The University of Texas at Tyler  
Course Syllabus  
Department of Health and Kinesiology  
Spring Session, 2015  

Course Name: Introduction to Nutritional Sciences  
Course Number: ALHS 3315.060 & ALHS 3315.061 – Online Courses  
Credit Hours: 3  

Instructor Information  
Instructor: Jill Campbell, MS, RD, LD, CDE  
Adjunct Faculty, Department of Health and Kinesiology  
University of Texas at Tyler  
Consulting Dietitian  
Certified Diabetes Educator  

Office Hours: On-line and by appointment  
Cell Phone: 903-258-0357 (text or call)  
UT Email: JCampbell@uttyler.edu  

Course Description and Delivery  
An overview of nutritional sciences – how food nourishes the body. Designed for the student with personal or professional interest in the science of nutrition.  

It is my goal that you leave this course with a better understanding of how to practice healthy eating and a more complete understanding of the science of nutrition. I would also like you to be able to discern between nutrition truth and fiction and to ask sophisticated questions, as well as be able to find the answers. I also hope that you will have a better sense of how to feed yourself and offer others scientific based nutrition information in your future healthcare endeavors.  

This course is part of the undergraduate offerings for the Allied Health Science program at The University of Texas at Tyler. There are no prerequisites for this course.  

Since this course is different from the normal face-to-face class instruction and is designed to impart information via the internet, information can be exchanged in a variety of channels. Since
there is no scheduled meeting times for the course, you can access online discussions and assignments when it fits your schedule. Although you can work at your own pace for this course, there are deadlines for assignments throughout the semester.

**Course Objectives**

This course is designed to assist in the mission of teaching students in a health related field to have an understanding of a wide range of basic nutrition related topics which include:

1. Chapter 1 The Science of Nutrition
2. Chapter 2 Nutritional Assessment and Dietary Planning
3. Chapter 3 Chemical, Biological, and Physiological Aspects of Nutrition
4. Chapter 4 Carbohydrates
5. Chapter 5 Protein
6. Chapter 6 Lipids
7. Chapter 7 Energy Metabolism
8. Chapter 8 Energy Balance and Body Weight Regulation
9. Chapter 9 Physical Activity and Health
10. Chapter 10 Water-Soluble Vitamins
11. Chapter 11 Fat-Soluble Vitamins
12. Chapter 12 The Major Minerals and Water
13. Chapter 13 The Trace Minerals
14. Chapter 14 Life Cycle Nutrition

**Expectations for the course include:**

1. 85% of students will be able to describe a healthy diet for all phases of life and how diet relates to the disease process.
2. 85% of students will be able to list the macronutrients, how they are digested, absorbed, and used in the body.
3. 85% of students will be able to list the micronutrients, how they are used in the body and any deficiencies, toxicities, and sources of.

**Textbook**

Nutritional Sciences: From Fundamentals to Food 3rd Edition. McGuire and Beerman. This book may be purchased from The University of Texas at Tyler Bookstore or from any other source you wish.

ISBN-10: 0-8400-5820-9

**Course Schedule**

<table>
<thead>
<tr>
<th>Date</th>
<th>Weekly Assignments</th>
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<tbody>
<tr>
<td>January 12</td>
<td>First Day of Course</td>
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<tr>
<td>January 12- January 18</td>
<td>Week 1</td>
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</tbody>
</table>
Read Chapter One (the Science of Nutrition);
Review Chapter 1 PowerPoint Lecture;
Post answers to Introductions Discussion Board. Due by 1/18/15.

January 19 - January 25  Week 2
Read Chapter Two (Nutrition Assessment and Dietary Planning);
Review Chapter 2 PowerPoint Lecture;
Complete Weekly Quiz over Chapters 1 & 2. Due by 1/25/15.

January 26 – February 1  Week 3
Read Chapter 3 (Chemical, Biological, and Physiological Aspects of Nutrition);
Review Chapter 3 PowerPoint Lecture
Complete Food Diary Assignment. Due by 2/2/15.

February 2 – February 8  Week 4
Read Chapter 4 (Carbohydrates);
Review Chapter 4 PowerPoint Lecture;
Complete Quiz over Chapters 3 & 4. Due by 2/8/15.

February 9 – February 15  Week 5
Read Chapter 5 (Proteins);
Review Chapter 5 PowerPoint Lecture
Post on Questionable Nutrition Discussion Board. Due by 2/15/15.

February 16 – February 22  Week 6
Read Chapter 6 (Lipids);
Review Chapter 6 PowerPoint Lecture;
Complete Quiz over Chapters 5 & 6. Due by 2/22/15.

February 23 – March 1  Week 7
Read Chapter 7 (Energy Metabolism);
Review Chapter 7 PowerPoint Lecture;
Post on Lipids Discussion Board. Due by 3/1/15.

March 2 – March 8  Week 8
Read Chapter 8 (Energy Balance and Body Weight Regulation);
Review Chapter 8 PowerPoint Lecture;
Complete Quiz Chapters 7 & 8. Due by 3/8/15

March 1 – March 4  Mid Term Exam will be available 6:00 am 3/1/15 until 11:59 on 3/4/15.

March 9 – March 15  Spring Break
March 16 – March 22  Week 9
Read Chapter 9 (Physical Activity and Health);
Review Chapter 9 PowerPoint Lecture;
Complete Physical Activity Assignment. Due by 3/22/15.

March 23 – March 29  Week 10
Read Chapter 10 (Water Soluble Vitamins);
Review Chapter 10 PowerPoint Lecture;

March 30 – April 5  Week 11
Read Chapter 11 (Fat-Soluble Vitamins);
Review Chapter 11 PowerPoint Lecture;
Post on Nutrition and Health Assignment due by 4/6/15.

April 6 – April 12  Week 12
Read Chapter 12 (The Major Minerals and Water);
Review Chapter 12 PowerPoint Lecture;
Complete Quiz over Chapters 11 & 12. Due by 4/12/15.

April 13 – April 19  Week 13
Read Chapter 14 (Life Cycle Nutrition);
Review Chapter 14 PowerPoint Lecture;

April 20 – April 26  Week 14
Read Chapter 13 (The Trace Minerals);
Review Chapter 13 PowerPoint Lecture
Nutrition Education Project Due by 4/26/15.

April 26 – April 29  Final Exam will be available 6:00 am on 4/26 until 11:59 pm on 4/29.

Grading

<table>
<thead>
<tr>
<th>Assignments</th>
<th>Possible Points</th>
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<tbody>
<tr>
<td>Quiz Chapters 1 &amp; 2</td>
<td>25 points</td>
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<tr>
<td>Quiz Chapters 3 &amp; 4</td>
<td>25 points</td>
</tr>
<tr>
<td>Food Diary Exercise</td>
<td>40 points</td>
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<tr>
<td>Quiz Chapters 5 &amp; 6</td>
<td>25 points</td>
</tr>
<tr>
<td>Quiz Chapters 7 &amp; 8</td>
<td>25 points</td>
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<tr>
<td>Quiz Chapters 9 &amp; 10</td>
<td>25 points</td>
</tr>
<tr>
<td>Quiz Chapters 11 &amp; 12</td>
<td>25 points</td>
</tr>
<tr>
<td>Quiz Chapters 13 &amp; 14</td>
<td>25 points</td>
</tr>
</tbody>
</table>
Physical Activity 25 points
Lifecycle Nutrition 25 points
Nutrition & Health Assignment 50 points
Nutrition Education PowerPoint 60 points
Midterm test 100 points
Final Exam 100 points
Discussion Board 75 points
Total 650 points

Grades:
585-650 points: A
520-584 points  B
455-519 points  C
390-454 points  D
<389 points F

Class Assignments
All items are due by 11:59 pm. Central Standard Time on the assigned due date. No late assignments will be accepted. If you have an issue with a deadline, please contact me prior to the assignment being due, not after.

Food Diary using SuperTracker

1. Log onto the United States Department of Agriculture (USDA) website at www.choosemyplate.gov. On the top of the home page, you will see the heading “SuperTracker and Other Tools.” Select SuperTracker from the list of options. You will need to create a profile to start using the diet analysis tools and to save your information.

2. For at least three days, you need to record everything you eat. Be very specific while recording.

3. When you are ready to start analyzing your diet, click the Track Food and Activity option. Enter each food and beverage you consume into the food tracker. Note that there may not always be an exact match to the food or beverage that you consume, so select the best match available. Enter at least three days of intake making sure to enter each day separately.

4. Once you have entered all of your food and beverage choices into the food tracker, click on My Reports and choose Nutrient Report. Select the dates that you entered for you food records and click create report. After the report as been generated click on the option to upload it into Word.

5. Then create 3 nutrition goals that you can implement over the course of the semester. Type these into the bottom of your Word document. Save the report and you will upload it to the Assignment Link listed under Assignments.
Physical Activity Assignment:
Go back to SuperTracker and this time use the Physical Activity Tracker option. Record 1 week (7 days) of activity. After you have entered your activity for the week, choose Reports and select Physical Activity Report. After report is generated for the week of activity, upload the report into a Word Document. At the bottom of your report, set 3 activity goals as based on your activity report. You might also refer back to your diet records to compare your energy input versus energy output.

Lifecycle Nutrition Assignment:
Answer the following questions: What dietary nutrients (include essential nutrients, zoonutrients, and phytochemicals) would you recommend at each stage of the human life cycle? Explain your answers.
Stages of the life cycle: Growth and Development⇒ Maturation and maintenance⇒ Senescence

Nutrition & Health Assignment:
Our book discusses several disease states and their relation to nutrition like diabetes, cancer and hypertension. There are so many other diseases that benefit from nutrition management. Please choose a disease and write a 3 page, double spaced paper on how nutrition relates or plays a part in the management of that particular disease. Post your results in the Discussion Board so that everyone can review your material. You cannot do a disease that has already been posted. You are free to reserve your topic at anytime during the semester even if you haven’t posted your paper yet. Please put your disease in the subject line of your posting so that everyone can see what disease you have reserved. Later you can add on to your thread or just upload your paper.

Nutrition Education Assignment:
Education is a huge part of nutrition... whether it is our patients, our family, or our friends. Here is your chance to educate those around you. You need to develop a PowerPoint presentation on some aspect of nutrition that you would like to educate someone about. You need to specify who your population is... elementary age kids or elderly heart patient, guys in your fraternity, or your church’s women’s group, etc.... Develop at least 12 PowerPoint slides to relay your message.... make sure you make the presentation according to your population. I want so see a fully developed presentation... make sure to cover why you think this group of people/persons need this education, what your suggestions are, and you might also look into resources in the community in case your population needs more information.... referring them say to the American Cancer Society, American Heart Association, WIC, etc.... Have fun with this! Post in Discussion Board.

Quizzes
You will have several quizzes over the course of the semester. The quizzes are the same format as the midterm and final exams. You can use all notes and your book to take the quizzes. They are not timed and consist of about 25 questions with true-false, multiple-choice, and/or matching questions.
Discussion Boards
Discussion Board questions are for everyone in the class to see. Feel free to comment on your fellow student's posts if you have something to add to the discussion.

Mid-Term and Final
You have from 6 am when the exams open until 11:59 pm when the exams close to take the exam. Please be at a secure site to take the exams as you might get kicked off if you lose your internet connection. Do not touch on anything else on the screen or you might get kicked off. The test will automatically shut off after 4 hours so please do not start the test at 10:30 pm at night and expect to finish. If you are unable to complete the exam during the set time, please arrange with me for a different time to take the exam before the exam is available to the rest of the class. The test is given one question at a time. It will cover material from the book and lectures. If you get kicked off, please text me at 903-258-0357 (make sure and tell me your full name on a text) and we will discuss the situation. Once you start the exam, you have four hours to finish it so do not think that you can get out and come back as once the clock starts, it stops in four hours.

University Policies
Scholastic Dishonesty and Cheating Policy:
If cheating or plagiarism occurs, it does mean your will receive a grade of 0 and you may fail. Scholastic dishonesty includes the submission, as one's own work of material that is not one's own. As a general rule, scholastic dishonesty involves one of the following acts: cheating, plagiarism, collusion, and/or falsifying academic records. Both faculty members and students are required to report an observed or suspected case of academic dishonesty immediately to a faculty member.

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
If you have a disability, including a learning disability, for which you request disability support services/accommodation(s), please contact Ida MacDonald in the Disability Services office so that the appropriate arrangements may be made. In accordance with federal law, a student requesting disability services/accommodation(s) must provide appropriate documentation of his/her disability to the Disability Services counselor. In order to assure approved services the first week of class, diagnostic, prognostic, and prescriptive information should be received 30 days prior to the beginning of the semester services are requested. For more information, call or visit Disability Services located in the University Center, Room 3150. The telephone number is (903) 566-7079. Additional information may also be obtained at the following UT Tyler Web address: http://www.uttyler.edu/disabilityservices.

Student Absence due to Religious Observance
Students who anticipate being absent from class due to 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.

Technical Support
For issues or problems with the website, you can contact the Blackboard administrator. Additional information can be found in the frequently asked questions (FAQs).

Accessing Library Resources
Information regarding the digital library can be found at http://library.uttyler.edu. You will need to enter a username and password to gain access. The website tells you what the username and password are to be.