

The University of Texas at Tyler
Course Syllabus
Department of Health and Kinesiology
Spring Session, 2024

Course Name: Nutrition Through the Life Cycle

Course Number: ALHS 3315.060 – Online Course

Credit Hours: 3

Instructor: Jill Campbell, MS, RD, LD, CDE
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Christus TMF Pediatric GI Dietitian
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Course Description and Delivery

An overview of nutritional needs during all stages of life. The class will start with a brief overview of basic nutrition and then focus on nutritional needs throughout the life cycle. The course will cover pre-conception, pregnancy, lactation, infancy, toddler/preschool, child/preadolescence, adolescent, adult, and elderly nutrition. This course is designed for the student who has taken a basic nutrition class and wants a deeper understanding of the science of nutrition.

It is my goal that you leave this course with a better understanding of how to assess the nutritional needs of each person during every stage of life. 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 Allied Health Science program at The University of Texas at Tyler. ALHS 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 is 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

Nutrition Through the Life Cycle, 8th edition. Author Judith E. Brown. Copyright 2024.

This book may be purchased from The UT Tyler Bookstore or from any other source you wish.

ISBN: 978-0-357-73042-3

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:

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| 1. | Chapter 1 | Nutrition Basics |
| 2. | Chapter 2 | Preconception Nutrition |
| 3. | Chapter 3 | Preconception Nutrition: Conditions and Interventions |
| 4. | Chapter 4 | Nutrition During Pregnancy |
| 5. | Chapter 5 | Nutrition During Pregnancy: Conditions and Interventions |
| 6. | Chapter 6 | Nutrition During Lactation |
| 7. | Chapter 7 | Nutrition During Lactation: Conditions and Interventions |
| 8. | Chapter 8 | Infant Nutrition |
| 9. | Chapter 9 | Infant Nutrition: Conditions and Interventions |
| 10. | Chapter 10 | Toddler and Preschooler Nutrition |
| 11. | Chapter 11 | Toddler and Preschooler Nutrition: Conditions and Interventions |
| 12. | Chapter 12 | Child and Preadolescent Nutrition |
| 13. | Chapter 13 | Child and Preadolescent Nutrition: Conditions and Interventions |
| 14. | Chapter 14 | Adolescent Nutrition |
| 15. | Chapter 15 | Adolescent Nutrition: Conditions and Interventions |
| 16. | Chapter 16 | Adult Nutrition |

17.	Chapter 17	Adult Nutrition: Conditions and Interventions
18.	Chapter 18	Nutrition and Older Adults
19.	Chapter 19	Nutrition and Older Adults: Conditions and Interventions

Expectations for the course include:

1. 85% of students will be able to describe a healthy diet for all phases of life
2. 85% of students will be able to describe major conditions for all phases of life and how diet relates to those conditions.

Course Schedule

Date

Weekly Assignments

January 16

First Day of Class

January 16 – January 21

Module 1

Read Chapter One (Nutrition Basics)

Review Chapter 1 Lecture

Post answers to Introductions Discussion Board. Due 1/21/24.

Weekly Quiz over Chapter 1. Due 1/21/24.

January 22 – January 28

Module 2

Read Chapter Two (Preconception Nutrition)

Read Chapter Three (Preconception Nutrition: Conditions and Interventions)

Review Chapter 2 Lecture

Review Chapter 3 Lecture

Pre-Conception Case Study. Due 1/28/24.

Weekly Quiz over Chapters 2 & 3. Due 1/28/24.

January 29 – February 4

Module 3

Read Chapter 4 (Nutrition During Pregnancy)

Review Chapter 4 Lecture

Assignment: Nutritional Requirements during Pregnancy. Due 2/4/24.

Weekly Quiz over Chapter 4. Due 2/4/24.

February 5 – February 11 Module 4

Read Chapter 5 (Nutrition During Pregnancy: Conditions and Interventions)

Review Chapter 5 Lecture

Type 1 Diabetes and Pregnancy Case Study. Due 2/11/24.

Weekly Quiz over Chapter 5. Due 2/11/24.

February 12 – February 18 Module 5

Read Chapter 6 (Nutrition During Lactation)

Read Chapter 7 (Nutrition During Lactation: Conditions and Interventions)

Review Chapter 6 Lecture

Review Chapter 7 Lecture

Assignment: Maternal Weight Loss during Breastfeeding. Due 2/18/24.

Weekly Quiz over Chapter 6 and 7. Due 2/18/24.

February 19 - February 25 Module 6

Read Chapter 8 (Infant Nutrition)

Review Chapter 8 Lecture

Discussion Board: Infant Formula. Due 2/25/24.

Weekly Quiz over Chapter 8. Due 2/25/24.

February 26 – March 3 Module 7

Read Chapter 9 (Infant Nutrition: Conditions and Interventions)

Review Chapter 9 Lecture

Assignment: Nutritional Needs of the Preterm Infant. Due 3/3/24.

Weekly Quiz over Chapter 9. Due 3/3/24.

March 4 – March 9 Mid Term Exam will be available 6:00 am 3/4/24 until 11:59 on 3/9/24.

March 4 – March 10

Module 8

Read Chapter 10 (Toddler and Preschooler Nutrition)

Read Chapter 11 (Toddler and Preschooler Nutrition: Interventions and Conditions)

Review Chapter 10 Lecture

Review Chapter 11 Lecture

Assignment: Monitoring Growth and Development. Due 3/10/24.

Weekly Quiz over Chapters 10 & 11. Due 3/10/24.

March 11 – March 17

Spring Break

March 18 – March 24

Module 9

Read Chapter 12 (Child and Preadolescent Nutrition)

Read Chapter 13 (Child and Preadolescent Nutrition: Interventions and Conditions)

Review Chapter 12 Lecture

Review Chapter 13 Lecture

Assignment: Treatment of Overweight and Obesity in Childhood. Due 3/24/24.

Weekly Quiz over Chapters 12 & 13. Due 3/24/24.

March 25 – March 31

Module 10

Read Chapter 14 (Adolescent Nutrition)

Read Chapter 15 (Adolescent Nutrition: Conditions and Interventions)

Review Chapter 14 Lecture

Review Chapter 15 Lecture

Assignment: Mental Health in Adolescence. Due 3/31/24.

Weekly Quiz over Chapters 14 & 15. Due 3/31/24.

April 1 – April 7

Module 11

Read Chapter 16 (Adult Nutrition)

Review Chapter 16 Lecture

Discussion Board: Nutrition and Health Assignment due 4/7/24.

Weekly Quiz over Chapter 16. Due 4/7/24.

April 8 – April 14

Module 12

Read Chapter 17 (Adult Nutrition: Conditions and Interventions)

Review Chapter 17 Lecture

Assignment: Adult Nutrition Case Study. Due 4/14/24.

Weekly Quiz over Chapter 17. Due 4/14/24.

April 15 – April 21

Module 13

Read Chapter 18 (Nutrition and Older Adults)

Review Chapter 18 Lecture

Assignment: Elderly Case Study. Due 4/21/24.

Weekly Quiz Chapter 18. Due 4/21/24.

April 22 – April 28

Module 14

Read Chapter 19 (Nutrition and Older Adults: Conditions and Interventions)

Review Chapter 19 Lecture

Nutrition Education Project. Due 4/28/24.

Weekly Quiz Chapter 19. Due 4/28/24.

April 28 – May 3 Final Exam will be available 6:00 am on 4/28/24 until 11:59 pm on 5/3/24.

Grading

Assignments

Possible Points

Quiz Chapter 1	25 points
Introductions DB	20 points
Quiz Chapters 2 & 3	25 points
Pre-Conception Case Study	20 points
Quiz Chapter 4	25 points
Nutrition in Pregnancy	20 points
Quiz Chapter 5	25 points

Pregnancy Type 1 Case Study	20 points
Quiz Chapters 6 & 7	25 points
Weight Loss and Breastfeeding	20 points
Quiz Chapter 8	25 points
Infant Nutrition DB	20 points
Quiz Chapter 9	25 points
Preterm Infant	20 points
Quiz Chapters 10 & 11	25 points
Growth and Development	20 points
Quiz Chapters 12 & 13	25 points
Childhood Obesity	20 points
Quiz Chapters 14 & 15	25 points
Mental Health Assignment	20 points
Quiz Chapter 16	25 points
Quiz Chapter 17	25 points
Adult Nutrition Case Study	20 points
Quiz Chapter 18	25 points
Elderly Case Study	20 points
Quiz Chapter 19	25 points
Nutrition & Health Assignment	100 points
Life Cycle Education PowerPoint	100 points
Midterm test	100 points
Final Exam	100 points
Total	990 points

Grades:

891-990 points:	A
792-890 points:	B
693-791 points:	C
594-692 points:	D
<594 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.

Nutrition & Health Assignment:

Our book discusses several disease states and their relation to nutrition like diabetes, cancer and hypertension. There are so many other diseases that benefit from nutrition management. Please choose a disease and write a 3-page, double spaced paper on how nutrition relates or plays a part in the management of that particular disease. Post your results in the Discussion Board so that everyone can review your material. You cannot do a disease that has already been posted. You are free to reserve your topic at any time during the semester even if you haven't posted your paper yet. Please put your disease in the subject line of your posting so that everyone can see what disease you have reserved. Later you can add on to your thread or just upload your paper. Please use Scientific Format.

Nutrition Education Assignment:

Education is a huge part of nutrition... whether it is our patients, our family, or our friends. Here is your chance to educate those around you. You need to develop a PowerPoint presentation on some aspect of nutrition as it relates to one of the stages of life that we have learned about this year. You need to specify who your population is... elementary age kids or elderly heart patients, guys in your fraternity, or your church's women's group, etc.... Develop at least 15 PowerPoint slides to relay your message.... make sure you make the presentation according to your population. I want to see a fully developed presentation... make sure to cover why you think this group of people/persons need this education, what your suggestions are, and you might also look into resources in the community in case your population needs more information.... referring them to the American Cancer Society, American Heart Association, WIC, etc.... Have fun with this! Record yourself presenting the presentation (it doesn't have to be in front of people... just for the class to see) and upload in Discussion Board.

Quizzes

You will have several quizzes over the course of the semester. The quizzes are the same format as the mid-term and final exams. 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, multiple-choice, and/or matching questions.

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.

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. Mid term 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 of Texas at Tyler 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. 2) 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. 2nd) 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.

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
- [UT Tyler Tutoring Center](#) (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](#) (903.566.7254)

Important Covid-19 Information for Classrooms and Laboratories

Students are required to wear face masks covering their nose and mouth, and follow social distancing guidelines, at all times in public settings (including classrooms and laboratories), as specified by [Procedures for Fall 2020 Return to Normal Operations](#). The UT Tyler community of Patriots views adoption of these practices consistent with its [Honor Code](#) and a sign of good citizenship and respectful care of fellow classmates, faculty, and staff.

Students who are feeling ill or experiencing symptoms such as sneezing, coughing, or a higher than normal temperature will be excused from class and should stay at home and may join the class remotely. Students who have difficulty adhering to the Covid-19 safety policies for health reasons are also encouraged to join the class remotely. Students needing additional accommodations may contact the

Office of Student Accessibility and Resources at University Center 3150, or call (903) 566-7079 or email saroffice@uttyler.edu.

Recording of Class Sessions

Class sessions may be recorded by the instructor for use by students enrolled in this course. Recordings that contain personally identifiable information or other information subject to FERPA shall not be shared with individuals not enrolled in this course unless appropriate consent is obtained from all relevant students. Class recordings are reserved only for the use of students enrolled in the course and only for educational purposes. Course recordings should not be shared outside of the course in any form without express permission.