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UNIVERSITY OF TEXAS AT TYLER

Department of Health
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NUTRITION FOR ALLIED HEALTH

ALHS 2315.060
Spring 2024
Online

HONOR CODE

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

<http://www.uttyler.edu/educpsych/files/HonorCode.pdf>

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

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.

***“Our Food should be our medicine and
our medicine should be our food.”***

- Hippocrates



How does a person make the healthiest choices?

This syllabus was created to inform students in this course of the learning expectations. As a person interested in the health professions, this course will be extremely valuable. The syllabus is your resource during the semester to be successful in the course. The schedule is located at the end of the syllabus and on Canvas.

“THE FOOD YOU EAT CAN BE EITHER THE SAFEST AND MOST POWERFUL FORM OF MEDICINE OR THE SLOWEST FORM OF POISON.”
- ANN WIGMORE

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.

READING REQUIREMENTS

Text: Nutrition for Health and Healthcare.
Cengage Learning,
Seventh Edition, 2019

ISBN-13: : 978-0357-73031-7

You can purchase this book at The University of Texas at Tyler Bookstore on University Boulevard or the place of your choice.

Electronic versions are acceptable.

Position Statements:
Position of the Academy of Nutrition and Dietetics: The Role of Nutrition in Health Promotion and Chronic Disease Prevention.

Access to this article is at www.eatright.org and is posted on Canvas.

The course schedule may be subject to change. Watch for updates in Canvas.



COURSE STUDENT LEARNING OBJECTIVES

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:

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

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

CLSO 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.

METHOD OF INSTRUCTION

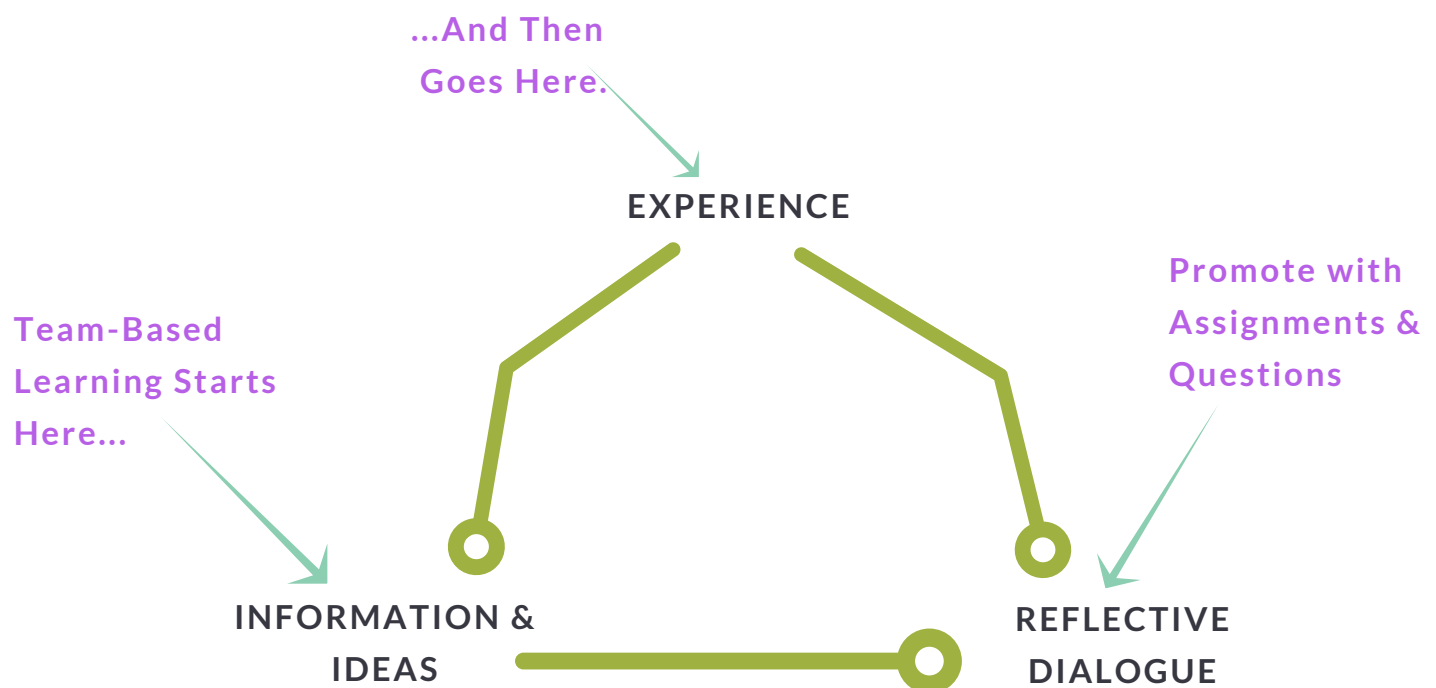
This course will be taught online. Instructional videos, quizzes, discussion boards, and case studies will be used to reinforce the material in assigned readings.



TEAM BASED LEARNING

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.

SEQUENCE OF EVENTS IN TEAM-BASED LEARNING



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. It is your responsibility to keep up to date with how things will be carried out throughout the rest of the semester. You not reading emails/announcements from me is NOT an excuse for missed assignments, classes, or so on.

You must also communicate with me as soon as problems/issues arise. If you do not let me know of problems, issues, concerns, I cannot help.



GRADES

900-1000 points: A
 800-899 points: B
 700-799 points: C
 600-699 points: D
 <599 points: F

There is no "curve." Please note that 899 points is a B, NOT an A.

Students must be prepared to discuss assigned readings.



RESPONSE POLICY

While the following are anticipated response times, typically the response will be quicker.

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.

Voice-mail messages: within 48 hours except on weekends and holidays.

Email: within 48 hours except on weekends and holidays.

IF YOU LEAVE ME A VOICE MESSAGE OR 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!

INCLUDE YOUR NAME AND COURSE NUMBER WITH ALL CORRESPONDENCE.

GRADING

Activities	340 points
Case Studies	325 points
Quizzes	140 points
Attendance, Participation, &	
Discussions	75 points
Final Exam	100 points

Total Possible 980 points

GRADING SCALE:

A	90%-100%	= 882-980 POINTS
B	80-89%	= 784-881.9 POINTS
C	70-79%	= 686- 783.9 POINTS
D	60-69%	= 588-685.9 POINTS
F	<60%	= </= 587. 9 POINTS



TENTATIVE COURSE SCHEDULE

The schedule may change if needed

WEEKS OF JANUARY 16TH & 22TH - MODULE 1: DIGESTION AND ABSORPTION

Overview of Nutrition & Health & Digestion and Absorption

Read: Chapters 1 and 2; Complete Quizzes

Nutrition knowledge questionnaire (Hard deadline- Due Jan 19th)

Activity: ASA 24 I - Dietary Recall (Hard deadline - Due Jan 31st)

Assignment #1: My Plate Analysis

Discussions: Introduce Yourself & The Meaning of Food in Your Life

WEEKS OF JANUARY 29TH - FEBRUARY 26TH - MODULE 2: MACRONUTRIENTS & ENERGY BALANCE

Carbohydrates, Lipids & Protein

Read: Chapters 3, 4, & 5

Energy Balance, Body Composition, & Weight Management

Read: Chapters 6 & 7

Complete Quizzes & Activities: Macronutrient Activity, Energy Expenditure, Body Composition Activity

Discussion: Nutrition Calculations Discussion & Macronutrient Discussion

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

WEEK OF MARCH 4TH & 18TH - MODULE 3: MICRONUTRIENTS & WATER

Vitamins & Minerals

Read: Chapters 8 & 9

Complete Quizzes & Activities: Vitamins & Minerals Activities

Discussions: Micronutrient Discussion

Happy Spring Break! March 11-15

WEEK OF MARCH 25ND & APRIL 1ST - MODULE 4: LIFE CYCLE NUTRITION

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

Read: Chapters 10, 11 & 12

Complete Quizzes & Activities: Foods in Pregnancy Activity; Nutrients and the Older Adult Activity

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

WEEK OF APRIL 8TH - 22ND - MODULE 5: INTERVENTIONS AND METABOLIC DISEASE

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 April 30th)

Activity: ASA 24 II (Hard deadline: Due April 28th)

Personal Diet assessment (Hard deadline: Due April 28th)

Assignment #4: Metabolic Case Study - Group Assignment

Comprehensive Final Exam: Due April 3rd

**UNIVERSITY OF TEXAS
AT TYLER IS 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

**UNIVERSITY OF
TEXAS AT TYLER**

The UT Tyler Concealed Handguns on Campus Policy was approved by the UT System Board of Regents and went into effect at all UT Tyler facilities beginning Aug.1, 2016. Senate Bill 11 authorizes handgun license holders to carry their concealed handguns on campus and also requires each university to develop specific guidelines regarding campus concealed carry. Under UT Tyler's policy, which was developed through an extensive process led by the Campus Concealed Carry Working Group, all licensed handgun carriers are required to carry the handgun in a holster or other secure weapon case that completely covers the trigger and the entire trigger guard area. The holster must sufficiently retain the handgun in place so that it will not discharge in the event of sudden movement. In addition, UT Tyler's policy categorizes certain areas as exclusion zones, where the concealed carrying of a handgun is prohibited. Signs are posted at the entry points of areas identified in the policy as exclusion zones. Exclusion zones include all or part of certain buildings. Specific areas are detailed in UT Tyler's Concealed Handguns on Campus Policy.

UNIVERSITY POLICIES

UNIVERSITY OF TEXAS AT TYLER

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 12th day of class (See Schedule of Classes for the specific date). Exceptions to the 6-drop rule include, but are not limited to, the following: totally withdrawing from the university; being administratively dropped from a course; dropping a course for a personal emergency; dropping a course for documented change of work schedule; or dropping a course for active duty service with the U.S.

STUDENT 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://www2.uttyler.edu/wellness/rightsresponsibilities.php>

GRADE REPLACEMENT/ FORGIVENESS

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. 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 (January 16, 2018) is the deadline for many forms and enrollment actions that students need to be aware of. 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)**

UNIVERSITY POLICIES

continued

DISABILITY SERVICES

In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University offers accommodations to students with learning, physical and/or psychiatric disabilities. If you have a disability, including non-visible disabilities such as chronic diseases, learning disabilities, head injury, PTSD or ADHD, or you have a history of modifications or accommodations in a previous educational environment you are encouraged to contact the Student Accessibility and Resources office and schedule an interview with the Accessibility Case Manager/ADA Coordinator, Cynthia Lowery Staples. If you are unsure if the above criteria apply to you, but have questions or concerns please contact the SAR office. For more information or to set up an appointment please visit the SAR office located in the University Center, Room 3150 or call 903.566.7079. You may also send an email to cstaples@uttyler.edu

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. 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.