

**The University of Texas at Tyler**

**Course Syllabus**

**Department of Health and Kinesiology**

**Fall Semester 2024**

<b>Course Name:</b>	Nutrition Through the Life Cycle
<b>Course Number:</b>	KINE 2315.060 – Online Course
<b>Credit Hours:</b>	3
<b>Instructor:</b>	Jill Campbell, MS, RD, LD, CDE  Adjunct Faculty, Department of Health and Kinesiology University of Texas at Tyler  Christus TMF Pediatric GI Dietitian  Consulting Dietitian  Certified Diabetes Educator
<b>Office Hours:</b>	On-line and by appointment
<b>Cell Phone:</b>	903-258-0357 (text or call)
<b>UTT Email:</b>	JCampbell@uttyler.edu

**Course Description and Delivery**

Nutrition for Allied Health is a course required for nutrition and nursing. It is also appropriate for majors in Community Health Sciences and other pre- professional health majors. The goal of this course is to explore nutrient function and the basis for nutrient requirements at the cellular level and relate the science of nutrition to health outcomes through the use of case studies.

It is my goal that you leave this course with a better understanding of how to assess the nutritional needs of your future patients. I also hope that you will have a better sense of how to nourish yourself and be able to offer others scientific based nutrition information in your future healthcare endeavors.

This course is part of the undergraduate offerings for the Kinesiology Science program at The University of Texas at Tyler. KINE 2315 is a prerequisite for this course.

Since this course is different from the normal face-to-face class instruction and is designed to impart information via the internet, information can be exchanged in a variety of channels. Since there are no scheduled meeting times for the course, you can access online discussions and assignments when it fits your schedule. Although you can work at your own pace for this course, there are deadlines for assignments throughout the semester.

**Textbook**

Required Text: Nutrition for Health and Health Care. Authors - Linda Kelley DeBruyne, Kathryn Pinna, Eighth Edition. © 2023; ISBN: 978-0-357-73032-4 Loose-Leaf or ISBN: 978-0- 357-73031-7 Student Edition. This book may be purchased from the UT Tyler Bookstore.

### **Course Objectives**

This course is designed to assist in the mission of teaching students in a health-related field to have an understanding of the basic nutrition needs throughout the life cycle. Topics included:

1. Chapter 1 Overview of Nutrition and Health
2. Chapter 2 Digestion and Absorption
3. Chapter 3 Carbohydrates
4. Chapter 4 Lipids
5. Chapter 5 Protein
6. Chapter 6 Energy Balance and Body Composition
7. Chapter 7 Weight Management
8. Chapter 8 The Vitamins
9. Chapter 9 Water and the Minerals
10. Chapter 10 Nutrition through the Life Span: Pregnancy and Lactation
11. Chapter 11 Nutrition through the Life Span: Infancy, Childhood, and Adolescence
12. Chapter 12 Nutrition through the Life Span: Later Adulthood
13. Chapter 13 Nutrition Care and Assessment
14. Chapter 14 Nutrition Intervention and Diet-Drug Interactions
15. Chapter 15 Enteral and Parenteral Nutrition Support
16. Chapter 16 Nutrition in Metabolic and Respiratory Stress
17. Chapter 17 Nutrition and Upper Gastrointestinal Disorders
18. Chapter 18 Nutrition and Lower Gastrointestinal Disease
19. Chapter 19 Nutrition and Liver Disease
20. Chapter 20 Nutrition and Diabetes Mellitus
21. Chapter 21 Nutrition and Cardiovascular Diseases

22.	Chapter 22	Nutrition and Renal Disease
23	Chapter 23	Nutrition, Cancer, and HIV Infection

**Expectations for the course include:**

1. 85% of students will be able to describe a healthy diet for major chronic diseases
2. 85% of students will be able to understand nutrition basics and how diet can be part of the healing process.

**Course Schedule**

**Date                      Weekly Assignments**

**August 26**                                      **First Day of Class**

**August 26 – September 1**              **Module 1**

Read Chapter 1 (Overview of Nutrition and Health)

Read Chapter 2 (Digestion and Absorption)

Review Food Label, Overview of Nutrition and Health, and Chapter 2 Lectures

Post answers to Introductions Discussion Board. Due 9/1/24.

Analyze My Diet Assignment Due 9/8/24

Weekly Quiz over Chapters 1 and 2. Due 9/1/24.

**September 2 – September 8**              **Module 2**

Read Chapter 3 (Carbohydrates)

Read Chapter 4 (Lipids)

Review Chapter 3 Lecture

Review Chapter 4 Lecture

Analyze My Diet Assignment. Due 9/8/24.

Weekly Quiz over Chapters 3 & 4. Due 9/8/24.

**September 9 – September 15**              **Module 3**

Read Chapter 5 (Protein)

Read Chapter 6 (Energy Balance and Body Composition)

Review Chapter 5 Lecture

Review Chapter 6 Lecture

Chapters 5 & 6 Assignment. Due 9/15/24.

Weekly Quiz over Chapters 5 & 6. Due 9/15/24.

**September 16 – September 22    Module 4**

Read Chapter 7 (Weight Management)

Review Weight Management Lecture

Case Study Chapter 7. Due 9/22/24.

Weekly Quiz over Chapter 7. Due 9/22/24.

**September 23 – September 29    Module 5**

Read Chapter 8 (The Vitamins)

Read Chapter 9 (Water and the Minerals)

Review Vitamins Lecture

Review Water and Minerals Lecture

Chapters 8 & 9 Assignment. Due 9/29/24.

Weekly Quiz over Chapters 8 and 9. Due 9/29/24.

**September 30 – October 6        Module 6**

Read Chapter 10 (Nutrition through the Life Span: Pregnancy and Lactation)

Read Chapter 11 ( Nutrition through the Life Span: Infancy, Childhood, and Adolescence)

Review Pregnancy Lecture

Review Lactation Lecture

Chapters 10 & 11 Assignment. Due 10/6/24.

Weekly Quiz over Chapters 10 and 11. Due 10/6/24.

**October 7 – October 13    Module 7**

Read Chapter 12 (Nutrition through the Life Span: Later Adulthood)

Review Adulthood Lecture

Chapter 12 Assignment. Due 10/13/24.

Weekly Quiz over Chapter 12. Due 10/13/24.

**October 6 – October 11 Mid Term Exam will be available 6:00 am 10/6/24 until 11:59 on 10/11/24.**

**October 14 – October 20            Module 8**

Read Chapter 13 (Nutrition Care and Assessment)

Read Chapter 14 (Nutrition Intervention and Diet-Drug Interactions)

Review Nutrition Assessment and Intervention Lecture

Chapters 13 & 14 Assignment. Due 10/20/24.

Weekly Quiz over Chapters 13 & 14. Due 10/20/24.

**October 21 – October 27    Module 9**

Read Chapter 15 (Enteral and Parenteral Nutrition Support)

Review Chapter 15 Lecture

Chapter 15 Assignment. Due 10/27/24.

Weekly Quiz over Chapter 15. Due 10/27/24.

**October 28 – November 3            Module 10**

Read Chapter 16 (Nutrition in Metabolic and Respiratory Stress)

Read Chapter 17 (Nutrition and Upper Gastrointestinal Disorders)

Review Chapter 16 Lecture

Review Chapter 17 Lecture

Chapter 16 & 17 Assignment. Due 11/3/24.

Weekly Quiz over Chapters 16 & 17. Due 11/3/24.

**November 4 – November 10            Module 11**

Read Chapter 18 (Nutrition and Lower Gastrointestinal Nutrition)

Read Chapter 19 (Nutrition and Liver Disease)

Review Chapter 18 Lecture

Review Chapter 19 Lecture

Chapters 18 & 19 Case Studies due 11/10/24.

Weekly Quiz over Chapters 18 and 19. Due 11/10/24.

**November 11 – November 17    Module 12**

Read Chapter 20 (Nutrition and Diabetes Mellitus)

Review Diabetes Lecture

Chapter 20 Assignment. Due 11/17/24.

Weekly Quiz over Chapter 20. Due 11/17/24.

**November 18 – November 24    Module 13**

Read Chapter 21 (Nutrition and Cardiovascular Diseases)

Review Chapter 21 Lecture

Chapter 21 Case Study. Due 11/24/24.

Weekly Quiz Chapter 21. Due 11/24/24.

**November 25 – December 1    Thanksgiving Break**

**December 2 – December 8    Module 14**

Read Chapter 22 (Nutrition and Renal Diseases)

Read Chapter 23 (Nutrition, Cancer, and HIV Infection)

Review Chapter 22 Lecture

Review Chapter 23 Lecture

Personal Diet Assessment Assignment. Due 12/8/24.

Weekly Quiz Chapters 22 and 23. Due 12/8/24.

**December 8 – December 15    Final Exam will be available 6:00 am on 12/8/24 until 1:59 pm on 12/13/24.**

**Grades will be submitted by Monday, December 16, 2024.**

**Grading**

**Assignments**

**Possible Points**

Quiz Chapters 1 & 2	25 points
Introductions DB	20 points
Analyze My Diet Assignment	50 points
Chapters 3 & 4 Assignment	20 points
Quiz Chapters 5 & 6	25 points
Chapter 5 & 6 Assignment	20 points
Quiz Chapter 7	25 points
Chapter 7 Case Study	20 points
Quiz Chapters 8 & 9	25 points
Chapters 8 & 9 Assignment	20 points
Quiz Chapters 10 & 11	25 points
Chapters 10 & 11 Assignment	20 points
Quiz Chapter 12	25 points
Chapter 12 Assignment	20 points
Quiz Chapters 13 & 14	25 points
Chapter 13 & 14 Assignment	20 points
Quiz Chapter 15	25 points
Chapter 15 Assignment	20 points
Quiz Chapters 16 & 17	25 points
Chapters 18 & 19 Case Study	20 points
Quiz Chapters 18 & 19	25 points
Chapter 20 Assignment	20 points
Quiz Chapter 20	25 points
Chapter 20 Case Study	20 points

Quiz Chapter 21	25 points
Chapter 21 Case Study	20 points
Quiz Chapters 22 & 23	25 points
Chapters 22 & 23 Case Study	20 points
Personal Diet Assessment	100 points
Midterm test	100 points
Final Exam	100 points
<b>Total</b>	<b>955 points</b>

#### **Grades:**

859-955 points:	A
764-858 points:	B
667-763 points:	C
573-666 points:	D
<573 points:	F

#### **Class Assignments**

All items are due by 11:59 pm. Central Standard Time on the assigned due date. **No late assignments will be accepted.** If you have an issue with a deadline, please contact me prior to the assignment being due.

#### **Quizzes**

You will have several quizzes over the course of the semester. You can use all notes and your book to take the quizzes. They are not timed and consist of about 25 questions with true-false and multiple-choice questions. I will always review each quiz and throw out questions that more than half the class missed and adjust grades accordingly.

#### **Discussion Boards**

Discussion Board questions are for everyone in the class to see. Feel free to comment on your fellow student's posts if you have something to add to the discussion.

#### **Assignments/Case Studies**

Answer the questions to the best of your ability. Try to use good grammar. I don't need it in a certain format, just make sure you answer the questions. No references necessary. You may upload a file or answer in the text space provided.

#### **Analyze my Diet and Personal Diet Assessment**



These assignments are designed to assess your knowledge of recording a dietary record and analyzing a diet. You will be analyzing your own diet record and making recommendations based on computer analysis.

### **Mid-Term and Final**

You have from 6 am when the exams open until 11:59 pm when the exams close to take the tests. Please be at a secure site to take the exams as you might get kicked off if you lose your internet connection. Do not touch on anything else on the screen or you might get kicked off. The test will automatically shut off after 4 hours so please do not start the test at 10:30 pm at night and expect to finish. If you are unable to complete the exam during the set time, please arrange with me for a different time to take the exam before the exam is available to the rest of the class. The test is given one question at a time. It will cover material from the book and lectures. Midterm covers Modules 1-7 and Final covers Modules 8-14. If you get kicked off, please text me at 903-258-0357 (make sure and tell me your full name on a text) and we will discuss the situation. Once you start the exam, you have four hours to finish it so do not think that you can get out and come back as once the clock starts, it stops in four hours.

### **University Policies and Information**

#### **Withdrawing from Class**

Students may withdraw (drop) from this course using the Withdrawal Portal. Withdrawing (dropping) this course can impact your Financial Aid, Scholarships, Veteran Benefits, Exemptions, Waivers, International Student Status, housing, and degree progress. Please speak with your instructors, consider your options, speak with your advisor, and visit the One-Stop Service Center (STE 230) or email enroll@uttyler.edu to get a complete review of your student account and the possible impacts to withdrawing. We want you to make an informed decision. UT Tyler faculty and staff are here for you and often can provide additional support options or assistance. Make sure to carefully read the implications for withdrawing from a course and the instructions on using the Withdrawal portal..

Texas law prohibits students from dropping more than six courses during their entire undergraduate career\*. The six courses dropped include those from other 2-year or 4-year Texas public colleges and universities. Consider the impact withdrawing from this class has on your academic progress and other areas, such as financial implications. We encourage you to consult your advisor(s) and Enrollment Services for additional guidance. CAUTION #1: Withdrawing before census day does not mean you get a full refund. Please see the Tuition and Fee Refund Schedule. CAUTION #2: All international students must check with the Office of International Programs before withdrawing. All international students are required to enroll full-time for fall and spring terms. CAUTION #3: All UT Tyler Athletes must check with the Athletic Academic Coordinator before withdrawing from a course. CAUTION #4: All veterans or military-affiliated students should consult with the Military and Veterans Success Center.

\* Students who began college for the first time before 2007 are exempt from this law.

#### **Artificial Intelligence Statement**

UT Tyler is committed to exploring and using artificial intelligence (AI) tools as appropriate for the discipline and task undertaken. We encourage discussing AI tools' ethical, societal, philosophical, and disciplinary implications. All uses of AI should be acknowledged as this aligns with our commitment to honor and integrity, as noted in UT Tyler's Honor Code. Faculty and students must not use protected information, data, or copyrighted materials when using any AI tool. Additionally, users should be aware that AI tools rely on predictive models to generate content that may appear correct but is sometimes shown to be incomplete, inaccurate, taken without attribution from other sources, and/or biased. Consequently, an AI tool should not be considered a substitute for traditional approaches to research. You are ultimately responsible for the quality and content of the information you submit. Misusing AI tools that violate the guidelines specified for this course is considered a breach of academic integrity. The student will be subject to disciplinary actions as outlined in UT Tyler's Academic Integrity Policy. *Refer to the About This Course section of the UT Tyler Syllabus Module for specific information on appropriate use of AI in your course(s).*

#### **Final Exam Policy**

Final examinations are administered as scheduled. If unusual circumstances require that special arrangements be made for an individual student or class, the Dean of the appropriate college, after consultation with the faculty member involved, may authorize an exception to the schedule. Faculty members must maintain student final examination papers for a minimum of three months following the examination date.

### **Incomplete Grade Policy**

If a student, because of extenuating circumstances, is unable to complete all of the requirements for a course by the end of the semester, then the instructor may recommend an Incomplete (I) for the course. The "I" may be assigned in place of a grade *only when all of the following conditions are met*: (a) the student has been making satisfactory progress in the course; (b) the student is unable to complete all coursework or final exam due to unusual circumstances that are beyond personal control and are acceptable to the instructor, and (c) the student presents these reasons before the time that the final grade roster is due. The semester credit hours for an Incomplete will not be used to calculate the grade point average.

The student and the instructor must submit an Incomplete Form detailing the work required and the time by which the work must be completed to their respective department chair or college dean for approval. The time limit established must not exceed one year. Should the student fail to meet all of the work for the course within the time limit, then the instructor may assign zeros to the unfinished work, compute the course average for the student, and assign the appropriate grade. If a grade has yet to be assigned within one year, then the Incomplete will be changed to an F, or NC. If the course was initially taken under the CR/NC grading basis, this may adversely affect the student's academic standing.

### **Grade Appeal Policy**

Disputes regarding grades must be initiated within sixty (60) days from the date of receiving the final course grade by filing a Grade Appeal Form with the instructor who assigned the grade. A grade appeal should be used when the student thinks the final course grade awarded does not reflect the grades earned on assessments or follow the grading scale as documented in the syllabus. The student should provide the rationale for the grade appeal and attach supporting document about the grades earned. The form should be sent via email to the faculty member who assigned the grade. The faculty member reviews the rationale and supporting documentation and completes the instruction section of the form. The instructor should return the form to the student, even if a grade change is made at this level. If the student is not satisfied with the decision, the student may appeal in writing to the Chairperson of the department from which the grade was issued. In situations where there is an allegation of capricious grading, discrimination, or unlawful actions, appeals may go beyond the Chairperson to the Dean or the Dean's designee of the college from which the grade was issued, with that decision being final. The Grade Appeal form is found in the Registrar's Form Library.

NOTE: The Grade Appeal Form is different from the Application for Appeal form submitted to the Student Appeals Committee, which does not rule on grade disputes as described in this policy.

### **Disability/Accessibility Services**

In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA), the University of Texas at Tyler offers accommodations to students with learning, physical, and/or psychological disabilities. If you have a disability, including a non-visible diagnosis such as a learning disorder, chronic illness, TBI, PTSD, ADHD, or a history of modifications or accommodations in a previous educational environment, you are encouraged to visit <https://hood.accessiblelearning.com/UTTyler/> and fill out the New Student application. The Student Accessibility and Resources (SAR) office will contact you when your application has been submitted and an appointment with the Assistant Director Student Accessibility and Resources/ADA Coordinator has been made. For more information, including filling out an application for services, please visit the SAR webpage at <https://www.uttyler.edu/disability-services>, the SAR office located in the Robert Muntz Library, LIB 460, email [saroffice@uttyler.edu](mailto:saroffice@uttyler.edu), or call 903.566.7079."

### **Military Affiliated Students**

UT Tyler honors the service and sacrifices of our military-affiliated students. If you are a student who is a veteran, on active duty, in the reserves or National Guard, or a military spouse or dependent, please stay in contact with your faculty member if any aspect of your present or prior service or family situation makes it difficult for you to fulfill the requirements of a course or creates disruption in your academic progress. It is important to make your faculty member aware of any complications as far in advance as possible. Your faculty member is willing to work with you and, if needed, put you in contact with university staff who are trained to assist you. The Military and Veterans Success Center (MVSC) has campus resources for military-affiliated students. The MVSC can be reached at MVSC@uttyler.edu or via phone at 903.565.5972.

### **Students on an F-1 Visa**

To remain in compliance with Federal Regulations requirements you must do the following:

- Traditional face-to-face classes: Attend classes on the regular meeting days/times.
- Hybrid Classes: Attend all face-to-face classes convened by the instructor according to the schedule set for your specific course.
- Online course: Only one online course can count toward your full-time enrollment. Students are expected to be fully engaged and meet all requirements for the online course.

### **Academic Honesty and Academic Misconduct**

The UT Tyler community comes together to pledge that "Honor and integrity will not allow me to lie, cheat, or steal, nor to accept the actions of those who do." Therefore, we enforce the Student Conduct and Discipline policy in the Student Manual Of Operating Procedures (Section 8).

### **FERPA**

UT Tyler follows the Family Educational Rights and Privacy Act (FERPA) as noted in University Policy 5.2.3. The course instructor will follow all requirements to protect your confidential information.

### **Absence for Official University Events or Activities**

This course follows the practices related to Excused Absences for University Events or Activities as noted in the Catalog.

### **Absence for Religious Holidays**

This course follows the practices related to Excused Absences for Religious Holy Days as noted in the Catalog.

### **Absence for Pregnant Students**

This course follows the requirements of Texas Laws SB 412, SB 459, SB 597/HB 1361 to meet the needs of pregnant and parenting students. Part of the supports afforded pregnant students includes excused absences. Faculty who are informed by a student of needing this support should make a referral to the Parenting Student Liaison. NOTE: Students must work with the Parenting Student Liaison in order to receive these supports. Students should reach out to the Parenting Student Liaison at parents@uttyler.edu and also complete the Pregnant and Parenting Self-Reporting Form.

### **Campus Carry**

We respect the right and privacy of students who are duly licensed to carry concealed weapons in this class. License holders are expected to behave responsibly and keep a handgun secure and concealed. More information is available at <http://www.uttyler.edu/about/campus-carry/index.php>.

