



Department of Public Health Sciences
Health Promotion Program Syllabus

Course Name:	Fundamentals of Nutrition
Course No:	HSCI 2302
Course CRN:	22077
Semester/Year	Spring 2020
Undergraduate credit hrs.	3
Class location:	On-line
Class instructor:	Ximena Burgos-Monzón, PhD.
Email:	<p>Please feel free to contact me throughout the semester using the Blackboard Email</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:_____" in the subject line.</p> <p>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:	By appointment using Web Conferencing and Office Hours (Blackboard Collaborative Ultra) on Blackboard. You can locate it on the left hand menu of your course.
Preferred contact method:	Blackboard email
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	<p>Sizer - Bundle: Nutrition: Concepts and Controversies, Loose-leaf Version, 15th + MindTap 1 term Printed Access Card</p> <p>OR</p> <p>Sizer/Whitney - MindTap for Sizer/Whitney's Nutrition: Concepts and Controversies, 1 term Printed Access Card</p> <p>OR</p> <p>Cengage - Cengage Unlimited, 1 term (4 months) Instant Access</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 <u>Cengage Mobile App</u> to get your Cengage Unlimited online textbooks and study tools on your phone. Ask for Cengage Unlimited in the bookstore or visit <u>cengage.com/unlimited</u>.</p>
Supplemental reading & material:	<ol style="list-style-type: none">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.2. Computer with Internet access3. Dietary Guidelines: http://health.gov/dietaryguidelines/2015/guidelines/



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Course format:	On-line
Major learning objectives (must be numbered):	<i>By the end of this course, students will be able to:</i> <ol style="list-style-type: none">1. Understand the importance of good nutrition2. Identify primary goals and objectives as described in <i>Healthy People 2020</i> and <i>Dietary Guidelines for Americans 2015</i>3. 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 management8. Identify the basic principles of food sanitation, safety and food insecurity9. Identify the principles of optimum nutrition and mindful eating.



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Assessment strategies:	<p>Assessments</p> <ol style="list-style-type: none"> Dietary Analysis: Students will complete the Dietary Analysis using Mind Tap Diet & Wellness website. Additional Instruction on this assignment and necessary forms required can be found on Mind Tap and Blackboard. <u>15 points will be deducted for late DA, for every class day that these is late.</u> There will be a total of 5 exams. There will be NO make-up exam if missed. The lowest of the five exams grade will be dropped (final exam will not be dropped). 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. Participation & Activities- Will be assessed by the use of Blackboard and Mind Tap- additional information can be found on Blackboard. Attendance - Students must log in into the course at least twice a week – Activities from Mind Tap will be considered as attendance points. Discussion boards- three discussion boards are available on BB. <ol style="list-style-type: none"> Introduction: use this board to introduce yourself to your classmates Dietary Guidelines 2015 Help Board (ungraded) Final Exam is comprehensive and will be available On-line on the day Final exam is scheduled according to the University’s Calendar. <u>You will be exempt from taking the Final exam if you score above 58 points in four exams, given that the lowest exam grade will be dropped.</u> 																										
Grading Scale & Criteria	<p>Student performance</p> <p>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.</p> <p><u>100% of the Grade- Assignments:</u></p> <table border="0"> <tr> <td>1. Dietary Analysis</td> <td>280</td> </tr> <tr> <td>2. Four Exams (60 points each)</td> <td>240</td> </tr> <tr> <td>3. “Attendance” (Mind Tap activities)</td> <td>100</td> </tr> <tr> <td>4. Participation on Mind Tap</td> <td>280</td> </tr> <tr> <td>6. Final Exam Comprehensive</td> <td>100</td> </tr> <tr> <td colspan="2"><hr/></td> </tr> <tr> <td>Total</td> <td>1000 = 100%</td> </tr> <tr> <td>*-Extra Credit TBD (pts added to final grade)</td> <td>35 points</td> </tr> </table> <p>Grading Scale:</p> <table border="0"> <tr> <td>900 – 1000</td> <td>= A</td> </tr> <tr> <td>800 – 899</td> <td>= B</td> </tr> <tr> <td>700 – 799</td> <td>= C</td> </tr> <tr> <td>600 – 699</td> <td>= D</td> </tr> <tr> <td>599 and Below</td> <td>= F</td> </tr> </table> <p>* <u>In order to obtain all points work must be clean, professional, and creative</u></p>	1. Dietary Analysis	280	2. Four Exams (60 points each)	240	3. “Attendance” (Mind Tap activities)	100	4. Participation on Mind Tap	280	6. Final Exam Comprehensive	100	<hr/>		Total	1000 = 100%	*-Extra Credit TBD (pts added to final grade)	35 points	900 – 1000	= A	800 – 899	= B	700 – 799	= C	600 – 699	= D	599 and Below	= F
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Incomplete policy:	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.
Attendance:	<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 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"> 1. Student participation in overall course 2. Student participation in discussion boards 3. Submission/completion of assignment and evaluations 4. Communication with the instructor <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>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.</p>
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



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.
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:	<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 (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. <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>Examples of "cheating" include:</p> <ul style="list-style-type: none"> • 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 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.



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	<p>“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. <u>NOTE: This includes cutting-and-pasting and photocopying from on-line and other material.</u></p> <p>“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</p>