



Department of Public Health Sciences Program Syllabus

Course Name:	Fundamentals of Nutrition
Course No:	HSCI 2302
Course CRN:	27402
Semester/Year	Spring 2022
Undergraduate credit hrs.	3
Class location:	Online
Class instructor:	Dr. Sarah Ruiz
Email:	<p>Please feel free to contact me throughout the semester using the Blackboard Email. Please note that as a rule I do not reply to emails on weekends (Friday late afternoon until Monday morning). If you send a message via email that you think requires my urgent attention, you may type "URGENT HSCI 2302 CRN: 27402" in the subject line. Please save such messages for real urgent cases.</p> <p>Important: When sending an Email, please include your course CRN in the subject line along with a brief description for the reason of the email. When using a cell phone to send an email always include a courteous greeting and closing.</p>
Office hours:	Available for zoom appt or phone call
Preferred contact method:	Blackboard email; urgent emails to slruiz@utep.edu . Please allow 24 hours during weekdays and 48 hours on weekends for responses to emails.
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.
Required textbooks	<p>(1) Nutrition: Concepts and Controversies, 15th, By Frances Sizer/Ellie Whitney. 2020, Cengage learning.</p> <p>(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.</p>
Supplemental reading & material:	<p>-Computer with Internet access (Preferred browser Google Chrome or Firefox for use with Mind Tap supplement)</p> <p>-Various videos available free online or through the UTEP library</p>
Course format:	Online
Major learning objectives (must be numbered):	<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 nutrition2. Identify primary goals and objectives as described in Healthy People 20203. Identify and explain the function of the major organs involved in the digestion and absorption of food4. Identify and describe the physiological function, sources, and requirements for major nutrients (e.g. proteins, carbohydrates, fats, vitamins, minerals, and water) by our body5. Identify the different components of a food label; learn how to read and interpret the label information given related to one's own nutritional needs6. Learn about different nutrients which are positively related to health and identify those that increase risk of developing chronic disease7. 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

Assessment strategies:

Assessments

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. Midterm exams will be available for one week due on the Sunday of that week at 11:59PM. All exams will be available on Blackboard under "Exams"
2. There will be NO make-up exams if exam is missed.
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. 5 points will be deducted for late work, for every class day that these are late. This includes the two Discussions that will take place on Blackboard under "Discussions"; see course schedule for due dates.
4. Most 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. There are no late MindTap assignments/quizzes accepted.
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. <u>100% of the Grade- Assignments:</u></p> <table border="0"> <tr> <td>1. Mind Tap Chapter Assignments/Quizzes (1-10 points each)</td> <td>330 or 33%</td> </tr> <tr> <td>2. Mid-Term Exams (100pts each)</td> <td>200 or 20%</td> </tr> <tr> <td>3. Final Exam</td> <td>200 or 20%</td> </tr> <tr> <td>4. Dietary Analysis (120 pts)</td> <td>120 or 12%</td> </tr> <tr> <td>5. Discussion (12.5pts each)</td> <td>100 or 10%</td> </tr> <tr> <td>6. Introduction Discussion</td> <td>50 or 5%</td> </tr> </table> <hr/> <p>Total 1000 = 100% *-Extra Credit TBD (pts added to final grade) 25 points</p> <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</p>	1. Mind Tap Chapter Assignments/Quizzes (1-10 points each)	330 or 33%	2. Mid-Term Exams (100pts each)	200 or 20%	3. Final Exam	200 or 20%	4. Dietary Analysis (120 pts)	120 or 12%	5. Discussion (12.5pts each)	100 or 10%	6. Introduction Discussion	50 or 5%
1. Mind Tap Chapter Assignments/Quizzes (1-10 points each)	330 or 33%												
2. Mid-Term Exams (100pts each)	200 or 20%												
3. Final Exam	200 or 20%												
4. Dietary Analysis (120 pts)	120 or 12%												
5. Discussion (12.5pts each)	100 or 10%												
6. Introduction Discussion	50 or 5%												
<p>Incomplete policy:</p>	<p>An "I" (incomplete grade) can be considered only if requested by the student in advance of the conclusion of the course and only for legitimate, documented 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>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 regarding 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>												



Attendance:

1. Student participation in overall course
2. Student participation in discussion boards
3. Submission/completion of assignment and evaluations
4. Communication with the instructor

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.

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 course is not a valid excuse.

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.

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 course calendar. Please see additional document. Once the assignment closed, it will not be reopened unless.

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.



Netiquette	<p>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.</p> <ul style="list-style-type: none">○ 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.
Covid-19 Precautions	<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>



Student Conduct

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. 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 a 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.



Course Name:	Fundamentals of Nutrition
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 on-line class activities.
Excused absences and/or course drop policy:	<p>According to UTEP Curriculum and Classroom Policies, "When, in the judgment of the instructor, a student has been absent to such a degree as to impair his or her status relative to credit for the course, the instructor may drop the student from the class with a grade of "W" before the course drop deadline and with a grade of "F" after the course drop deadline." See academic 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.</p> <p>OR</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. If you do not, you are at risk of receiving an "F" for the course.</p>
Student Resources:	<p>UTEP provides a variety of student services and support:</p> <p>Technology Resources</p> <ul style="list-style-type: none"> • 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. <p>Academic Resources</p> <ul style="list-style-type: none"> • 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. <p>Individual Resources</p> <ul style="list-style-type: none"> • 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.