

Fall 2024
Face-to-Face
Location: HPC 2255

Monday, Wednesday, & Friday
Section 001 – 10:10-11:05am
Section 002 – 12:20-1:15pm

University of Texas at Tyler
Department of Health and Kinesiology
Introduction to Nutrition
Course Syllabus – Fall 2024 ALHS 1315.001 & 002

Instructor:

Rachel Ayala, M.S., R.D.
Virtual Office – via Zoom Meetings
Office Hours: By appointment
E-mail: 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 is a 3 credit STEM course and has no prerequisites.

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 the 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). Allow 48 hours for an email response. **Include the course and section number in the subject line. 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!**

Grades will be available within 2 weeks of the due date. Some of the time you will be able to see grades sooner. There are times when it takes longer to grade some assignments.

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. You must participate in class to receive all the participation points.

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 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 I cannot help.*

Cell Phone Policy: Other than for activities directed by the lecturer, cell phones should not be in use during class and should be put away. Students consistently interacting with cell phones during class will be asked to leave and will be marked absent.

Assignments: All assignments are explained in and submitted through Canvas. Keep track of due dates listed in Canvas.

1. **Research vs. Popular Press** – 100 points possible. Two to three pages, double spaced, using Scientific Format. (See example and rubric in Canvas). For this assignment, you will choose a peer-reviewed, primary research article regarding some aspect of nutrition and compare it with a popular press article on the topic (TikTok, Facebook, Instagram, Twitter, or other popular blog/magazine). You will analyze and compare the two articles.

2. **Nutrition and Disease Group Project** – 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. Paper - Your team will summarize the information and write a single 4-page (excluding title and reference pages) report on the disease and nutrition intervention. Oral Presentation – You will also present your findings to the class (15 minutes per group). The group presentations will be held in class during the last two/three weeks of semester (see Canvas or syllabus calendar). Each member of the team will present a section from the project. If you are uncomfortable, you will need to practice with your team. Additional details regarding the group assignment and presentations are on Canvas. **All group members must participate in both writing the paper and orally presenting in class or that individual receives a zero for the entire project.**

3. **Dietary Analysis**
 - a. ASA24 - 24 Hour Diet Recalls – 25 points possible. In this activity you will record two 24-hour diet recalls (one weekday and one weekend) at the beginning of the semester and analyze it using the ASA24 website. You will use the report created to complete the additional diet analyses below.
 - b. Carbohydrate Analysis - 20 points possible.
 - c. Lipids Analysis - 20 points possible.
 - d. Protein Analysis - 20 points possible.
 - e. Vitamin Analysis - 20 points possible.
 - f. Minerals Analysis - 20 points possible.
 - g. Physical Activity Analysis - 20 points.
 - h. Personal Health Report – 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.

4. **Additional Activities/Discussions**
 - a) Introduce Yourself – 10 points possible.
 - b) Get to Know Your Group – 10 points possible (Group Activity)
 - c) Science Literacy Review – 15 points possible. (Group Activity)
 - d) Analyze My Plate – 20 points possible.
 - e) Attendance – 50 points possible

5. Exams/Quizzes

Two exams plus 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, to make alternative arrangements. % quizzes will be taken. All quizzes and exams are done outside of class through Canvas. They are open-book, and untimed. Students have a maximum of three attempts on these assessments.

Grading

Academic Papers/Projects	200 points
Diet Analysis Personal Health Report	245 points
Class Discussion Boards	55 points
Quizzes (5 x 15 points each)	75 points
Exams (3 x 100 points each)	300 points
Attendance	<u>50 points</u>
Total possible points	925 points

Grading Scale:

90% to 100%	= 832.5 to 970 points	= A
80% to 89%	= 740 to 832.4 points	= B
70% to 79%	= 647.5 to 739.9 points	= C
60% to 69%	= 555 to 647.4 points	= D
< 60%	= ≤ 554.9 points	= F

Please note that 832.4 points is a B. NOT an A.

Late assignments – 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.

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. 9) 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. 9th) 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.

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UT Tyler Resources for Students

- [UT Tyler Writing Center](https://www.uttyler.edu/writingcenter) (903.565.5995), writingcenter@uttyler.edu
- [UT Tyler Tutoring Center](https://www.uttyler.edu/tutoring) (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](https://www.uttyler.edu/counseling) (903.566.7254)

Artificial intelligence (AI) Tools use: UT Tyler is committed to exploring and using 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 (see below) is considered a breach of academic integrity. The student will be subject to disciplinary actions as outlined in UT Tyler's Academic Integrity Policy.

For this course: This course has specific assignments where artificial intelligence (AI) tools (such as ChatGPT or Copilot) are permitted and encouraged. When AI use is permissible, it will be clearly stated in the assignment directions, and all use of AI must be appropriately acknowledged and cited. Otherwise, the default is that AI is not allowed during any stage of an assignment

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 2255

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

Tentative Schedule* **Please compare with Canvas as dates change. The most updated due dates are on Canvas.**

Week	Week of:	Unit	Ch	Topic	Activity	
					In Class Activities	Online/Canvas
1	8/26	1 - Nutrition as Science	1	Syllabus and Course Expectations The Science and Scope of Nutrition	Diet Recall Portion Size Demo Get To Know Your Group	Getting Started Quiz (8/29) Introduce Yourself 10 pts (8/31) Get To Know Your Group Activity 10 pts (8/31)
2	9/2		1	The Science and Scope of Nutrition ASA24	Science Literacy Group Discussion (9/4) ASA24 Demo (9/6)	Science Literacy Group Discussion 15 pts (9/7)
3	9/9		2/3	Healthy Diets Digestion		ASA24 Diet Analysis 25 pts (9/12) Module 1 Quiz 15 pts (9/14)
4	9/16	2 – Macro-nutrients	4 A	Carbohydrates Nutrition and Diabetes	Nutrition Calculations Demo (9/16)	Analyze My Plate 20 pts (9/17) Carbohydrate Analysis 20 pts (9/21)
5	9/23		5 B	Lipids Lipids in Health and Disease		Lipid Analysis 20 pts (9/29)
RESEARCH VS POPULAR PRESS PAPER 100 pts DUE: 9/28						
6	9/30		6 C	Protein Plant Based Diets		Protein Analysis 20 pts (10/5) Module 2 Quiz 15 pts (10/5)
EXAM ONE Chapters 1-5 100 pts DUE: 10/6						
7	10/7	3 - Micronutrients	7 8	Fat-soluble Vitamins Water-soluble Vitamins		Vitamins Analysis 20 pts (10/12) Group Project: Choose Topic (10/12)

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8	10/14		9 10	Major Minerals and Water Trace Minerals		Mineral Analysis 20 pts (10/19)
9	10/21		D	Dietary Supplements Group Project Work		Module 3 Quiz – Micronutrients 15 pts (10/24) Group Project Work (10/26)
11	10/28	4 – Energy and Fitness	11	Energy Balance and Obesity	Mindful Eating Activity Energy Balance Activity	Physical Activity & Energy Balance Analysis 20 pts (11/2)
EXAM TWO Chapters 6-10 100 pts DUE: 11/3						
12	11/4		12 E	Nutrition and Fitness Nutrition for Pregnancy, Breastfeeding, and Infancy	Physical Activity & Energy Balance Analysis	Module 4 Quiz – Energy Balance 15 pts (11/9) Draft of Personal Health Report (11/10)
13	11/11	5 – Nutrition for Life	F 13	Childhood Nutrition The College Years		
PERSONAL HEALTH REPORT 100 pts DUE: 11/16						
14	11/18			Group Work Catch Up Review		Module 5 Quiz – Nutrition for Life (11/19)
GROUP PROJECT: Nutrition & Disease Paper 100 pts Due (11/22)						
11/25 - 11/29 Thanksgiving Break						
NUTRITION & DISEASE PPT Presentations Dec. 2nd, 4th, 6th						
COMPREHENSIVE FINAL EXAM (Canvas) DUE: 12/09						

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