

THE UNIVERSITY OF TEXAS AT TYLER
Department of Health and Kinesiology

Course Syllabus—Spring 2009

GENERAL INFORMATION ABOUT THE COURSE

Course Title, Number & Credit Hours: ALHS 3315.060 Nutrition in Health and Performance (3 semester hours)

INFORMATION ABOUT INSTRUCTOR

Name & Title: Ronna R. Morrison, M.S., Senior Lecturer, Department of Health and Kinesiology

Contact Information: Department of Health and Kinesiology, 3900 University Blvd., Tyler, TX 75799; PH: (903) 566-7121; FX: (903) 566-7065; E-mail: rmorrison@uttyler.edu

Office Hours & Location: Mondays, 1:00-3:00pm, HPC 3051

Emergency Phone Numbers: Messages may be left on Instructor's voice mail at 903-566-7121. Or phone the Department of Administrative Assistant, Gail Goetz, at 903-566-7031.

TEXTS, READINGS, MATERIALS

Required Text:Sizer, F. & E. Whitney, Nutrition: Concepts and Controversies (11th ed.) CA: Belmont, Wadsworth Publishing Co., 2006.

COURSE DESCRIPTION / GOALS / OBJECTIVES

Course Description: An analysis and assessment of nutrition. Clinical experience will be conducted measuring body composition and in designing diets to influence weight control and performance. Course fee required.

Course Goals: The goal of this course is to acquaint the student with basic concepts in nutrition that will increase awareness of personal dietary habits. Emphasis will be placed on understanding the role of the essential nutrients, their food sources, and disease states incurred from their deficiencies. Additionally, the nutritional requirements will be examined across the life cycle. As time allows, we will consider various nutritional controversies from your textbook and any you may wish to suggest. This course is not intended as a therapeutic nutritional course and, thus, will not address issues that relate to your role in supervising the nutritional habits of others.

Course Outcome Objectives: Students should be able to accomplish the following outcome objectives:

1. Develop an understanding of the essential nutrients, (~40) their food sources,

- and what disease state(s) occur from deficiencies.
- *2. Evaluate own dietary CHO intake in terms of percentage of total CHO calories consumed and ratio of simple to complex CHO and be able to formulate personal strategies to improve CHO consumption, if needed.
 - *3. Evaluate own dietary fat intake in terms of the percentage of total fat, calories consumed, ratio of saturated to polyunsaturated fat and cholesterol content, and be able to formulate personal strategies to improve fat consumption, if needed.
 - *4. Evaluate own dietary protein intake in terms of percent of total protein calories consumed and ratio of high biological value to low biological value proteins and to formulate personal strategies to improve protein consumption, if needed.
 - *5. Evaluate own dietary pattern for vitamin and mineral contents and compare their intake with the latest RDA standards according to one's sex/age group and formulate personal strategies to implement changes, if needed.
 - *6. Compare vitamin & mineral adequacy with the RDAs according to one's sex/age group. Formulate personal strategies to implement changes, if needed.
 7. Evaluate nutritional information in the news media for accuracy, validity and be able to determine good information from quackery.
 8. Analyze the dietary needs of special age groups across the lifecycle (pregnant and lactating women, young children, teenagers and older adults).
 9. Analyze factors involved in weight management, obesity & eating disorders.
 10. Evaluate media information related to nutrition to determine its accuracy and truthfulness.

* Evaluated by means of an individualized 3-day computerized dietary analysis followed by a written strategy to improve his/her diet.

COURSE POLICIES

Lecture:

Even though this course is online, it will not be treated much differently than a face-to-face course. Each Wednesday, from 1:00-2:00pm, an audio lecture covering material noted in the course outline will be conducted. A written version as well as an audio MP3 of each lecture will be posted under Lecture Materials for download.

Readings:

Complete all assigned readings. While we will be covering 12 chapters within the textbook, the specific pages within the chapters to read are posted in the lecture notes for each section.

Discussion Board / Class Participation:

Class participation is an important expectation of this course. **You are encouraged to be an independent learner.** Students are expected to actively participate in EACH section's discussion (except Chapter 3 and exam weeks) throughout the semester—a total of 9 discussion boards. The requirements are as follows:

- Each lecture section will have a series of 5 discussion/short answer questions. The class will be divided into 5 groups of approximately 6-7 students each with each group noted

within the Discussion Board. For each discussion board, Group 1 will have question #1, Group 2 will have question #2, etc. Each student in each group will independently answer that question.

- These independent answers should be as concise and succinct as possible to get the point across and are to be communicated within the group and then posted as a summary response paper by the designated group leader for all class members to see. **The summary response paper is due by noon following the completion of the respective section. No summary response paper will be accepted late.** The name of each group member is to be noted by each response. The instructor role will be as an observer and facilitator. I will be reading all messages, and I will participate in the discussion as appropriate.
- Group leaders will rotate within groups, and a new group leader will be assigned to each Discussion Board. By Friday afternoon, after summary response papers are due, a new group leader for each group will be noted under Announcements.
- Additionally, **by noon on the following Monday**, each student (acting independently and not as a group) is expected to offer comments to one student’s reply within another group’s summary response paper. **No student comments will be accepted late.** Comments may indicate agreement and why, disagreement and why, elaboration of a relevant point, or constructive criticism. Students may work ahead on the discussion boards but posting on past week’s boards will not allow for stimulating discussions with classmates. A reminder of Discussion Board due dates will be posted under Announcements as appropriate.

Evaluation of Discussion Boards:

Postings will be evaluated on the quality of the postings and the degree that the postings promote discussion with classmates. Participation on 11 boards is required by the due dates noted above, with the opportunity to earn a total of 5 points per board.

This rubric will be used to grade each student within each summary response paper:

1 Point	2 Points	3 Points
Minimal response to the module question	Posting responds to the question but does not stimulate further class discussion	Posting fully addresses the module question and stimulates at least 1 substantial follow-up posting.

This rubric will be used to grade each student on comments offered in response to a summary response paper:

1 Point	2 Points
Minimal comments lacking elaboration	Displays good critical thinking with adequate details

Assignments:

Complete the following daily assignments and turn in to instructor by the due dates indicated in the course outline and Assignments Packet^a:

1. Just For Fun
2. Assignment from USDA Web Site
3. Dietary Records for 3 Days
4. Computer Analysis Original Diet
5. Strategy Paper of Ways to Improve Diet
6. Analysis of Food Labels (assignment from visit to local grocery store)
7. Snack for a pre-school child with nutrients noted
8. Report: Analyze Nutrition News

^aAn Assignments Packet is posted separately under Assignments outlining instructions for completion, instructions for turning in, and due dates for each assignment. **No assignments will be accepted late.**

Evaluation of Assignments

Assignments will be evaluated on the quality of the final product according to completeness and how well instructions were followed. The opportunity to earn a total of 5 points per assignment is possible.

This rubric will be used to grade each assignment:

1 Point	3 Points	5 Points
Assignment is riddled with errors and/or is incomplete	Assignment is lacking details and contains some errors	Assignment is complete with few or no errors

Exams:

The course will largely follow sections within the textbook but lecture material from outside sources will also be used. The course is divided into 3 separate modules:

- Module I—Chapters 1, 2, 4, 5, & 6
- Module II—Chapters 7, 8, & 9
- Module III—Chapters 3, 12, & 14

At the beginning of each unit, a study guide will be posted under Study Guides to aid in studies for respective exams. All exams will be objective in nature consisting of multiple choice, matching, and/or true/false answers. Two-thirds of the final exam will cover material from Module III with 1/3 covering material from the first 2 modules. Barring an act of God (the university being officially closed), each exam will be given within the dates and times noted in the course outline. Exams will be timed—students will have 1.5 hours to take the first 2 unit exams and 2 hours to take the final exam. ALL exams may be taken any time between the hours of 8:00am on Wednesday and 5:00pm on Friday of the exam week posted in the course outline. Only for extremely extenuating circumstances and even then only with prior approval of the instructor, will the student be allowed to make up an exam that is missed.

***NOTE: The following Tuesday after each exam week, from 1:00-2:00pm, a live exam review will be conducted by the instructor. An audio MP3 of each review will be posted under Lecture Materials for download.

Overall Grading:

	<u>Points:</u>
Online Discussion Board / Class Participation	200
Assignments	200
Unit Exam 1	200
Unit Exam 2	200
Final Exam (2/3 Module III & 1/3 comprehensive)	<u>200</u>
Total	1000

*****Individual grades of discussion board postings, assignments, and exams will be posted to Blackboard.**

Final course grades will be assigned based on the following scale:

A = 900-1000 B = 800-899 C = 700-799 D = 600-699 F <600

PROPOSED CALENDAR

January 14th: Introduction and Course Overview. Assign Food Pyramid (www.usda.gov), assign 3-Day Dietary Recall, Standards for Nutrients, Labeling Laws, Types of Quackery, etc. Chapters 1 & 2. ASSIGNMENT #1: JUST FOR FUN DUE BY NOON ON FRIDAY, 1/16!!!
January 21st: Chapters 1 & 2, con't. / CHO's, Chapter 4. ASSIGNMENT #2: FOOD PYRAMID DUE BY NOON ON FRIDAY, 1/23!!!
January 28th: Chapter 4, con't. / Lipids, Chapter 5.
February 4th: Chapter 5, con't.
February 11th: Proteins, Chapter 6
February 18th: EXAM WEEK #1—Module I / Chapters 1, 2, 4, 5, & 6
February 24th: Review Exam #1
February 25th: Fat & Water Soluble Vitamins, Chapter 7. ASSIGNMENTS #3 & #4: 3-DAY DIETARY RECORD WITH COMPUTER ANALYSIS DUE BY NOON ON FRIDAY, 2/27!!!
March 4th: Chapter 7, con't. / Water & Minerals, Chapter 8 (NOTE: Assign #5 due date moved to week after spring break)
-----March 9-13, SPRING BREAK-----
March 18th: Chapter 8, con't. / Energy Balance & Weight Control., Chapter 9. <u>NOTE:</u> Today, 3/18, is the last day to drop a course with an automatic "W". ASSIGNMENT #5: DIET STRATEGY PAPER DUE BY NOON ON FRIDAY, 3/20!!!
March 25th: Chapter 9, con't.
March 31st: EXAM WEEK #2—Module II / Chapters 7, 8, & 9

April 7th: Review Exam #2
April 8th: Food Safety & Food Technology, Chapter 12 ASSIGNMENT #6: ANALYSIS OF FOOD LABELS FROM GROCERY STORE VISIT DUE BY NOON ON FRIDAY, 4/10!!!
April 15th: Chapter 12, con't. / Digestion & Absorption, Chapter 3.
April 22nd: Chapter 3, con't. / Nutrition Lifestyle: Child, Teen, & Older Adult, Chapter 14 ASSIGNMENT #7: SNACK PLAN FOR PRE-SCHOOL CHILD DUE BY NOON ON FRIDAY, 4/24!!!
April 29th: Chapter 14, con't. / Texas Public School Nutrition Policy at a Glance. NOTE: IF I AM NOT ABLE TO COMPLETELY FINISH REVIEWING THE LECTURE NOTES ON THIS CHAPTER, YOU ARE STILL RESPONSIBLE FOR THE MATERIAL. ASSIGNMENT #8: DUE DATE FOR TURNING IN ANALYSIS OF NUTRITION NEWS IS NO LATER THAN NOON ON FRIDAY, 5/1!!! Remember this can be done at any time throughout the semester, however.
May 6th: FINAL EXAM WEEK -2/3's Module III / Chapters 3, 12, 14 & 1/3 comprehensive

UNIVERSITY POLICIES

<http://www.uttyler.edu/academicaffairs/syllabuspolicies.pdf>

Students Rights and Responsibilities:

To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link:

<http://www.uttyler.edu/wellness/StudentRightsandResponsibilities.html>

Grade Replacement/Forgiveness:

If you are repeating this course for a grade replacement, you must file an intent to receive grade forgiveness with the registrar by the 12th day of class. Failure to do so will result in both the original and repeated grade being used to calculate your overall grade point average.

Undergraduates will receive grade forgiveness (grade replacement) for only three course repeats; graduates, for two course repeats during his/her career at UT Tyler.

State-Mandated Course Drop Policy:

Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the 12th day of class (See Schedule of Classes for the specific date). Exceptions to the 6-drop rule include, but are not limited to, the following: totally withdrawing from the university; being administratively dropped from a course; dropping a course for a personal emergency; dropping a course for documented change of work schedule; or dropping a course for active duty service with the U.S. armed forces or Texas National Guard. Petitions for exemptions must be submitted to the Registrar's Office and must be accompanied by documentation of the extenuating circumstance. Please contact the Registrar's Office if you have any questions.

Disability Services:

In accordance with federal law, a student requesting accommodation must provide documentation of his/her disability to the Disability Support Services counselor. If you have a disability, including a learning disability, for which you request an accommodation, please contact Ida MacDonald in the Disability Support Services office in UC 282, or call (903) 566-7079.

Student Absence due to Religious Observance:

Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

Student Absence for University-Sponsored Events and Activities:

If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

Social Security and FERPA Statement:

It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.