ANGELO STATE UNIVERSITY

Bachelor of Science in Health Science Professions

HSP 4315

Human Nutrition and Dietary Supplementation

Summer 2019

Chelsea Procter-Willman, MS, LAT, ATC


**COURSE NUMBER**
HSP 4315

**COURSE TITLE**
Human Nutrition and Dietary Supplementation

**CREDITS**
(3-0-0) Meets completely online using Blackboard

**PREREQUISITE COURSE**
None

**CO-REQUISITES**
None

**Instructor:**
Chelsea Procter-Willman, MS, LAT, ATC
Office: Archer Building 222D
Cell: 979-267-1590
Email: cprocter@angelo.edu (preferred method of communication)

Office Hours: I will be available to answer calls, texts, and questions daily, M-F, from 8am-9pm CDT. I will check the discussion board daily, either early in the morning, or later in the evening. If something comes up during the day and you need to speak with me directly, please call the number listed above and if I’m able to answer, I will, otherwise please use the office hours posted above.

**Meeting Times:** TBD/Online Course

**COMMUNICATION** Faculty will respond to email and/or telephone messages within 24 hours during working hours Monday through Friday. Weekend messages may not be returned until Monday. Written communication via Blackboard: It is an expectation of this class that you use formal writing skills giving appropriate credit to the source for your ideas. Follow APA (2010) 6th edition (2nd Printing or higher only) guidelines for referencing. Written communication via email: All private communication will be done exclusively through your ASU email address.

Please do your VERY BEST to stay up on the work necessary for the course. We will move quickly in 4 weeks and you MUST be taking care to read and respond as well as turn in your work ON TIME! Technical glitches and your inability to follow instructions leading to late/missed work/quiz/es/exams will be considered on a case-by-case basis.


*Other suggested readings will be listed on the Blackboard site and available through various links within the course. All readings posted will be REQUIRED unless otherwise stated.

**Assignments may ask for additional readings and current research found through journals and other peer reviewed resources will be required.
OTHER REQUIRED MATERIALS

- Computer with MAC or Windows Operating System
- High Speed Internet Access
- Ethernet Cable
- Webcam (PLEASE NOTE: a plug-in webcam allows the student to perform thorough environmental scans).

Refer to Angelo State’s University’s Distance Education website for further technology requirements:

http://www.angelo.edu/distance_education

Course Objectives:
An understanding of basic nutrition will be the goal as well as the science and biology behind food. The types of foods, vitamins and minerals the body needs to sustain and thrive will be reviewed and understood as well as those substances that are ingested that might NOT be as good for us! How these foods and substances such as supplements, affect us in terms of health, diet and weight management. What our bodies do to use these substances and how we can become emotionally wooed and swayed to make choices about our food. The biological functions and sources of nutrients as well as health promotion and chronic disease prevention will also be a focus.

HSP PROGRAM MISSION & GOALS
Mission Statement: The Bachelor of Science in Health Science Professions prepares students to enter health science professions either directly upon graduation or to enter advanced graduate study in healthcare. Students gain knowledge in ethics, policy, epidemiology, organization and leadership, research and evidence based practice, and communication skills that span multiple health science disciplines.

Goals: The Bachelor of Science in Health Science Professions strives to enhance multidisciplinary healthcare education and evidence-based principles to provide patient-centered care. Students will develop communication, decision-making, social, analytical thinking, and personal development skills necessary for professional practice as a healthcare professional.

Student Learning Outcomes:

<table>
<thead>
<tr>
<th>Student Learning Outcome</th>
<th>Assignment(s) or activity(ies) validating outcome achievement:</th>
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</thead>
<tbody>
<tr>
<td>By completing all course requirements, students will be able to:</td>
<td>Lecture(s), Quizzes, Exams, Dietary Analysis and Food Label Activity and Healing Foods Assignment</td>
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<tr>
<td>1. Discuss and define diet planning principles and their application to individual dietary needs.</td>
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<td>2. Identify cultural, environmental and biological factors that influence individual eating habits.</td>
<td>Lecture(s), Quizzes, Exams, Dietary Analysis</td>
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<td>3. Analyze the role of food labels, dietary guidelines and institutional resources in building a healthful lifestyle.</td>
<td>Lecture(s), Quizzes, Exams, Dietary Analysis and Food Label Activity</td>
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<tr>
<td>4. Define and discuss the six major classes of nutrients, where they are found, their primary role/ function and how they are utilized by the body.</td>
<td>Lecture(s), Quizzes, Exams – Dietary Analysis and Healing Foods Assignments</td>
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<td>5. Discuss theories of weight management including metabolic pathways, energy balance, and the insulin hypothesis.</td>
<td>Lectures, Quizzes, Exams</td>
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<td>6. Investigate the relationship between nutrition, the human immune system and infectious disease.</td>
<td>Lectures, Quizzes, Exams and Healing Foods Assignment</td>
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<td>7. Discuss the relationship between nutrition, lifestyle patterns and chronic disease.</td>
<td>Dietary Analysis and Healing Foods Assignment</td>
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<tr>
<td>8. Understand nutritional challenges for individuals and groups across the lifespan, in diverse cultures and religions, and across different income levels. (SR1.1)</td>
<td>Course Lectures, Homework, Quizzes and Exams</td>
</tr>
<tr>
<td>9. Demonstrate community engagement through community action and reflection in relation to health promotion. (SR3.1 &amp; 3.2) Will be able to share within local internships and with peers and possibly later within careers of health care.</td>
<td>Healing Foods Assignment</td>
</tr>
</tbody>
</table>

### COURSE FORMAT & TEACHING STRATEGIES:
This course is an online course offering and will NOT meet on campus. Most content will be delivered via class powerpoints, some Lecture/Video, Discussion generated by YOU the student based on REQUIRED readings and Course Assignments. The course will also use the Blackboard Learning Management System for online components. The course site can be accessed at [http://blackboard.angelo.edu](http://blackboard.angelo.edu)

### TECHNICAL ASSISTANCE
Technical Assistance: If you have any technical problems associated with assignments or quizzes (i.e. webcam problems, lock down browser problems) you should contact the IT Department. The IT Service Department is open M-F from 8-5 and the number is (325) 942-2911. If you call any time after 5 or on the weekend, most likely you will not be able to get assistance until the following week day, so please plan accordingly.

### TOPIC OUTLINE:
- Food Choices: Nutrients and Nourishment
- Nutrition Guidelines and Assessment
- Digestion and Absorption
- Macronutrients: Carbohydrates, Lipids and Proteins/Amino Acids
- Alcohol
- Metabolism
- Energy Balance and Weight Management
- Micronutrients: Vitamins, Minerals and Water
- Sports Nutrition
- Diet and Health
- Life Cycle: Maternal and Infant Nutrition
- Life Cycle: From Childhood to Adulthood
- Food Safety and Technology
- World View of Nutrition

### Grading Criteria:
The grade for this course will be dependent upon completion of course requirements and meeting learning outcomes as defined for the course. Activities and percent of overall course:
Assignment/Quiz/Exams: Total points available:
Discussion Board Group Assignments: 10 pts – initial (3); 15 pts – response (3) 75
Self-Introduction Discussion board post: 10
Quizzes (8): 10 pts 80
Exams (2): 100
Food Label Activity: 50 pts 50
Dietary Analysis: 50 pts 50
Healing Foods: 100 + 10 pts for posting topic on discussion board 110
TOTAL: 575

The final grade will be determined using the following scale as points earned/total points available:
90 – 100% = A
80 – 89% = B
70 – 79% = C
65 – 69% = D
0 – 64% = F
Rounding of Grades will NOT occur.

ASSIGNMENT/ACTIVITY DESCRIPTIONS
*Please note: Instructions for all assignments and activities are located at the end of this syllabus & in Blackboard.
*No extra credit assignments are provided.
*Rubrics are provided for each large assignment and Discussion Board topics in Blackboard

1. Discussion Board Assignments: Total of 85pts. Your first discussion board assignment is your self-introduction (10 pts). Then, students will be assigned to a group and given discussion board questions (Group Boards - 25 pts each) addressing course content in various weeks throughout the course. Participation in group discussion is vital to your success in the course! Content you post MUST be original and your OWN thoughts or discoveries from the course material. Discussion Boards provide an avenue for synthesis of material / information. A Discussion Board is provided in this course as a way to help students’ process course materials, express thoughts, and engage others’ opinions and ideas in a healthy and productive learning environment. To receive full credit, students should post an initial response to the question and then respond to at least three peers. A rubric is available on Blackboard for students to review and understand full requirements for these assignments.

2. Quizzes: Total of 80 pts. Students will have 2 quizzes each week (8 total) to assess course knowledge. Quizzes are timed (2-3 minutes per question) and will consist of 10 to 30 multiple choice questions, True/False or Fill in the Blank Questions. Access to quizzes will be through Respondus™ Lockdown Browser [See Other Required Materials for a list of needed equipment]. Students may use written materials as well as their textbook; However use of another electronic device is prohibited. There is a short 10 question practice quiz over ASU trivia that is not graded to make sure your Respondus™ Lockdown Browser works and MUST be used prior to taking the first quiz for the course. Make sure you take the time to do this so you have your quizzes available to you. These tools will be available to the student to assure accessibility. This process will allow you to become familiar with the technology associated with testing and improve testing environment.

3. Exams: Total of 200 pts. The exams are designed to test understanding of textbook material and the application of the material covered in both the textbook and lectures.
4. **Food Label Activity**: Total of 50 pts. The Food Label Activity is an application-based assignment allowing students to analyze the food products they consume most frequently in light of standard nutrient guidelines and dietary recommendations.

5. **Dietary Analysis**: Total of 50 pts. The Dietary Analysis assignment is a “real world” application allowing you to apply knowledge learned in class. For this assignment, you will (1) evaluate your personal dietary habits and (2) create a healthier dietary plan based on your findings. Attached at the end of the syllabus are detailed instructions and a grading rubric for this assignment. Note that you will be tracking your food intake for seven days. This requires planning ahead! This assignment will prepare you for the final assignment.

6. **Healing Foods Activity**: Total of 100 pts. Healing Foods are necessary for any injured or healing person to understand. What are the foods that someone recovering from a certain injury or illness might need to focus on or add to their diet and what are the foods they should AVOID!? Each student will be asked to choose an injury or condition to define and research and then PLAN 1 week of 3 meals-a-day for someone with these injuries/conditions. A rubric will be available on Blackboard for your review as well as additional reading/videos for use. A complete description with requirements are located at the end of this syllabus as well as online.

**GENERAL POLICIES RELATED TO THIS COURSE**

All students are required to follow the policies and procedures presented in the following documents:

- Angelo State University Student Handbook located on the ASU website http://www.angelo.edu/studenthandbook/
- ASU Undergraduate Catalog located on the ASU website https://www.angelo.edu/content/files/16795-201213-undergraduate-catalog

**STUDENT RESPONSIBILITY & ATTENDANCE**

Class attendance/participation is necessary for success in the course. If a student is struggling with class participation, he or she should contact the instructor. According to the undergraduate handbook, a week’s worth of cumulative absences (regardless of the nature of the absence) in any one course will result in faculty evaluation of the student’s ability to meet course objectives and may result in failure of the course. Students are expected to engage in course activities and submit work by due dates and times.

**PRE-REQUISITE SKILLS**

Accessing internet web sites, use of ASU Library resources, and proficiency with Microsoft Word and/or PowerPoint are expectations of the Health Science Professions Program. Computer access requirements are further delineated in the Undergraduate Handbook. Tutorials for ASU Library and for Blackboard are available through RamPort. The ASU Undergraduate/Graduate Student Handbook should be reviewed before taking this course.

**BROWSER COMPATIBILITY CHECK**

It is the student’s responsibility to ensure that the browser used to access course material on his/her computer is compatible with ASU’s Blackboard Learning System. The faculty reserve the right to deny additional access to course assignments lost due to compatibility issues. Students are responsible for reviewing the guidelines posted in this course regarding accessing Blackboard assignments. Problems in this area need to be discussed with faculty at the time of occurrence, either via a phone call (preferred) during posted acceptable hours for calling, or via email notification during times outside those posted for calls. Be sure to perform a browser test. Select the “Support” tab from the Blackboard homepage (http://www.blackboard.angelo.edu) Select “Test your Browser” option.
ASSIGNMENT SUBMISSION In this class, all assignments need to be submitted through the Assignments link in the Blackboard course site. This is for grading purposes. Issues with technology use arise from time to time. If a technology issue does occur regarding an assignment submission, email me at mfrens@angelo.edu and attach a copy of what you are trying to submit. This lets me know you completed the assignment on time and are just having problems with the online submission feature in Blackboard. Once the problem is resolved, submit your assignment through the appropriate link. This process will document the problem and establish a timeline. You can also share a document with me on Dropbox or Google Docs if the Blackboard submission is not working to ensure a timely submission.

LATE WORK OR MISSED ASSIGNMENTS POLICY The course is set up in weekly modules. The week begins on Sunday and ends on Saturday. Assignment due dates are shown on the calendar/schedule or posted within Blackboard. Late assignments are not accepted without prior approval of faculty. Faculty reserve the right to deduct points for late assignments that are accepted past the original due date.

ACADEMIC HONESTY Academic honesty is expected on all work. Students are expected to maintain complete honesty and integrity in their online experiences. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU. The Department of Health Science Professions adheres to the academic honesty statement as set forth in the Angelo State University Student Handbook (2018-2019): https://www.angelo.edu/student-handbook/code-of-student-conduct/misconduct.php. The University "faculty expects all students to engage in all academic pursuits in a manner that is above reproach and to maintain complete honesty and integrity in the academic experience both in and out of the classroom setting and may initiate disciplinary proceedings against a student accused of any form of academic dishonesty, including but not limited to, cheating on an examination or other academic work, plagiarism, collusion, and the abuse of resource materials."

PLAGIARISM Plagiarism will not be tolerated. Please visit and review the Angelo State University’s Honor Code. Please use your own words and thoughts and forms of research to complete assignments. APA Style Manual of the American Psychological Association should be used as a guide for all writing assignments. It is expected that you will summarize or paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list. Papers are subject to be evaluated for originality via Bb Safe Assignment or Turnitin. Resources to help you understand this policy better are available at the ASU Writing Center: http://www.angelo.edu/dept/writing_center/academic_honesty.php.

STUDENTS WITH DISABILITIES 1. “Angelo State University is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs, or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments Act of 2008 (ADAAA), and subsequent legislation.”
2. The Office of Student Affairs is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability, and it is the student’s responsibility to initiate such a request by contacting the Office of Student Affairs, University Center, Room 112 at (325) 942-2047 or (325) 942-2211(TDD/FAX) or by e-mail at mailto:studentservices@angelo.edu to begin the process. The Office of Student Affairs will establish the particular documentation requirements necessary for the various types of disabilities. Reasonable
accommodations will be made for students determined to be disabled or who have documented disabilities.

**INCOMPLETE GRADE POLICY** (OP 10.11 Grading Procedures) It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required.

**STUDENT ABSENCE FOR OBSERVANCE OF RELIGIOUS HOLY DAYS** “A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence.” Please see ASU Operating Policy 10.19.

**COPYRIGHT POLICY** Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any portion of course readings in printed or electronic form without written permission from the copyright holders or publishers.

**SYLLABUS CHANGES** The faculty member reserves the option to make changes as necessary to this syllabus and the course calendar and assignments based on necessity or incident. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements and/or via a discussion board announcement. It is the student’s responsibility to look for such communications about the course on a daily basis. Student grades will NOT be affected unless course objectives are NOT met and outcomes are inadequate based on previously established guidelines. Any changes made will be communicated in advance and students will have a reasonable amount of time to accommodate for the changes. Work will NEVER be asked to be turned in earlier.

**COURSE EVALUATION**
Students are provided the opportunity, and are strongly encouraged to participate in a course evaluation at the end of the semester. Areas on the IDEA evaluation include:
1. Gaining factual knowledge (terminology, classifications, methods, trends). **Important**
2. Learning fundamental principles, generalizations, or theories. **Important**
3. Learning to apply course material (to improve thinking, problem solving, and decisions). **Essential**
4. Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course. **Important**
5. Learning to analyze and critically evaluate ideas, arguments, and points of view. **Important**
**Weekly Course Calendar**

**HSP 4315, Summer 2018 - June 3-July 3, 2019**

**TENTATIVE COURSE OUTLINE (subject to change based on course flow):**

Please see Blackboard for additional links and readings available to you for each topic. Some may be required and will be indicated as such. Otherwise your text will be the primary source of information/reading/review.

<table>
<thead>
<tr>
<th>Date/Topics/Readings</th>
<th>Week</th>
<th>Reminders!</th>
<th>WEEKLY ASSIGNMENTS/ACTIVITIES WORK/EXAM/DUE schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>June 3- 7</strong></td>
<td>1</td>
<td>SYLLABUS (READ!) and Insel Textbook and Bb items</td>
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<tr>
<td>READ: INSEL CHPTS 1-3</td>
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<td>• Introduction to the course</td>
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<tr>
<td>1: Food Choices: Nutrients and Nourishment</td>
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<td>• Assignment Review</td>
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<td>2: Nutrition Guidelines and Assessment</td>
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<td>• Food Label Activity Due in week 2!</td>
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<td><em>Spotlight (Supplements, after Chpt 2)</em></td>
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<td>• Start Dietary Analysis NOW so you have a MINIMUM of 7 days recorded!</td>
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<td>3: Digestion and Absorption</td>
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<td>• Choose your Healing Foods topic as soon as you want and post (don’t need to wait to post)</td>
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<td>READ: INSEL Chpts 4-5</td>
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<td>DUE- FOLLOW THIS SCHEDULE TO STAY ON TIME WITH ASSIGNMENTS</td>
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<td>4: Carbohydrates</td>
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<td>6/3- MONDAY – TO BEGIN:</td>
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<td>5: Lipids</td>
<td></td>
<td>• Review START HERE page on Blackboard</td>
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<tr>
<td>Quiz #1 will cover this material</td>
<td>1</td>
<td>• Review Course Syllabus, Schedule and ASU Honor Code. Select “Mark Reviewed” to agree to terms of the course and ASU’s policies and access course content.</td>
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<td>Quiz #2 will cover this material</td>
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<td>6/4- Tuesday –</td>
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<td>1</td>
<td>• Post to “Self-Introduction” Discussion Board **</td>
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<td>6/5- Wednesday –</td>
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<td>• Complete and Submit the practice quiz for Respondus and Lockdown Browser *</td>
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<td>6/6- Thursday – (Read Insel chpts 1-3):</td>
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<td>1</td>
<td>• Post to Week #1 Group Discussion Board Initial Response (review instructions/questions for full credit/rubric)</td>
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<td>6/7- Friday –</td>
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<td>1</td>
<td>• Quiz #1 (Opens on 6/6 at 8:00AM) CANNOT access until you take the practice quiz!)</td>
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<td>1</td>
<td>• Peer responses to Group Discussion Board for Self-Introduction (review instructions/questions for full credit/rubric)</td>
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<td>June 10-14</td>
<td>2</td>
<td>June 17 - 21</td>
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</tbody>
</table>
| **READ:** Insel Chpts 6-7  
6: Proteins and Amino Acids  
7: Alcohol  
Quiz #3 will cover this material  
**READ:** Insel Chpts 10-11  
10: Fat-Soluble Vitamins  
11: Water-Soluble Vitamins  
Quiz #4 will cover this material | **READ Insel text and review Bb items for week!**  
**Suggest you BEGIN looking at the Dietary Analysis assignment and SET up the MyFitnessPal login and start PLANNING to complete this on time!**  
**Dietary Analysis Assignment due NEXT WEEK and we are halfway done and your Healing Foods Assignment should be started by now** | **READ Insel text and review Bb items for week!**  
**HEALING FOODS Assignment due NEXT WEEK!** | **6/10 - MONDAY –**  
• Quiz #2 (OPENS ON 6/9 AT 8:00AM)  
**6/11 - TUESDAY –**  
• Peer responses to Week #1 Group Discussion Board (review instructions/questions for full credit/rubric)  
**6/12 - WEDNESDAY –**  
• Food Label Activity Assignment (due by 11:59pm)  
• Post to Week #2 Group Discussion Board Initial Response  
**6/13 - THURSDAY –**  
• Quiz #3 (OPENS ON 6/12 AT 8:00AM)  
**6/14 - FRIDAY –**  
• Quiz #4 (OPENS ON 6/13 AT 8:00AM)  
• Healing Foods Condition/Illness chosen and posted to Blackboard Discussion Board** (see assignment)  
**NOTE: MIDTERM EXAM WILL OPEN ON SUNDAY, 6/17/18 FOR THOSE OF YOU NEEDING A WEEKEND DATE TO COMPLETE THIS EXAM. PLAN AHEAD FOR YOUR FINAL, ONLY ONE DATE AVAL.** |
| JUNE 24 - 28 | READ Insel Chpts 16-17 | 6/24 - MONDAY –  
| | 17: Life Cycle: From Childhood to Adulthood | • Peer responses to Week #3 Group Discussion Board (review instructions/questions for full credit/rubric)  
| | Quiz #7 will cover this material | 6/25 - TUESDAY –  
| | READ Insel Chpts 18-19 | • STUDY FOR FINAL!  
| | 18: Food Safety and Technology | 6/26 - WEDNESDAY –  
| | 19: World View of Nutrition | • Quiz #7 (OPENS ON 6/25 AT 8:00AM)  
| | Quiz #8 will cover this material | 6/27 - THURSDAY –  
| | | • Quiz #8 (OPENS ON 6/26 AT 8:00AM)  
| | | 6/28 - FRIDAY –  
| | | • Final Exam opens Friday, JUNE 28TH, at 8:00am and closes at 11:59pm*  
| | | (Final Exam covers Chpts 8-9; 12-19)  
| 4 | READ Insel text and review Bb items for week! |  

*NOTE: all quizzes and exams will CLOSE at 11:59pm CST unless otherwise marked.  
**NOTE: note these assignments go to the main discussion board, NOT your groups. Please post accordingly.