

Fall 2023

Face-to-Face

Mondays, Wednesdays, Fridays: 1:20-2:25pm

HPC 2255

University of Texas at Tyler
Department of Health and Kinesiology
Principles of Nutrition for Allied Health
Course Syllabus – Fall 2023ALHS 2315.001

Instructor: Sara Hogan MS, RDN

Office – Before and after class/via Zoom

Office Hours: By appointment

E-mail: shanson@uttyler.edu

**“I embrace honor and integrity. Therefore, I choose not to lie, cheat, or steal,
nor to accept the actions of those who do.”**

UT Tyler Honor Code

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

Course Description:

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.

Course goal and Student Learning Outcomes (SLO):

By the completion of this course, students will demonstrate knowledge of evidence-based scientific nutrition principles and use that knowledge to impact health at the personal and public level. This course provides the background information needed to proceed to advanced courses in the field of nutrition.

This course is designed for health care majors with some science background or an advanced interest in Nutritional Science. As a student completing this course, the following requirements will be expected of you:

SLO 1. Identify and explain scientifically based nutrition and physiological principles in relation to the prevention of chronic disease.

SLO 2. Utilize nutrient database software for dietary assessment and critically analyze the data.

SLO 3. Assess the nutritional status of an individual integrating health and chronic disease history, dietary data, knowledge of physiological consequences of nutritional issues and communicate it effectively in a written report.

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Course Requirements:

There are expectations of you, as the student, for this course. This course requires general chemistry to be completed as a prerequisite. This course requires participation online and in group activities/case studies. You will spend approximately 5-6 hours preparing for the course each week with online activities and study time. You must have the writing and math skills that are needed for this course.

Writing: All students must present a professional demeanor in their writing. Students should use correct spelling and punctuation in any correspondence in this course. This includes in emails, discussion boards, and assignments (even tweets). Students should use APA style of writing for written assignments. Do use the Writing Center to have them edit your written assignments before you submit them. The Writing Center at the University of Texas is a place for all students, faculty, and staff to work on their writing projects and writing skills. Make an appointment TODAY! <https://www.uttyler.edu/writingcenter/>

Math: All students are required to complete mathematical calculations and should understand order of operations, which is typically first introduced and taught between the 4th and 8th grades.

Method of Instruction: This course will be taught in a Team Based Learning format. Team Based Learning is a structured form of small-group (team) learning that emphasizes student preparation outside of class and application of the knowledge in class. Both individual and team scores contribute to the final number of points achieved from the course. Throughout the semester you will be participating in team assignments, discussions, and case studies to reinforce the material presented, including but not limited to instructional videos, assigned readings, and outside class activities. Lectures will be in person and online (when needed). Your teams will be presenting some of your case studies to the class.

Communication: You MUST read emails and announcements from me. These will be sent through Canvas. I am putting in the work early to make sure things are as seamless as possible. However, there will likely be things we just didn't expect. I will let you know about how to handle those through email/announcements. You not reading emails/announcements from me is NOT an excuse for missed assignments, classes, or so on. *Please do communicate with me (before your submissions are due) if you have any problems/situations that is preventing timely submission. If you do not let me know of problems, issues, concerns, I cannot help.*

Response Policy: E-mail: Please do not hesitate to e-mail me with any questions. Please allow 48 hours for an email response. However, it will typically be quicker. **Include the course number in the subject line.**

Graded Quizzes, Assignments, Activities, and Exams: Grades will be available within 2 weeks of the due date. Much of the time you will be able to see grades sooner than the times listed.

However, there are times when it takes longer to grade some assignments.

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If you send me an email and do not have a response from me within 48 hours, please contact me again as it means I did not get the message!

Attendance: Attendance is graded. This is a face-to-face course with two classes per week. Class attendance is key to successfully completing this course. It also means that you must participate in class to receive all the participation points. Work hard and have a good attitude to get the most out of this course!

Grading:

Group Assignments (3)	300 points
Attendance	50 points
Individual Activities and Assignments	340 points
Group Activities/Discussion	50 points
Quizzes (5)	140 points
Final exam	<u>100 points</u>
Total possible points	980 points

Grading Scale:

90% to 100%	= 882 to 980 points = A
80% to 89%	= 784 to 881.9 points = B
70% to 79%	= 686 to 783.9 points = C
60% to 69%	= 588 to 685.9 points = D
< 60%	= ≤ 587.9 points = F

Please note that 881.9 points is a B, NOT an A.

All assignments will be explained during class times and uploaded to Canvas for full details and instructions. Assignments are due on the dates specified on Canvas and the course Road Map.

Late assignments will be penalized 10% for each day they are late. Contact me before the due date if you will be unable to complete it due to being sick, athletics, or emergencies and want to avoid a penalty. A missed quiz or exam without a prior excuse receives an automatic zero. An excused missed quiz or exam must be arranged with the instructor.

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UTT POLICIES

UT Tyler Honor Code

Every member of the UT Tyler community joins together to embrace: Honor and integrity that will not allow me to lie, cheat, or steal, nor to accept the actions of those who do.

Students Rights and Responsibilities

To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link:

<http://www.uttyler.edu/wellness/rightsresponsibilities.php>

Campus Carry

We respect the right and privacy of students 21 and over 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>

UT Tyler a Tobacco-Free University

All forms of tobacco will not be permitted on the UT Tyler main campus, branch campuses, and any property owned by UT Tyler. This applies to all members of the University community, including students, faculty, staff, University affiliates, contractors, and visitors.

Forms of tobacco not permitted include cigarettes, cigars, pipes, water pipes (hookah), bidis, kreteks, electronic cigarettes, smokeless tobacco, snuff, chewing tobacco, and all other tobacco products.

There are several cessation programs available to students looking to quit smoking, including counseling, quitlines, and group support. For more information on cessation programs please visit www.uttyler.edu/tobacco-free.

Grade Replacement/Forgiveness and Census Date Policies

Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. (For Fall, the Census Date is Sept. 1.)

Grade Replacement Contracts are available in the Enrollment Services Center or at

<http://www.uttyler.edu/registrar>. Each semester's Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar.

Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are

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eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract.

The Census Date (Sept. 1st) is the deadline for many forms and enrollment actions of which students need to be aware. These include:

- Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.
- Receiving 100% refunds for partial withdrawals. (There is no refund for these after the Census Date)
- Schedule adjustments (section changes, adding a new class, dropping without a “W” grade)
- Being reinstated or re-enrolled in classes after being dropped for non-payment
- Completing the process for tuition exemptions or waivers through Financial Aid

State-Mandated Course Drop Policy

Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the census date (See Academic Calendar for the specific date).

Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be submitted to the Enrollment Services Center and must be accompanied by documentation of the extenuating circumstance. Please contact the Enrollment Services Center if you have any questions.

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 you have 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

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been submitted and an appointment with Cynthia Lowery, Assistant Director of Student Services/ADA Coordinator. For more information, including filling out an application for

services, please visit the SAR webpage at <http://www.uttyler.edu/disabilityservices>, the SAR office located in the University Center, # 3150 or call 903.566.7079.

Student Absence due to Religious Observance

Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

Revised 05/17

Student Absence for University-Sponsored Events and Activities

If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

Social Security and FERPA Statement

It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

Emergency Exits and Evacuation

Everyone is required to exit the building when a fire alarm goes off. Follow your instructor's directions regarding the appropriate exit. If you require assistance during an evacuation, inform your instructor in the first week of class. Do not re-enter the building unless given permission by University Police, Fire department, or Fire Prevention Services.

Student Standards of Academic Conduct

Disciplinary proceedings may be initiated against any student who engages in scholastic dishonesty, including, but 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.

- i. "Cheating" includes, but is not limited to:
 - copying from another student's test paper;
 - using, during a test, materials not authorized by the person giving the test;
 - failure to comply with instructions given by the person administering the test;

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- possession during a test of materials which are not authorized by the person giving the test, such as class notes or specifically designed “crib notes”. The
 - presence of textbooks constitutes a violation if they have been specifically prohibited by the person administering the test;
 - using, buying, stealing, transporting, or soliciting in whole or part the contents of an unadministered test, test key, homework solution, or computer program;
 - collaborating with or seeking aid from another student during a test or other assignment without authority;
 - discussing the contents of an examination with another student who will take the examination;
 - divulging the contents of an examination, for the purpose of preserving questions for use by another, when the instructors has designated that the examination is not to be removed from the examination room or not to be returned or to be kept by the student;
 - substituting for another person, or permitting another person to substitute for oneself to take a course, a test, or any course-related assignment;
 - paying or offering money or other valuable thing to, or coercing another person to obtain an unadministered test, test key, homework solution, or computer program or information about an unadministered test, test key, home solution or computer program;
 - falsifying research data, laboratory reports, and/or other academic work offered for credit;
 - taking, keeping, misplacing, or damaging the property of The University of Texas at Tyler, or of another, if the student knows or reasonably should know that an unfair academic advantage would be gained by such conduct; and
 - misrepresenting facts, including providing false grades or resumes, for the purpose of obtaining an academic or financial benefit or injuring another student academically or financially.
- ii. “Plagiarism” includes, but is not limited to, the appropriation, buying, receiving as a gift, or obtaining by any means another’s work and the submission of it as one’s own academic work offered for credit.
- iii. “Collusion” includes, but is not limited to, the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any section of the rules on scholastic dishonesty.
- iv. All written work that is submitted will be subject to review by plagiarism software.

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UT Tyler Resources for Students

- [UT Tyler Writing Center](mailto:writingcenter@uttyler.edu) (903.565.5995), writingcenter@uttyler.edu
- [UT Tyler Tutoring Center](mailto:tutoring@uttyler.edu) (903.565.5964), tutoring@uttyler.edu
- The Mathematics Learning Center, RBN 4021, this is the open access computer lab for math students, with tutors on duty to assist students who are enrolled in early-career courses.
- [UT Tyler Counseling Center](mailto:903.566.7254) (903.566.7254)

Course disclosure – Please note that this course covers a variety of topics which can be considered triggering. These topics include (but not limited to) body weight, body image, sugars, fat, obesity, eating disorders, etc. In addition, assignments will involve calorie counting, physical activity analysis, calorie intake, fat intake, sugar intake, body weight and BMI estimations. Some of these topics are considered as potential triggers for people with eating disorders. If you are experiencing or recovering from an eating disorder, it is highly encouraged to take necessary steps towards your emotional safety. This may include consulting with your therapist / practitioner / psychologist / dietician before enrolling or about the course content. If any of these topics are potential triggers and can potentially cause any distress, you can drop out of this course (before the census date). Additionally, at any time if you feel distressed you can reach out to Student Counseling Center - The University of Texas at Tyler (903.566.7254).

Tentative Schedule - This schedule is subject to change at any time. Watch for any updates on the Syllabus in Canvas.

Getting started and Module 1: Weeks of 8/21/2023-9/10/2023

Overview of Nutrition & Health & Digestion and Absorption

Read: Chapters 1 and 2

Complete Quizzes

Nutrition knowledge questionnaire (Hard deadline - Due Aug 25th, 11:59pm)

Assignment #1: My Plate Analysis

Discussions: Introduce Yourself (Due Aug 27th, 11:59pm)

Activity: ASA 24 – dietary recall – I (Hard deadline - Due Sept 6th, 11:59pm)

Module 2: Weeks of 9/11/2023-10/08/2023

Carbohydrates, Lipids & Protein

Read: Chapters 3, 4, & 5

Energy Balance, Body Composition, & Weight Management

Read: Chapters 6 & 7

Complete Quizzes & Activities

Group Activity discussion: Nutrition Calculations Discussion & Macronutrient Discussion

Assignment #2: Over/ Under Nutrition Case Study - Group Assignment

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Module 3: Weeks of 10/09/2023-10/22/2023

Vitamins & Minerals

Read: Chapters 8 & 9

Complete Quizzes & Activities: Vitamins & Minerals Activities

Discussion: Micronutrient Discussion

Module 4: Weeks of 10/23/2023-11/05/2023

Pregnancy & Lactation, Infancy, Childhood, Adolescence, Later Adulthood

Read: Chapters 10, 11 & 12

Complete Quizzes & Activities

Assignment #3: Lifespan Nutrition Education - Group Assignment and presentations

Module 5: Weeks of 11/06/2023-12/03/2023

Nutrition Care & Assessment, Nutrition Intervention, Diabetes & Obesity

Read: Chapters 13, 14, and 20

Complete Quizzes & Activities: Diabetes Terms Activities

Nutrition Knowledge Questionnaire (Hard deadline due December 1, 11:59pm)

Assignment #4: Metabolic Case Study - Group Assignment

Activity: ASA24 – dietary recall II (Hard deadline Due Nov 12, 11:59pm)

Personal diet assessment (Hard deadline Due December 03, 11:59pm)

Comprehensive Final Exam: Due – Dec 07, 2023 (Hard Deadline)