ANGELo STATE UNIVERSITY

GENERIC BACHELOR of SCIENCE in HEALTH SCIENCE PROFESSIONS

HSP 4315
Human Nutrition and Dietary Supplementation
Fall 2019

Linda Ross, DNP, MS, RN
COURSE NUMBER
HSP 4315

COURSE TITLE
Human Nutrition and Dietary Supplementation

CREDITS
Three Semester Credit Hours
Online Class: Meets completely online using Blackboard Learning System for 8 weeks

PRE-REQUISITE COURSES
None

CO-REQUISITES
None

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.

COURSE DELIVERY
This is an online course offering. The course will be delivered via the Blackboard Learning Management System. The course site can be accessed at Blackboard Learning Management System

FACULTY
Linda C. Ross
Office: Online
Phone: (325) 942-2754
Fax: (325) 942-2774
Email: linda.ross@angelo.edu

OFFICE HOURS
Online or by appointment

COURSE DESCRIPTION
This course provides an understanding of basic nutrition science. Students will learn the biological functions and food sources of each nutrient, the role of nutrition in diet planning and weight management, and the relationship between nutrition, health promotion and chronic disease prevention.

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>1. Discuss and define diet planning principles and their application to individual dietary needs.</td>
<td>Discussion Board, Quizzes, Exams, Dietary Analysis and Food Label Activity</td>
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<tr>
<td>2. Identify cultural, environmental and biological factors that influence individual eating habits.</td>
<td>Discussion Board, 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 healthy lifestyle.</td>
<td>Discussion Board, Quizzes, Exams, Dietary Analysis and Food</td>
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<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>Discussion Board, Quizzes, Exams</td>
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<td>5. Discuss theories of weight management including metabolic pathways, energy balance, and the insulin hypothesis.</td>
<td>Discussion Board, Quizzes, Exams</td>
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<td>6. Investigate the relationship between nutrition, the human immune system and infectious disease.</td>
<td>Discussion Board, Quizzes, Exams</td>
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<tr>
<td>7. Discuss the relationship between nutrition, lifestyle patterns and chronic disease.</td>
<td>Dietary Analysis and Healing Food 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>Discussion Board, Homework, Quizzes &amp; Exams</td>
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<tr>
<td>9. Demonstrate community engagement through community action and reflection in relation to health promotion. (SR3.1 &amp; 3.2)</td>
<td>Healing Food Assignment</td>
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**REQUIRED TEXTS AND MATERIALS**

- Additional reading assignments noted in the syllabus or that are required for homework assignments will be posted to the course site in Blackboard.

**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 University’s Distance Education website for further technology requirements: [ASU Distance Education Website](#)

**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 SYSTEM
Course grades will be dependent upon completing course requirements and meeting the student learning outcomes.

The following grading scale is in use for this course:
- A = 90-100%
- B = 89-80%
- C = 79-70%
- D = 69-65%
- F = 64-0% (Grades are not rounded up under ANY circumstances)

EVALUATION AND GRADES
Graded assignments, activities and percent of the overall course grade:

ASSESSMENTS
1. Discussion Board (15%)
2. Quizzes (20%)
3. Exams (30%)
4. Food Label Activity (10%)
5. Dietary Analysis (10%)
6. Healing Foods Activity (15%)
TOTAL COURSE GRADE 100%
TEACHING STRATEGIES
• This course will be taught online through the Internet with Blackboard™ as the learning platform. It will employ a variety of teaching-learning methods including lecture presentation/notes, asynchronous online workgroups, discussions forums, quizzes, self-directed activities, and weekly quizzes. Web-based technology is also used to provide additional sources of information, prepare and submit student assignments, provide ongoing student-faculty and student-student interaction and dialogue, and facilitate peer support. Synchronous group consultation and interaction offered by appointment via Bb Collaborate.
• Students are expected to be “active learners.” It is a basic assumption of the instructor that students will be involved (beyond the materials and lectures presented in the course) discovering, processing, and applying the course information using peer-review journal articles, researching additional information and examples on the Internet, and discussing course material and clinical experiences with their peers.

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.

1. Discussion Board Assignments (15%): Students will be assigned to a group and given discussion board questions addressing course content each week. Participation in group discussion is vital to your success in the course! 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 substantive in-depth response to the question, with one recent (within the last five years) professional reference other than the course text and then respond to ONE peer, with one recent (within the last five years) professional reference.

2. Quizzes (20%) Students will have eight weekly quizzes 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.

3. Exams (30%): The Midterm and Final Exams account for 30% of the total course grade. 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 (10%): 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 Activity (10%): 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!

6. Healing Foods Activity (15%): 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 with snacks and supplements for someone with these injuries/conditions. A rubric will be available on Blackboard for your review as well as additional reading/videos for use. Please see the link in the Assignments tab and examples of this assignment there as well for your reference.

NOTE: Access to quizzes and exams will be through Respondus Lockdown Browser and will be video recorded via Respondus Monitor [See Other Required Materials for a list of needed equipment]. Use of another electronic device is prohibited.

There is one practice quiz: a short 10 question practice quiz over ASU trivia that is not graded. These tools will be available to the student to assure accessibility. Students are highly encouraged to go through this practice quiz in advance of taking
a graded quiz. This process will allow you to become familiar with the technology associated with testing and improve the testing environment. Instructional videos and more information regarding Respondus Monitor can be found under the Respondus Monitor Help tab in your Blackboard course.

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 [ASU’s Student Handbook](#)
- ASU Undergraduate Catalog located on the ASU website [Undergraduate Catalog](#)

STUDENT RESPONSIBILITY & ATTENDANCE
**ON-LINE:** This class is asynchronous, meaning you do not have to be on-line at a certain time. There are readings which you will have to complete to be able to adequately participate in individual and group assignments. In order to complete this course successfully, you do have to participate in all course activities i.e. discussion boards, course projects, reflective logs, etc. Students are expected to engage in course activities and submit work by due dates and times. The hope is that students will make substantive contributions which reflect integration of assigned materials as well as any outside readings as appropriate. Scholarly contribution is an expectation. For planning purposes, this class will probably require a minimum of 6-9 study hours per week on average.

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. Check frequently for announcements and policy changes.

*Virtual communication:* Office hours and/or advising may be done with the assistance of the telephone, Skype, Join.me, Google Hangouts, etc.

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 [linda.ross@angelo.edu](mailto:linda.ross@angelo.edu) and attach a copy of what you are trying to submit. This lets your faculty 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. Be sure to keep a backup of all work.

LATE WORK OR MISSED ASSIGNMENTS POLICY
The course is set up in weekly modules. The week begins on Tuesday and ends on Monday. 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 (2011-2012) *Student Handbook Code of Conduct*. 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 at ASU is a serious topic. The Angelo State University’s Honor Code gives specific details on plagiarism and what it encompasses. Plagiarism is the action or practice of taking someone else's work, idea, etc., and passing it off as one's own. Plagiarism is literary theft.

In your discussions and/or your papers, it is unacceptable to copy word for word without quotation marks and the source of the quotation. We use the *APA Style Manual of the American Psychological Association* as a guide for all writing assignments. Quotes should be used sparingly. 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](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
utilizing the information above. For more information about Title IX in general you may visit

If you are pregnant and need assistance or accommodations, please

are encouraged to report any incidents to ASU’s Office of Title IX Compliance and the Director of Title IX

Responsible Employee meaning that I will report any allegations I am notified of to the Office of Title IX

A faculty member, I am a

I will report any allegations I am notified of to the Office of Title IX

You are encouraged to report any incidents to ASU’s Office of Title IX Compliance and the Director of Title IX

You may do so by contacting:

Michelle Boone, J.D.

Director of Title IX Compliance/Title IX Coordinator Mayer Administration Building, Room 200 Phone: 325-942-

You may also file a report online 24/7 at www.angelo.edu/incident-form.

If you are wishing to speak to someone about an incident in confidence you may contact the University Health Clinic and Counseling Center at 325-942-2173 or the ASU Crisis Helpline at 325-486-6345.

The Office of Title IX Compliance also provides accommodations related to pregnancy (such as communicating

with your professors regarding medically necessary absences, modifications required because of pregnancy, etc.).

If you are pregnant and need assistance or accommodations, please contact the Office of Title IX Compliance utilizing the information above. For more information about Title IX in general you may visit Title IX Office Website.

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 content. 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.
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

RUBRICS FOR ASSIGNMENTS Rubrics for all assignments and course requirements can be found online within each assignment area or in the Rubrics section of the course. Rubrics will be adhered to for grading purposes and students not meeting requirements will see deductions in their overall score for each assignment.