



Department of Public Health Sciences  
Health Promotion Program Syllabus

Course name:	Fundamentals of Nutrition
Course number:	HSCI 2302
Course CRN:	21034
Semester/year:	Spring 2019
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:	Please feel free to contact me throughout the semester using my <b>regular email</b> address <a href="mailto:xburgos@utep.edu">xburgos@utep.edu</a> <b>Important:</b> 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.
Office hours:	Before or after class by appointment
Preferred contact method:	Email <a href="mailto:xburgos@utep.edu">xburgos@utep.edu</a>
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:	This course will require <b>MindTap for Sizer/Nutrition 14<sup>th</sup> edition</b> from Cengage. <b>MindTap</b> is available for purchase on its own, or through <b>Cengage Unlimited</b> , a subscription that gives you access to all your Cengage access codes and online textbooks for \$119.99 per term, \$179.99 per year or \$239.99 for two years. No matter how many Cengage products you use, they are included in Cengage Unlimited, and the price stays the same. You also get a textbook rental when you activate <b>MindTap for Sizer/Nutrition 14<sup>th</sup> edition</b> through Cengage Unlimited for \$7.99 + free shipping. You may also have the option to purchase a loose-leaf version of your textbook, which you can keep. View this <a href="#">tutorial video</a> to see how to access and obtain your print options. You can purchase access to Cengage Unlimited in the bookstore or at <a href="http://cengage.com">cengage.com</a> . You must log in to MindTap Using your @miners.utep.edu email account.
Supplemental reading/ material:	<b>Computer or Mobile device</b> with Internet access <b>Dietary Guidelines:</b> <a href="http://health.gov/dietaryguidelines/2015/guidelines/">http://health.gov/dietaryguidelines/2015/guidelines/</a> <b>iClicker:</b> a classroom response system for class; you will be able to submit answers to in-class questions using Apple or Android smartphones and tablets and laptops. You must log in to our class on iClicker using the link available on Blackboard. This app is freely available for UTEP students.
Course format:	In-class. Lecture/discussion Written assignments

<p><b>Major learning objectives (must be numbered):</b></p>	<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 and Healthy Dietary Patterns.</li> <li>2. Identify primary goals and objectives as describe in <i>Healthy People 2020</i> and <i>Dietary Guidelines for Americans 2015</i>.</li> <li>3. Identify and explain the functions 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>
<p><b>Assessment strategies: (must be numbered)</b></p>	<p><b><i>Assessments</i></b></p> <ol style="list-style-type: none"> <li>1. <b>Dietary Analysis:</b> Students will complete the Dietary Analysis using the Diet &amp; Wellness app on Mind Tap (Cengage Unlimited). Additional Instruction on this assignments and necessary forms required can be found on Blackboard.</li> <li>2. A series of <b>Case Studies</b> will be available on Mind Tap: additional instructions will be provided.</li> <li>3. There will be 5 <b>Exams</b> and ONE comprehensive final exam. There will be NO make-up quiz or exam if missed. <u>The lowest Exam grade will be dropped – Final exam grade will not be dropped.</u> Each Exam will be based on material covered since the previous Exam. <b>However, 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 quiz or exams.</b></li> <li>4. <b>Participation:</b> Your participation during class is important and will be measured by the following: -iClicker participation: we will be using the response system iClicker REEF to answer in class questions and track participation. If you miss class you cannot make up for participation missed.</li> <li>5. <b>Attendance:</b> Students are responsible for attending all classes. We will use iClicker to record your attendance.</li> <li>6. <b>Final Exam</b> is comprehensive and will be available On-line on the day Final exam is schedule according to the University’s Calendar. <b><u>You will be exempt from taking the Final exam if you score above 95 in all four exams.</u></b></li> </ol>
<p><b>Grading scale &amp; criteria</b></p>	<p><b><i>Student performance</i></b> Work must be <b>neatly and professionally</b> 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>

100% of the Grade-  
Homework Assignments:

1- Dietary Analysis	210
2. Case Studies (Mind Tap)	240
3. Four Exams	200
4- Participation (Top Hat activities)	150
5- Attendance	100
6. Final Exam Comprehensive	100
<b>Total</b>	<b>1000 = 100%</b>
*-Extra Credit TBD (pts added to final grade)	30 points

Grading Scale:  
900 – 1000 =A  
800 – 899 =B  
700 – 799 =C  
600 – 699 =D  
599 and below =F

\* In order to obtain all points work must be clean, professional, and creative

**Incomplete policy:**

An “I” (incomplete grade) can only 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.

**Course/Instructor & Institutional Policies**

**Attendance:**

It is UTEP policy that all students attend all scheduled classes. Attendance will be taken at each class using Top Hat. 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. Chronic tardiness not only reflects lack of commitment and professional behavior but also is disruptive to your classmates and the instructor

**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.

<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 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). Specific assignments might vary on points deducted; specifics will be available on blackboard on the assignment itself. Mind Tap assignments will not be available after due date and will not be reopened.
<b>Permission to record lectures &amp; discussions</b>	Not permitted without express permission of the instructor
<b>Cellphone/electronic tablet/ use policies:</b>	<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 the use of unauthorized technology during class is prohibited. After one warning, if the disruption continues, you will be asked to leave the classroom for the remainder of class.</p> <p><b>Classroom Etiquette:</b></p> <ul style="list-style-type: none"> <li>• No checking email, typing assignments, or surfing the web during class. Please turn monitors off when computers are not being used for class-related activities.</li> <li>• Turn off cell phone ringers, and please do not text message or listen to iPods/MP3 players during class</li> <li>• Leave your space clean after you attended class.</li> </ul>
<b>Field trip policies:</b>	The instructor will inform students of the details of any field trips in advance, if any.
<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 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.</p> <p>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</p>

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.