COURSE INFORMATION
HSCI 2302 Fundamentals of Nutrition
CRN: 21218
Term: Spring 2024
Delivery Method: Online
Introductory meeting: Wednesday January 17, 2024 from 10:30 am-11:30 am
Zoom Link: https://utep-edu.zoom.us/j/83265866242?pwd=WXExZzRSNHZwNFA0MTIwVikxN1Rodz09
Meeting ID: 832 6586 6242
Passcode: V2wqgqw

INSTRUCTOR INFORMATION
Instructor Ximena Burgos-Monzon, PhD
Written Communication: Please feel free to contact me throughout the semester using 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: 21218” in the subject line. Please save such messages for real urgent cases

**Important:** When sending an Email, please include the reason 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.

Phone Number: (915) 747-8548
Office Location: College of Health Sciences, Room 413
Office Hours:
  - Virtual: Monday & Wednesdays (by appointment only), through ZOOM
    Meeting ID: 871 8221 4400
    Passcode: uuvXHF6q

COURSE DESCRIPTION

**HSCI 2302** is a 3-credit course that 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.

Students enrolled in HSCI 2302 should have successfully completed BIOL 1305 with a grade of “C” or better.
COURSE LEARNING OBJECTIVES
By the end of the course, students will be able to:

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<th>Student Learning Objectives</th>
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<td>• Understand the importance of good nutrition</td>
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<td>• Identify primary goals and objectives as described in Healthy People 2030 and Dietary Guidelines for Americans 2020-2025</td>
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<td>• Identify and explain the function of the major organs involved in the digestion and absorption of food</td>
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<td>• Identify and describe the physiological function, sources, and requirements for major nutrients (e.g. proteins, carbohydrates, fats, vitamins, minerals, and water) by our body</td>
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<td>• 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</td>
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<td>• Learn about different nutrients which are positively related to health and identify those that increase risk of developing chronic disease</td>
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<td>• Analyze the relationship between energy balance and weight management</td>
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<td>• Identify the basic principles of food sanitation, safety and food insecurity</td>
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<td>• Identify the principles of optimum nutrition and mindful eating</td>
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REQUIRED MATERIALS

  
- Or

- Sizer/Whitney - MindTap for Sizer/Whitney’s Nutrition: Concepts and Controversies, 1 term Printed Access Card

- Or

- Cengage - Cengage Unlimited, 1 term (4 months) Instant Access

The materials required for this class and any others using Cengage products are included in ONE Cengage Unlimited subscription. For $129.99 per semester, you get access to ALL your Cengage online textbooks, and access codes, in one place. 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.

ASSIGNMENTS AND GRADING

Assignments for this course will be assessed according to rubrics. You can find these rubrics by clicking on the appropriate assignment link in Blackboard and choosing to “View Rubric” from the button beneath the Points Possible for the assignment.
Grade Distribution:

- 1000-900 = A
- 899-800 = B
- 799-700 = C
- 699-600 = D
- 599 and Below = F

Assignemnts:

- 310 Points: Mind Tap Participation
- 320 Points: Four exams (80 points each)
- 170 Points: Dietary Analysis
- 150 Points: Final Project
- 50 Points: Blackboard assignments

I. Mind Tap Assignments. Specific assignments can be found on the course schedule (calendar). Students must log in into the course at least twice a week – Activities from Mind Tap and Blackboard will be considered as participation and “attendance”.

II. Exams. There will be a total of four exams. There will be NO make-up exam if missed. 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 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 TA will not provide study guides for exams. Exams will make use of Lock Down Browser and Respondus Monitor inside of Blackboard 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.

III. Dietary Analysis (DA): Students will complete the Dietary Analysis using Mind Tap Diet & Wellness website. Additional Instructions and necessary forms required for this assignment can be found on Mind Tap and Blackboard course shell.

   Late work policy: 15 points will be deducted for late DA, for every class day that these is late.

IV. Final project You can locate information, guidelines and rubric on Blackboard on the left hand menu

V. Final exam is not mandatory and will be available as an option to make up for one missed exam. It is worth 50 points and will be available one day during final exams week, please check course schedule for specific day.

Participation: For this online course, students will be required to access blackboard and Mind Tap in a weekly basis. Students will also have to log in a weekly dietary intake once a week that will work to build toward the larger project (Dietary Analysis), detailed information can be found on Blackboard.
TECHNOLOGY REQUIREMENTS

Course content is delivered via the Internet through the Blackboard learning management system and Cengage MindTap platform. 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. 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: How we will stay in contact with each other

Because this is an online class, we won’t see each other in the ways you may be accustomed to: during class time, small group meetings, and office hours. However, there are a number of ways we can keep the communication channels open:

- **Office Hours:** We will not be able to meet on campus, but I will still have office hours for your questions and comments about the course. My office hours will be held on Zoom using this link: [insert link] and during the following times:
  - Mondays: 11:00am – 12:00p.m. Mountain Time
  - Wednesday: 11:00am – 12:00p.m. Mountain Time
- **Email:** Blackboard Course UTEP e-mail is the best way to contact me. I will make every attempt to respond to your e-mail within 24-48 hours of receipt. 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.
- **Discussion Board:** If you have a question that you believe other students may also have, please post it in the Help Board of the discussion boards inside of Blackboard. Please respond to other students’ questions if you have a helpful response.
- **Announcements:** Check the Blackboard announcements frequently for any updates, deadlines, or other important messages.

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:

- Reading/Viewing all course materials to ensure understanding of assignment requirements
- Participating in engaging discussion with your peers on the discussion boards (grading rubric provided in the “grading information” area of each forum)
- Participating/viewing scheduled live Zoom sessions
- Other activities as indicated in the weekly modules
- Completing schedule MindTap weekly activities

Because these activities are designed to contribute to your learning each week, 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

Assignments

- Mind Tap 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.
- Dietary Analysis has a late submission policy of -15 points per day it is submitted late

MAKE-UP WORK

Make-up work will be given only in the case of a documented emergency for Dietary Analysis and Final project only. Note that make-up work may be in a different format than the original work, may require more intensive preparation, and may be graded with penalty points. If you
miss an assignment and the reason is not considered excusable, you will receive a zero. It is therefore important to reach out to me—in advance if at all possible—and explain with proper documentation why you missed a given course requirement. Once a deadline has been established for make-up work, no further extensions or exceptions will be granted.

**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 to students with documented disabilities. Students who become pregnant may also request reasonable accommodations, 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.

The University of Texas at El Paso (University) is committed to maintaining a learning environment that is free from discrimination of pregnant or parenting students in accordance with the Texas Education Code, Section 51.982 and other applicable laws, such as Title IX of the Higher Education Amendments of 1972 (Title IX), which prohibits discrimination on the basis of sex (including pregnancy discrimination) in education programs or activities; Section 504 of the Rehabilitation Act of 1973, which prohibits discrimination on the basis of a disability (including disabilities based on temporary medical conditions from pregnancy); and Title II of the Americans with Disabilities Act of 1990 (ADA), which prohibits discrimination against individuals with disabilities in public schools such as institutions of higher education.

**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 one’s 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).

CLASS RECORDINGS

The use of recordings will enable you to have access to class lectures, group discussions, and so on in the event you miss a synchronous or in-person class meeting due to illness or other extenuating circumstance. Our use of such technology is governed by the Federal Educational Rights and Privacy Act (FERPA) and UTEP’s acceptable-use policy. A recording of class sessions will be kept and stored by UTEP, in accordance with FERPA and UTEP policies. Your instructor will not share the recordings of your class activities outside of course participants, which include your fellow students, teaching assistants, or graduate assistants, and any guest faculty or community-based learning partners with whom we may engage during a class session. You may not share recordings outside of this course. Doing so may result in disciplinary action.

TEST PROCTORING SOFTWARE

Five course assessments (Module exams and final exam) will make use of Respondus Lock Down Browser and Respondus Monitor inside of Blackboard to promote academic integrity. You are encouraged to learn more about how to use these programs prior to the first test.

Please review the following guidelines:

- The assessments will only be available at the times identified on the course calendar.
- You may take the test at any time during the 24-hour window.
- A reliable Internet connection is essential to completing the exam. If you must go to a location to take the exam (such as the library), be sure to follow their health and safety requirements.
- You have 2 attempts to take the test. Once the window closes, your answers will be saved, and no changes can be made. The higher score will be recorded.
- Respondus Lockdown Browser will require that all internet tabs are closed prior to the start of the test.
- Respondus Monitor requires a webcam and microphone.
• You will be required to show the webcam your student ID prior to the start of the test.
• Your face should be completely visible during the test. Blocking the camera will disable the test.
• No notes or textbook materials are permitted during the test. Respondus Monitor requires you to take a video of your surrounding area (desk, chair, walls, etc.)
• You should not have conversations with other people and/or leave and return to the area during the test.
• Please wear appropriate attire, one that you would wear to a face-to-face class meeting.

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.

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.

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 or visit https://www.utep.edu/advising/student_resources/student-success-resource-hub.html