Course Information

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.

Course Credits
Three Semester Credit Hours (3-0-0)

Prerequisite and Co-requisite Courses
None

Prerequisite 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.

Program Outcomes
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.

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>
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<tr>
<td>1. Discuss and define diet planning principles and their application to individual dietary needs.</td>
<td>Lectures, Quizzes, Exams, Dietary Analysis and Food Label Activity</td>
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<td>2. Identify cultural, environmental and biological factors that influence individual eating habits.</td>
<td>Lectures, 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>Lectures, Quizzes, Exams, Dietary Analysis and Food Label Activity</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>Lectures, Quizzes, Exams</td>
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Course Delivery
This course is an online course offering and will NOT meet on campus. Most content will be delivered via class Lecture/Video, Discussion 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

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.

Technology Requirements

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.

To participate in one of ASU’s distance education programs, you need this technology:

- A computer capable of running Windows 7 or later, or Mac OSX 10.8 or later
- The latest version of one of these web browsers: internet Explorer, Firefox, or Safari
- Microsoft Office Suite or a compatible Open Office Suite
- Adobe Acrobat Reader
- High Speed Internet Access
- Ethernet adapter cable required (wireless connections can drop during tests and Collaborate sessions)
- Webcam

| 5. Discuss theories of weight management including metabolic pathways, energy balance, and the insulin hypothesis. | Lectures, Quizzes, Exams |
| 6. Investigate the relationship between nutrition, the human immune system and infectious disease. | Lectures, Quizzes, Exams |
| 7. Discuss the relationship between nutrition, lifestyle patterns and chronic disease. | Dietary Analysis |
| 8. Understand nutritional challenges for individuals and groups across the lifespan, in diverse cultures and religions, and across different income levels. (SR1.1) | Course Lectures, Homework, Quizzes & Exams |
Refer to Angelo State University’s Distance Education website for further technology requirements: [Angelo State University’s Distance Education Website](#)

**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

**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 or Skype. Please contact the Instructor to set up a virtual appointment.

**Evaluation and Grades**

Course grades will be determined as indicated in the table below.

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Percent/Points of Total Grade</th>
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</thead>
<tbody>
<tr>
<td>1. Discussion Board Assignments</td>
<td>50</td>
</tr>
<tr>
<td>2. Quizzes</td>
<td>100</td>
</tr>
<tr>
<td>3. Exams</td>
<td>150</td>
</tr>
<tr>
<td>4. Food Label Activity</td>
<td>50</td>
</tr>
<tr>
<td>5. Dietary Analysis</td>
<td>50</td>
</tr>
<tr>
<td>6. Healing Foods Assignment</td>
<td>75</td>
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</table>
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** = 450-500 points
- **B** = 400-449 points
- **C** = 350-399 points
- **D** = 300-349
- **F** = 0-299 (Grades are not rounded up under ANY circumstances)

Teaching Strategies

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 and Activity Descriptions

*Please note: Rubrics for all assignments and activities are located at the end of this syllabus.*

1. **Discussion Board Assignments**: (75 points) 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 response to the question and then respond to at least three peers.

2. **Quizzes**: (100 points) 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. 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. These tools will be available to the student to assure accessibility. Students are highly encouraged to go through the 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 testing environment.

3. **Exams**: (75 points each) The Midterm and Final Exams account for 150 pts 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**: (50 points) 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**: (50 points) 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**: (75 points) 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 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.

**Assignment Submission**
All assignments MUST be submitted through the Assignments link in the Blackboard site. This is for grading, documenting, and archiving purposes. Issues with technology use arise from time to time. If a technology issue does occur regarding an assignment submission, email me at dharriger@angelo.edu and attach a copy of what you are trying to submit. Please contact the IT Service Center at (325) 942-2911 or go to your Technology Support tab to report the issue. 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 on 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.

**General Policies Related to This Course**
All students are required to follow the policies and procedures presented in these documents:
- Angelo State University Student Handbook
- Angelo State University Catalog

**Student Responsibility and Attendance**
**Online**: 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.

**Academic Integrity**

Students are expected to maintain complete honesty and integrity in all work. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU. The College of Health and Human Services adheres to the university’s [Statement of Academic Integrity](#). iii

**Accommodations for Students with Disabilities**

ASU 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 of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student’s responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at ADA@angelo.edu. For more information about the application process and requirements, visit the [Student Disability Services website](#). iv The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford
Director of Student Disability Services
Office of Student Affairs
325-942-2047
dallas.swafford@angelo.edu
Houston Harte University Center, Room 112

**Incomplete Grade Policy**

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. See ASU Operating Policy 10.11 [Grading Procedures](#) for more information.

**Plagiarism**

Plagiarism is a serious topic covered in ASU’s [Academic Integrity policy](#) in the Student Handbook. 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. 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. Resources to help you understand this policy better are available at the [ASU Writing Center](#). viii
**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. See ASU Operating Policy 10.19 Student Absence for Observance of Religious Holy Day\(viii\) for more information.

**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.

**Title IX at Angelo State University**

Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and state laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and unwelcome behavior of a sexual nature. The term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex.

You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Boone, J.D. You may submit reports in the following manner:

Online: [www.angelo.edu/incident-form](http://www.angelo.edu/incident-form)

Face to face: Mayer Administration Building, Room 210

Phone: 325-942-2022

Email: michelle.boone@angelo.edu

*Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University Counseling Center (325-942-2371), the 24-Hour Crisis Helpline (325-486-6345), or the University Health Clinic (325-942-2171).*

For more information about resources related to sexual misconduct, Title IX, or Angelo State’s policy please visit: [www.angelo.edu/title-ix](http://www.angelo.edu/title-ix).

**Student Evaluation of Faculty and Course**

Students in all programs are given the opportunity to evaluate their courses and the faculty who teach them. Evaluations are most helpful when they are honest, fair, constructive, and pertinent to the class, clinical
experience, or course. Faculty value student evaluations, and use student suggestions in making modifications in courses, labs and clinical experiences.

Angelo State University uses the IDEA (Individual Development and Educational Assessment) system administered through Kansas State University for all course evaluations. The Office of Institutional Research and Assessment administers IDEA for the entire university, online and has established a policy whereby students can complete course evaluations free from coercion.

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
i  https://www.angelo.edu/student-handbook/
ii  https://www.angelo.edu/catalogs/
iii  https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php
iv  https://www.angelo.edu/services/disability-services/
  https://www.angelo.edu/content/files/14197-op-1011-grading-procedures
vi  https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php
vii https://www.angelo.edu/dept/writing_center/academic_honesty.php
viii https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of