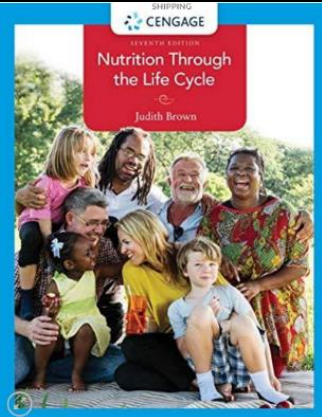




Department of Public Health Sciences
Course Syllabus

Course Name:	Nutrition Thru the Life Cycle
Course No:	HSCI 3323
Course CRN:	25634
Semester/Year	Spring 2023
Undergraduate credit hrs.	3
Class location:	On-line (asynchronous) Students will not be required to meet at specific days or times.
Class instructor:	Ximena Burgos-Monzón, PhD.
Course Communication:	<p>Please feel free to contact me throughout the semester using the Blackboard Email. Please note that as a rule I do not reply to emails on weekends (Friday late afternoon until Monday morning). I will make every attempt to respond to your e-mail within 24-48 hours of receipt.</p> <p>When e-mailing me, be sure to email from your UTEP course messages on Blackboard. 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.</p> <p>If you send a message via email that you think requires my urgent attention, you may type URGENT HSCI 3323 CRN: _____ in the subject line. Please save such messages for real urgent cases</p> <p><i>Important:</i> When using a cell phone to send an email always include a courteous greeting and closing.</p>
Office hours:	<p>Although this is a fully asynchronous online course, I will offer in-person and virtual student hours to answer your questions and hear your comments about the course.</p> <p>My office hours will be using Zoom. You can locate the link on the course. In person, <u>by appointment</u></p>
Course description:	Provides a comprehensive understanding of the nutritional needs and changes of people in the various stages of life, such as, pregnancy and lactation, infancy, childhood, adolescence, adulthood and aging with emphasis on factors influencing normal growth and development.
Course pre-requisites:	HSCI 2302 Fundamentals of Nutrition with a grade of "C" or better.
Major learning expected Learning Outcomes:	<p><i>By the end of this course, students will be able to:</i></p> <ol style="list-style-type: none"> 1. Identify the nutrition conditions and interventions through the life cycle 2. Understand the nutritional needs and changes of people in the various stages of life: pregnancy and lactation, infancy, childhood, adolescence, adulthood and aging 3. Identify the factors influencing normal growth and development in the different stages of life 4. Understand the influence of place and environment on the nutrition of people through the life cycle 5. Defining the course of action for the prevention and care of nutritional problems through the life cycle 6. Determine strategies to promote healthy eating and active living through the life cycle 7. Identify the principles of optimum nutrition and mindful eating.



Course Name:	Nutrition Thru the Life Cycle
Required textbook	 <p>Brown - MindTap for Brown's Nutrition Through the Life Cycle, 1 term Printed Access Card © 2020 7th Edition</p> <p>OR</p> <p>Cengage - Cengage Unlimited, 1 term (4 months) Instant Access</p> <p>The materials required for this class—and any other classes using Cengage products—are included in ONE Cengage Unlimited subscription. For \$119.99 per semester, you get access to ALL your Cengage eTextbooks and online homework in ONE place. Four FREE hardcopy textbook rentals are also available for select titles; just pay \$7.99 S&H each.</p> <p>Note: You only need to purchase one Cengage Unlimited subscription to add any Cengage eTextbook or online homework for other classes to your dashboard at no additional cost.</p> <p>Download the free <i>Cengage Mobile App</i> to get your Cengage eTextbooks and study tools on your phone. Ask for Cengage Unlimited in the bookstore or visit cengage.com/unlimited to try it free.</p> <p>Beware of sites that are selling discounted Cengage Unlimited subscriptions. These sources are likely unauthorized sellers who have acquired access codes illegally, and transactions with such sources may pose a risk to your personal information</p>
Technology Requirements	<p>Course content is delivered via the Internet through the Blackboard learning management system. 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.</p> <p>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.</p> <p>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.</p> <p>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!</p>



<p>Course Name:</p> <p>Assignment and Assessment strategies:</p>	<p>Nutrition Thru the Life Cycle</p> <ol style="list-style-type: none"> 1. On-line participation - Will be assessed by the use of Mind Tap and Blackboard - Students must log in into the course at least two times per week. Assessments include but are not limited to: <ul style="list-style-type: none"> -Blackboard Collaborative Ultra Session attendance: Students must access any recorded session during the semester. If sessions take place, these will be recorded and will remain active for the time the Module remains available -Mind Tap Activities including but not limited to: Closer Look activities, Case studies, Diet & Wellness labs & Global Nutrition watch. 2. Discussion boards: Students are required to complete discussion boards available on blackboard. 3. Quizzes- Ten quizzes related to specific Module topics will be available at the end of each Module. Quizzes are due on Sunday at 11:59pm MST. There will be no make-up quizzes. Students have two attempts to score the highest possible grade. Once the quiz closes, they will not be reopened. 4. Final Project: All students are assigned a specific topic related to one life stage. Students will complete a final project that is due during the last week of the semester. Additional information available on blackboard. 5. Midterm – Will be available on blackboard during the mid-term week of the semester. There will be no make-up midterm exam. Mid-term required Respondus Lockdown browser. 6. Final exam – Will be available On-line on the day Final exam is schedule according to the University’s Calendar. Final exam requires Respondus Lockdown browser. 																						
<p>Grading Scale & Criteria</p>	<p>Student performance 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. <u>Late work will be accepted with a specific late fee pertinent to each assignment.</u> _ <u>100% of the Grade-</u></p> <p>Assignments:</p> <table border="0"> <tr> <td>1- Online participation Mind Tap & Blackboard</td> <td>300</td> </tr> <tr> <td>2. Quizzes Blackboard (30 points each)</td> <td>300</td> </tr> <tr> <td>3. Final project</td> <td>200</td> </tr> <tr> <td>4. Mid-Term</td> <td>100</td> </tr> <tr> <td>5. Final Exam</td> <td>100</td> </tr> <tr> <td>Total</td> <td>*1000 = 100%</td> </tr> </table> <p>-Extra Credit TBD (pts added to final grade)</p> <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>* In order to obtain all points work must be clean, professional, and creative</p>	1- Online participation Mind Tap & Blackboard	300	2. Quizzes Blackboard (30 points each)	300	3. Final project	200	4. Mid-Term	100	5. Final Exam	100	Total	*1000 = 100%	900 – 1000	= A	800 – 899	= B	700 – 799	= C	600 – 699	= D	599 and Below	= F
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Course Name:	Nutrition Thru the Life Cycle
Incomplete policy:	<p>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.</p> <p>Talk to the instructor immediately if you believe an incomplete is warranted. If granted, the instructor and student will establish a contract of work to be completed with deadlines.</p>
Attendance and Participation:	<p>It is expected that all students enrolled in HSCI 3316 Nutrition Thru the Life Cycle to participate in all instructional activities. Online courses are no different from classroom courses in regards to attendance. Participation is defined accordingly under assignment strategies. Students “attendance” on online courses is defined as active participation on the course as described in the course syllabus.</p> <p>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. Reading/viewing all course materials to ensure understanding of assignment requirements.2. Participating in engaging discussion with your peers on the discussion boards (grading rubric provided in the “grading information” area of each forum)3. Participating in scheduled Blackboard Collaborate sessions4. Other activities as indicated in the weekly modules5. Submission/completion of assignment and evaluations6. 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 & Test Proctoring Software:	<p>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.</p> <p>Please review the following guidelines regarding testing:</p> <ul style="list-style-type: none">• The assessments will only be available at the times identified on the course calendar.• You may take the test at any time during the available time-frame 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 two attempts to take the test. Once the window closes, your answers will be saved, and no changes can be made. The first score saved will be recorded.



	<ul style="list-style-type: none">• Respondus Lockdown Browser will require that all internet tabs are closed prior to the start of the test – only the final exam will be required to use this software.• 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.• You should wear appropriate attire while taking the exam using Respondus Lockdown Browser as if you were taking the exam face to face.
Class recordings:	<p>The use of recordings will enable you to have access to class lectures and group discussions. Our use of such technology is governed by the Federal Educational Rights and Privacy Act (FERPA) and UTEP’s acceptable-use policy. Any recording of class sessions will be kept and stored by UTEP, in accordance with FERPA and UTEP policies.</p> <p>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.</p>
Writing standards	<p>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.</p>
Netiquette	<p>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.</p> <ul style="list-style-type: none">• 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.



	<ul style="list-style-type: none">• 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.
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



Course Name:	Nutrition Thru the Life Cycle
<p>Excused Absences and/or course drop policy:</p>	<p>According to UTEP Curriculum and Classroom Policies: “When, in the judgment of the instructor, a student has been absent to such a degree as to impair his or her status relative to credit for the course, the instructor may drop the student from the class with a grade of “W” before the course drop deadline and with a grade of “F” after the course drop deadline”. See academic regulations in the UTEP Undergraduate Catalog for a list of excuse absences. Therefore, if I find that, due to non-performance in the course, you are at risk of failing, I will drop you from the course. I will provide 24 hours advance notice via email</p>
<p>Accommodations Policy:</p>	<p>The University is committed to providing reasonable accommodations and auxiliary services to students, staff, faculty, job applicants, applicants for admissions, and other beneficiaries of University programs, services and activities with documented disabilities. In order to provide them with equal opportunities to participate in programs, services, and activities in compliance with sections 503 and 504 of the Rehabilitation Act of 1973, as amended, and the Americans with Disabilities Act (ADA) of 1990 and the Americans with Disabilities Act Amendments Act (ADAAA) of 2008. Reasonable accommodations will be made unless it is determined that doing so would cause undue hardship on the University.</p> <p>Students requesting an accommodation based on a disability must register with the UTEP Center for Accommodations and Support Services (CASS). Contact the Center for Accommodations and Support Services at 915-747-5148, or email them at cass@utep.edu, or apply for accommodations online via the CASS portal.</p>
<p>Student conduct:</p>	<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.</p> <p>Any student who commits an act of scholastic dishonesty is subject to discipline.</p> <p><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.

“**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

Some of your course work and assessments may submitted to Safe Assign, a plagiarism detecting software. Safe Assign software will be used for review assignment submissions for originality. The software will help you learn how to properly attribute sources rather than paraphrase.



Course Name:	Nutrition Thru the Life Cycle
COVID-19 Precautions:	<p><u>COVID-19 PRECAUTION STATEMENT</u> Please stay home if you have been diagnosed with COVID-19 or are experiencing COVID-19 symptoms. If you are feeling unwell, please let me know as soon as possible, so that we can work on appropriate accommodations. If you have tested positive for COVID-19, you are encouraged to report your results to covidaction@utep.edu, so that the Dean of Students Office can provide you with support and help with communication with your professors. The Student Health Center is equipped to provide COVID-19 testing.</p> <p>The Center for Disease Control and Prevention recommends that people in areas of substantial or high COVID-19 transmission wear face masks when indoors in groups of people. The best way that Miners can take care of Miners is to get the vaccine. If you still need the vaccine, it is widely available in the El Paso area, and will be available at no charge on campus during the first week of classes. For more information about the current rates, testing, and vaccinations, please visit epstrong.org.</p>