

University of Texas at Tyler  
Department of Health and Kinesiology  
Introduction to Nutrition  
Course Syllabus – Spring 2024 ALHS 1315.002 & 003

**Instructor:**

Rachel Ayala, M.S., R.D.  
Virtual Office – via Zoom Meetings  
Office Hours: By appointment  
E-mail: [rayala@uttyler.edu](mailto:rayala@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 a changing world published by MacMillan, authored by Pope, Nizielski, and McCook. Second Edition (2022). ISBN: 978-1-319-42295-0 eBook or ISBN: 978-1-319-42293-6 Loose-Leaf

**Course Description:**

This course is a survey of current nutrition science principles, with emphasis on the development of skills to discern nutrition facts from fiction using scientific methods and how to apply nutrition science principles to daily life. As a result of taking this course you will gain nutritional science knowledge and analytical skills that can be used to protect your health and wellbeing throughout your life. This course is 3 credits and has no prerequisites. This is a STEM course.

**Course Student Learning Outcomes:**

By the completion of the course students will be able to:

1. Apply the principles of scientific inquiry and use critical thinking skills to differentiate between nutrition science that utilizes rigorous methods to validate information and nutrition myths used to make health claims. (Assessed by Research Assignment in which you critically review and summarize the findings in a peer-reviewed article from the scientific literature and compare those findings with health claims made in popular press.)
2. Articulate points and counterpoints to support accepted nutrition practices. (Assessed by Discussions that will be used to evaluate your ability to reason verbally and in written form.)
3. Access nutrition information by searching scientific databases (PubMed, ScienceDirect, etc.)

- for primary literature, which supports the use of specific nutrients. (Assessed by working as a team to design and present a nutrition care plan for a specific nutrition concern or disease using recognized nutrition standards.)
4. Differentiate nutrition facts from opinion with regard to nutritional recommendations using empirical reasoning. (Assessed by embedded test questions that will evaluate your ability to connect evidence with accurate health claims within FDA regulations and dietary standards.)
  5. Collect and analyze personal health data using scientific methodology. (Assessed by the formal written presentation of your personal food intake and activity data as graphs and charts that are correctly titled and labeled, appropriately designed, and accurately emphasize important data. You will present data in an ethical and professional manner.)

#### Course Requirements:

Students must demonstrate math and writing skills by completing assignments.

Students must use scientific method to analyze data and draw conclusions from selected readings.

Students must exhibit computer skills through use of Canvas and completion of assignments.

#### Response Policy:

E-mail: Please do not hesitate to e-mail me with any questions ([rayala@uttyler.edu](mailto:rayala@uttyler.edu)). Please allow 48 hours for an email response. However, it will typically be quicker. **Include the course and section 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.

**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 three 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!

**Communication:** You MUST read emails and announcements from me. These will be posted on or sent through Canvas. Failure to read emails/announcements from me is NOT an excuse for missed assignments, classes, etc. *Please do communicate with me (before your submissions are due) if you have any problems/situations that prevent timely submission. If you do not let me know of problems, issues, concerns, I cannot help.*

**Assignments: Due Dates are listed in Canvas.**

1. Academic Activities –
  - a. **Research vs. Popular Press** – 100 points possible. Three pages, double spaced, using Scientific Format. (See example and rubric in Canvas). For this assignment, you will choose a peer-reviewed research article regarding some aspect of nutrition or nutrient of interest to you and compare it with an article on the topic in popular press such as TikTok, Facebook, Instagram, Twitter, or other popular blog/magazine. You will write up to a 3-page report comparing the two articles.
  - b. **Nutrition and Disease** – 100 points possible. For this assignment you will be working on a team. Your team will choose a specific disease to focus on for the whole semester. By the end of the semester your team will be able to describe the disease, current national statistics, current research trend, role of nutrition & lifestyle, and preventive/treatment approach. To complete your project, your team will create a 4-page (excluding references) report on the disease and nutritional intervention and **present (15 minutes per group)** your findings to the class.  
**Class Presentations** - Nutrition and Disease group presentations will be held in class during the last two/three weeks of semester (see syllabus). Each member of the team will present a section from the project. Students will need to work as a team to prepare a single PowerPoint presentation (to be uploaded on Canvas), and each student will need to learn how to divide and present their sections. You will need to get familiar with presenting at a desk in front of the class. If you are uncomfortable with this, you will need to practice with your team. This will be a learning opportunity to practice and present your findings in front of your class as you will be giving presentations in your other courses as well as your careers. There will be additional details regarding the group assignment and presentations on Canvas. Note that each student must present to receive full credit for this assignment.
2. Dietary Analysis
  - a. Two ASA24 diet recall – 50 points possible (25 each). In this activity you will record a 2-day (one weekday and one weekend) diet 24-hour recall at the beginning and at the end of the semester using the ASA24 website.
  - b. Carbohydrate - 20 points possible. In this activity, you will analyze your carbohydrate intake. In class, with your team, you will calculate % of calories from carbohydrates.
  - c. Lipids - 20 points possible. In this activity, you will analyze your lipid intake. In class, with your team, you will calculate % of calories from lipids.
  - d. Protein - 20 points possible. In this activity, you will analyze your protein intake. In class, with your team, you will calculate % of calories from protein.
  - e. Vitamins - 20 points possible. In this activity, you will analyze your vitamin intake.
  - f. Minerals - 20 points possible. In this activity, you will analyze your mineral intake.
  - g. Physical Activity Analysis - 20 points. In this activity, you will analyze your physical activity and energy expenditure using the MyFitnessPal app.
  - h. Personal Health Report on food intake and expenditure – 100 points possible. Using the information from your Nutrient Analyses and your Physical Activity Analysis, you will write a report in Scientific Format. Additional instructions and the rubric are

available on Canvas.

### **In Class Activities/Discussions - Participation**

- a) Introduce Yourself – 10 points possible.
- b) Get to know your team – 10 points possible (Group Activity)
- c) Science Literacy Review – 15 points possible. (Group Activity)
- d) Analyze My Plate – 15 points possible.
- e) Attendance – 25 points possible

### **Exams:**

Two exams and a Comprehensive Final Exam will be given. All exams must be taken. If an exam must be missed, you **MUST** contact the instructor prior to the exam, if possible, to make alternative arrangements.

### **Grading**

Attendance	25 points
Nutrition knowledge questionnaire (2 x 25 points)	50 points
Academic Activities	200 points
Class Activities/Discussion	50 points
Diet Analysis Activities	270 points
Quizzes (5 x 15 points each)	75 points
Exams (3 x 100 points each)	<u>300 points</u>

**Total possible points** **970 points**

### **Grading Scale:**

90% to 100%	= 873 to 970 points = A
80% to 89%	= 776 to 872.9 points = B
70% to 79%	= 679 to 775.9 points = C
60% to 69%	= 582 to 678.9 points = D
< 60%	= ≤ 581.9 points = F

**Please note that 872.9 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.

**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.**

## **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, quit lines, and group support. For more information on cessation programs please visit [www.uttyler.edu/tobacco-free](http://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 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 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;
- 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.

### **UT Tyler Resources for Students**

- [UT Tyler Writing Center](#) (903.565.5995), [writingcenter@uttyler.edu](mailto:writingcenter@uttyler.edu)
- [UT Tyler Tutoring Center](#) (903.565.5964), [tutoring@uttyler.edu](mailto: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](#) (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).



Spring 2024  
 Face-to-Face  
 HPC 0255

Monday, Wednesday, & Friday  
 Section 002 – 10:10-11:05am  
 Section 003 – 12:20-1:15pm

Tentative Schedule\* **Please see Canvas for additional assignment due dates.**

Week	Week of:	Unit	Ch	Topic	Activity	
					In Class Activities/Virtual	Online – Canvas
1	1/15	1 - Nutrition as Science		Syllabus and Course Expectations	ASA24 demo	Nutrition Knowledge questionnaire I (1/19 – Hard deadline) Getting Started quiz (1/20) Introduce Yourself (1/21)
2	1/22		1	The Science and Scope of Nutrition	Science Literacy (Due-2/3)	<b>Nutrition as Science &amp; Digestion Quiz (2/4)</b>
3	1/29		2 3	Healthy Diets & Digestion		ASA24 AnalyzeMyDiet (2/3 – Hard deadline) Get to know your team (2/2) Analyze My Plate (2/6)
4	2/5	2 – Macro-nutrients	4 A	Carbohydrates Nutrition and Diabetes	Nutrition Calculations (in class/Virtual)	Carbohydrate Analysis (2/16)
5	2/12		5 B	Lipids Lipids in Health and Disease		Lipid Analysis (2/16)
<b>RESEARCH VS POPULAR PRESS PAPER DUE: 2/18</b>						
6	2/19		6 C	Protein Plant Based Diets		Protein Analysis (2/21) <b>Macronutrient Quiz (2/24)</b>
<b>EXAM ONE Chapters 1-5 DUE: 2/25</b>						
7	2/26	3 - Micronutrients	7 8	Fat-soluble Vitamins Water-soluble Vitamins		Vitamins Analysis (3/2)

Spring 2024  
 Face-to-Face  
 HPC 0255

Monday, Wednesday, & Friday  
 Section 002 – 10:10-11:05am  
 Section 003 – 12:20-1:15pm

8	3/4		9	Dietary Supplements		Mineral Analysis (3/17)
			D	Major Minerals and Water		
<b>3/11 SPRING BREAK</b>						
9	3/18		10	Trace Minerals		Micronutrient Quiz (3/24)
11	3/25	4 – Energy and Fitness	11	Energy Balance and Obesity	Energy Balance Activity (in class/Virtual)	Energy Balance Quiz (4/6)
<b>EXAM TWO Chapters 6-10 DUE: 3/31</b>						
12	4/1		12	Nutrition and Fitness		Physical Activity Analysis (4/14) ASA24 Analyzemydiet (4/26 – Hard deadline)
13	4/8	5 – Nutrition for Life	E	Nutrition for Pregnancy, Breastfeeding, and Infancy		Nutrition for Life Quiz (4/28)
<b>Group Project: Nutrition &amp; Disease Paper: Due (4/14)</b>						
14 & 15	4/15 & 4/22		F 13	Childhood Nutrition The College Years	Nutrition And Disease Presentations	Nutrition Knowledge questionnaire II (5/1 - Hard deadline)
<b>PERSONAL HEALTH REPORT DUE: 4/26 (Hard deadline)</b>						
<b>COMPREHENSIVE FINAL EXAM (Canvas) DUE: 5/3 (Hard deadline)</b>						

\*This schedule is subject to change at any time. Watch for any updates on the Syllabus on Canvas.