I. **Course Description:** A study of nutrition and food as applied to daily living. The course provides information on basic nutrition and wellness concepts in relation to the individual throughout life.

In Introductory Nutrition (3 credits), students 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 will engage in a variety of assignments that can include, but not limited to, unit quizzes, exams, and application assignments related to course content. For every hour a student spends engaging with the course content, they spend at least two hours completing associated activities and assessments.

**Diversity Statement:** The James I. Perkins College of Education is committed to proactively recruiting and retaining a diverse faculty, staff, and student population. Through open dialogue, mutual respect, and shared responsibility, faculty, staff, and students will demonstrate an understanding and sensitivity to ethnicity, race, gender, exceptionalities, culture, language/dialect, age, social class, family structure, sexual orientation, religion, and spiritual values in order to enhance the quality of life in a diverse, global community.

II. **Intended Learning Outcomes/Goals/Objectives:**

This course supports the vision, mission, goals, and core values of the Perkins College of Education (PCOE)

<table>
<thead>
<tr>
<th>PCOE Mission</th>
<th>Relation to learning experiences in HMS 139</th>
</tr>
</thead>
<tbody>
<tr>
<td>The mission of the Perkins College of Education is to prepare competent, successful, caring and enthusiastic professionals from diverse backgrounds dedicated to responsible service, leadership, social justice and continued professional and intellectual development in an interconnected global society.</td>
<td>This course will afford the student the opportunity to develop competence in understanding and applying knowledge of food and human nutrition to themselves and others.</td>
</tr>
<tr>
<td><strong>PCOE Core Values</strong></td>
<td></td>
</tr>
<tr>
<td>Academic excellence through critical, reflective and creative thinking</td>
<td>Students will use critical, reflective and creative thinking skills in applying course content on basic nutrition knowledge to food selection for general health and disease prevention.</td>
</tr>
<tr>
<td>Life-long learning</td>
<td>Students will utilize the process of learning to develop and/or expand nutrition interests in key concepts taught in the course.</td>
</tr>
<tr>
<td>Collaboration and shared decision making</td>
<td>Students will share their ideas through various online communications to complete assigned coursework.</td>
</tr>
<tr>
<td>Openness to new ideas, culturally diverse people and innovation and change</td>
<td>Students will become aware of the impact of values, beliefs and attitudes in relation to diverse populations through</td>
</tr>
</tbody>
</table>
Students will learn basics in nutrition, including utilizing technology for nutrient analysis.

**Integrity, responsibility, diligence and ethical behavior**

Students will be allowed to question commonly held assumptions and belief systems, along with identifying critical thinking skills needed to exhibit ethical and social behavior within the course.

**Service that enriches the community**

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

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**Program Learning Outcomes:**

No specific program learning outcomes for this major are addressed in this course.

This course does meet standards set for Family Consumer Sciences Composite Certificate and Family Consumer Sciences Hospitality focus students, as set by the Texas Education Agency (TEA). See Student Learning Outcomes below for specifics.

*Stephen F. Austin State University’s Didactic Program in Dietetics (DPD) is accredited by The Accreditation Council for Education in Nutrition and Dietetics (ACEND). ACEND requires that “The program’s curriculum must be designed to ensure the breadth and depth of requisite knowledge needed for entry to supervised practice to become a registered dietitian nutritionist.” (ACEND Standard 5.2). This course meets part of that accreditation standard.

**Student Learning Outcomes:**

Upon successful completion of this course the student will be able to:

1. Understand basic human nutritional needs throughout life.* (4.2k)
2. Understand the relationship of digestion, absorption, and metabolism to optimal health.* (4.3k)
3. Understand the function of carbohydrates, fat, proteins, vitamins, minerals, and water and their role in promoting and maintaining health.* (4.1k)
4. Evaluate the effects of public policy on food, nutrition and health.
5. Evaluate the accuracy, reliability, validity, and use of nutrition and food science information and research.* (4.4s, 4.5s)
6. Utilize basic nutrition knowledge and the dietary guidelines for making food choices that will promote optimal health.* (4.4k, 4.3s)
7. Utilize available technology to determine caloric intake, energy expenditure, and the adequacy of nutrient intake compared to established standards.
8. Determine optimal body weight and relate energy balance to the problems of overweight and underweight.* (4.5k)
9. Develop a wellness program that balances calorie needs, exercise, and a nutritious diet to achieve optimal body weight.* (4.5k)
10. Recognize the role of emotional and social issues that influence food selection and attitudes towards health.* (4.6s)
11. Assess the effects of diet foods, food additives, and eating disorders on wellness.* (4.11s)
12. Explain the effects of genetically engineered foods on consumer’s health and safety. (4.14s)

*Meets TEA Standards. The specific standard reference is indicated in parentheses following the student-learning outcomes.

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**III. Course Assignments, Activities, Instructional Strategies, use of Technology:** Brightspace D2L will be used for this course. You can access Brightspace via [http://d2l.sfasu.edu](http://d2l.sfasu.edu). If you need help, please contact Brightspace support at (936) 468-1919.

**This course includes the following:**

- Chapter activities that utilize the textbook and enhance understanding of online content and textbook readings
• Genetic Health Risk Assessment assignment
• Unit quizzes (Located at the end of each module)
• Three exams and a final exam – all of which are proctored

Please refer to the "IV. Evaluations and Assessments (Grading)" section of this syllabus for a detailed description of all graded course activities and assessments.

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 not be lost, however it does 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 Brightspace support at (936) 468-1919.

Because all course content, quizzes and assignments are open at the beginning of the semester, there will be no make-up for these activities. In the event that you miss an exam due to an excused absence, the final exam score will count as your missed exam score (example, if you received an 80% on the final exam, you will receive an 80% on the missed exam). This applies to students with SPECIAL CIRCUMSTANCES ONLY, WHO RECEIVE PRIOR INSTRUCTOR APPROVAL, AND PROPER DOCUMENTATION. PROPER DOCUMENTATION MUST BE SUBMITTED WITHIN 3 DAYS OF MISSING AN ASSESSMENT (see more under “Student Ethics”). Excused absences include health issues that are documented with a physician’s or hospital note, family emergency or death, or student participation in university sponsored extracurricular activities. All of these situations need to have documentation showing the absence occurred on the exam dates.

IV. Evaluation and Assessments (Grading):

1. **Unit Quizzes (12 @ 10 points each = 120 total points).** There will be 13 unit quizzes. The lowest quiz grade will be dropped, resulting in 12 quiz grades counted toward your total points for the course. Questions on the quizzes will consist of multiple choice, true/false and/or matching. You will not be allowed to revisit questions and they will come up two at a time. Copying from someone else's screen while taking the quiz, visiting other sites while your browser is opened to the quiz, using your notes or the textbook, giving or receiving an advance copy of the quiz, getting an old copy of the quiz, or hiring a surrogate test-taker will all be considered cheating and are flagrant violations of University policy.

   There will be no make-up quizzes unless there is SPECIAL CIRCUMSTANCES WITH PRIOR APPROVAL AND PROPER DOCUMENTATION. Since the quizzes are open for an entire week, excuses are rarely accepted, and missed quizzes will result in a 0 for that quiz.

2. **Proctored Exams – Three Unit Exams and a Final Exam (4 @ 50 points each = 200 total points).** There will be four proctored exams in this online course. Proctored exams are exams taken with an approved proctor. Each exam will cover 3-4 modules/chapters, with the exception of the final exam, which covers 4 modules/chapters in addition to having a comprehensive component. Questions on the proctored exams will consist of multiple choice, matching, and true/false. 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. If an excused absence is granted for an exam but the student is unable to make it up at a different time, the final exam grade will replace the “0” received on the missed exam.
The instructor will reserve a computer testing center at the SFA Steen library for face-to-face proctoring. Dates are provided on the syllabus course outline/calendar (See “V. Tentative Course Outline/Calendar”). You will be required to show the proctor your photo ID and sign in before taking the exam. All phones, backpacks and other material brought into the test room will be stored away from the students.

If the dates and times offered by the instructor do not fit into your schedule, then you must 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 by ProctorU at this time.

- **It is your responsibility** to schedule your exam(s) within the specified timeframe 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 photo 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 to pay for the additional exams yourself. Each exam is for one hour so the base fee for taking an exam with ProctorU is approximately $17.
- **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 before the exam date, you will not need to pay additional fees! Additional fees range from $5 to $8 above the basic exam taking fee.
- 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 some time. You must be prompt for your scheduled exam time. Late access to ProctorU testing may result in you forfeiting your testing time and losing your testing fees. If you are late, you will probably need to reschedule and repay to take the exam.
- 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 receive a 0 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 (not 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 on campus due to other commitments will result in a grade of 0.**
**Failure to secure a ProctorU test time is also not a valid excuse and will result in a grade of 0 for that exam. Contact your instructor if you have any questions about test taking.**

3. **Chapter activities – Dropbox Assignments (55 points total).** Throughout the semester, activities will be assigned. They will be Dropbox assignments. They will be worth between 5 – 20 points each. They are to
enhance participation and student learning throughout the semester. Chapter activities cannot be made up. Questions regarding the assignments should be directed to the instructor at the student’s earliest convenience.

4. **Genetic Health Risk Assessment assignment (100 points total for three separate assignments).** This detailed assignment has you analyze your dietary intake and your family history, comparing how your genetic health risk and your current dietary habits drive future health outcomes. For further detail about the assignment, read the assignment description in D2L. The assignment is due in three parts: food logs, genetic health risk assessment charts, and a written risk summary. These are 3 separate due dates throughout the semester. Late assignments will be deducted by 20% of the assigned points for each day late, starting immediately after the scheduled deadline for each assignment.

<table>
<thead>
<tr>
<th>Course Performance Evaluation:</th>
<th>Points</th>
<th>Grade Assignment:</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 unit quizzes</td>
<td>120</td>
<td>A (4.0)</td>
<td>90% - 100%</td>
</tr>
<tr>
<td>Three unit exams and 1 final exam</td>
<td>200</td>
<td>B (3.0)</td>
<td>80% - 89.9%</td>
</tr>
<tr>
<td>Genetic Health Risk Assessment</td>
<td>100</td>
<td>C (2.0)</td>
<td>70% - 79.9%</td>
</tr>
<tr>
<td>Chapter activities</td>
<td>55</td>
<td>D (1.0)</td>
<td>60% - 69.9%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>475</td>
<td><strong>F</strong></td>
<td>Less than 60%</td>
</tr>
</tbody>
</table>

V. **Tentative Course timeline**

This calendar provides all the due dates for quizzes, assignments and exams during the semester. Refer to it weekly and ask questions if something is unclear. All module quizzes and assignments are due on the Sunday following the opening of each module, unless otherwise noted. Unit Exams are offered on Mondays/Tuesdays at the times listed below, and the final exam will be on Thursday and Friday of finals week. They will be proctored either face to face on the SFA campus or through ProctorU. It is important for you to schedule your time around the exam schedule.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Chapters</th>
<th>Topic</th>
<th>Assignment/Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed-Sun</td>
<td>1/15-1/26</td>
<td>1</td>
<td>Getting Started - Intro to Course</td>
<td>Getting Started Module: Class introductions discussion</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Nutrition: Linking Food and Health</td>
<td>Module 1 Quiz: Nutrition</td>
</tr>
<tr>
<td>Mon-Sun</td>
<td>1/27-2/2</td>
<td>2</td>
<td>Designing a Healthful Diet</td>
<td>Module 2 Quiz: Designing a Healthful Diet ONLINE ASSIGNMENT</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>“My Plan, My AMDR”</td>
<td>“My Plan, My AMDR”</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Due in Dropbox by Sunday, 2/2 at 11:59pm</td>
<td><strong>STUDY FOR UNIT 1 EXAM</strong></td>
</tr>
<tr>
<td>Mon-Sun</td>
<td>2/3-2/9</td>
<td>3</td>
<td>The Human Body</td>
<td>Module 3 Quiz: Digestion</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>GHRA—Part 1: 3-day Food Logs due via Dropbox by Sunday, 2/9 at 11:59pm</td>
<td><strong>STUDY FOR UNIT 1 EXAM</strong></td>
</tr>
<tr>
<td>Mon/Tues</td>
<td>Dates</td>
<td>Exam/Module</td>
<td>Details</td>
<td></td>
</tr>
<tr>
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</tr>
<tr>
<td>Mon-Sun</td>
<td>2/10-2/16</td>
<td>Proctored EXAM 1 – Chapters 1-3</td>
<td>Dates and times: one hour time slots Mon, 2/10 2-4 pm (INFO LAB 2) or Tues 2/11 9-11am (INFO LAB 1)</td>
<td></td>
</tr>
<tr>
<td>Mon-Sun</td>
<td>2/10-2/16</td>
<td>Carbohydrates</td>
<td>Module 4 Quiz: Carbohydrates ASSIGNMENT: Finding Grams of Carbohydrates due via Dropbox by Sunday, 2/16 at 11:59 pm</td>
<td></td>
</tr>
<tr>
<td>Mon-Sun</td>
<td>2/17-2/23</td>
<td>Lipids</td>
<td>Module 5 Quiz: Lipids</td>
<td></td>
</tr>
<tr>
<td>Mon-Sun</td>
<td>2/24-3/1</td>
<td>Proteins</td>
<td>Module 6 Quiz: Protein STUDY FOR UNIT TWO EXAM</td>
<td></td>
</tr>
<tr>
<td>Mon-Tues</td>
<td>3/2-3/3</td>
<td>Proctored EXAM 2 – Chapters 4-6</td>
<td>Dates and times: one hr time slots Mon 3/2 2-4 pm (INFO LAB 2) or Tues 3/3 9-11 am (INFO LAB 1)</td>
<td></td>
</tr>
<tr>
<td>Mon-Sun</td>
<td>3/9-3/15</td>
<td>HAPPY SPRING BREAK</td>
<td></td>
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</tr>
<tr>
<td>Mon-Sun</td>
<td>3/16-3/22</td>
<td>Nutrients Essential to Key Body Functions</td>
<td>Module 8 Quiz: Nutrients for Key Body Functions ASSIGNMENT: Cancer and Antioxidants due in Dropbox by Sunday, 3/22 at 11:59pm</td>
<td></td>
</tr>
</tbody>
</table>
| Mon-Sun | 3/23-3/29 | 9 | Nutrients Essential to Healthy Tissues | Module 9 Quiz: Nutrients for Healthy Tissue  
ASSIGNMENT: Complete both Micronutrient Charts and submit in Dropbox by Sunday, 3/29 at 11:59pm |
<table>
<thead>
<tr>
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<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon-Fri</td>
<td>3/30-4/5</td>
<td>7,8,9</td>
<td>UNIT 3 EXAM REVIEW WEEK</td>
<td>Use the Micronutrient charts along with the review to study for Exam 3.</td>
</tr>
</tbody>
</table>
| Mon-Tues | 4/6-4/7 | | Proctored EXAM 3 – Chapters 7-9  
Dates and times: one hour time slots  
Mon 4/6 2:00-4:00pm (Info Lab 2)  
or Tues 4/7 9:00-11:00am (Info Lab 1) | Unit 3 Exam |
| Mon-Sun | 4/6-4/12 | 10 | Achieving and Maintaining a Healthful Body Weight | Module 10 Quiz: Maintaining a Healthful Body Weight  
CONSIDER taking this week’s quiz BEFORE EASTER BREAK! |
| Th-Fr | 4/9-4/10 | | EASTER BREAK | |
GHRA – Part 3: Summary and Analysis, PLUS Ideal Day’s food log due via Dropbox on Sunday, 4/19 by 11:59pm |
| Mon-Sun | 4/20-4/26 | 14 | Nutrition in Pregnancy and First Year | Module 14 Quiz: Nutrition in Pregnancy and 1st year |
| Mon-Sun | 4/27-5/3 | 15 | Nutrition in Childhood to Late Adult | Module 15 Quiz: Nutrition in Childhood to Late Adult |
**Proctored FINAL EXAM – Chapters 10, 11, 14, 15 + Comprehensive Portion**

Dates and times: one hr time slots
Thur 5/7 2:00-4:00pm (INFO LAB 1)
or
Fri 5/8 9:00-11:00am (INFO LAB 1)

Final Exam during
finals week

***SYLLABUS IS SUBJECT TO CHANGE***


Prerequisites: None

**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: Found at https://www.sfasu.edu/policies**

**Class Attendance and Excused Absence: Policy 6.7** Regular documented participation through interaction with Brightspace D2L course content 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 participation as well as note this information in required reports (including the first 12-day attendance report) and in determining final grades. Students are responsible for notifying their instructors in advance, when possible, for excusable absences. 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.

**Academic Accommodation for Students with Disabilities: Policy 6.1 and 6.6** 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, 468-3004/468-1004 (TDD) 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/disabilityservices/. 
**Student Academic Dishonesty: Policy 4.1** Abiding by university policy on academic integrity is a responsibility of all university faculty and staff. Faculty members promote academic integrity in multiple ways including instruction on the components of academic honesty, as well as abiding by university policy on penalties for cheating and plagiarism.

**Definition of Academic Dishonesty**

Academic dishonesty includes both cheating and plagiarism. Cheating includes but is not limited to (1) using or attempting to use unauthorized materials to aid in achieving a better grade on a component of a class; (2) the falsification or invention of any information, including citations, on an assigned exercise; and/or (3) 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 your own. Examples of plagiarism are (1) submitting an assignment as if it were one’s own work that has been purchased or otherwise obtained from an Internet source or another source; and (3) incorporating the words or ideas of an author into one’s paper without giving the author due credit.

Please read the complete policy at [http://www.sfasu.edu/policies/academic_integrity.asp](http://www.sfasu.edu/policies/academic_integrity.asp).

**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 (see the Student Conduct Code, policy D-34.1). 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 prohibition 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](https://www.sfasu.edu/judicial/earlyalert.asp) or call the office at 936-468-2703.

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.