The University of Texas at Tyler
Course Syllabus
Department of Health and Kinesiology
Fall Session, 2020

Course Name: Nutrition Through the Life Cycle
Course Number: ALHS 1315.061 – 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

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

Course Description and Delivery
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.

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.

Required Textbook and Launchpad
Nutrition for a Changing World, 2nd edition. Authors Pope, Nizielski, and McCook. Copyright 2019. This book may be purchased from The UT Tyler Bookstore or from any other source you wish. LAUNCHPAD IS MANDATORY FOR THE COURSE.

Print ISBN: 9781319148676, 1319148670
eText ISBN: 9781319213305, 1319213308

Course Objectives and 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.) 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.

Course Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Weekly Assignments</th>
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</thead>
<tbody>
<tr>
<td>August 24</td>
<td>First Day of Classes</td>
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<tr>
<td>August 24 – August 30</td>
<td>Module 1</td>
</tr>
<tr>
<td></td>
<td>Read Chapter 1: The Science and Scope of Nutrition</td>
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<tr>
<td></td>
<td>Review Chapter 1 PowerPoint Lecture</td>
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<tr>
<td></td>
<td>Post answers to Introductions Discussion Board. Due by 8/30/20.</td>
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<tr>
<td></td>
<td>Complete Weekly Quiz over Chapter 1. Due by 8/30/20.</td>
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<tr>
<td></td>
<td>Complete Science Literacy. Due by 8/30/20.</td>
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| August 31 – September 6 | Module 2                                      |
|                        | Read Chapter 2: Healthy Diets                |
|                        | Read Chapter 3: Digestion                    |
|                        | Review Chapter 2 PowerPoint Lecture          |
|                        | Review Chapter 3 PowerPoint Lecture          |
|                        | Analyze Food Label Discussion Board. Due by 9/6/20. |
|                        | Complete Weekly Quiz over Chapters 2 & 3. Due by 9/6/20. |

| September 7 | Labor Day                                   |

| September 7 – September 13 | Module 3                                     |
|                            | Read Chapter 4: Carbohydrates                |
|                            | Read Spotlight A: Nutrition and Diabetes     |
|                            | Review Chapter 4 PowerPoint Lecture          |
|                            | Complete Weekly Quiz over Chapter 4. Due by 9/13/20. |
|                            | Complete Carbohydrate Analysis. Due by 9/13/20. |

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September 14 – September 20  Module 4
Read Chapter 5: Lipids
Read Spotlight B: lipids in Health & Disease
Review Chapter 5 PowerPoint Lecture
Complete Weekly Quiz over Chapter 5. Due by 9/20/20.
Complete Lipid Analysis. Due by 9/20/20.
Complete Lipid Reflections. Due by 9/20/20.

September 21 – September 27  Module 5
Read Chapter 6: Proteins
Read Spotlight C: Plant-Based Diets
Review Chapter 6 PowerPoint Lecture
Complete Protein Analysis. Due by 9/27/20.
Complete Protein Reflections. Due by 9/27/20.

September 28 – October 4  Module 6
Read Chapter 7: Fat-Soluble Vitamins
Read Spotlight D: Dietary Supplements.
Review Chapter 7 PowerPoint Lecture

October 5 – October 11  Module 7
Read Chapter 8: Water-Soluble Vitamins
Review Chapter 8 PowerPoint Lecture

October 12 – October 18  Module 8
Read Chapter 9: Major Minerals and Water
Read Chapter 10: Trace Minerals
Review Chapter 9 PowerPoint Lecture
Review Chapter 10 PowerPoint Lecture
Complete Weekly Quiz over Chapters 9 and 10. Due by 10/18/20.
Complete Mineral Analysis. Due by 10/18/20.

October 12 – October 16 Mid Term Exam will be available 6:00 am 10/12/20 until 11:59 on 10/16/20.

October 19 – October 25  Module 9
Read Chapter 11: Energy Balance and Obesity.
Review Chapter 11 PowerPoint Lecture

October 26– November 1  Module 10
Read Chapter 12: Nutrition and Fitness.
Review Chapter 12 PowerPoint Lecture
Complete Physical Activity Analysis. Due by 11/1/20.
Complete Physical Activity Reflections. Due by 11/1/50.
November 2 – November 8       Module 11
Read Spotlight E: Nutrition for Pregnancy, Breastfeeding, and Infancy
Reach Spotlight F: Childhood Nutrition
Complete Weekly Quiz over Spotlights E and F. Due by 11/8/20.
Complete Life-Stage Discussion Board. Due by 11/8/20.

November 9 - November 15     Module 12
Read Chapter 13: The College Years
Read Spotlight G: Nutrition and the Aging Adult.
Review Chapter 13 PowerPoint Lecture
Complete College Discussion Board. Due by 11/15/20.

November 16 - November 22    Module 13
Read Chapter 14: Global Nutrition
Read Spotlight H: Food Safety
Review Chapter 14 PowerPoint Lecture

November 23 – November 29     Thanksgiving Break

November 30 – December 6     Module 14
Read Chapter 15: Energy Metabolism
Review Chapter 15 PowerPoint Lecture
Complete Weekly Quiz Chapter 15. Due by 12/6/20.

December 6 – December 11 Final Exam will be available 6:00 am on 12/6/20 until 11:59 pm on 12/11/20.
## Grading

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Possible Points</th>
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<tbody>
<tr>
<td>Quiz Chapter 1</td>
<td>25</td>
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<tr>
<td>Introductions DB</td>
<td>20</td>
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<tr>
<td>Analyze Food Label DB</td>
<td>20</td>
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<tr>
<td>Science Literacy</td>
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<tr>
<td>Quiz Chapters 2 and 3</td>
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<tr>
<td>Dietary Analysis Tutorial</td>
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<tr>
<td>Quiz Chapter 4</td>
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<tr>
<td>Nutrition Calculations</td>
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<td>Carbohydrate Analysis</td>
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<td>Carbohydrate Reflections</td>
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<td>Quiz Chapter 5</td>
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<td>Lipids Analysis</td>
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<td>Lipids Reflection</td>
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<tr>
<td>Quiz Chapter 6</td>
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<td>Protein Analysis</td>
<td>20</td>
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<td>Protein Reflections</td>
<td>10</td>
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<tr>
<td>Research v. Popular Press</td>
<td>65</td>
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<tr>
<td>Quiz Chapter 7</td>
<td>25</td>
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<tr>
<td>Fill Your Cart Foray</td>
<td>20</td>
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<tr>
<td>Vitamins Analysis</td>
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<tr>
<td>Vitamins Reflections</td>
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<tr>
<td>Quiz Chapters 9 and 10</td>
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<tr>
<td>Mineral Analysis</td>
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<td>Mineral Reflections</td>
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<td>Quiz Chapter 11</td>
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<td>Quiz Chapter 12</td>
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<tr>
<td>Physical Activity Analysis</td>
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<td>Physical Activity Reflections</td>
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<tr>
<td>Quiz Spotlights E and F</td>
<td>25</td>
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<tr>
<td>Life Stage DB</td>
<td>20</td>
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<tr>
<td>Quiz Chapter 13</td>
<td>25</td>
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<tr>
<td>College Nutrition DB</td>
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<td>Quiz Chapter 14</td>
<td>25</td>
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<tr>
<td>Farmer’s Market</td>
<td>20</td>
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<tr>
<td>Chapter 15 Quiz</td>
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<tr>
<td>Personal Health Report</td>
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<tr>
<td>Mid Term Exam</td>
<td>100</td>
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<tr>
<td>Final Exam</td>
<td>100</td>
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<tr>
<td>Total</td>
<td>1050</td>
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**Grades:**
- 945-1050 points: A
- 840-944 points: B
- 735-839 points: C
- 630-734 points: D
- <630 points: F

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

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.

1. Academic Activities – 1 to 3 pages using Scientific Format.
2. a. Research vs. Popular Press – 65 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. Discussions - 80 points possible. Throughout the semester, you will participate in discussion boards on various topics on Canvas. This will also be counted as your participation in the course.

3. Real Life Activities – interactive activities in LaunchPad. (See LauchPad instructions at the end of this syllabus.)

   a. Science Literacy - 20 points possible. In this activity, you will match the type of research study with study descriptions. You will define and match definitions of research terms. You will identify the type of study by reading abstract of studies and discussing these abstracts in class.
   b. Nutrition Calculations - 20 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.
   c. Fill Your Cart - 20 points possible. In this activity, you will identify terms used in labeling nutrition information. You will match foods with the nutrients they contain to ‘fill your cart.’ This is an online-only activity.
   d. Food Court Foray - 20 points possible. In this activity, you will match the food with nutrients to make the best choices possible in a Food Court. This is an online-only activity.
   e. Farmers Market - 20 points possible. Physicians are beginning to write prescriptions for farmers markets instead of pharmaceuticals. This is a new trend that aims to combat unhealthy eating and brings assistance to the local people. In this activity, you will learn about what farmers market produce contains healthful nutrients. This is an online-only activity.

4. Dietary Analysis - interactive activities in LaunchPad. (See LauchPad instructions at the end of this syllabus.)

   a. Tutorial - 20 points possible. In this activity, you will become familiar with SuperTracker, a food analysis program that you will use to analyze your food intake.
   b. Carbohydrate - 20 points possible. In this activity, you will analyze your carbohydrate intake.
   c. Lipids - 20 points possible. In this activity, you will analyze your lipid intake.
   d. Protein - 20 points possible. In this activity, you will analyze your protein intake.
   e. Vitamins - 20 points possible. In this activity, you will analyze your vitamin intake.
   f. Minerals - 20 points possible. In this activity, you will analyze your mineral intake.
   g. Physical Activity Analysis - 20 points. In this activity, you will analyze your physical activity and energy expenditure.
   h. Personal Reflections – 60 points. After each diet analysis you will write a blog post in canvas regarding what you have learned from your food journal.
   i. 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.
Quizzes
You will have several quizzes over the course of the semester. The quizzes are the same format as the mid-term 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.

Mid-Term and Final
You have from 6 am when the exams open until 11:59 pm when the exams close to take the tests. 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. Mid term covers Modules 1-7 and Final covers Modules 8-14. 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 of Texas at Tyler 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.utttyler.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.utttyler.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 (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

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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.utttyler.edu/disabilityservices, the SAR office located in the University Center, # 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.

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;

• 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

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• UT Tyler Writing Center (903.565.5995), writingcenter@uttyler.edu

• UT Tyler Tutoring Center (903.565.5964), 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 (903.566.7254)