School of Human Sciences  
Syllabus for HMS 339-501 Nutrition  
Fall 2019  

Instructor: Sarah Drake MS, RD, LD  
Office: HMS North Room 101D  
Office Phone: (936) 468-2439  
Office Hours: T/Th 1-3pm; F 9-10am  
Prerequisites: HMS 239, CHE 111 or 133  

Course Time & Location: online  
Credits: 3 semester hours  
Email: Through this course  

Note: Self Discipline is a requirement for students in an online course. An online course is NOT easier than a face-to-face course and may actually require more time than a traditional classroom experience. Please contact me through this course only if you have any personal issues that affect your participation. Tech support is available M-F, 8-5 at 468-1919.

I. Course Description: Study of the nutritive needs of the body with emphasis on the function of the nutrients in the body, food sources, and requirements for persons of different ages and activities. This course contains critical assignments related to ACEND assessment.  

Students in this course receive extensive course content information via online content modules equivalent to 150 minutes per week for 15 weeks and includes a final exam on week 16. Students in the course will engage in a variety of assignments that can include, but are not limited, quizzes, proctored exams, and academic papers. For every hour a student spends engaging with the course content, they spend at least two hours completing associated activities and assessments.

II. Intended Learning Outcomes/Goals/Objectives:  
This course supports the vision, mission, and core values of the College of Education, which is to prepare competent, successful, caring, and enthusiastic professionals dedicated to responsible service, leadership, and continued professional and intellectual development. The course enhances student learning in the area of nutrition and disease and serves as a required course in the Foods, Nutrition, and Dietetics Program in the School of Human Sciences, and aligns with the standards of the Accreditation Council for Education in Nutrition and Dietetics (ACEND). The complete listing of the standards associated with program learning outcomes, student learning outcomes, assignments and assessments are located on the Perkin’s College of Education Website.

Program Learning Outcomes:

<table>
<thead>
<tr>
<th>COE Mission</th>
<th>Relation to learning experiences in HMS 339</th>
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</thead>
<tbody>
<tr>
<td>The Mission of the James I. Perkins College of Education is to prepare competent, successful, caring and enthusiastic professionals dedicated to responsible service, leadership, and continued professional and intellectual development. The Mission of the Department of Human Sciences (HMS): Prepare professionals to seek and apply knowledge of Human Sciences for the benefit of individuals, families and communities in a global environment.</td>
<td>This course will afford the student the opportunity to develop competence in understanding and applying knowledge of food and nutrition through various assignments/discussions.</td>
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<table>
<thead>
<tr>
<th>COE Core Values</th>
<th>Students will use critical, reflective and creative thinking skills in order to complete the popular press research paper.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academic excellence through critical, reflective and creative thinking</td>
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<tr>
<td>Collaboration and shared decision making</td>
<td>Students will work together as a team for discussion assignments.</td>
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</tbody>
</table>
Openness to new ideas, culturally diverse people and innovation and change

The content throughout the course will expose the students to culturally diverse ideas.

Integrity, responsibility, diligence and ethical behavior and

Students will become aware of the impact of values, beliefs and attitudes in relation to diverse populations through course content. Questioning commonly held assumptions and belief systems will be emphasized during lecture along with identifying critical thinking skills needed to exhibit ethical and social behavior.

Service that enriches the community

Students will understand the value of food systems and its effect on the local, state, national and global community.

<table>
<thead>
<tr>
<th>Program Learning Outcomes</th>
<th>Student Learning Outcomes</th>
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</thead>
<tbody>
<tr>
<td>Students will demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence-based decisions (ACEND KRDN 1.1).</td>
<td>Students will write a research paper critically investigating the validity of nutrition information in the popular press through use of professional resources to support or refute the nutrition claim. This is a LIVETEXT assignment.</td>
</tr>
<tr>
<td>Students will apply critical thinking skills (ACEND KRDN 1.3).</td>
<td>Students will write a research paper critically investigating the validity of nutrition information in the popular press through use of professional resources to support or refute the nutrition claim. This is a LIVETEXT assignment.</td>
</tr>
<tr>
<td>Students are able to demonstrate effective and professional oral and written communication and documentation (ACEND KRDN 2.1.).</td>
<td>Students will write a research paper critically investigating the validity of nutrition information in the popular press through use of professional resources to support or refute the nutrition claim. This is a LIVETEXT assignment.</td>
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</table>

Student Learning Outcomes (SLO)

Upon successful completion of this course the student will be able to:
1. Identify the basic principles of human nutrition and nutrient metabolism.
2. Relate human nutrition to the promotion and maintenance of present and future health.
3. Distinguish between nutrient requirements and dietary recommendations.
4. Discuss the anatomy and physiology of the major body systems and their influence on digestion, absorption, metabolism and excretion.
5. Associate nutrient requirements and recommendations to the prevention of disease in healthy people.
7. Identify nutrient requirements and dietary recommendations for individuals, families and groups of people.
8. Understand the influence of social, cultural, psychological and economic factors on nutrition-related behaviors.
10. Identify food composition and major sources of nutrients which provide for the nutrient requirements of humans.
11. Specify health promoting components of foods other than nutrients.
12. Identify the effects of food preparation, storage, and preservation methods on the nutrient content of food.
13. Evaluate the accuracy and reliability of sources and information using traditional and current technological avenues.
14. Identify and interpret current nutrition research published in professional journals.
15. Define nutrition assessment, diagnosis, intervention, monitoring and evaluation in the nutrition care process.
16. Identify emerging issues in nutrition.
17. Distinguish between popular press articles and peer-reviewed research papers.
18. Define conditions associated with chronic disease states and understand basic medical nutrition therapy for specific disease states.
19. Identify types of herbal supplementation for various disease states and conditions.
20. Recognize integrative and functional nutrition concepts in diet therapy and disease states.

Course Assignments/Activities (see section IV.) D2L will be used for this course. You can access D2L via http://d2l.sfasu.edu. If you need help with D2L please contact OIT at 468-1919.

Using technology in online testing
If you choose to take an exam at a computer that is not supported by the University you will do so at your own risk. Inability to access the exam, finish the exam or submit an exam during the designated exam time due to unreliable internet connections or other technical problems at an off campus computer will not be accepted as a valid excuse. Your exam will be graded “as is.” Using a campus computer does not guarantee that connections may be lost, however they do guarantee a reliable way to verify interruptions of service. This alone could save your grade. If you need technical assistance during an exam please call 468-1919.

III and IV. Course Assignments/Evaluation and Assessments (Grading):
1. Unit Exams (10 @ 10 points each = 100 total points)
There will be 11 objective unit exams. The lowest grade for the unit quizzes will be dropped, resulting in 10 quiz grades that will be counted toward your point total for the course. Exams will be timed (approximately 60 seconds per question), so be sure and know the information. Questions on the unit exams will consist of multiple choice, true/false and/or matching. You will not be allowed to revisit questions and they will come up one at a time. Copying from someone else's screen while taking the exam, visiting other sites while your browser is opened to the exam, using your notes or the textbook, giving or receiving an advance copy of the examination, getting an old copy of the examination, or hiring a surrogate test-taker will all be considered cheating and are flagrant violations of University policy.
There will be no make-up unit exams. In the event that you miss a unit exam, the proctored exam that covers the content missed will count twice (points adjusted for unit exam points) for SPECIAL CIRCUMSTANCES ONLY, WITH PRIOR APPROVAL AND PROPER DOCUMENTATION. Since the exams are open for an entire week, excuses are rarely accepted, and a 0 for that quiz will be assigned. Missing the proctored exams without a valid excuse will result in a grade of 0 and will significantly impact your grade.

If you have technology problems, especially while taking an exam, please call OIT at 468-1919. Remember, technology problems associated with exams is not a valid excuse.

2. Proctored Exams-Midterm and Final Exam (2 @ 75 points each = 150 points)
There will be two proctored exams in this online course. Proctored exams are exams taken with an approved proctor. The midterm exam will cover unit chapters up to the middle of the semester. The final exam will cover the chapters after the midterm exam until the end of the course. Questions on the proctored exams will consist of multiple choice, matching, short answer and/or essay. Missing a proctored exam will result in a grade of 0 for that exam. A make-up proctored exam will only be given for SPECIAL CIRCUMSTANCES ONLY, WITH PRIOR APPROVAL AND PROPER DOCUMENTATION. The instructor will reserve a computer testing center at the SFA Steen library and will be available to proctor the midterm and final exam during multiple times. Dates are provided on the syllabus schedule.

If the dates and times offered by the instructor do not fit into your schedule, then you will schedule a time to take the exam with ProctorU, an online proctoring service using live proctors. This allows you to take an online exam while being proctored by a live person at a remote location. Taking an exam through ProctorU requires that you have a functioning webcam and microphone. In addition, you will need a reflective surface, such as a hand mirror, CD, or DVD to make sure there is no material (such as sticky notes) on the monitor. You will also need access to a
desktop or laptop computer. Tablets, smart phones, Chromebooks, and other mobile devices are not supported at this time.

- **It is your responsibility** to schedule your exam(s) within the specified time frame and abide by all rules for bringing only appropriate materials into your testing area. You will need to provide photo identification to your proctor prior to taking your exam. Appropriate identification includes: driver’s license, SFA student ID, passport, or other government-issued photo identification.

- **You are responsible for testing fees.** SFA will pay for the final exam and you will be responsible for the midterm exam. The exam is for one hour so your fee will be approximately $20.

- **You must schedule your exam** at least four (4) or more days in advance, or you will be required to pay an additional fee. If you schedule your exam four (4) or more days in, you will not need to pay anything!

- When you schedule your exam, be sure to take into account that verifying your identity and validating the integrity of your testing area will take a few minutes.

- Before scheduling your exam, you need to **ensure your computer is compatible** with ProctorU’s software.

- In the weeks/months before your exam, follow these steps to learn how ProctorU works and how to schedule an exam.
  2. Go to [Test My Computer](#) to test out your computer to see if everything such as your webcam, microphone, bandwidth, etc., meet the requirements for ProctorU.
  3. You can also visit [Technical Specifications for Using ProctorU](#) to see required specifications.

  **Note:** *Google Chrome is the best browser to use when taking an exam with ProctorU!*

Additional specific information is available at [ProctorU.com](#).

- If you take your online exam but do not use ProctorU, you will not receive a grade for that exam.

- You will be monitored during the exam. Suspected violations will be noted and a report will be sent to me.

- Your exam should be taken in private locations only (no McDonald’s, Java Jacks, library, etc.) then you will need to contact the SFA testing center at (936) 468-3958 to make an appointment.

Failure to attend the proctored exams due to other commitments will result in a grade of 0. Failure to secure a proctor if taking the exam at the SFA testing center or off campus is not a valid excuse.

3. **Assignments:**

   **Popular Press Nutrition Article (100 points) LIVETEXT IS REQUIRED FOR DIETITIC MAJORS**

   You will choose a topic from the popular press and will be required to accept or reject the nutrition information in the popular press using peer-reviewed research articles.

   There are two parts to the assignment. Specific instructions can be found in the module titled: Popular Press Research Paper Instructions in D2L:

   1) You will find 3 peer-reviewed research articles and turn them in to Dropbox as an attachment one week prior to the due date of the research paper. This will help enable me to give you feedback on your research articles prior to you completing your paper. **Worth 20 points**

   2) Complete the research paper with references as described in the instructions in D2L. The assignment will be posted in Dropbox in D2L and assignments will only be accepted through Dropbox. **Emailed assignments and late work will not be accepted.** FOR DIETETIC MAJORS: In order to receive your grade, assignments must also be posted in Livetext for accreditation purposes. **Worth 80 points**
<table>
<thead>
<tr>
<th>Grade Assignment</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quizzes/exams</td>
<td>100</td>
</tr>
<tr>
<td>Midterm and final</td>
<td>150</td>
</tr>
<tr>
<td>Popular press assignment</td>
<td>100</td>
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<tr>
<td>Total:</td>
<td>350</td>
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<table>
<thead>
<tr>
<th>Grade Scale</th>
<th>Percentage</th>
<th>Points</th>
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<tbody>
<tr>
<td>A</td>
<td>90%-100%</td>
<td>315-350</td>
</tr>
<tr>
<td>B</td>
<td>80-89%</td>
<td>280-314</td>
</tr>
<tr>
<td>C</td>
<td>70-79%</td>
<td>245-279</td>
</tr>
<tr>
<td>D</td>
<td>60-69%</td>
<td>210-244</td>
</tr>
<tr>
<td>F</td>
<td>Less than 60%</td>
<td>Less than 210</td>
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</table>
### V. Tentative Course Outline/Calendar:

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Topic</th>
<th>Assignment</th>
<th>Exam Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>8/26-9/8</td>
<td>Getting Started, Chapter 1 – An Overview of Nutrition and Chapter 2 - Planning a Healthy Diet</td>
<td>Quiz 1: Nutr NOTE: Completion of this quiz will document participation for the 12th class day role (9/8)</td>
<td></td>
</tr>
<tr>
<td>Mon</td>
<td>9/9-9/15</td>
<td>Chapter 3 - Digestion, Absorption and Transport</td>
<td>Quiz 2: Dig</td>
<td></td>
</tr>
<tr>
<td>Mon</td>
<td>9/16-9/22</td>
<td>Chapters 4-6 - The Carbohydrates, The Lipids and Protein</td>
<td>Quiz 3: Macro</td>
<td></td>
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<tr>
<td>Mon</td>
<td>9/23-9/29</td>
<td>Chapters 4-6 - The Carbohydrates, The Lipids and Protein</td>
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<tr>
<td>Mon</td>
<td>9/30-10/6</td>
<td>Chapter 9 - Weight Management: Overweight, Obesity, and Underweight</td>
<td>Quiz 4: Wt</td>
<td></td>
</tr>
<tr>
<td>Mon</td>
<td>10/7-10/13</td>
<td>Chapter 10 &amp; 11 - Vitamins</td>
<td>Quiz 5: Vit</td>
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<tr>
<td>Mon</td>
<td>10/14-10/20</td>
<td>Chapters 12 &amp; 13 – Water, Major Minerals and Trace Minerals</td>
<td>Face-to-Face Exam Review (this will also be recorded for those who can’t attend) – <strong>10/16</strong> at 4pm in HMS North Room 102</td>
<td>Quiz 6: Min</td>
</tr>
<tr>
<td>Mon</td>
<td>10/21-10/27</td>
<td>Chapters 17 &amp; 18– Nutrition Care and Assessment, Nutrition Intervention</td>
<td><strong>Proctored Midterm Exam</strong>&lt;br&gt;W 10/23 starting at 1p.m to 3 p.m. or Fr 10/25 starting at 9 a.m. to 11 a.m. (one hour time slots). Info Lab 2</td>
<td></td>
</tr>
<tr>
<td>Mon</td>
<td>10/28-11/3</td>
<td>Chapter 20 and 21 - Enteral Nutrition Support and Parenteral Nutrition Support</td>
<td>3 peer-reviewed research articles due in Dropbox</td>
<td>Quiz 7: ENPN</td>
</tr>
<tr>
<td>Mon</td>
<td>11/4-11/10</td>
<td>Chapter 19 Medications, Diet-Drug Interactions, and Herbal Products and Chapter 22 – Metabolic and Respiratory Stress</td>
<td>Quiz 8: Meds</td>
<td></td>
</tr>
<tr>
<td>Mon</td>
<td>11/18-11/24</td>
<td>Chapter 25-26 Liver Disease/Gallstones and Diabetes Mellitus</td>
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<tr>
<td>Mon</td>
<td>11/25-12/1</td>
<td>HOLIDAY: Thanksgiving</td>
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<tr>
<td>Mon</td>
<td>12/2-12/8</td>
<td>Chapters 27-29 Cardiovascular Disease, Kidney Disease and Cancer</td>
<td>Face-to-Face Exam Review (this will also be recorded for those who can’t attend) – <strong>12/4</strong> at 4pm in HMS North Room 102</td>
<td>Quiz 11: CVD Cancer</td>
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*Note: Dates are subject to change.*
VI. Readings (Required and recommended—including texts, websites, articles, etc.):


Required: LiveText: This course uses the LiveText data management system to collect critical assessments for students who are Perkins College of Education majors (undergraduate, graduate, and doctoral) or majors in other colleges seeking educator certification through the Perkins College of Education. Students who do not have an existing LiveText account will receive an access code via the SFA email system within the first week of class. You will be required to register your LiveText account, and you will be notified how to do this via email. If you forward your SFA e-mail to another account and do not receive an e-mail concerning LiveText registration, please be sure to check your junk mail folder and your spam filter for these e-mails.

If you have questions about obtaining or registering your LiveText account, call ext. 1267 or e-mail SFALiveText@sfasu.edu. Once LiveText is activated, if you have technical questions, call ext. 7050 or e-mail livetext@sfasu.edu. Failure to activate the account and/or submit the required assignment(s) within the LiveText system may result in course failure.

VII. Course Evaluations: Near the conclusion of each semester, students in the Perkins College of Education electronically evaluate courses taken within the PCOE. Evaluation data is used for a variety of important purposes including:

1. Course and program improvement, planning, and accreditation;
2. Instruction evaluation purposes; and
3. Making decisions on faculty tenure, promotion, pay, and retention.

As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the PCOE faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical!

In the Perkins College of Education, the course evaluation process has been simplified and is completed electronically through MySFA. Although the instructor will be able to view the names of students who complete the survey, all ratings and comments are confidential and anonymous, and will not be available to the instructor until after final grades are posted.

VIII. Student Ethics and Other Policy Information:

Attendance: Class attendance is essential and is the responsibility of the student. Students are expected to arrive on time for all classes and supervised practice site visits. Quiz number one will occur before the official 12th class day role is due. Your participation on quiz one will signify that you are attending and participating in the class. For reporting purposes, a student who does not attend class and/or shows lack of participation may have consequences with financial aid for that course.
Absences: Regular, punctual attendance, documented participation, and, submission of completed assignments are expected at all classes, laboratories, and other activities for which the student is registered. Based on university policy, failure of students to adhere to these requirements shall influence the course grade, financial assistance, and/or enrollment status. The instructor shall maintain an accurate record of each student’s attendance and participation as well as note this information in required reports and in determining final grades. Students may be excused from attendance for reasons such as health, family emergencies, or student participation in approved university-sponsored events. However, students are responsible for notifying their instructors in advance, when possible, for excusable absences. Any student who must miss class should inform the instructor of this necessity prior to the class period. Each unexcused absence will result in the drop of one letter grade from the final course grade.

Whether absences are excused or unexcused, a student is still responsible for all course content and assignments. Students with accepted excuses may be permitted to make up work for up to three weeks of absences during a semester or one week of a summer term, depending on the nature of the missed work. Make-up work must be completed as soon as possible after returning from an absence.

Students with Disabilities: To obtain disability related accommodations, alternate formats and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 936-468-3004 as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services in a timely manner may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilitiyservices/.

Student Academic Dishonesty: Policy 4.1: Abiding by university policy on academic integrity is a responsibility of all university faculty and students.

Definition of Academic Dishonesty

Academic dishonesty includes both cheating and plagiarism. Cheating includes, but is not limited to:
• using or attempting to use unauthorized materials on any class assignment or exam;
• falsifying or inventing of any information, including citations, on an assignment; and/or;
• helping or attempting to help another in an act of cheating or plagiarism.

Plagiarism is presenting the words or ideas of another person as if they were one’s own. Examples of plagiarism include, but are not limited to:
• submitting an assignment as one's own work when it is at least partly the work of another person;
• submitting a work that has been purchased or otherwise obtained from the Internet or another source; and/or,
• incorporating the words or ideas of an author into one's paper or presentation without giving the author credit.

Penalties for Academic Dishonesty: Penalties may include, but are not limited to reprimand, no credit for the assignment or exam, re-submission of the work, make-up exam, failure of the course, or expulsion from the university.
Student Appeals: A student who wishes to appeal decisions related to academic dishonesty should follow procedures outlined in Academic Appeals by Students (6.3).

Withheld Grades: Policy 5.5 - At the discretion of the instructor of record and with the approval of the academic unit head, a grade of WH will be assigned only if the student cannot complete the course work because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which they receive a WH, or the grade automatically becomes an F, except as allowed through policy [i.e., Active Military Service (6.14)]. If students register for the same course in future semesters, the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.

Student Code of Conduct: Policy 10.4: Classroom behavior should not interfere with the instructor’s ability to conduct the class or the ability of other students to learn from the instructional program. Unacceptable or disruptive behavior will not be tolerated. Students who disrupt the learning environment may be asked to leave class and may be subject to judicial, academic or other penalties. This policy applies to all instructional forums, including electronic, classroom, labs, discussion groups, field trips, etc. The instructor shall have full discretion over what behavior is appropriate/inappropriate in the classroom. Students who do not attend class regularly or who perform poorly on class projects/exams may be referred to the iCare: Early Alert Program at SFA. Information regarding the iCare program is found at https://www.sfasu.edu/judicial/earlyalert.asp or call the office at 936-468-2703.

IX. Other Relevant Course Information: All other policies as printed in the handbook for students and other official publications of the University shall be followed in this class.

Disclaimer: This syllabus represents a “best” plan for this course, however, plans can change when circumstances necessitate change. Any changes to this syllabus will be announced to the class in a timely manner. Your feedback is greatly appreciated to aid in the development of this class for future semesters.