

**HSP 4315 - Human Nutrition and Dietary Supplementation  
Fall 2021**

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

**PREREQUISITE COURSES - CO-REQUISITES** - None



ANGELO STATE UNIVERSITY  
Department of **Health Science Professions**

**Office Hours:** I will be available to answer calls, texts and questions as needed. 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 above and if I'm able to answer, I will. I will do my best to be in touch with you within 24 hours of you leaving me a message by the above-mentioned methods.

**Meeting Times:** TBD/Online course – Note\* - instructor is on CT; please remember when contacting during the evenings! Thank you!

**REQUIRED Text:** Insel, P, Ross, D, McMahon, K., Bernstein, M. (2017) Nutrition, Sixth Edition. Jones & Bartlett. Burlington, MA. – Digital copy only is necessary and available through the ASU bookstore via access code

\*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).

**COURSE FORMAT & TEACHING STRATEGIES:** This course is an online course offering and will NOT meet on campus. Most content will be delivered via class power points, some Lecture/Video if you choose to use these, Discussion generated by YOU the student based on REQUIRED readings and Course Assignments. The course assignments are designed to have the student work deeper in the course content and APPLY what they are learning to a situation/condition, etc. The course will also use the Blackboard Learning Management System for online components. The course site can be accessed at <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.

**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.

**STUDENT EXPECTATIONS** Please do your VERY BEST to stay up on the work necessary for the course. We will move quickly in 7-8 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/quizzes/exams will be considered on a case-by-case basis.

**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.

**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: 25 x 4	100
Self-Introduction Discussion board post:	10
Quizzes (8): 10pts	80
Exams (2): 100	200
Dietary Analysis: 50 pts	50
Healing Foods: 100 + 10 pts for posting topic on discussion board	110
<b>TOTAL:</b>	<b>550</b>

**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 written paper assignments are located at the END of this syllabus & in Blackboard.

\*Rubrics are provided for each large assignment and Discussion Board topics in Blackboard

1. **Discussion Board Assignments:** Your first discussion board assignment is your self-introduction (10 pts). You also will post in the class board the topic you are choosing for your Healing Foods Assignment (10pts). Then, students will be assigned to a group and given discussion board questions (4 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. Please see instructions on Blackboard for posting your Self-Introduction Video. This is **DUE** the **FIRST** week so we can get to know you!

2. **Quizzes:** Students will have quizzes for each group of chapters (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/powerpoints**; 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 (see NOTE below) 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.

NOTE: Access to 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.

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. Students **may use written materials/powerpoints**; However use of another electronic device is prohibited. You are allowed TWO attempts on these exams and the HIGH score for both attempts will be the final grade should you choose to use both attempts.

## ASSIGNMENTS

**\*RUBRICS FOR THESE CAN BE FOUND IN THE MY GRADES SECTION UNDER THAT ASSIGNMENT – USE THESE COMPLETE YOUR ASSIGNMENT WELL AS WELL AS THE EXAMPLES GIVEN TO YOU FOR EACH ASSIGNMENT LISTED IN BLACKBOARD.**

Rubrics will be adhered to for grading purposes and students not meeting requirements will see deductions in their overall score for each assignment with or without comment by the faculty member.

4. **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. Note that you will be tracking your food intake for seven days. This requires planning ahead! Please see the link in the Assignments tab and examples of this assignment there as well for your reference.

5. **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 with snacks and supplements for someone with these injuries/conditions. A rubric is 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.

### 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:

Student Learning Outcome By completing all course requirements, students will be able to:	Assignment(s) or activity(ies) validating outcome achievement:
1. Discuss and define diet planning principles and their application to individual dietary needs.	Lectures, Quizzes, Exams, Dietary Analysis and Food Label Activity and Healing Foods Assignment
2. Identify cultural, environmental and biological factors that influence individual eating habits.	Lectures, Discussions, Quizzes, Exams, Dietary Analysis
3. Analyze the role of food labels, dietary guidelines and institutional resources in building a healthful lifestyle.	Lectures, Quizzes, Exams, Dietary Analysis and Food Label Activity and Healing Foods Assignments
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.	Lectures, Quizzes, Exams – Discussions, Dietary Analysis and Healing Foods Assignments
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 and Healing Foods Assignment
7. Discuss the relationship between nutrition, lifestyle patterns and chronic disease.	Discussions, Dietary Analysis and Healing Foods Assignment
8. Understand nutritional challenges for individuals and groups across the lifespan, in diverse cultures and religions, and across different income levels. (SR1.1)	Lectures, Discussions, Quizzes, Exams and Healing Foods Assignment
9. Demonstrate community engagement through community action and reflection in relation to health promotion. (SR3.1 & 3.2) Will be able to share within local internships and with peers and possibly later within careers of health care.	Healing Foods Assignment

**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/student-handbook/>
- 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.

**ASSIGNMENT SUBMISSION** All assignments MUST be submitted through the Assignments link in the Blackboard course 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 meg.frens@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 in chapter-based modules. 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): <http://www.angelo.edu/student-handbook/code-of-studentconduct/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](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.

**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. Sex discrimination, sexual misconduct, public indecency, interpersonal violence, sexual assault, sexual exploitation, sexual harassment, and stalking are not tolerated at ASU. As a faculty member, I am a Responsible Employee meaning that I will report any allegations I am notified of to the Office of Title IX Compliance in order to connect students with resources and options in addressing the allegations reported. You are encouraged to report any incidents to ASU’s Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator. You may do so by contacting:

Michelle Boone, J.D.

Director of Title IX Compliance/Title IX Coordinator Mayer Administration Building, Room 200 Phone: 325-942-2022 Email: [michelle.boone@angelo.edu](mailto:michelle.boone@angelo.edu)

You may also file a report online 24/7 at [www.angelo.edu/incident-form](http://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 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. Please refer to Bb and the course calendar as well as email communications from the faculty member for changes and updates. PLEASE ask questions if you have them!

**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**



# Healing Foods Assignment

Many of you will be working with someone who has an injury or illness in the future. What can you tell them specifically about their injury in terms of nutritional habits and outcomes? How can you apply what you are learning in this course to actual injuries and conditions? What type of condition and its nutritional needs interest you? Do you have a personal connection to a condition/illness/injury and what can you learn about the nutritional requirements to help and benefit the situation? This assignment is designed to allow you to apply what you have been learning, be more comfortable in finding appropriate information for patients in a health care setting and take tangible information with you as you work through your preparation as a health care professional.

**Objective:** To allow students to determine what constitutes healthy eating for various conditions and injuries they might encounter in their chosen health care profession. Upon completion of this assignment, students will formulate a basic understanding about a condition and its needs for nutritional competence for optimal healing and then create a 3-meal-a-day PLUS snacks, ONE-week plan for someone with these conditions/illnesses. For each meal, a general overview of the nutrients provided by each meal will be related to the various conditions and justification for the foods based on the nutrients.

**Grade:** The grade for this assignment is determined by how well you follow the instructions for the assignment, your timely completion and your ability to demonstrate understanding of your condition and to find appropriate, evidence-based information for your chosen conditions as well as create a varied, creative and healthy meal plan for your patient/athlete/client. The assignment is worth 100 points in the course. A rubric will be available on Blackboard for your viewing. Suggestion: you do NOT wait until the last couple of weeks to work on this. You begin this the FIRST week of class and plug away at it throughout the course, making additions, finding new articles and information to add to your assignment. This WILL take you longer than one day/night to do...make it worth it and take the TIME to do it well.

Students will work INDEPENDENTLY and CHOOSE an injury/condition from the list below and then complete the following steps for grading. Students must POST their chosen topic on the appropriate discussion board location. See date in calendar for when topic is due and when assignment is due. A rubric will be available on Blackboard for review.

**Injuries/Conditions: these are SUGGESTIONS – you may do ANY injury/illness/condition you like, just let me know which one on the discussion board – email me for other options if you need to discuss.**

Concussion	Congestive Heart Failure/Coronary Artery Disease
Common Cold	Asthma
Stress fractures	COPD
Mononucleosis	Emphysema
Celiac Disease	Post-surgical ACL with meniscus (immobilization period)
Influenza	Shoulder Labral tear repair (immobilization period)
Hip Replacement or Knee Replacement	Syndesmotic Ankle Sprain (immobilization period)
Cancer – any kind	
Diabetes – any kind	

**Step 1:** Learn about the conditions/injuries and report the following:

- A. **Etiology and Presentation** – how the injury/condition occurs and presents itself physiologically – research the article using a MINIMUM of two peer-reviewed articles (visit library/review requirements for this type of journal/resource) and discuss within ONE page the etiology of the injury and the primary signs/symptoms of the condition/illness as well as prognosis. If surgical case as listed above, please give a short description of the type of surgery and if there are any specific nutritional considerations after the surgery.
- B. **Limitations** – what limitations are presented by each injury/condition? Define and describe based on the research of the condition and how someone with this condition might be hindered and how healing might be affected by various factors as found in your research of the condition. Describe and discuss how your patient might be affected by obesity while having their condition/injury if applicable – not always the case. Research the limitations/obesity issues and discuss in ONE page or less your findings.
- C. **Step 2: Role of Proper Nutrition** – 1. Discuss how proper nutrition during this time can be beneficial and contribute to their healing/recovery/maintenance and 2. Discuss and outline how the following nutrients and their amounts can help each injury/condition or if by consuming certain nutrients might hinder healing or complicate the condition. Include amounts/dose and be specific to the patient you have defined for your paper. Do all of this within TWO pages (be concise):
  - a. Carbs
  - b. Fats
  - c. Proteins
  - d. Vitamins – identify/discuss at least 3
  - e. Minerals – identify/discuss at least 3
  - f. Water

**Step 3: Meal Planning** – 1. Create a week-long, 3-meal-a-day (include snacks too if this is BETTER for your patient) plan for your patient/athlete which includes foods and fluid recommendations. Is your patient an athlete or sedentary or somewhere in between? What are the considerations for this specific person? Consider all aspects. Complete this in TABLE format. 2. Include recommendations/precautions about food substitutes and 3. Include any information about supplementation which might be appropriate. Complete points 2 & 3 in paragraph format within ONE page.

**ASSIGNMENT COMPLETION:** Cite all references for research on injuries/conditions as well as dietary information/links in APA format. Your paper should read in paragraph format for answering the questions. Your meal plan should be in table format by week/day and meal and discussion points about the meals indicated below in paragraph format. Make sure your paper is paginated, at least 1.5 spacing and in 11-12 point font of Calibri or Times, and has a cover page and references page. Upload your finished document in PDF format to the area located on Blackboard for the assignment.

# Dietary Analysis Assignment

## Description and Instructions for Completion:

**PLAN AHEAD!! Start tracking diet and exercise NOW so you have a complete set of data to work from for this assignment based on its due date! \*see course calendar**

**Objective:** The dietary analysis assignment allows you to apply knowledge from this course in ways you can use! You will evaluate your own personal dietary habits and then from there create a healthier diet plan based on what you determine you need to change. How great is that?! I challenge you to ask a friend (see website below) (who is NOT in the class) to do it with you to help them learn with you as well! Let me know if you do this and what the outcome was for them as well in a short paragraph.

**Grade:** The grade for this assignment is NOT based on how well you eat, how much you exercise or how healthy or not “healthy” you are/think you are at this point. It will be determined by how well you follow the instructions for the assignment, your timely completion and your analysis of the information you collect and then application of changes to your habits and patterns for better eating and living! The assignment is worth 50 points in the course. A rubric IS available on Blackboard for your viewing.

FOLLOW THE STEPS IN ORDER and HAVE ALL SECTIONS COMPLETED FOR FULL CREDIT! IF YOU DON'T FOLLOW THESE IN ORDER, YOUR ANALYSIS WILL NOT BE CORRECT.

**START HERE:** Create a MyFitnessPal Account: <http://www.myfitnesspal.com/account/create>

**2.** Start your report for this assignment. The final assignment should begin with the usual name, course, assignment information and then by **subheadings** for each of the following bullets and completing the requested information. Review the rubric for how you will be evaluated and areas you should focus on for the assignment. Don't forget your **citations** for information you state regarding the nutrients you discuss and/or changes you plan on making. Find a few articles to validate your statements regarding your nutritional goals and standards set for you. Use APA format to include in-text citations throughout your paper then have a bibliography at the end with them all listed in APA format.

**3. Questionnaire Responses: RECORD!!** your answers to the questions they ask you on the first page and **start your** report with these. Try to get as accurate as you can for each question and answer honestly.

**A.** What are your TRUE goals for this project? See what you can do!

**B.** How are each of these questions relevant to the analysis you are about to do based on what you understand already about nutrition and health? (Please answer within a paragraph with facts based on the readings and lecture outlines.)

**4. Nutritional Goals/Recommendations from MyFitnessPal:** BEFORE you begin tracking your information, record this information in the **next area** of your report. Start your analysis of the information and program NOW:

- What is the program suggesting for you in each area listed for goals? [Record these and put in your report as **Nutritional Goals/Recommendations from MyFitnessPal**]
- Change your food diary settings (Go to Settings > Diary settings > under nutrients tracked, make sure you have the following areas chosen by changing the “sodium” to “fiber” so you have: Carbs, Fats, Proteins, Fiber, Sugar > save changes at the bottom of the page)
- **ON day 1, BEFORE** you log your food intake, how well do you think you will match up to the recommendations provided? Do you feel you are closer to some of the recommendations that others? Explain and provide examples. LABEL this area: **“HYPOTHESIS”** and fill out your response.

**5. Food Intake:** RECORD your food intake for a **MINIMUM of 7 days** (record more and you get better data...better data = better feedback and recommendations – your choice)

- Record **EVERYTHING YOU EAT/DRINK and put it in a table in your paper** (every little thing...maybe carry a small notebook with you to record or put it in the “notes” portion on your phone etc. and record better later) – see table outline below for this. Input all of your food for the week. Maybe print off a larger table and fill it in all week and then type in your responses. **List this table as Appendix A.**
- Create a **table of the data** for each **nutrient tracked** and put it as **Appendix B** at the end of your paper with the columns listed as Day #, Total calories (first entry for calories should be the recommended amount from the app and then for each day the total consumed), Fat, Carbs, Protein, Fiber, Sugar with each total listed with units for the total number of days your recorded.

**Appendix A:**

**FOOD INTAKE CHART:**

- Try and list quantities as **CLOSELY** as you can –

FOODS:	MON	TUES	WED	THURS	FRI	SAT	SUN
BREAKFAST FOODS							
DAILY SNACKS							
LUNCH FOODS							
DINNER FOODS							
FLUID INTAKE							
SUPPLEMENTS							

- **OTHER:** (include here anything outside of the above categories that increases caloric intake or other nutritional values)

**Dietary ANALYSIS:** After you have at least 7 days recorded, or as many as you are going to record, CLICK ON THE “REPORTS” tab and then the drop down menu. Look at the charts for the nutrients you tracked in the diary and answer the following questions:

- a. How did your 7-day intake (or more) **match** the MyFitnessPal recommendations? Discuss – what could have thrown the comparison off based on your food intake. Do you feel it should have been closer?
- b. How do your results **compare** to your initial hypothesis (see Step 4)
- c. Name **5 habits you can change** based on the outcomes of this analysis/review of your food/drink patterns. Why are you choosing these and what benefit will you get out of the change? What **resources** can you find to back up your desire to make changes. Include citations (in APA format) if you use other sources for your defense for your response for this question. (HINT: you should be finding current/additional sources of information here, demonstrating scholarly work towards understanding your own habits as well as current information regarding healthy patterns and habits)
- d. Name 3-5 positive nutritional behaviors/patterns you are currently doing well with as well as exercise. How are they of benefit to you now? Explain/cite. (see HINT above)
- e. For exercise, if you exercise regularly, what changes can you make to do “better?” If you do not exercise regularly, what is a FIRST, REASONABLE step you can take to get “better?” What is “better” and how does it apply? It means what can you do to take steps to continue to improve and even if it’s a SMALL step, it’s still better than what you did yesterday. You are your own competition here.

**ASSIGNMENT COMPLETION:** Complete all sections of the assignment above and type responses in full sentences/paragraph form. Feel free to inject your own feelings about the assignment as you answer as well as facts/figures. All responses together (typed) should add up to approximately 3-5 pages plus your tables in Appendix A & B. Note there is a paper example posted online for help and suggestions, but it’s not quite exactly the same, but you can see some layout options. NOTE: the food tracking table is NEW as of SUMMER 2019.

\*Here are the headings/subheadings you should have for the assignment and then have them filled in as indicated above:

1. Title Page/Name/Course/Date
2. Recorded responses to initial answers and goals
3. Nutritional Goals and Recommendations
4. Hypothesis
5. Dietary Analysis
6. Appendix A & B – food table and nutrient analysis table from your MyFitnessPal app information
7. Bibliography/references page in APA format (**don’t forget in-text citations as well**). [Review APA formatting](#) for this paper.

PLEASE REVIEW THE RUBRIC ON THE BB PAGE AS WELL TO MAKE SURE YOU ARE MEETING ALL REQUIREMENTS FOR THE ASSIGNMENT.