The University of Texas at Tyler  
Department of Health and Kinesiology  

SYLLABUS  

ALHS 5322 (KINO 6380): Nutrition, Health and Disease  
Autumn Semester, 2015  

General Course Information  

UT Tyler Course Number: ALHS 5322  
Course Title: Nutrition, Health and Disease  
Section Number: 60  
Credit Hours: 3  
Meeting Place: Any Place!  
Meeting Time: Any Time (Almost)!  

Instructor Information  

Lorraine S. Wallace, Ph.D., Adjunct Associate Professor  
University of Texas at Tyler  
Department of Health & Kinesiology  
Email: lwallace@uttyler.edu (Note: Whenever you send me an email related to this course, please include "ALHS 5322" somewhere in the subject line.)  

Course Description  

The brief catalog description of this course is "Reinforcement and application of nutritional facts and concepts through study of research, analysis of diets, and critiquing of nutritional information from a variety of sources."  

No single course can cover everything in nutrition, nor can it make a person a professional nutritionist or dietitian. This is a first, graduate-level nutrition course. It has no specific prerequisites in terms of prior completed courses, although it is advantageous to have had a prior general nutrition course. This course will cover basic and essential knowledge of nutritional facts and concepts (and there are many of these in nutrition), but this will not be the main thrust of the course. Rather, the main emphasis of the course will be (a) the use of basic knowledge of nutrition to better understand nutrition research and (b) the application of knowledge of nutrition to analysis of diets and critiquing of a variety of information related to nutrition. For some students, this will be a first course in nutrition. Others will have had one or more general nutrition courses previously. For the former group of students, learning the basics of nutrition will require much studying; for the latter students, the basic nutritional facts and concepts will require relatively little review. With that studying or reviewing, as well as the other activities in the course, the course hopefully will greatly increase awareness and understanding of research in nutrition, and enhance skills in applying such research to nutrition-related problems.
This course is part of the Kinesiology Online Master’s Degree Program offered by a consortium of universities in The University of Texas System. For this semester, the number of this course officially is ALHS 5322, offered by The University of Texas at Tyler.

This course has many of the features of a traditional course in an on-campus, classroom setting, including virtual lectures (provided as online transcripts, available also in pdf format), textbook readings, discussions, reviews of research literature, written assignments, and exams. The primary difference between this course and a traditional course is the Internet-based delivery of information from instructor to student, from student to instructor, and from student(s) to student(s). The course is designed so you can complete all requirements asynchronously. That is, there will be no precisely scheduled meetings with required attendance, like weekly class sessions in an on-campus course. Therefore, with a few exceptions (particularly related to exams), and within the schedule of due dates for assignments and the like, you may access online course content, participate in online conferences, and do assignments whenever you want.

**Course Objectives**

Objectives of the online master's degree program are that graduates will be able to:

1. critically read and discuss published research relevant to kinesiology;
2. discuss in writing issues related to kinesiology, identifying, analyzing and defending different viewpoints;
3. apply theoretical concepts from the kinesiology research literature to professional practice; and
4. use computer technology to manage data, access information, and communicate effectively.

This course addresses these objectives through the following:

1. Study of basic nutritional facts, concepts and theories, related to: functions and sources of major nutrients, as well as results of deficiencies and excesses; the processes of digestion, absorption and transport of macro- and micro-nutrients; relation between diet and health status; recommended dietary guidelines
2. Critically reading and discussing research related to nutrition.
3. Discussing in writing controversial issues related to nutrition and identifying, analyzing and defending different viewpoints on the issues.
4. Applying theoretical concepts in nutrition.
5. Using computer technology to manage nutritional data, access information related to nutrition, and communicate effectively about nutrition.

Specific learning outcomes for each module of the course are listed in the online Outline area of the course.
**Textbook**

The required textbook for the course is:


**OR**


NOTE: Each student is expected to know basic nutritional facts and concepts, and the textbook will be the major source of such information in this course. For this purpose, it is very important that you have this textbook, or a general nutrition textbook that is closely comparable to the selected textbook.

**Prerequisites**

You must be eligible to take graduate courses at The University of Texas at Tyler to take this course, but there are no specific undergraduate or graduate course prerequisites. There are several technical prerequisites that you must meet: (a) Ability to send and receive e-mail, including sending attachments in a readily accessible format; (b) ability to use the Internet, including doing searches; and (c) ability to participate in online conferencing.

**GENERAL INFORMATION**

**Course Outline**

A very important site in the course is the outline of course content, accessed via the Outline button (located in the navigation bar on the left side of the screen in the course). The Outline area provides specific information about each course module (e.g. title and objectives, reading and other assignments) and has links to other important information (e.g., lectures, assignments, online readings). In short, the Outline area is a major hub for accessing course information. Please familiarize yourself with this hub at the beginning of the course. You will use it a lot throughout the course.

**Estimated Course Time Requirements**

In general, you should expect to spend a similar amount of time completing the requirements of this online course as you would spend on the same course taught in the traditional classroom format. As a rough guide, I recommend that you spend 10 hours per week on this course. The actual amount of time will, of course, vary from one person to another.

You will have access to all course materials, except exams and certain assignments, from the start of the course to the end, just as you have access to a textbook at all times. So, you can look ahead and even study ahead, or go back and review, any time you want. This is not a self-paced course, however. Assigned discussions, written assignments, exams, and the like will follow a
schedule spread over the semester (similar to a class in the traditional format). There will be set
dates for assignments and discussions and deadlines by which you must complete assignments.
Due dates for completing assignments associated with modules and term projects are listed
elsewhere in the syllabus.

**Discussions**

Online discussions or conferences are an essential component of this course. To do well in the
course, you must participate regularly and insightfully in the online discussions. Discussions
open to the entire class will be found on the "Discussion Board" in the course. Other discussion
forums will be restricted to subgroups of students; these forums will be found in the
Communications > Group Pages area in the course. Every module will have designated
discussion forums, either for the entire class or for small groups. Also, some assignments will be
done as groups, and discussions related to those assignments will be done in the restricted online
forums. In addition to discussions that I initiate, any time you would like to ask a question or
make a comment intended to facilitate learning (analogous to asking a question or commenting
in a traditional classroom setting), you will post your question or comment in a designated online
discussion forum. This will be the best opportunity for you to ask questions and have material
clarified. In doing this, other students will be helped too.

Discussion forums are all designated for discussions of specific topics or segments of the course,
with one exception - "the "Coffee Shop." The Coffee Shop is a forum on the Discussion Board
intended for students to discuss anything they wish, analogous to discussions over coffee or
another beverage (nutritional, of course) in your favorite spot for meeting other students on or off
campus. As a general rule, I will stay out of these discussions, unless specifically invited to join
in. Please note, however, that I have access to all online discussions.

The online discussion areas allow both threaded, asynchronous discussions and synchronous,
live chat sessions. "Threaded" refers to continuation of a discussion of a specific topic or
question (the "thread"); "asynchronous" means no two people are communicating at the same
time (in real time), as in a face-to-face conversation - I would rather, you participate in the
discussion when the time is convenient for you. "Chat sessions" involve two or more people in
the virtual conference room at the same time communicating back and forth in real time. You
may want to schedule chat sessions with other students or with the instructor (online office
hours).

When you click the Discussion Board link in the left-hand navigation bar in the course, a list of
forums will appear. Each of these is a link that leads to the messages posted in that forum. In
each forum, each post is a link leading to a person's message. With each message is a Reply
button. Clicking on the Reply opens a new area for you to reply to that specific message.
Replyling in this way maintains the subject thread. Messages in a given thread are organized
together, making it easier to follow the posts. If you want to add a question or comment in a
forum that is new and not in response to a previous post (i.e., start a new thread), click on the
Thread button. This will open an area for your message. When you submit this message, a new
thread will be started. Note carefully: Be sure you really want to start a new thread before doing
so. If you simply want to respond to someone else's post (including one of the instructor's), you should reply and not start a new thread. Most online discussion forums will have a lot of comments before they are completed. Following discussions will be much easier for everyone if we all try to follow these guidelines about threads.

You may attach documents, photos and other items to Discussion Board posts. Do not, however, routinely use attachments for your discussion posts. This makes following a discussion much more difficult. Please save the attachment option for truly lengthy items, reference material or items (e.g., JPEG images) that cannot be pasted into the discussion post itself.

Since the online discussions are asynchronous, other responses will, of course, be posted while you are out of the discussion areas. To stay abreast of discussions, I strongly recommend that you check the discussion forums at least a couple of times each week and preferably every day. Participation in conference discussions is so important that you will receive points toward your course grade based on the quantity, and especially the quality (i.e., questions and comments that are substantive and insightful), of your participation.

**Assignments**

With possible exceptions, assignments requiring student responses in one form or another will be accessible in the Assignments area in the course (i.e., accessible via the Assignments link). In this area, you have access to my detailed description of, and instructions for, each assignment, including the specific required activity and product, and access to an area for you to submit comments or final products (if the assignment calls for this). This area allows you to post information directly, much like in a discussion forum, and to upload products as attachments.

I cannot overemphasize the importance of completing and submitting assignments exactly as instructed. Following instructions precisely will go a long way toward earning a good grade on an assignment. Conversely, submitting an assignment that is not consistent with the instructions will guarantee a poor grade. Please pay close attention to assignment instructions.

**Note also my policy regarding late submission of an assignment:** The total possible points for an assignment will be reduced by 20% of the original point total for every day past the deadline. The grade on a late assignment will then be awarded relative to the reduced total. After 5 days past the deadline, no points can be earned. **If extenuating circumstances are involved, you should discuss this with me as soon as you can.**

**Quizzes**

All exams will include objective sections consisting of 50 multiple-choice items. These sections will be accessed online via the Quizzes link in the left-hand navigation bar inside the course. Quizzes will be accessible only at certain times, however. An announcement will be posted to alert you when a quiz is accessible.
**Course Calendar**

The course officially begins on Monday, August 24, 2015 and officially ends on Tuesday, December 8, 2015. The table below lists important dates, including deadlines for completing assignments, quizzes, and the final exam.

<table>
<thead>
<tr>
<th>Module</th>
<th>Dates</th>
<th>Deadlines for Completing Quizzes, Assignments, and Final Exam</th>
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</thead>
<tbody>
<tr>
<td>0</td>
<td>Aug 24-Aug 31</td>
<td>Module 0 Assignment due date= Aug 31</td>
</tr>
<tr>
<td>1</td>
<td>Sept 1-Sept 14</td>
<td>Module 1 Assignment due date= Sept 9</td>
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<tr>
<td></td>
<td></td>
<td>Quiz #1 available dates= Sept 10-Sept 14</td>
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<tr>
<td></td>
<td></td>
<td>Quiz #1 completion date= Sept 14</td>
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<tr>
<td>2</td>
<td>Sept 15-Sept 30</td>
<td>Module 2 Assignment due date= Sept 21</td>
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<tr>
<td></td>
<td></td>
<td>Quiz #2 available dates= Sept 24-Sept 30</td>
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<tr>
<td></td>
<td></td>
<td>Quiz #2 completion date= Sept 30</td>
</tr>
<tr>
<td>3</td>
<td>Oct 1-Oct 16</td>
<td>Module 3 Assignment due date= Oct 7</td>
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<td></td>
<td></td>
<td>Quiz #3 available dates= Oct 9-Oct 14</td>
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<tr>
<td></td>
<td></td>
<td>Quiz #3 completion date= Oct 14</td>
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<tr>
<td></td>
<td></td>
<td>Last Day to Post Comments for 1st half of semester= Oct 16</td>
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<tr>
<td>4</td>
<td>Oct 17-Oct 30</td>
<td>Module 4 Assignment due date= Oct 22</td>
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<tr>
<td></td>
<td></td>
<td>Quiz #4 available dates= Oct 26-Oct 30</td>
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<td>Quiz #4 completion date= Oct 30</td>
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<td>5</td>
<td>Oct 31-Nov 16</td>
<td>Module 5 Assignment due date= Nov 9</td>
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<td>Quiz #5 available dates= Nov 11-Nov 16</td>
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<td>Quiz #5 completion date= Nov 16</td>
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<tr>
<td>6</td>
<td>Nov 17-Dec 3</td>
<td>Module 6 Assignment due date= Nov 23</td>
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<td></td>
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<td>Last Day to Post Comments for 2nd half of semester= Nov 23</td>
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<td></td>
<td>Quiz #6 available dates= Nov 26-Dec 3</td>
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<tr>
<td></td>
<td></td>
<td>Quiz #6 completion date= Dec 3</td>
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<tr>
<td>Final Exam</td>
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<td>Final Exam due date= Dec 8</td>
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Note: All items are due at 5 p.m. (Central time) on the due date. Please see Policies section of this syllabus for information related to late submissions of assignments.
Grading

Each student's final course grade will be based on a total of 1000 points:

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

The 1000 points will be divided as follows:

- Knowledge of Basic Nutrition Concepts (Quizzes #1-6): 200 points
- Comprehensive Final Exam: 300 points
- Periodic Assignments: 300 points
- Participation in Online Discussions: 200 points

Details about Grading:

• Knowledge of Basic Nutrition Concepts:

You are expected to know basic nutrition facts and concepts, which you are expected to learn and review primarily via the textbook.

Your knowledge of basic nutrition facts and concepts will be assessed via online objective quizzes, consisting of 50 multiple choice items. Six (n=6) quizzes will be accessible as follows:

1. Quiz #1: covering content of textbook chapters 1-3 and Module 1.
2. Quiz #2: covering content of textbook chapters 4-7 and Module 2.
5. Quiz #5: covering content of textbook chapters 15-17 and Module 5.

Your lowest two quiz scores will be dropped. Therefore, your highest scores on 4 quizzes will make-up your overall Quiz grade (4 quizzes @ 50 points each = 200 points total).

• Comprehensive Final Exam:

The Final Exam will be in “take-home” essay format. The Final Exam will be sent to students, via their UT-Tyler address, on Monday, November 30, 2015. Please contact the instructor immediately if you do not receive the Final Exam.
• **Periodic Assignments:**

Assignments will be given periodically throughout the semester. All assignments will be listed in the course outline (i.e., accessed via the Outline button in the course). **Each assignment (total of 6) is worth 50 points (6 assignments @ 50 points each = 300 points total).**

• **Participation in Online Discussions:**

**Grading of Participation in Discussions:**
Timely, insightful and soundly reasoned discussion comments and questions facilitate learning. As noted above, the equivalent of two letter grades (i.e., 200 points) is devoted to participation in online discussions.

**Points will be awarded as follows:**

Half of the total points possible for participation will be allocated to roughly the first half of the semester (i.e., August 24-October 16) and half to roughly the second half of the semester (i.e., October 17-November 23).

For each half of the semester, a student will start with zero points for participation. Then, 10 points will be awarded for each comment or question in one of the online discussion forums that facilitates learning (including being timely, and being insightful and/or demonstrating sound reasoning), up to the maximum of 100 possible points for that half of the semester.

Note that a Discussion Board post that is specifically assigned (i.e., required as part of an assignment) will be graded as part of the assignment rather than as part of the participation grade.

**Course Policies**

As a student in this course, you are taking a course from The University of Texas at Tyler. Therefore, you are subject to all policies of UT Tyler. Below are certain University policies taken from the Handbook of Operating Procedures that you should be aware of and adhere to.

In addition to the University policies listed below, please be aware of the policy related to incomplete grades. The University allows incomplete course grades in extenuating circumstances, at the discretion of the instructor. With an online course, completing course work to change an incomplete grade after the semester the course is offered is often more complicated and difficult than with a regular on-campus class. Therefore, I will be very reluctant to give a grade of Incomplete. If you truly have extenuating circumstances that will prevent you from finishing the course on time, discuss this with me as soon as you can. A student who is awarded a grade of "I" has a maximum of one semester to complete course requirements and have the grade changed to a permanent letter grade; otherwise, the grade automatically is changed to an "F."
University Policies

Scholastic Dishonesty and Cheating Policy:

If cheating or plagiarism occurs it does mean you 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:

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 3150, 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.

Grade Appeal Procedure

A student who wishes to contest a grade given by an instructor must initiate the procedure by contacting the instructor who assigned the grade. The instructor and the student should informally review the criteria for assignment of grades and the student's performance. The instructor may affirm the grade or revise the grade.

If the student is not satisfied after the informal discussion with the instructor, then the student may initiate a formal grade appeal by completing a Grade Appeal Form which may be obtained from the Office of Student Records. Normal grade appeals should be filed at the earliest date possible, but no later than sixty (60) days from the final date of assignment of the grade. The instructor and the student should complete the appropriate parts of the form clearly indicating the instructor's rationale for the grade given and the student's basis for the grade appeal.

At each administrative level of the appeal process, an attempt will be made to resolve the issue within 14 days. If the instructor holds one of the administrative positions used in the appeal process, then that level is omitted. If no resolution is reached at a particular level, then the appeal is forwarded with the recommendation of the administrator at that level with all documentation. The Provost and Vice President for Academic Affairs is the final authority.

Handbook of Operating Procedures Section 2.09 STUDENT CODE OF CONDUCT

Disciplinary proceedings may be initiated against any student for any of the following acts or omissions.

Scholastic dishonesty, including, but not limited to, cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.

(i) "Cheating" includes, but is not limited to:
• copying from another student's test paper;
• using during a test, materials not authorized by the person giving the test;
• failure to comply with instructions given by the person administering the test;
• possession during a test of materials which are not authorized by the person giving the test, such as class notes or specifically prohibited by the person administering the test;
• using, buying, stealing, transporting, or soliciting in whole or part the contents of an unadministered test, test, key, homework solution, or computer program;
• collaborating with or seeking aid from another student during a test or other assignment without authority;
• discussing the contents of an examination with another student who will take the examination;
• divulging the contents of an examination, for the purpose of preserving questions for use by another, when the instructor has designated that the examination is not to be removed from the examination room or not to be returned or to be kept by the student;
• substituting for another person, or permitting another person to substitute for oneself to take a course, a test, or any course-related assignment;
• paying or offering money or other valuable thing to, or coercing another person to obtain an unadministered test, test key, homework solution, or computer program, or information about an unadministered test, test key, homework solution or computer program;
• falsifying research data, laboratory reports, and/or other academic work offered for credit;
• taking, keeping, misplacing, or damaging the property of U. T. Tyler, or of another, if the student knows or reasonably should know that an unfair academic advantage would be gained by such conduct; . . .

(ii) "Plagiarism" includes, but is not limited to, the appropriation, buying, receiving as a gift, or obtaining by any means another's work and the submission of it as one's own academic work offered for credit.

"Collusion" includes, but is not limited to, the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any section of the rules on scholastic dishonesty.

TECHNICAL INFORMATION

Technical Support

If you experience technical problems or have a technical question about this course, you can obtain assistance by emailing itsupport@patriots.uttler.edu.

When you email IT Support, be sure to include a complete description of your question or problem including:

• The title and number of the course
• The page in question
• If you get an error message, a description and message number
What you were doing at the time you got the error message

You may also visit Distance Education FAQs for helpful information.

**Plug-ins and Helper Applications**

UT Tyler online courses use Java, JavaScript, browser plug-ins, helper application and cookies. It is essential that you have these elements installed and enabled in your web browser for optimal viewing of the content and functions of your online course.

You may check to see if your web browser is properly configured to use Blackboard by clicking on the Student Resources tab within Blackboard and selecting "Test Browser." Links for browser plug-ins and helper applications are provided below.

- **Adobe Reader** allows you to view, save, and print Portable Document Format (PDF) files.
- **Java Runtime Environment** (JRE) allows you to use interactive tools on the web.
- **Adobe Flash Player** allows you to view content created with Flash such as interactive web applications and animations.
- **QuickTime** allows users to play back audio and video files.
- **Windows Media Player** allows you to view, listen and download streaming video and audio.
- **RealPlayer** allows you to view and listen to streaming video and audio.

**Getting Started**

To begin, please click on Outline in the left sidebar and select Module 0.