

Introduction to Nutrition ALHS 1315.060 - Summer I, 2019 Course Syllabus

*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

This course is a survey of current nutrition science principles, with emphasis on the development of skills to discern nutrition fact from fiction using scientific method 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 well-being through your life. This course is 3 credits and has no prerequisites. This course is a STEM course.

Course Goal

By the completion of this course, students will demonstrate knowledge of evidenced-based scientific nutrition principles and use that knowledge to impact health at the personal 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

Inside this issue

Course Requirements.....	2
Course Competencies.....	2
Method of Instruction	3
Response Policy.....	4
Grading	4
Unit Learning Objectives	5
Schedule.....	6
University Policies	7

Professor

- Professor: Dr. Jimi Francis
- Office – HPC 3100
- Office Hours: By appointment
- Phone: 903-565-5522
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Course Requirements



LaunchPad registration is mandatory for this course. Go to the website shown on the Canvas page “Navigate to Launchpad” and bookmark the page to make it easy to return. Enroll in this course following the directions in Canvas. Students must demonstrate math and writing skills by completing assignments. Students must use scientific method to analyze data and draw conclusions from selected readings.



“If I eat one piece of cake instead of two pieces of pie, I can save 800 calories. Finally, a diet I can live with!”

“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.” - Ann Wigmore

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.

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UT Tyler Honor Code

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Course Requirements, continued.

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 the 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 the order of operations. Please ask for assistance if you are having difficulty with these calculations. Do watch the video on nutrition calculations.

Course Student Learning Objectives

As a student completing this course, the following requirements will be expected of you:

CSLO 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.)

CLSO 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.)

CLSO 3. Access nutrition information by searching scientific databases (pubmed, agricola, 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.)

CLSO 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.)

CLSO 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.)

Reading requirements

Text: Nutrition for a Changing World,

published by MacMillan, authored by Pope, Nizielski, and McCook.

Second Edition. ISBN-13: 978-1-319-14867-6 or ISBN-10: 1-319-148867-0.

eBook or Hard copy with LaunchPad (mandatory).

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

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.

Be AWARE that the course schedule may be subject to change. Watch for updates in Canvas.

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<https://www.uttyler.edu/writingcenter/>

Response Policy

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

Voice mail messages: within 48 hours except on weekends and Holidays

Email: within 48 hours except on weekends and Holidays.

Graded Quizzes and Activities:

within 48 to 72 hours.

Assignments 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

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.

Assignments

Academic Activities – 1 to 3 pages using Scientific Format.
(See the examples and Rubric in Canvas)
Research vs. Popular Press – 100 points possible.
Personal Health Plan – 100 points.

Real Life Activities – interactive activities in LaunchPad.
(See LaunchPad instructions in Canvas.)

Science Literacy - 20 points possible.
Nutrition Calculations - 20 points possible.
Fill Your Cart - 20 points possible.
Food Court Foray - 20 points possible.
Farmers Market - 20 points possible.

Dietary Analysis -

Tutorial - 20 points possible
Carbohydrate - 20 points possible
Lipids - 20 points possible.
Protein - 20 points possible
Vitamins - 20 points possible
Minerals - 20 points possible
Physical Activity Analysis - 20 points
Personal Reflections – 60 points

Grading

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.



POINT SCALE

Academic Activities	200 points
Real Life Activities	100 points
Diet Analysis Activities	200 points
Quizzes 5 @ 20 points	100 points
Two exams @ 100 points	200 points
Final exam	100 points
Total possible points	900 points

90% to 100% = 810 to 900	points = A
80% to 89% = 720 to 809	points = B
70% to 79% = 630 to 719	points = C
60% to 69% = 540 to 629	points = D
< 59% = < 454	points = F

There is no "curve." Please note that 809 points is a B, NOT an A

Students must be prepared to discuss assigned readings.



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://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 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)**
- 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

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.

Exclusion zones include:

UT Tyler Innovation Academy in Tyler, Palestine and Longview.

Patient care areas such as the University Health Clinic, counseling rooms (located in portions of the UC and BEP) and athletic training rooms.

Ticketed sporting events at any of the UT Tyler's athletic facilities, as required by law.

Formal hearing areas for employee or student adjudication (portions of ADM and UC).

Areas where handgun discharge may cause widespread harm such as labs with dangerous and/or explosive chemicals or with magnetic resonance imaging equipment (portions of BEP, HPR, RBS and the Fine Arts Complex).

Areas in use for sponsored activities for students under the age of 18 who are not enrolled at UT Tyler.

The University of Texas at Tyler takes issues surrounding guns on campus very seriously and will strive to conform to the new law, protect the rights of citizens, and ensure the safety and security of the entire campus.

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 Tyler at Texas offers accommodations to students with learning, physical and/or psychological disabilities. If you have a disability, including non-visible a 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 an Accessibility Case Manager.

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.

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. armed forces or Texas National Guard.

Petitions for exemptions must be submitted to the Registrar's Office and must be accompanied by documentation of the extenuating circumstance. Please contact the Registrar's Office if you have any questions.

UNIVERSITY POLICIES, continued.

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

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

Tentative Schedule* Please see Canvas/ Launchpad for additional assignment due dates

Date	Week	Module	Ch	Topic	Activity
June 1	1	1 - Nutrition as Science	1	Syllabus and Course Expectations	Getting Started Quiz - Canvas
			2	The Science and Scope of Nutrition	Science Literacy Nutrition as Science Quiz
			3	Healthy Diets & Digestion	Supertracker Tutorial
Due	6/10	RESEARCH VS POPULAR PRESS PAPER			
June 8	2	2 – Macronutrients	4	Carbohydrates	Nutrition Calculations
			5	Nutrition & Diabetes	Carbohydrate Analysis Carbohydrate Reflections
			6	Lipids	Lipid Analysis Lipid Reflections
			7	Lipids in Health & Disease	
			8	Protein	Protein Analysis Protein Reflections
			9	Plant Based Diets	Macronutrient Quiz
Due	6/17	EXAM ONE			Chapters 1-9
June 15	3	3- Micronutrients	10	Fat-soluble Vitamins	Fill Your Cart Vitamins Analysis Vitamins Reflection
			11	Water-soluble Vitamins	
			12	Dietary Supplements	Mineral Analysis Mineral Reflections
			13	Major Minerals & Water	
			14	Trace Minerals	Food Court Foray Micronutrient Quiz
Due	6/26	EXAM TWO			Chapters 10-14
June 22	4	4 – Energy and Fitness	15	Energy Balance & Obesity	Energy Balance Quiz
			16	Nutrition & Fitness	Physical Activity Analysis Physical Activity Reflections
June 29	5	5 – Nutrition for Life	17	Nutrition for Pregnancy, Breastfeeding, & Infancy	Life-stage Reflections Nutrition For Life Quiz
			18	Childhood Nutrition The	Farmers Market
			19	College Years	
July 2		FINAL EXAM		Comprehensive Final Exam	On Launchpad