

# Human Nutrition and Dietary Supplementation

## HSP 4315

### Spring 2022



**Instructor:** Erin Hemmelgarn, MS, ATC, LAT

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**Office:** N/A

**Office Hours:** Zoom meetings can be scheduled in place of physical office hours.

#### Course Information

##### Course Description

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.

##### Course Credits

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

##### 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

Upon completion of the program of study for the Bachelor of Science in Health Science Professions, the graduate will be prepared to:

## Student Learning Outcomes

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. Lectures, Quizzes, Exams and Healing Foods Assignment	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

## 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 [ASU's Blackboard Learning Management System](#)

## Required Texts and Materials

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

## Recommended Texts and Materials

\*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.

## Technology Requirements

Students may use tools such as Respondus Lockdown Browser and Monitor (which requires a web cam), Blackboard Collaborate (which also requires a web cam), and any other software. The program MyFitnessPal will be utilized for the course.

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
- • Refer to **Angelo State University's Distance Education** website for further technology requirements:  
[http://www.angelo.edu/distance\\_education](http://www.angelo.edu/distance_education)

## 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

I will check email and the discussion board daily, usually in the evening. If something comes up during the day and you need to speak with me directly, please text the number above. 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. I 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 email:** All private communication will be done exclusively through your ASU email address. Check frequently for announcements and policy changes. In your emails to faculty, include the course name and section number in your subject line.

**Virtual communication:** Office hours and/or advising may be done with the assistance of the telephone, Collaborate, Zoon, etc.

## Use Good "Netiquette":

- Check the discussion frequently and respond appropriately and on subject.
- Focus on one subject per message and use pertinent subject titles.
- Capitalize words only to highlight a point or for titles. Otherwise, capitalizing is generally viewed as SHOUTING!
- Be professional and careful with your online interaction. Proper address for faculty is by formal title such as Dr. or Ms./Mr. Jones unless invited by faculty to use a less formal approach.
- Cite all quotes, references, and sources.
- When posting a long message, it is generally considered courteous to warn readers at the beginning of the message that it is a lengthy post.
- It is extremely rude to forward someone else's messages without their permission.

- It is fine to use humor, but use it carefully. The absence of face-to-face cues can cause humor to be misinterpreted as criticism or flaming (angry, antagonistic criticism). Feel free to use emoticons such as J or :) to let others know you are being humorous.

(The "netiquette" guidelines were adapted from Arlene H. Rinald's article, The Net User Guidelines and Netiquette, Florida Atlantic University, 1994, available from Netcom.)

## Grading

### Evaluation and Grades

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

Assessment/Quiz/Exams:	Total points available toward Grade
Discussion Board Group Assignment: 25 x 4	100
Self-Introduction Discussion board post:	10
Quizzes (8): 10 pts	80
Exams (2): 100	200
Dietary Analysis: 50 pts	50
Healing Foods: 100 + 10 pts for posting topic on discussion board	110
Total:	550

### 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 = 90.00-100%

B = 80.00-89.99%

C = 70.00-79.99%

D = 60.00-69.99%

F = 0-59.99% (Grades are not rounded up)

### 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: Instructions for written paper assignments are on 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 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) 5 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.

### **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 [erin.hemmelgarn@angelo.edu](mailto:erin.hemmelgarn@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.

### **POLICY ON LATE OR MISSED ASSIGNMENTS**

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.

### **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](#)<sup>1</sup>
- [Angelo State University Catalog](#)<sup>2</sup>

### **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](#).<sup>3</sup>

### **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](mailto:ADA@angelo.edu). For more information about the application process and requirements, visit the [Student Disability Services website](#).<sup>4</sup> 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](mailto: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](#)<sup>5</sup> for more information.

### **Plagiarism**

Plagiarism is a serious topic covered in ASU's [Academic Integrity policy](#)<sup>6</sup> 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](#).<sup>7</sup>

### **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](#)<sup>8</sup> 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](mailto: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).

## Course Schedule

Week/Date	Reminders!	Topic/Assignments/Assessments DUE
<b>Week 1: March 21 – March 27</b>  <b>READ: INSEL CHAPTS 1-3</b>  <b>1: Food Choices: Nutrients and Nourishment</b>  <b>2: Nutrition Guidelines and Assessment Spotlight (Supplements, after Chpt 2)</b>  <b>3: Digestion and Absorption</b>	<b>SYLLABUS (READ!) and Insel Textbook and Bb items</b> <ul style="list-style-type: none"><li>• Introduction to course</li><li>• Assignment Review</li><li>• Food Label Activity Due in week 3!</li><li>• Start Dietary Analysis on time so you have a MINIMUM of 7 days recorded!</li><li>• Choose your Healing Foods topic as soon as you want and post (don't need to wait to post)</li></ul>	<b>Welcome!</b> <b>DUE: Wednesday, March 23<sup>rd</sup>, by 11:59 PM*</b> <ul style="list-style-type: none"><li>• Review START HERE page on Blackboard</li><li>• 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.</li><li>• Complete the <b>Welcome Orientation</b> module under the Learning Modules tab.</li></ul> DUE: Wednesday, March 23 <sup>rd</sup> , 11:59 PM

Week/Date	Reminders!	Topic/Assignments/Assessments DUE
<p>Quiz #1 will cover this material</p> <p>REVIEW LEARNING MODULE AND POWERPOINTS AVAILABLE WEEKLY TO ENHANCE LEARNING AND CONTENT RETENTION – TAKE NOTES FROM THE TEXT</p>		<ul style="list-style-type: none"> <li>• Post to “Self-Introduction” Discussion Board**</li> <li>• Complete and Submit the <b>practice quiz</b> for Respondus and Lockdown Browser</li> </ul> <p>Due: Sunday, March 27<sup>th</sup> (Read Insel chpts 1-3):</p> <ul style="list-style-type: none"> <li>• Peer responses to Class Discussion Board for Self-Introduction (review instruction/questions for full credit/rubric)</li> <li>• <b>Quiz #1* - opens March 21<sup>st</sup> 8:00 AM</b> (<u>CANNOT access until you take the practice quiz!</u>)</li> </ul>
<p>Week 2: March 28 – April 3</p> <p>READ: Insel Chpts 4 -5</p> <p>4: Carbohydrates</p> <p>5: Lipids</p> <p>Quiz #2 will cover this material</p>	<p>READ Insel text and review Bb items for week!</p> <p>~~~~~</p> <p>Suggest you <b>BEGIN</b> looking at the <b>Dietary Analysis</b> assignment and SET up the <u>MyFitnessPal</u> login and start <b>PLANNING</b> to complete this on time!</p>	<p>DUE: Wednesday, March 30<sup>th</sup></p> <p>Initial Post to Culture and Lifestyle Food Discussion – Group Discussion Board (find your assigned group and make your first post and 3 peer response here)</p>
<p>Week 3: April 4 – April 10</p> <p>READ: Insel Chpts 6-7</p> <p>6: Proteins and Amino Acids</p> <p>7: Alcohol</p> <p>Quiz: #3 will cover this material</p>	<p>READ Insel text and review Bb items for week!</p> <p>Continue to work on and plan for <b>Dietary Analysis</b> Assignment – NEED 7 days of food diary and macros recorded!</p>	<p>DUE: Tuesday, April 5<sup>th</sup></p> <ul style="list-style-type: none"> <li>• Peer responses to Culture and Lifestyle Food Discussion – Group Discussion Board (review instructions/questions for full credit/rubric)</li> <li>• <b>Quiz #2 – opens March 29<sup>th</sup> 8:00 AM</b></li> </ul> <p>DUE: Friday, April 8<sup>th</sup></p> <ul style="list-style-type: none"> <li>• Initial Post to “Fact or Fad? What Say You?” – Group Discussion Board DUE</li> </ul> <p>DUE: Sunday, April 10<sup>th</sup></p> <ul style="list-style-type: none"> <li>• <b>Quiz #3 – opens April 3<sup>rd</sup> 8:00 AM</b></li> </ul>
<p>Week 4: April 11 – April 17</p>	<p>READ Insel text and review Bb items for week!</p>	<p>DUE: Wednesday, April 13<sup>th</sup></p>

Week/Date	Reminders!	Topic/Assignments/Assessments DUE
<p><b>READ: Insel Chpts 10-11</b></p> <p><b>10: Fat-Soluble Vitamins</b></p> <p><b>11: Water-Soluble Vitamins</b></p> <p><b>Quiz #4 will cover this material</b></p>	<p><b>Healing Food Assignment should be started by now 😊</b></p>	<ul style="list-style-type: none"> <li>Peer responses to “Fact or Fad? What Say You?” – Group Discussion Board</li> </ul> <p>DUE: Friday, April 15<sup>th</sup></p> <ul style="list-style-type: none"> <li><b>Quiz #4 – opens April 8<sup>th</sup> 8:00 AM</b></li> <li>Midterm next week</li> <li>Healing Foods Condition/Illness chosen and posted to Blackboard Discussion Board** (see assignment – do NOT need to use one listed – can choose own condition, make sure you post what you are doing!)</li> </ul> <p>Midterm Exam opens Saturday, April 16<sup>th</sup>, at 8:00 AM and closes on Sunday, April 17<sup>th</sup> at 11:59 PM* TWO attempts allowed – HIGH score of the two attempts will be your final score if you choose to take it twice!</p> <p>(Exam covers the Chpts 1-7; 10-11; PLUS 5 questions from the Spotlight topics or supplemental readings/video (Fat Surprise) from weeks 1 &amp; 4 from the attached files sections – make sure you read/watch them!)</p>
<p><b>Week 5: April 18 – April 24</b></p> <p><b>READ: Insel Chpts 12-13</b></p> <p><b>12: Water and Major Minerals</b></p> <p><b>13: Trace Minerals</b></p> <p><b>Quiz #5 will cover this material</b></p>	<p>READ Insel text and review Bb items for week: <i>LOTS of GOOD</i> stuff in here this week!</p> <p><b>Dietary Analysis Assignment DUE!! (NEED 7 days of data collection!)</b></p>	<p>DUE: Tuesday, April 19<sup>th</sup></p> <ul style="list-style-type: none"> <li>Initial Post to “Food Labels: What Am I Eating?” – Group Discussion Board</li> </ul> <p>DUE: Sunday, April 24<sup>th</sup></p> <ul style="list-style-type: none"> <li><b>Quiz #5 – opens April 20<sup>th</sup> 8:00 AM</b></li> <li>DIETARY ANALYSIS ASSIGNMENT (due by 11:59 PM)</li> </ul>
<p><b>Week 6: April 25 – May 1</b></p> <p><b>READ: Insel Chpts 8-9 &amp; 14-15</b></p> <p><b>14. Sports Nutrition</b></p>		<p>DUE: Tuesday, April 26<sup>th</sup></p> <ul style="list-style-type: none"> <li>Peer responses to “Food Labels: What Am I Eating?” – Group Discussion Board</li> </ul> <p>DUE: Friday, April 29<sup>th</sup></p> <ul style="list-style-type: none"> <li>Initial Post to “The Micros!” – Group Discussion Board</li> </ul>

Week/Date	Reminders!	Topic/Assignments/Assessments DUE
<b>15. Diet and Health: Spotlight (Obesity, after Chpt 9)</b> <b>Spotlight (Eating Disorders, after Chpt 14)</b>  <b>Quiz #6 will cover this material</b>		
<b>Week 7: May 2 – May 8</b>  <b>READ: Insel Chpts 16-17</b>  <b>16: Life Cycle: Maternal and Infant Nutrition</b>  <b>17: Life Cycle: From Childhood to Adulthood</b>  <b>Quiz #7 will cover this material</b>	<p>READ Insel text and review Bb items for week!</p> <p><b>HEALING FOODS Assignment due NEXT WEEK!</b></p>	<p>DUE: Monday, May 2<sup>nd</sup></p> <ul style="list-style-type: none"> <li><b>Quiz #6 – opens April 25<sup>th</sup> 8:00 AM</b></li> </ul> <p>DUE: Wednesday, May 4<sup>th</sup></p> <ul style="list-style-type: none"> <li>Peer response to “The Micros!” – Group Discussion Board</li> </ul> <p>DUE: Friday, May 6<sup>th</sup></p> <ul style="list-style-type: none"> <li><b>Quiz #7 – opens April 29<sup>th</sup> 8:00 AM</b></li> </ul>
<b>Week 8: May 9 – May 13</b>  <b>READ: Insel Chpts 18-19</b>  <b>18: Food Safety and Technology</b>  <b>19: World View of Nutrition</b>  <b>Quiz #8 will cover this material</b>  <b>FINAL EXAM DATES</b> <b>May 11<sup>th</sup></b>	<p>READ Insel text and review Bb items for week!</p> <p>Includes last week of class and FINAL EXAM!</p>	<p>DUE: Monday, May 9<sup>th</sup></p> <ul style="list-style-type: none"> <li>Healing Foods Assignments (due by 11:59 PM)</li> </ul> <p>DUE: Tuesday, May 10<sup>th</sup></p> <ul style="list-style-type: none"> <li><b>Quiz #8 – opens May 3<sup>rd</sup> 8:00 AM</b></li> </ul> <p><b>FINAL EXAM opens Wednesday, May 11<sup>th</sup> at 8:00 AM and closes on Thursday, May 12<sup>th</sup> at 11:59 PM*</b> - TWO attempts allowed – HIGH score of the two attempts will be your final score if you choose to take it twice! (Final Exam covers Chpts 8-9; 12-19)</p>
<p><b>*NOTE:</b> all quizzes and exams will CLOSE at 11:59 PM CST unless altered due to necessary change/individual needs.</p> <p><b>^NOTE:</b> all quizzes will open approx.. one week before they are due unless otherwise marked</p> <p><b>**NOTE:</b> note these assignments go to the main discussion board, NOT your groups. Please post accordingly.</p>		

## Grading Rubrics

To view grading rubrics, please go to the “**My Grades**” link in your Blackboard course, and select **View Rubric** under each graded item.

## 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.

## End of Syllabus

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<sup>1</sup> <https://www.angelo.edu/student-handbook/>

<sup>2</sup> <https://www.angelo.edu/catalogs/>

<sup>3</sup> <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

<sup>4</sup> <https://www.angelo.edu/services/disability-services/>

<sup>5</sup> <https://www.angelo.edu/content/files/14197-op-1011-grading-procedures>

<sup>6</sup> <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

<sup>7</sup> [https://www.angelo.edu/dept/writing\\_center/academic\\_honesty.php](https://www.angelo.edu/dept/writing_center/academic_honesty.php)

<sup>8</sup> <https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of>