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UNIVERSITY OF TEXAS AT TYLER

Department of Health
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NUTRITION FOR ALLIED HEALTH

ALHS 2315
SPRING 2021

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.*

—UT Tyler Honor Code

<http://www.uttyler.edu/educpsych/files/HonorCode.pdf>

COURSE DESCRIPTION

Nutrition for Allied Health is a course required for nutrition and nursing. It is also appropriate for majors in Community Health Sciences and other pre-professional health majors. The goal of this course is to explore nutrient function and the basis for nutrient requirements at the cellular level and relate the science of nutrition to health outcomes through the use of case studies.

COURSE GOAL

By the completion of this course, students will demonstrate knowledge of evidence-based scientific nutrition principles and use that knowledge to impact health at the personal and public level. This course provides the background information needed to proceed to advanced courses in the field of nutrition.

***“Our Food should be our medicine and
our medicine should be our food.”***

- Hippocrates



How does a person make the healthiest choices?

This syllabus was created to inform students in this course of the learning expectations. As a person interested in the health professions, this course will be extremely valuable. The syllabus is your resource during the semester to be successful in the course. The schedule is located at the end of the syllabus and on Canvas.

“THE FOOD YOU EAT CAN BE EITHER THE SAFEST AND MOST POWERFUL FORM OF MEDICINE OR THE SLOWEST FORM OF POISON.”
- ANN WIGMORE

COURSE REQUIREMENTS

There are expectations of you, as the student, for this course. This course requires general chemistry to be completed as a prerequisite. This course requires attendance in class one day each week. You will spend approximately 4 to 5 additional hours preparing for the course each week with online activities and study time. You must have the writing and math skills that are needed for this course.

Writing: All students must present a professional demeanor in their writing. Students should use correct spelling and punctuation in any correspondence in this course. This includes in emails, discussion boards, and assignments. Students should use APA style of writing for written assignments. Do use the Writing Center to have them edit your written assignments before you submit them. The Writing Center at the University of Texas is a place for all students, faculty, and staff to work on their writing projects and writing skills. Make an appointment TODAY! <https://www.uttyler.edu/writingcenter/>

Math: All students are required to complete mathematical calculations and should understand order of operations, which is typically first introduced and taught between the 4th and 8th grades.

READING REQUIREMENTS

Text: Nutrition for Health and Healthcare. Cengage Learning, Seventh Edition, 2020

ISBN-13: 978-0-357-02246-7.

You can purchase this book at The University of Texas at Tyler Bookstore on University Boulevard or the place of your choice. Electronic versions are acceptable.

Position Statements:
Position of the Academy of Nutrition and Dietetics: The Role of Nutrition in Health Promotion and Chronic Disease Prevention.

Access to this article is at www.eatright.org and is posted on Canvas.

The course schedule may be subject to change. Watch for updates in Canvas.



COURSE STUDENT LEARNING OBJECTIVES

This course is designed for health care majors with some science background or an advanced interest in Nutritional Science. As a student completing this course, the following requirements will be expected of you:

CSLO 1. Identify and explain scientifically based nutrition and physiological principles in relation to the prevention of chronic disease.

CLSO 2. Utilize nutrient database software for dietary assessment and critically analyze the data.

CLSO 3. Assess the nutritional status of an individual integrating health and chronic disease history, dietary data, knowledge of physiological consequences of nutritional issues and communicate it effectively in a written report.

METHOD OF INSTRUCTION

This course will be taught in a Team Based Learning format. Team Based Learning is a structured form of small-group (team) learning that emphasizes student preparation outside of class and application of the knowledge in class. Both individual and team scores contribute to the final number of points achieved from the course.

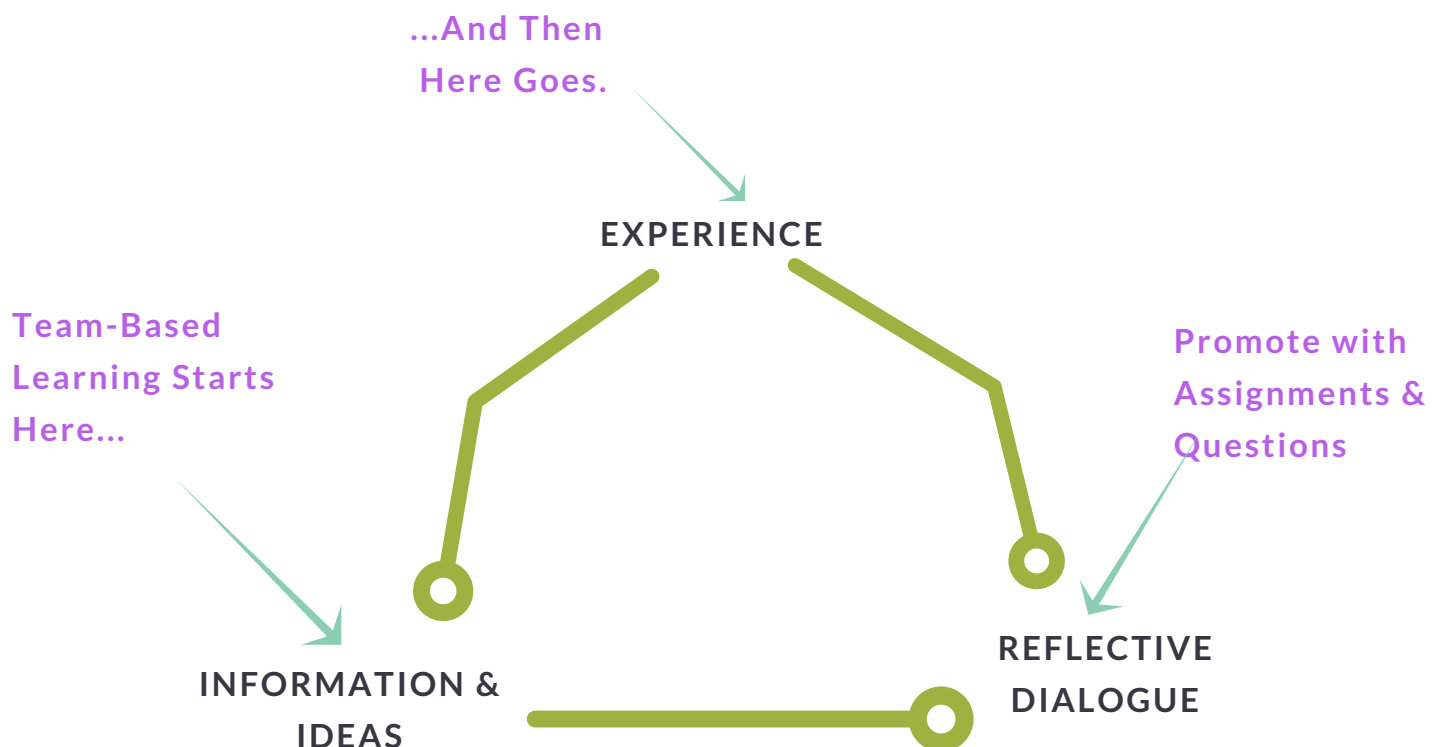


TEAM BASED LEARNING

Students participate in a "Readiness Assurance Process" or RAP. As a part of this process, students complete an Individual Readiness Assurance Test, iRAT and a Team Readiness Assurance Test, tRAT prior to in class activities at the beginning of each new unit. A Case Study format is used to reinforce the material presented, including but not limited to instructional videos, assigned readings, and outside class activities.

iRAT's will now be conducted on Canvas, tRATs will be completed by each team and turned into Canvas by one student on the team.

SEQUENCE OF EVENTS IN TEAM-BASED LEARNING



Students must be prepared to discuss assigned readings during scheduled class time.



- 900-1000 points: A
- 800-899 points: B
- 700-799 points: C
- 600-699 points: D
- <599 points: F

There is no “curve.” Please note that 899 points is a B, NOT an A.



RESPONSE POLICY

While the following are anticipated response times, typically the response will be quicker.

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.

Voice-mail messages: within 48 hours except on weekends and holidays.

Email: within 48 hours except on weekends and holidays.

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!

INCLUDE YOUR NAME AND COURSE NUMBER WITH ALL CORRESPONDENCE.

GRADING

Activities	100 points
Case Studies	500 points
Quizzes	150 points
Discussion/Class Participation	150 points
Final Exam	100 points

Total Possible 1000 points



TENTATIVE COURSE SCHEDULE

The schedule may change if needed

WEEKS OF JANUARY 11TH- 22ND- MODULE 1: DIGESTION AND ABSORPTION

Read: Chapters 1, and 2

Discussions: Introduce Yourself & Digestion Discussion

Complete Quizzes & Activities:

Getting Started Quiz, Nutrition Standards, Digestive Organs, Unit One Quiz

View: Video lectures

WEEKS OF JANUARY 25TH-FEBRUARY 12TH – MODULE 2: MACRONUTRIENTS & ENERGY BALANCE

Macronutrients

Read: Chapters 3, 4, & 5

Discussions: Carbohydrate Discussion

Complete Quizzes & Activities:

Macronutrient Activity

View: Video lectures

Energy Balance & Weight Management

Read: Chapters 6 & 7

Discussions: Protein & Energy Balance

Complete Quizzes & Activities: Energy Expenditure

Activity, Body Composition, Unit 2 Quiz

View: Video lectures

Unit 2 Case Study

WEEKS OF FEBRUARY 15TH & FEBRUARY 26TH – MODULE 3: MICRONUTRIENTS & WATER

Read: Chapters 8 & 9

Complete Quizzes & Activities: Vitamins & Minerals Activities, Unit 3 Quiz

View: Video lectures

Unit 3 Case Study

WEEKS OF MARCH 1ST & MARCH 19TH – MODULE 4: LIFE CYCLE NUTRITION

Read: Chapters 10, 11 & 12

Complete Quizzes & Activities: Foods in Pregnancy Activity, Nutrients and the Older Adult Activity, Unit 4 Quiz

View: Video lectures

Case Study: Lifestage Nutrition - Clinical Applications

WEEKS OF MARCH 22ND-APRIL 16TH - MODULE 5: INTERVENTIONS AND METABOLIC DISEASE

Read: Chapters 13, 14, 15, 16 and 20

Complete Quizzes & Activities: Modified Diets Activities & Diabetes Terms Activities, Unit 5 Quiz

Case Study: Metabolic Case Study

Comprehensive Final Exam: Due April 29th

UNIVERSITY OF TEXAS AT TYLER IS 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

UNIVERSITY OF TEXAS AT TYLER

The UT Tyler Concealed Handguns on Campus Policy was approved by the UT System Board of Regents and went into effect at all UT Tyler facilities beginning Aug.1, 2016. Senate Bill 11 authorizes handgun license holders to carry their concealed handguns on campus and also requires each university to develop specific guidelines regarding campus concealed carry. Under UT Tyler's policy, which was developed through an extensive process led by the Campus Concealed Carry Working Group, all licensed handgun carriers are required to carry the handgun in a holster or other secure weapon case that completely covers the trigger and the entire trigger guard area. The holster must sufficiently retain the handgun in place so that it will not discharge in the event of sudden movement. In addition, UT Tyler's policy categorizes certain areas as exclusion zones, where the concealed carrying of a handgun is prohibited. Signs are posted at the entry points of areas identified in the policy as exclusion zones. Exclusion zones include all or part of certain buildings. More details are available at <http://www.uttyler.edu/about/campus-carry/index>.

UNIVERSITY POLICIES

STUDENT 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://www2.uttyler.edu/wellness/rightsresponsibilities.php>

GRADE REPLACEMENT/ FORGIVENESS

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 (January 16, 2018) 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.

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.

UNIVERSITY POLICIES

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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

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.

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.