




**Department of Public Health Sciences  
Health Promotion Program Syllabus**

<b>Course Name:</b>	<b>Fundamentals of Nutrition</b>
<b>Course No:</b>	HSCI 2302
<b>Course CRN:</b>	17977
<b>Semester/Year</b>	Fall 2022
<b>Undergraduate credit hrs.</b>	3
<b>Class location:</b>	On-line (Asynchronous)
<b>Class instructor:</b>	Ximena Burgos-Monzón, PhD.
<b>Email:</b>	<p>Please feel free to contact me throughout the semester using the <b>Blackboard Email</b></p> <p>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: 17977" in the subject line.</p> <p>Please save such messages for real urgent cases</p> <p><b>Important:</b> 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>
<b>Office hours:</b>	<p>College of Health Sciences Office 413</p> <p>Monday 11:00am – 2:00pm</p> <p>By appointment using ZOOM. You can locate the link under Office Hours on the left hand menu of your course on Blackboard.</p>
<b>Preferred contact method:</b>	Blackboard email
<b>Course description:</b>	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.
<b>Course pre-requisites:</b>	BIOL 1305 with a grade of "C" or better.
<b>Required textbooks</b>	<div style="display: flex; align-items: flex-start;">  <div> <p><b>Sizer - Bundle: Nutrition: Concepts and Controversies, Loose-leaf Version, 16th + MindTap 1 term Printed Access Card</b></p> <p>Or</p> <p><b>Sizer/Whitney - MindTap for Sizer/Whitney's Nutrition: Concepts and Controversies, 1 term Printed Access Card</b></p> </div> </div> <p>Or</p> <p><b>Cengage - Cengage Unlimited, 1 term (4 months) Instant Access</b></p> <p>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 <b><u>Cengage Mobile App</u></b> to get your Cengage Unlimited online textbooks and study tools on your phone. Ask for Cengage Unlimited in the bookstore or visit <b><u><a href="http://cengage.com/unlimited">cengage.com/unlimited</a></u></b>.</p>



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<b>Supplemental reading &amp; material:</b>	<ol style="list-style-type: none"><li>1. Mind Tap Access – Link available on Blackboard (You can purchase access once you click the link on Blackboard). You must create the Mind Tap account using your @miners.utep.edu email address.</li><li>2. Computer with Internet access and webcam</li><li>3. Dietary Guidelines: <a href="https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf">https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf</a></li></ol>
<b>Course format:</b>	On-line on Blackboard and Mind Tap
<b>Major learning objectives (must be numbered):</b>	<p><b><i>By the end of this course, students will be able to:</i></b></p> <ol style="list-style-type: none"><li>1. Understand the importance of good nutrition</li><li>2. Identify primary goals and objectives as described in <i>Healthy People 2030</i> and <i>Dietary Guidelines for Americans 2020-2025</i></li><li>3. Identify and explain the function of the major organs involved in the digestion and absorption of food</li><li>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</li><li>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</li><li>6. Learn about different nutrients which are positively related to health and identify those that increase risk of developing chronic disease</li><li>7. Analyze the relationship between energy balance and weight management</li><li>8. Identify the basic principles of food sanitation, safety and food insecurity</li><li>9. Identify the principles of optimum nutrition and mindful eating.</li></ol>



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<b>Assessment strategies:</b>	<p><b>Assessments</b></p> <ol style="list-style-type: none"> <li>1. <b>Dietary Analysis (DA):</b> Students will complete the Dietary Analysis using Mind Tap Diet &amp; Wellness website. Additional Instruction on this assignment and necessary forms required can be found on Mind Tap and Blackboard. Late work policy: <u>15 points will be deducted for late DA, for every class day that these is late.</u></li> <li>2. <b>Exams.</b> There will be five <u>exams</u>. There will be NO make-up exam if missed, however the lowest exam grade will be dropped. Each exam will be based on material covered since the previous exam. One must realize that information in nutrition is cumulative and highly interrelated. Therefore, just because a concept appears on an Exam does NOT mean that it will not appear on future exam or quizzes. Students are strongly encouraged to create their own study guides to organize lecture notes and textbook material to increase comprehension and memory of large amounts of information. The instructor or teacher assistant will not provide study guides for exams. Exams will make use of <u>Respondus Lock Down Browser and Respondus Monitor inside of Blackboard</u> to promote academic integrity. You are encouraged to learn more about how to use these programs prior to the first test. Information is available on the left hand menu on BB under Exams.</li> <li>3. <b>Participation &amp; attendance</b> - Will be assessed by the use of Mind Tap- Specific assignments can be found on the course schedule. Students must log in into the course at least once a day – Activities from Mind Tap and Blackboard will be considered as participation &amp; attendance points. <b>-Discussion boards-</b> three discussion boards are available on BB.             <ol style="list-style-type: none"> <li>a. Introduction: use this board to introduce yourself to your classmates</li> <li>b. Dietary Guidelines 2020- 2025</li> <li>c. Help Board (non-graded)</li> </ol> </li> <li>4. <b>Final project</b> you can locate information, guidelines and rubric on Blackboard on the left hand menu.</li> </ol>																
<b>Grading Scale &amp; Criteria</b>	<p><b>Student performance</b> Work must be <u>neatly and professionally</u> typed, unacceptable written assignments will have points deducted. Additional instructions and necessary forms required for each assignment can be found on Blackboard.</p> <p><u>100% of the Grade- Assignments:</u></p> <table border="1" data-bbox="456 1457 1442 1738"> <tr> <td>1. Dietary Analysis</td> <td>170</td> </tr> <tr> <td>2. Four Exams (80 points each)</td> <td>320</td> </tr> <tr> <td>3. Participation on Mind Tap</td> <td>310</td> </tr> <tr> <td>4. Blackboard Activities</td> <td>45</td> </tr> <tr> <td>5. Final project</td> <td>155</td> </tr> <tr> <td>Total</td> <td>1000 = 100%</td> </tr> <tr> <td>*-Extra Credit MindTap (pts added to final grade)</td> <td>30 points</td> </tr> <tr> <td>*-Extra Credit Blackboard (pts added to final grade)</td> <td>20 Points</td> </tr> </table> <p>Grading Scale:            900 – 1000 = A            800 – 899 = B            700 – 799 = C            600 – 699 = D            599 and Below = F</p> <p>* In order to obtain all points work must be clean, professional, and creative</p>	1. Dietary Analysis	170	2. Four Exams (80 points each)	320	3. Participation on Mind Tap	310	4. Blackboard Activities	45	5. Final project	155	Total	1000 = 100%	*-Extra Credit MindTap (pts added to final grade)	30 points	*-Extra Credit Blackboard (pts added to final grade)	20 Points
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<b>Incomplete policy:</b>	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 <b>emergencies</b> . 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.
<b>Attendance:</b>	<p>It is expected that all students enrolled in <b>HSCI 2302 Fundamentals of Nutrition</b> 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"> <li>1. Student participation in overall course</li> <li>2. Student participation in discussion boards</li> <li>3. Submission/completion of assignment and evaluations</li> <li>4. Communication with the instructor</li> </ol> <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> <p><b>Other Attendance Policy:</b> Class participation is a <b>mandatory</b> 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.</p>
<b>Reading assignments:</b>	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.
<b>Writing standards</b>	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.
<b>Policy for late assignments</b>	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. Most assignments remain open for the duration of the Module (3weeks), once the assignment closed it will not be reopened. Students are advised to communicate with the instructor in a timely manner if additional time is needed.
<b>Permission to record lectures &amp; discussions</b>	Not permitted without express permission of the instructor
<b>Cellphone/ electronic tablet/ use policies:</b>	N/A



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<b>Field trip policies:</b>	N/A
<b>Class participation:</b>	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.
<b>Special accommodations:</b>	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 <a href="mailto:cass@utep.edu">cass@utep.edu</a> , or visit their office located in UTEP Union East, Room 106. For additional information, please visit the CASS website at <a href="http://www.sa.utep.edu/cass">www.sa.utep.edu/cass</a>
<b>Student conduct:</b>	<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." <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 (<a href="http://studentaffairs.utep.edu/Default.aspx?tabid=4386">http://studentaffairs.utep.edu/Default.aspx?tabid=4386</a>) "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. <u>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</u>".</p> <p><b>Examples of "cheating" include:</b></p> <ul style="list-style-type: none"> <li>• 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;</li> <li>• 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";</li> <li>• 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;</li> <li>• Collaborating with or seeking aid from another student for an assignment without authority;</li> <li>• Substituting for another person, or permitting another person to substitute for one's self, to take a test;</li> <li>• Falsifying research data, laboratory reports, and/or other records or academic work offered for credit.</li> </ul>



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	<p>“<b>Plagiarism</b>” 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. <u>NOTE: This includes cutting-and-pasting and photocopying from on-line and other material.</u></p> <p>“<b>Collusion</b>” 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</p>
<b>COVID-19 Precautions:</b>	<p>You must <b>STAY AT HOME</b> and <b>REPORT</b> 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 <a href="http://screening.utep.edu">screening.utep.edu</a>. 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 <a href="mailto:COVIDaction@utep.edu">COVIDaction@utep.edu</a>.</p> <p>For each day that you attend campus—for any reason—you must complete the questions on the UTEP screening website (<a href="http://screening.utep.edu">screening.utep.edu</a>) 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.</p> <p>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 <i>Health and Safety</i> and Section 1.2.2.5 <i>Disruptions</i> in the UTEP Handbook of Operating Procedures.</p> <p><b>(classes with on-campus meetings)</b> 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</p>