



Department of Public Health Sciences
Health Promotion Program Syllabus

Course name:	Fundamentals of Nutrition
Course no.:	HSCI 2302
Course CRN:	22205
Semester/year	Spring 2019
Undergraduate credit hrs.	3
Class location:	On-line
Class meeting time:	N/A
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 the Blackboard Email Please note that as a rule I do not reply to email 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. Please save such messages for real urgent cases Important: 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:	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:	This course will require MindTap for Sizer/Nutrition 14th edition from Cengage. MindTap is available for purchase on its own, or through Cengage Unlimited , 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 MindTap for Sizer/Nutrition 14th edition 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 tutorial video to see how to access and obtain your print options. You can purchase access to Cengage Unlimited in the bookstore or at cengage.com . You must create the Mind Tap account using your @miners.utep.edu email address.
Supplemental reading/Resources:	Computer with Internet access Dietary Guidelines: http://health.gov/dietaryguidelines/2015/guidelines/
Course format:	On-line

<p>Major learning objectives (must be numbered):</p>	<p><i>By the end of this course, students will be able to:</i></p> <ol style="list-style-type: none"> 1. Understand the importance of good nutrition 2. 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 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 and mindful eating.
<p>Assessment strategies: (must be numbered)</p>	<p><i>Assessments</i></p> <ol style="list-style-type: none"> 1. Dietary Analysis (DA): Students will complete the Dietary Analysis using Mind Tap Diet & Wellness website. Additional Instructions on this assignment and necessary required forms can be found on Mind Tap and Blackboard. Late submission: <u>5 points will be deducted for every class day that DA is late.</u> 2. There will be five exams during the semester. There will be NO make-up exams or quizzes if missed. The lowest exam grade will 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. 3. Participation & Activities- Will be assessed by the use of Blackboard and Mind Tap activities- additional information is available on Blackboard. Mind-Tap activities will NOT be reopened once they close. Dates are available on class calendar and Mind-Tap. 4. Attendance - Students must log in into the course at least twice a week – Mind Tap activities count towards attendance. 5. Discussion board and Blackboard Homework- Board: Introduction. Use this board to introduce yourself to your classmates. 6. 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 95 (47 points) in all four exams, (the lowest will be dropped – except final exam, which cannot be dropped).</u>
	<p><i>Student performance</i></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>

Grading scale & criteria	<u>100% of the Grade-</u>	
	Assignments:	
	1. Dietary Analysis	210
	2. Four Exams (50 points each)	200
	3. "Attendance" (Mind Tap activities)	100
	4. Participation – Mind Tap and BB Activities	240
	5. Discussion board & Blackboard Homework	150
	6. Final Exam Comprehensive	100
	Total	1000 = 100%
	*-Extra Credit TBD (pts added to final grade)	35 points
Grading Scale:		
900 – 1000	=A	
800 – 899	=B	
700 – 799	=C	
600 – 699	=D	
599 and below	=F	
<u>* In order to obtain all points work must be clean, professional, and creative</u>		

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 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:

1. Student participation in overall course
2. Student participation in discussion boards
3. Submission/completion of assignment and evaluations
4. Communication with the instructor

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.

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.
Reading assignments:	All assigned readings need to be completed prior to next scheduled class online session. Example: the reading assignments for week 2 need to be completed prior to week 2 is over.
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 undergraduate 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.
Permission to record lectures & discussions	Not permitted without express permission of the instructor
Cellphone/electronic tablet/ use policies:	N/A
Field trip policies:	N/A
Class participation:	Active student participation in this course is very important. Students must be prepared to participate in all online 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, Part One, Chapter VI, Section 3.2, Subdivision 3.22.</u> 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</u>

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, 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.

“**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.