University of Texas at Tyler
Nutrition – Concepts and Controversies Course Syllabus
ALHS 3315.00

Instructor:
Dr. Jimi Francis
Office – HPC 3100
Office Hours: Monday and Wednesday - 11 a.m. to 1 p.m.
And by appointment
Phone: 903-565-5522
E-mail: jfrancis@uttyler.edu

Required Text: McGuire/Beerman Nutritional Sciences: From Fundamentals to Food (with Table of Food Composition Booklet) [3rd © 2013]
PLUS - CourseMate with Diet Analysis Plus, Global Nutrition Watch Printed Access Card for McGuire/Beerman's Nutritional Sciences: From Fundamentals to Food with Table of Food Composition Booklet, 3rd [3rd © 2013]
BUNDLE ISBN: 9781133545248

Course Description:
Catalog description - Study of basic nutrition and the role of nutrition in health across the life cycle. Three credit hours.

Course Objectives:
By the completion of the course students will be able to:

1. Differentiate energy producing nutrients from non-energy producing nutrients in cellular metabolism.
2. Demonstrate how to calculate individual energy requirements.
3. Identify nutritional concerns of varying age groups.
4. Critique nutrition information using evidenced-based evaluation.
5. Assess a personal food and activity record in comparison to national standards.
Spring 2015  
Monday/Wednesday 9:30-10:50 a.m.  
HPC 2255

Course Requirements:

Students must demonstrate math and writing skills by completing assignments. Use the Writing Center located in the Business Building.

Students must use scientific method to analyze data and draw conclusions from selected readings in scientific literature.

Students must exhibit computer skills through use of Blackboard and completion of assignments.

Attendance:

An attendance sign in sheet will be completed each class. Attendance is strongly advised and participation points are available only during class sessions. There will be points available for activities done in class. If you miss class, you MISS OUT!

Assignments:

1. Research Methodology – 50 points possible  
2. Food journal – 75 points possible  
3. Energy requirements journal and expenditure calculations – 75 points possible  
4. Analysis of energy and food journals written in a research format – 150 points possible  
5. Labs  
   a. Food Label I  
   b. Eating Healthier I  
   c. Serving Size  
   d. Food Label II  
   e. Eating Healthier II  
   f. Perfect Day  
   g. Diet Comparison  
6. Participation  
   a. Throughout the semester points will be awarded for various activities.

Exams:

Two exams and a final exam will be given. All three exams must be taken. If an exam must be missed, you MUST contact the instructor prior to the exam to make alternative arrangements.

<table>
<thead>
<tr>
<th>Assignments</th>
<th>350 points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activities</td>
<td>120 points</td>
</tr>
<tr>
<td>Quizzes</td>
<td>80 points</td>
</tr>
<tr>
<td>Participation points</td>
<td>100 points</td>
</tr>
<tr>
<td>Two exams</td>
<td>@ 100 points 200 points</td>
</tr>
</tbody>
</table>
Spring 2015  
Monday/Wednesday 9:30-10:50 a.m.  
HPC 2255  
Final exam  

Total possible points  

Grading Schema  

<table>
<thead>
<tr>
<th>Percentage Range</th>
<th>Points Range</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>90% to 100%</td>
<td>900 to 1000</td>
<td>A</td>
</tr>
<tr>
<td>80% to 89%</td>
<td>800 to 899</td>
<td>B</td>
</tr>
<tr>
<td>70% to 79%</td>
<td>700 to 799</td>
<td>C</td>
</tr>
<tr>
<td>60% to 69%</td>
<td>600 to 699</td>
<td>D</td>
</tr>
<tr>
<td>≤ 59%</td>
<td>≤ 599</td>
<td>F</td>
</tr>
</tbody>
</table>

Please note that 899 points is a B, NOT an A.

Students must be prepared to discuss assigned readings (including handouts). That means READ before you attend class! Students will be called upon during each class and asked to provide insights into particular questions.

All assignments will be explained during class times and uploaded to blackboard for full details and instructions. Assignments are due on the dates specified in the schedule.

Late assignments will be penalized 10% for each day they are late. After one week, late work will not be accepted and a zero will be given for that grade. Contact me before the due date if you will be unable to complete it due to being sick, athletics, or emergencies and want to avoid a penalty. A missed quiz or exam without a prior excuse receives an automatic zero. An excused missed quiz or exam must be taken before the next class (arrange with instructor) if at all possible so that the students taking the quiz or exam can have their work returned in a timely manner.

Tentative Schedule*

<table>
<thead>
<tr>
<th>Week</th>
<th>Readings</th>
<th>Quizzes</th>
</tr>
</thead>
</table>
| Week 1 - January 12 | Introduction/Syllabus  
Chapter 1: The Science of Nutrition | Quiz 1 (Syllabus) and Quiz 2  
(Chapter 1) due on 1/14  
Assignment 1(Research Methodology) Due 1/15 |
| Week 2 – January 19 | Chapter 2: Nutrition Assessment  
and Planning                               | Quiz 3 (Chapter 2) and Lab 1(Food Label I) Due 1/21 |
| Week 3 – January 26  | Chemical, Biological, and  
Physiological Aspects of Nutrition         | Quiz 4 (Chapter 3) and Assignment 2 (Food Journal) Due 1/28 |
| Week 4 – February 2  | Chapter 4: Carbohydrates                       | Quiz 5 (Chapter 4) Due 2/4                    |
# Course Schedule

**Spring 2015**  
Monday/Wednesday 9:30-10:50 a.m.  
HPC 2255

<table>
<thead>
<tr>
<th>Week</th>
<th>Chapters</th>
<th>Quiz/Assignment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 5 – February 9</td>
<td>Chapter 5: Protein</td>
<td>Quiz 6 (Chapter 5) and Lab 2 (Eating Healthier I) Due 2/11</td>
</tr>
</tbody>
</table>
| Week 6 – February 16 | Chapter 6: Lipids         | Quiz 7 (Chapter 6) and Lab 3 (Serving Size) Due 2/18  
|           |                           | Due Sept 26, 2014                                    |
| Week 7 – February 23 | EXAM 1 – Chapters 1-6 (2/24/15)  
|           | Chapter 7: Energy Metabolism | Quiz 8 (Chapter 7) and Assignment 3 (Energy Journal) Due 2/25 |
| Week 8 – March 2 | Chapter 8: Energy Balance and Weight Regulation | Quiz 9 (Chapter 8) and Lab 4 (Food Label II) Due 3/4 |
| **Week 9 – March 10** | **Spring Break**          |                                                      |
| Week 10 – March 16 | Chapter 9: Physical Activity and Health | Quiz 10 (Chapter 9) and Lab 5 (Eating Healthier II) Due 3/18 |
| Week 11 – March 23 | EXAM 2 – Chapters 7-9 (3/24/15)  
|       | Chapter 10: Water Soluble Vitamins | Quiz 11 (Chapter 10) and Lab 6 (Perfect Day) Due 3/25 |
| Week 12 – March 30 | Chapter 11: Fat Soluble Vitamins | Quiz 12 (Chapter 11) and Lab 7 (Diet Comparison) Due 4/1 |
| Week 13 – April 6 | Chapter 12: Major Minerals and Water | Quiz 13 (Chapter 12) Due 4/8 |
| Week 14 – April 13 | Chapter 13: Trace Minerals | Quiz 14 (Chapter 13) Assignment 4 (Personal Analysis) Due 4/15 |
| Week 15 – April 20 | Chapter 14: Life Cycle Nutrition | Quiz 15 (Chapter 14) Due 4/22 |
| Week 16 - April 26 | **Finals**                |                                                      |
| Date to be Announced | **EXAM 3 – Chapters 10-14** |                                                      |

*Subject to change at any time*
UTT 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/rightsresponsibilities.php

Grade Replacement/Forgiveness and Census Date Policies
Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. Grade Replacement Contracts are available in the Enrollment Services Center or at http://www.uttyler.edu/registrar. Each semester’s Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar. Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract.

The Census Date is the deadline for many forms and enrollment actions that students need to be aware of. These include:
- Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.
- Receiving 100% refunds for partial withdrawals. (There is no refund for these after the Census Date)
- Schedule adjustments (section changes, adding a new class, dropping without a “W” grade)
- Being reinstated or re-enrolled in classes after being dropped for non-payment
- Completing the process for tuition exemptions or waivers through Financial Aid

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 census date (See Academic Calendar for the specific date).

Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be submitted to the Enrollment Services Center and must be accompanied by documentation of the extenuating circumstance. Please contact the Enrollment Services Center if you have any questions.
Disability Services
In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University offers accommodations to students with learning, physical and/or psychiatric disabilities. If you have a disability, including non-visible disabilities such as chronic diseases, learning disabilities, head injury, PTSD or ADHD, or you have a history of modifications or accommodations in a previous educational environment you are encouraged to contact the Student Accessibility and Resources office and schedule an interview with the Accessibility Case Manager/ADA Coordinator, Cynthia Lowery Staples. If you are unsure if the above criteria apply to you, but have questions or concerns please contact the SAR office. For more information or to set up an appointment please visit the SAR office located in the University Center, Room 3150 or call 903.566.7079. You may also send an email to cstaples@uttyler.edu

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.

Emergency Exits and Evacuation:
Everyone is required to exit the building when a fire alarm goes off. Follow your instructor’s directions regarding the appropriate exit. If you require assistance during an evacuation, inform your instructor in the first week of class. Do not re-enter the building unless given permission by University Police, Fire department, or Fire Prevention Services.