

**The University of Texas at El Paso  
Department of Public Health Sciences**

**HSCI 2302 Fundamentals of Nutrition  
(Subject to Change)  
Fall 2014**

**Instructor's Name** Ximena Burgos-Monzon, PhD  
**E-mail** xburgos@utep.edu  
**Office Hours** By email or by appointment (SKYPE)

**Communicating with the Instructor**

Please feel free to contact me throughout the semester using my regular email address [xburgos@utep.edu](mailto:xburgos@utep.edu). Please note that as a general 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" in the subject line. Please save such messages for real urgent cases.

**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.

Prerequisite: BIOL 1305 with a grade of "C" or better.

**Goals of the Course-**

This course introduces basic concepts of food and nutrition to highlight ways that students can integrate good nutrition into their lifestyles. Principles of digestion and absorption, the function of nutrients, disease prevention and weight management principles are covered.

**Learning Objectives-**

The student will learn about the importance of good nutrition.

The student will become familiar with Healthy People 2020 goals and objectives Dietary Guidelines.

The student will be able to explain the functions of the major organs involved in the digestion and absorption of food.

The student will be able to describe the physiological functions and sources of proteins, carbohydrates, fats, vitamins, minerals, and fiber.

The student will be able to analyze the relationship between energy balance and weight management.

The student will learn the principles of optimum nutrition and mindful eating practices.

**Text(s) and Materials-**

Required Text

NUTR, By Michelle Kay McGuire/Kathy A. Beerman. 2013 Wadsworth Cengage Learning

**Required Materials:** (responsibility of the student)

Blackboard Instructor Assignments/Handouts

**Course Requirements-**

Written Examinations

There will be five quizzes and one final exam. Final exam will comprise text chapters and lecture notes.

There will be NO make-up exams if exam is missed.

### **Written Assignments-**

Work must be neatly and professionally written or typed, unacceptable written assignments will have points deducted. 10 points will be deducted for late work, for every class day that these are late. Homework assignments will be referred to by number on the course calendar. Additional instructions and necessary forms required for these assignments can be found in the Appendix of the Syllabus and/or Blackboard.

### **Instructions for Homework Assignments (Learning Modules) can be found in Blackboard.**

-You will need to complete blackboard assessments based on Learning Modules, and score 80% or better, in order to receive credit.

### **COURSE GRADE-**

#### 100% of the Grade-

#### Homework Assignments:

1- Diet Analysis	15%
3- Recipes (3) 5% each	15%
4- Five Exams- 9% each	45%
5- Final Exam - Comprehensive	15%
6- Attendance (Discussion boards and quizzes)	10%
*-Extra Credit (pts added to final grade)	
TBA	3 points

#### Grading Scale:

90%-100%	=A
80%-89.4%	=B
70%-79.4%	=C
60%-69.4%	=D
59.4% and below	=F

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

**Fall 2014**

Week	Discussion Topic	Assignments/Comments
August 25- 31	Overview of Course- Review Syllabus Introductions on Blackboard	Discussion board - INTRODUCTIONS
September 1	Labor Day – University Closed	
September 2-7	Module 1 Why Nutrition Matters? Choosing Food Wisely	Readings Chapter 1&2
September 8-14	Module 1 Body Basics	Readings Chapter 2& 3
September 15-21	Module 2 Carbohydrates, Protein & Lipids	Readings Chapter 4, 5 & 6
September 19-21	EXAM 1	
September 22-28	Module 2 Carbohydrates, Protein & Lipids	Readings Chapter 4, 5 & 6
September 29- October 5	Module 3 Vitamins	Reading Chapter 7
October 3-5	EXAM 2	
October 6- 12	Module 3 Water and The Minerals Energy Balance and body weight regulation	Reading Chapter 8& 9
October 13-19	Module 4 Lifecycle nutrition Nutrition and Physical Activity	
October 17-19	EXAM 3	
October 20-26	Module 4 Lifecycle nutrition Nutrition and Physical Activity	Readings Chapter 10,11 & 12
October 27- November 2	Module 5 Mindful eating Dietary Analysis Assignment	TBD
October 31-Nov 2	EXAM 4	
November 3-9	Module 5 Optimum Nutrition	Dietary Analysis Due
November 10-16	Module 6 Disordered Eating	Reading Chapter 12 & 13
November 17-23	Module 6 Alcohol, health & disease	Reading Chapter 15 Recipes DUE
November 14-16	EXAM 5	
November 27 & 28	Thanksgiving –University Closed	
December 1-4	Module 6 Food security, hunger & malnutrition	Extra Credit TBD
December 5	Dead day	
December 8-12	Final Exams	

## Important Dates

### Exams

Exam 1 – Friday September 19, 2014- Sunday 21, 2014

Why Nutrition Matters (Ch.1), Choosing Food Wisely (Ch.2)

Exam 2 – Friday October 3, 2014- Sunday 5, 2014

Carbohydrates, Proteins & Lipids (Ch. 4,5 & 6)

Exam 3 – Friday October 17, 2014- Sunday 19, 2014

Vitamin & Water and Minerals (Ch. 7 & 8)

Exam 4 – Friday October 31, 2014- Sunday November 2, 2014

*Nutrition & Physical Activity; Lifecycle Nutrition (Ch. 10, 11 & 12).*

Exam 5 – Friday November 14, 2014- Sunday 16, 2014

Disordered eating (Ch. 12 & 13) Mindful eating and Optimum Nutrition

### Assignments

September 26- Food Matters documentary Summary

November 3- Dietary Analysis due at 5pm via Bb

November 17- Recipes due at 5pm via Bb

December 8-10-Final Exam

## **Instructor's Policies**

### Attendance policies:

It is expected that all students enrolled in HSCI 2302 Fundamentals of Nutrition to participate in an instructional activities. Online courses are no different from classroom courses in regards to attendance. Participation must be defined accordingly. Students "attendance" in online courses will be defined as active participation in 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: student participation in discussion, submission/completion of assignment and evaluations, and 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 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 any missed class assignments and/or class notes from class peers, **NOT** from the instructor. Not knowing about an exam or assignment due date because of a missed class is not a valid excuse.

**Disabilities:** I will make any reasonable accommodations for students with limitations due to disabilities, including learning disabilities. Please contact me via email in the first two weeks or make an appointment, to discuss any special needs you might have. If you have a documented disability and require specific accommodations, you will need to contact the Disabled Student Services Office in the East Union Bldg., Room 106 within the first two weeks of classes. The Disabled Student Services Office can also be reached at:

- Web: <http://www.utep.edu/dsso>
- Phone: (915) 747-5148 voice or TTY
- Fax: (915) 747-8712

**Notice of Policy on Cheating.** 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, 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." Regent's Rules and Regulations, 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. 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 person, any act designed to give unfair advantage to a student or the attempt to commit such acts.

**"Cheating"** includes:

1. Copying from the test paper of another student, engaging in written, oral, or any other means of communication with another student during a test, or giving aid to or seeking aid from another student during a test;
2. Possession and/or use during a test of materials which are not authorized by the person giving the test, such as class notes, books, or specifically designed "crib notes";

3. 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;
4. Collaborating with or seeking aid from another student for an assignment without authority;
5. Substituting for another person, or permitting another person to substitute for one's self, to take a test; and
6. 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.

### **Recommendations for Students**

The University of Texas at El Paso supports the use of technology for learning. We also understand that the use of laptops can be an asset to some students and help them in their note-taking and learning. That being said, we also believe that students should have diverse learning experiences and be adaptable to different styles of learning and note-taking.

Students are expected to follow the rules and guidelines established by instructors for each class that they are taking, and to make a conscious effort to adapt to learning environments that may vary across instructors, classrooms, and disciplines.