

Fall 2021  
Hybrid  
Tuesdays 9:30-10:50 AM  
HPC 02255

## University of Texas at Tyler Nutrition – Course Syllabus Fall 2021 ALHS 1315.001

### **Instructor:**

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**“I embrace honor and integrity. Therefore, I choose not to lie, cheat, or steal, nor to accept the actions of those who do.”**

### **UT Tyler Honor Code**

**Required Text:** Nutrition for a changing world published by MacMillan, authored by Pope, Nizielski, and McCook. Second Edition. ISBN: 978-1-319-14867-6 eBook or Hard copy with **LaunchPad access code (mandatory)**.

### **Course Description:**

This course is a survey of current nutrition science principles, with emphasis on the development of skills to discern nutrition fact from fiction using scientific method and how to apply nutrition science principles to daily life. As a result of taking this course you will gain nutritional science knowledge and analytical skills that can be used to protect your health and wellbeing through your life. This course is 3 credits and has no prerequisites. This course is a STEM course.

### **Course Student Learning Outcomes:**

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

1. Apply the principles of scientific inquiry and use critical thinking skills to differentiate between nutrition science that utilizes rigorous methods to validate information and nutrition myths used to make health claims. (Assessed by Research Assignment in which you critically review and summarize the findings in a peer-reviewed article from the scientific literature and compare those findings with health claims made in popular press.)
2. Articulate points and counterpoints to support accepted nutrition practices. (Assessed by Discussions that will be used to evaluate your ability to reason verbally and in written form.)
3. Access nutrition information by searching scientific databases (pubmed, agricola, etc.)

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- for primary literature, which supports the use of specific nutrients. (Assessed by working as a team to design and present a nutrition care plan for a specific nutrition concern or disease using recognized nutrition standards.)
4. Differentiate nutrition facts from opinion with regard to nutritional recommendations using empirical reasoning. (Assessed by embedded test questions that will evaluate your ability to connect evidence with accurate health claims within FDA regulations and dietary standards.)
  5. Collect and analyze personal health data using scientific methodology. (Assessed by the formal written presentation of your personal food intake and activity data as graphs and charts that are correctly titled and labeled, appropriately designed, and accurately emphasize important data. You will present data in an ethical and professional manner.)

#### Course Requirements:

Students must demonstrate math and writing skills by completing assignments.

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

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

#### Response Policy:

The following are anticipated response times – for voice mail messages: within 48 hours except on weekends and Holidays; for email: within 48 hours except on weekends and Holidays.

Graded Quizzes, Assignments, Activities, and Exams: Grades will be available within 2 weeks of the due date.

Much of the time you will be able to see grades sooner than the times listed. However, there are times when it takes longer to grade some assignments.

**If you leave me a voice message or send me an email and do not have a response from me within 48 hours, please contact me again as it means I did not get the message!**

#### **Attendance:**

This course is blended. That means that you must participate in class and online to receive all the participation points. Work hard and have a good attitude to get the most out of this course!

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### **Class Presentations:**

**Nutrition Care Plan group presentations** will be conducted during the group's own time and submitted as a video in Canvas. Each student must attend their group's presentation via online presence. Your group will choose one or more members to present your care plan. Those students presenting will need to learn how to share their screen so we can all see their visual aid. Students not speaking should be able to see the visual aid and the person speaking. You will also have to get used to presenting at a desk. If you are uncomfortable with this, you will need to practice standing in front of your computer to make sure you are in the screen. This is definitely a learning opportunity to be flexible, but also learning new technologies, and how to use them to give presentations, which is likely to happen in your careers. There will be additional details regarding group assignments and presentations in Canvas.

**Communication:** You **MUST** read emails and announcements from me. These will be posted on or sent through Canvas. You not reading emails/announcements from me is **NOT** an excuse for missed assignments, classes, or so on. *Please do communicate with me.* If wifi/internet has gone out, your computer access has changed, your childcare situation has been disrupted, you are now sick, or are a caregiver for another. *If you do not let me know of problems, issues, concerns, I cannot help.*

### **Assignments: Due Dates are listed in Canvas and Launchpad.**

1. Academic Activities – 1 to 3 pages, double spaced, using Scientific Format. (See example and rubric in Canvas)
  - a. Research vs. Popular Press – 100 points possible. For this assignment, you will choose a peer-reviewed research article regarding some aspect of nutrition or nutrient of interest to you and compare it with an article on the topic in popular press such as Fitness, Shape, Cosmopolitan, or other popular magazine. You will write a one-page report comparing the two articles.
  - b. Nutrition Care Plan – 100 points possible. For this assignment you will be working on a team. Your team will be given bits of information about a person relating to their health status. By the end of the semester your team will be able to describe the nutrient and the deficiency once you discover it (or the disease). To complete your investigation, your team will create a one-day balanced menu to address the nutrient or disease and **present** your findings to the class.
  - c. Nutrition Care Plan in class group work & presentations– 50 teamwork points possible. To receive these points you must meaningfully contribute to your group project.
2. Real Life Activities – interactive activities in LaunchPad. (See LaunchPad instructions at the end of this syllabus.)

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- a. Nutrition Calculations - 25 points possible. In this activity, you will learn how to calculate the values necessary for understanding your diet and identifying your dietary needs. The activity will walk you through four strategies for mastering different kinds of calculations, while also introducing you to a selection of the dietary recommendations. After this introduction to nutrition calculations, you will solve equations for case studies presented in class.
3. Dietary Analysis - interactive activities in LaunchPad. (See LaunchPad instructions at the end of this syllabus.)
- a. Tutorial - 10 points possible. In this activity, you will become familiar with Analyze My Diet, a food analysis program that you will use to analyze your food intake.
  - b. Carbohydrate - 15 points possible. In this activity, you will analyze your carbohydrate intake. In class, with your team, you will calculate % of calories from carbohydrates.
  - c. Lipids - 15 points possible. In this activity, you will analyze your lipid intake. In class, with your team, you will calculate % of calories from lipids.
  - d. Protein - 15 points possible. In this activity, you will analyze your protein intake. In class, with your team, you will calculate % of calories from protein.
  - e. Vitamins - 15 points possible. In this activity, you will analyze your vitamin intake.
  - f. Minerals - 15 points possible. In this activity, you will analyze your mineral intake.
  - g. Physical Activity Analysis - 15 points. In this activity, you will analyze your physical activity and energy expenditure.
  - h. Personal Health Report of food intake and expenditure – 100 points possible. Using the information from your Nutrient Analyses and your Physical Activity Analysis, you will write a report in Scientific Format. Additional instructions and the rubric are available in Canvas.

### **In Class Activities/Discussions - Participation**

- a) Introduce Yourself – 10 points possible.
- b) Science Literacy Review – 15 points possible.
- c) Analyze My Plate – 15 points possible.
- d) Digestion/Healthy Diets Review – 15 points possible.
- e) Nutrition Calculations – 15 points possible
- f) Macronutrient Review Discussion – 20 points possible
- g) Vitamins Discussion – 15 possible.
- h) Water, Minerals, & Supplements Review- 15 points possible.
- i) Energy Balance - 15 points possible.

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j) Life Stage Case Study - 15 points possible.

**Exams:**

Two exams and a Comprehensive Final Exam will be given. All exams must be taken. If an exam must be missed, you **MUST** contact the instructor prior to the exam, if possible, to make alternative arrangements.

**Grading**

Academic Activities			200 points
Class Activities/Participation			200 points
Real Life Activities			25 points
Diet Analysis Activities			200 points
Quizzes	5	@ 15 points	75 points
Two exams		@ 100 points	200 points
Final exam			<u>100 points</u>

**Total possible points**

**1000 points**

**Grading Scale:**

90% to 100%	=	900 to 1000 points	=	A
80% to 89%	=	800 to 899 points	=	B
70% to 79%	=	700 to 799 points	=	C
60% to 69%	=	600 to 699 points	=	D
≤ 59%	=	≤ 599 points	=	F

**Please note that 809 points is a B, NOT an A.**

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

**Late assignments will be penalized 10% for each day they are late. 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 arranged with the instructor.**

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## **UTT POLICIES**

### **UT Tyler Honor Code**

Every member of the UT Tyler community joins together to embrace: Honor and integrity that will not allow me to lie, cheat, or steal, nor to accept the actions of those who do.

#### *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>

### **Campus Carry**

We respect the right and privacy of students 21 and over who are duly licensed to carry concealed weapons in this class. License holders are expected to behave responsibly and keep a handgun secure and concealed. More information is available at

<http://www.uttyler.edu/about/campus-carry/index.php>

### **UT Tyler a Tobacco-Free University**

All forms of tobacco will not be permitted on the UT Tyler main campus, branch campuses, and any property owned by UT Tyler. This applies to all members of the University community, including students, faculty, staff, University affiliates, contractors, and visitors.

Forms of tobacco not permitted include cigarettes, cigars, pipes, water pipes (hookah), bidis, kreteks, electronic cigarettes, smokeless tobacco, snuff, chewing tobacco, and all other tobacco products.

There are several cessation programs available to students looking to quit smoking, including counseling, quitlines, and group support. For more information on cessation programs please visit [www.uttyler.edu/tobacco-free](http://www.uttyler.edu/tobacco-free).

### **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. (For Fall, the Census Date is Sept. 11.) 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

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eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract.

The Census Date (Sept. 10th) is the deadline for many forms and enrollment actions of which students need to be aware. 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/Accessibility Services**

In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University of Texas at Tyler offers accommodations to students with learning, physical and/or psychological disabilities. If you have a disability, including a non-visible diagnosis such as a learning disorder, chronic illness, TBI, PTSD, ADHD, or you have a history of modifications or accommodations in a previous educational environment, you are encouraged to visit

<https://hood.accessiblelearning.com/UTTyler> and fill out the New Student application. The Student Accessibility and Resources (SAR) office will contact you when your application has been submitted and an appointment with Cynthia Lowery, Assistant Director of Student Services/ADA Coordinator. For more information, including filling out an application for services, please visit the SAR webpage at <http://www.uttyler.edu/disabilityservices>, the SAR office located in the University Center, # 3150 or call 903.566.7079.

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### **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.

Revised 05/17

### **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.

### **Student Standards of Academic Conduct**

Disciplinary proceedings may be initiated against any student who engages in 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 designed "crib notes". The presence of textbooks constitutes a violation if they have been 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;

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- 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 instructors 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, home 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 The University of Texas at Tyler, or of another, if the student knows or reasonably should know that an unfair academic advantage would be gained by such conduct; and
  - misrepresenting facts, including providing false grades or resumes, for the purpose of obtaining an academic or financial benefit or injuring another student academically or financially.
- 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.
- iii. “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.
- iv. All written work that is submitted will be subject to review by plagiarism software.

### **UT Tyler Resources for Students**

- [UT Tyler Writing Center](https://www.uttyler.edu/writingcenter) (903.565.5995), [writingcenter@uttyler.edu](mailto:writingcenter@uttyler.edu)
- [UT Tyler Tutoring Center](https://www.uttyler.edu/tutoring) (903.565.5964), [tutoring@uttyler.edu](mailto:tutoring@uttyler.edu)
- The Mathematics Learning Center, RBN 4021, this is the open access computer lab for math students, with tutors on duty to assist students who are enrolled in early-career courses.
- [UT Tyler Counseling Center](https://www.uttyler.edu/counseling) (903.566.7254)

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Tentative Schedule\* **Please see Canvas, Launchpad, or the Expedition Map for additional assignment due dates**

Week	Week of:	Unit	Ch	Topic	Activity	
					In Class Activities	Online
1	8/24	1 - Nutrition as Science		Syllabus and Course Expectations	Introduce Yourself	Getting Started quiz- <b>Canvas Due: 8/29/21</b>
2	8/31		1	The Science and Scope of Nutrition	Science Literacy	<b>Nutrition as Science Quiz</b>
3	9/7		2 3	Healthy Diets & Digestion	Digestion/Healthy Diets Review Analyze My Plate	Analyze My Diet Tutorial
<b>RESEARCH VS POPULAR PRESS PAPER DUE: 9/12</b>						
4	9/14	2 – Macro-nutrients	4 A	Carbohydrates Nutrition and Diabetes	Nutrition Calculations	Carbohydrate Analysis
5	9/21		5 B	Lipids Lipids in Health and Disease		Lipid Analysis
6	9/28		6 C	Protein Plant Based Diets	Macronutrient Review Discussion	Protein Analysis <b>Macronutrient Quiz</b>
<b>EXAM ONE Chapters 1-9 DUE: 10/3</b>						
7	10/5	3 - Micronutrients	7 8	Fat-soluble Vitamins Water-soluble Vitamins	Vitamin Discussion	Vitamins Analysis
8	10/12		9 D	Dietary Supplements Major Minerals and Water	Water, Minerals, & Supplements Discussion	Mineral Analysis Water Reflections

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9	10/19		10	Trace Minerals		<b>Micronutrient Quiz</b>
<b>EXAM TWO      Chapters 10-14      DUE: 10/24</b>						
10	10/26	4 – Energy and Fitness	11	Energy Balance and Obesity	Energy Balance Activity	<b>Energy Balance Quiz</b>
11	11/2		12	Nutrition and Fitness	Nutrition Care Plan Group Activity	Physical Activity Analysis
12	11/16	5 – Nutrition for Life	E	Nutrition for Pregnancy, Breastfeeding, and Infancy	Life Stage Case Study	<b>Nutrition for Life Quiz</b>
13	11/23	<b>No Class      Happy Thanksgiving!</b>				
14	11/30		F 13	Childhood Nutrition The College Years	<b>Nutrition Care Plan Group Presentations</b>	
<b>PERSONAL HEALTH REPORT    DUE: 11/20</b>						
<b>Group Project: NUTRITION CARE PLAN NOTE &amp; PRESENTATIONS    DUE: 11/30</b>						
15	<b>COMPREHENSIVE      DUE: 12/9    On Launchpad</b>					
<b>FINAL EXAM</b>						

\*This schedule is subject to change at any time. Watch for any updates on the Syllabus and the Expedition Map in Canvas.