



Department of Public Health Sciences
Health Promotion Program Syllabus

Course name:	Fundamentals of Nutrition
Course no.:	HSCI 2302
Course CRN:	16178
Semester/year	Fall 2016
Undergraduate credit hrs.	3
Class location:	HSSN 217
Class meeting time:	12:00-1:20pm TR
Class instructor:	Ximena Burgos-Monzon, Ph.D.
Office location:	CHS 413
Phone:	915-747-8548
Email:	xburgos@utep.edu
Office hours:	By appointment and through Blackboard IM You can download Blackboard IM and create an account following the link: https://www.blackboardim.com/user/faces/login.xhtml?_rtid=1
Preferred contact method:	Email xburgos@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 and material:	<p>Nutrition for a Changing World, By Jamie Pope/Steven Nizielski/Alison McCook. 2016, Macmillan learning. Scientific American.</p> <p>You NEED to get the version with LaunchPad access Code Two versions are available, one at UTEPs Bookstore and one online from LaunchPad Site, you only need one.</p> <ol style="list-style-type: none">1) Bookstore: <u>Loose-leaf Version</u> of Scientific American Nutrition for a Changing World w/ 2015 Dietary Guidelines & LaunchPad (Six-Month Access)©2016 First Edition ISBN-13: 978-1-319-06587-42) Online LaunchPad for Scientific American Nutrition for a Changing World (Six Month Access) ©2016 First Edition ISBN-13: 978-1-319-01993-8
Supplemental reading:	Super Tracker/Food Tracker: https://www.supertracker.usda.gov/default.aspx (Free from USDA) Computer with Internet access Dietary Guidelines: http://health.gov/dietaryguidelines/2015/guidelines/

Course format:	Lecture/discussion; in-class and written presentations
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 nutrition. 2. Identify primary goals and objectives as describe 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 8. Identify the basic principles of food sanitation, safety and food insecurity 9. Identify the principles of optimum nutrition
Assessment strategies: (must be numbered)	<p>Written Examinations</p> <ol style="list-style-type: none"> 1. There will be 4 summative Quizzes and one comprehensive final exam. Final exam will comprise text chapters. There will be NO make-up quiz or exams if missed. Each Summative quiz will be based on material covered since the previous quiz. However, one must realize that information in nutrition is cumulative and highly interrelated. Therefore, just because a concept appears on a summative quiz or exam does NOT mean that it will not appear on future tests and quizzes. 2. Dietary Analysis: Students will complete the Dietary Analysis using SuperTracker website and LaunchPad. Additional Instruction on this assignments and necessary forms required can be found on Blackboard. 3. Learning Curves will be given every week throughout the semester. Each learning curve will be completed using LaunchPad. One learning curve will be available each week. Students will have unlimited time to complete the Learning Curve, however they must be completed before Tuesday class session. Learning Curves will comprise 20% of your final grade. There will be NO Makeup for Learning Curves. Learning Curves are a game-like format adaptive quiz that will help students prepare for class and summative quizzes. 4. Discussion boards- A total of two summaries are available. <ol style="list-style-type: none"> a. "The Kids Menu" Documentary (3 points): use this board to post the summary of the documentary. Additional instructions on Blackboard. b. "Fed Up" Documentary (3 points): use this board to post the summary of the documentary. Additional instructions on Blackboard. 5. Final Exam is comprehensive and will be available On-line on the day Final exam is schedule according to the University's Calendar. <u>You will be exempt from taking the Final exam if you score above 90 in all four Summative quizzes.</u>

Grading scale & criteria	<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>5 points will be deducted for late work, for every class day that these are late.</u></p> <p><u>100% of the Grade-</u> Homework Assignments:</p> <table border="1"> <tr><td>1- Dietary Analysis</td><td>30%</td></tr> <tr><td>2. Four summative quizzes</td><td>24%</td></tr> <tr><td>3- Learning Curves</td><td>20%</td></tr> <tr><td>4- Documentary Summaries</td><td>10%</td></tr> <tr><td>5- Attendance</td><td>10%</td></tr> <tr><td>6. Final Exam Comprehensive</td><td>6%</td></tr> <tr><td>Total</td><td>100%</td></tr> <tr><td>*-Extra Credit TBD (pts added to final grade)</td><td>3 points</td></tr> </table> <p>Grading Scale:</p> <p>89.5%-100% =A 79.5%-89.49% =B 69.5%-79.49% =C 59.5%-69.49% =D 59.4% and below =F</p> <p><u>* In order to obtain all points work must be clean, professional, and creative</u></p>	1- Dietary Analysis	30%	2. Four summative quizzes	24%	3- Learning Curves	20%	4- Documentary Summaries	10%	5- Attendance	10%	6. Final Exam Comprehensive	6%	Total	100%	*-Extra Credit TBD (pts added to final grade)	3 points
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Incomplete policy:	<p>An "I" (incomplete grade) can only be considered only <u>if requested by the student in advance of the conclusion of the course and only for legitimate, documented emergencies.</u> 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>																

Course/Instructor & Institutional Policies

Attendance:	<p>It is UTEP policy that all students attend all scheduled classes. Attendance will be taken at each class. When a student registers for a course, it is assumed that she/he has made arrangements to avoid such conflicts. Students are responsible for any information or activities presented in class discussions, lectures, assignments, and/or readings. If you are unable to attend class, it is your responsibility to inform the instructor before the respective class session. Students may be administratively withdrawn for excessive unexcused absences. Compliance to due dates, in class presentations, homework, exams and other activities is mandatory. All emergency-related absences must be verified.</p> <p>Chronic tardiness not only reflects lack of commitment and professional behavior but also is disruptive to your classmates and the instructor.</p>
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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 are due at the beginning of the class period on the due date. Five (5) points will be deducted for each day an assignment is late (including weekend days).
Permission to record lectures & discussions	Not permitted without express permission of the instructor

Cellphone/electronic tablet/ use policies:	<p>Please note that all cellular telephones, Apple or Android tablets and Laptops must be used for the purpose of enhancing the learning environments.</p> <p>The use of headphones, iPods, mp3 players, earpieces and other forms of entertainment technology equipment must be powered off and put away during the class period. If a situation should arise which necessitates a student to be contacted by a physician or family member, the instructor shall be notified and cell phone can be set to “vibrate.”</p> <p>Please be advised that students who use unauthorized technology during class time will be dismissed from that week’s class session.</p>
Field trip policies:	The instructor will inform students of the details of any field trips in advance
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:	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.” <u>Regent’s Rules and Regulations</u> , 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, 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.