reason—you must complete the questions on the UTEP screening website (screening.utep.edu) prior to arriving on campus. The website will verify if you are permitted to come to campus. Under no circumstances should anyone come to class when feeling ill or exhibiting any of the known COVID-19 symptoms. If you are feeling unwell, please let me know as soon as possible, and alternative instruction will be provided. Students are advised to minimize the number of encounters with others to avoid infection. Wear face coverings when in common areas of campus or when others are present. You must wear a face covering over your nose and mouth at all times in this class. If you choose not to wear a face covering, you may not enter the classroom. If you remove your face covering, you will be asked to put it on or leave the classroom. Students who refuse to wear a face covering and follow preventive COVID-19 guidelines will be dismissed from the class and will be subject to disciplinary action according to Section 1.2.3 Health and Safety and Section 1.2.2.5 Disruptions in the UTEP Handbook of Operating Procedures. (classes with on-campus meetings) Please note that if COVID-19 conditions deteriorate in the City of El Paso, all course and lab activities may be transitioned to remote delivery.

Course Resources:

Where you can go for assistance UTEP provides a variety of student services and support:

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>