Human Sciences
NUTR 2339-641 INTRODUCTORY NUTRITION
Fall, 2021

Instructor: Jill Pruett, MS, RD, LD
Course Time & Location: Hybrid* (T/Th 11:00am-12:15pm)
Office: Human Sciences North Room 101F
Phone: Office- (936) 468-7010; Department – (936) 468-4502
Prerequisites: none
Credits: 3 semester hours
Email: Through this course in D2L (preferred) or at pruettjs@sfasu.edu
Virtual Office Hours: Tuesday/Thursday: 1:00 p.m. – 3:30 p.m.**

All office hours will be conducted virtually via Zoom. For more information on how to join the office hours, please review the Getting Started section in Brightspace. Please note: you will be in a waiting room once you join office hours so there may be a wait, as I may be with another student, so be prepared to wait in a virtual waiting room.

Note: Emails and phone calls will be responded to within 24-48 hours, Monday-Friday. The preferred method of communication is through email.

*This is a hybrid course!! Most weeks, you have the option of completing online content, attending live Zoom lessons from 11:00am-12:15pm on T/Th, or watching the recordings from these lessons. It is flexible!

**Other times are available by appointment, office hours subject to change with written notification.

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.

Students in this course receive extensive course content information either in-class or 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: James I. Perkins College of Education Diversity Statement is found at the following link: http://coe.sfasuedu/about-us/

II. Intended Learning Outcomes/Goals/Objectives:
The conceptual framework and the vision, mission, and goals of the James I. Perkins College of Education describe a shared vision and purpose for the SFASU College of Education. It provides coherence for our curriculum, clinical experiences, and assessments. It is linked to the university vision and values and describes how those values translate into knowledge, skills, and dispositions in the College of Education.

It is this philosophy and vision that helps to distinguish our graduates from those of other institutions. This course supports the vision, mission, and core values of the James I. Perkins College of Education
whose mission is to prepare competent, successful, caring, and enthusiastic professionals dedicated to responsible service, leadership, and continued professional intellectual development.

In the College of Education at Stephen F. Austin State University, we value and are committed to:

- Academic excellence through critical, reflective, and creative thinking
- Life-long learning
- Collaborative and shared decision making
- Openness to new ideas, culturally diverse people and innovation and change
- Integrity, responsibility, diligence, and ethical behavior
- Service that enriches the community

**Program Learning Outcomes:** This is a general education core curriculum course and no specific program learning outcomes for this major are addressed in this course

**Student Learning Outcomes:**

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

1. Understand basic human nutritional needs throughout the life.
2. Understand the relationship of digestion, absorption, and metabolism to optimal health.
3. Understand the function of carbohydrates, fat, proteins, vitamins, minerals, and water and their role in promoting and maintaining health.
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.
6. Utilize basic nutrition knowledge and the dietary guidelines for making food choices that will promote optimal health.
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.
9. Develop a wellness program that balances calorie needs, exercise, and a nutritious diet to achieve optimal body weight.
10. Recognize the role of emotional and social issues that influence food selection and attitudes towards health.
11. Assess the effects of diet foods, food additives, and eating disorders on wellness.
12. Explain the effects of genetically engineered foods on consumer’s health and safety.

**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.

**You will have the following activities in this course:**

- Chapter assignments and quizzes that utilize the textbook and enhance understanding of in-class lectures.
- Genetic Health Risk Assessment projects
- Unit exams
Final exam (30% comprehensive, 70% new information)

IV. Evaluation and Assessments (Grading):

1. Unit Exams (3 @ 50 points each = 150 total points). All unit tests will have 50 questions worth 1 point each. All unit tests will take place via Brightspace and are proctored using Proctorio (find out more by reading the content posted to Brightspace). You will have 60 minutes to complete each exam (1 minute per question). There will be no make-up unit exams. In the event that you miss a unit exam, the final exam will count twice for SPECIAL CIRCUMSTANCES ONLY, WITH PRIOR APPROVAL, AND PROPER DOCUMENTATION.

2. Final Exam (30% cumulative, 70% new information worth 50 points). Final exam will have 50 questions worth 1 point each and will take place during finals week. Final exam will take place via Brightspace and will be proctored using Proctorio. Students have 60 minutes to answer 50 questions.

There will be no make-up quizzes, online assignments, or exams. In the event that you miss a quiz, the final exam score will count as your quiz score (example, if you received an 80% on the final exam, you will receive an 80% on the missed quiz) for SPECIAL CIRCUMSTANCES ONLY, WITH PRIOR APPROVAL, AND PROPER DOCUMENTATION. PROPER DOCUMENTATIONS MUST BE SUBMITTED WITHIN 3 DAYS OF MISSING AN ASSESSMENT (see more under “Student Ethics”).

3. Non-GHRA Dropbox Assignments (60 points total). Throughout the semester, activities will be assigned. They may be Dropbox assignments and discussions, and all will be submitted online. They will be worth between 10 – 20 points each, and are included to enhance participation and student learning throughout the semester. Chapter activities cannot be made up. Please be sure to reference the course calendar in the syllabus for assignments and due dates.

This course also includes instructional activities that are delivered asynchronously, or content that the student learns on his/her own time and offers flexibility in scheduling. Examples of asynchronous assignments may include, but are not limited to, quizzes, readings and analysis, discussions, case studies, reflection activities, peer review and skills practice. Asynchronous assignments will equate to approximately 150 minutes per semester.

4. Genetic Health Risk Assessment projects (100 points total). Three assignments apply content to the students’ own lives and their genetic risk for certain health conditions. Students will log current dietary consumption, and gather family history of a variety of medical conditions. The third assignment evaluates and analyzes this information to understand how current behavior and genetic risk can affect their future health outcomes. Additional detail about these assignments, including due dates, is in Brightspace content. Late submission of the evaluation and analysis assignment will result in a reduction of 25% of the total score for each day it is late beginning immediately after the due date.
5. **Module Quizzes (13 @ 10 points each–lowest quiz grade will be dropped=120 points total).**
   At the end of some chapter modules, a quiz will be administered to assess understanding of module content.

6. **Attendance and Participation** All activities, quizzes and tests assigned will be used as attendance/participation verification for all students whether receiving financial aid or not. Please note that attendance and participation are an expectation, and you will not receive grades or points for them.

**Course Performance Evaluation:**

<table>
<thead>
<tr>
<th>Points</th>
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<tbody>
<tr>
<td>3 unit exams</td>
</tr>
<tr>
<td>1 final exam</td>
</tr>
<tr>
<td>Module quizzes</td>
</tr>
<tr>
<td>Genetic Health Risk Assessment assignments (3)</td>
</tr>
<tr>
<td>Non GHRA Dropbox assignments</td>
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Total 480

**Course Point Summary:**

<table>
<thead>
<tr>
<th>Percentage</th>
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<tbody>
<tr>
<td>A (4.0)</td>
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<tr>
<td>B (3.0)</td>
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<tr>
<td>C (2.0)</td>
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<tr>
<td>D (1.0)</td>
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<tr>
<td>F</td>
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</tbody>
</table>

V. Tentative Course Outline/Calendar:

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Chapter</th>
<th>Topic</th>
<th>Activity/Assignment</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/24</td>
<td>T</td>
<td>Syllabus</td>
<td>LIVESTREAM Intro to Course, Syllabus and Expectations</td>
<td></td>
</tr>
<tr>
<td>8/26</td>
<td>Th</td>
<td>Ch. 1, Ch. 2</td>
<td>LIVESTREAM – Nutrition: Linking Food and Health</td>
<td>ONLINE QUIZ – Nutrition DUE 8/29</td>
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<tr>
<td></td>
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<td></td>
<td>ONLINE ASSIGNMENT “Cronometer, My AMDR” DUE 8/29</td>
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<tr>
<td>8/31, 9/2</td>
<td>T, Th</td>
<td>Ch 2</td>
<td>LIVESTREAM Designing a Healthful Diet</td>
<td>ONLINE QUIZ – Healthful Diet DUE 9/5</td>
</tr>
<tr>
<td>9/7, 9/9</td>
<td>T, Th</td>
<td>Ch. 3</td>
<td>LIVESTREAM</td>
<td>ONLINE QUIZ – Digestion</td>
</tr>
<tr>
<td>Date</td>
<td>Day</td>
<td>Ch.</td>
<td>Time/Location/Notes</td>
<td>Quiz</td>
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<tr>
<td>9/14</td>
<td>T</td>
<td>Ch. 1-3</td>
<td>Exam 1, Ch. 1-3 – opens at 12:00am and closes by 11:59pm (No Livestream Class)</td>
<td>Exam 1</td>
</tr>
<tr>
<td>9/16, 9/21</td>
<td>Th, T</td>
<td>Ch. 4</td>
<td>LIVESTREAM Carbohydrates “Finding gram of carbohydrates”</td>
<td>Exam 1</td>
</tr>
<tr>
<td>9/23, 9/28</td>
<td>Th, T</td>
<td>Ch. 5</td>
<td>LIVESTREAM Lipids (Fats)</td>
<td>Exam 1</td>
</tr>
<tr>
<td>9/30, 10/5</td>
<td>Th, T</td>
<td>Ch. 6</td>
<td>ONLINE MODULE - No Livestream Class Proteins</td>
<td>Exam 1</td>
</tr>
<tr>
<td>10/7</td>
<td>Th</td>
<td></td>
<td>Exam 2, Ch. 4-6 – opens at 12:00am and closes by 11:59pm (No Livestream Class)</td>
<td>Exam 2</td>
</tr>
<tr>
<td>10/12, 10/14</td>
<td>T, Th</td>
<td>Ch. 7</td>
<td>LIVESTREAM Fluid and Electrolyte Balance</td>
<td>Exam 2</td>
</tr>
<tr>
<td>10/19, 10/21</td>
<td>T, Th</td>
<td>Ch. 8</td>
<td>ONLINE MODULE – No Livestream Class Nutrients Essential to Key Body Functions</td>
<td>Exam 2</td>
</tr>
<tr>
<td>10/26, 10/28</td>
<td>T, Th</td>
<td>Ch. 9</td>
<td>LIVESTREAM Nutrients Essential to Healthy Tissues</td>
<td>Exam 2</td>
</tr>
<tr>
<td>11/2</td>
<td>T</td>
<td></td>
<td>Exam 3, Ch. 7-9 – opens at 12:00am and closes by 11:59pm (No Livestream Class)</td>
<td>Exam 3</td>
</tr>
<tr>
<td>Date</td>
<td>Day(s)</td>
<td>Chapter</td>
<td>Topic</td>
<td>Action</td>
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<tr>
<td>11/4, 11/9</td>
<td>Th, T</td>
<td>Ch. 10</td>
<td>LIVESTREAM Achieving and Maintaining a Healthful Body Weight</td>
<td>ONLINE QUIZ – Body Weight DUE 11/14</td>
</tr>
<tr>
<td>11/11, 11/16</td>
<td>Th, T</td>
<td>Ch. 11</td>
<td>ONLINE MODULE – No Livestream Class Nutrition and Physical Fitness</td>
<td>ONLINE QUIZ – Physical Fitness DUE 11/21 ONLINE ASSIGNMENT GHRA Summary and Analysis DUE 11/21</td>
</tr>
<tr>
<td>11/18</td>
<td>Th</td>
<td>Ch. 14</td>
<td>LIVESTREAM Nutrition in Pregnancy and First Year</td>
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<tr>
<td>11/22-11/26</td>
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<td></td>
<td>HAPPY THANKSGIVING</td>
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<tr>
<td>11/30, 12/2</td>
<td>T, Th</td>
<td>Ch. 14</td>
<td>LIVESTREAM Finish Preg/1st year; Nutrition in Childhood to Late Adult</td>
<td>ONLINE QUIZZES – Pregnancy/1st yr and Childhood &amp; Adult BOTH DUE 12/5</td>
</tr>
<tr>
<td>12/7-12/9</td>
<td>T-Th</td>
<td></td>
<td>Final Exam opens 12am on Tuesday, 12/7 and closes at 11:59pm on Thursday, 12/9</td>
<td>FINAL EXAM <em><strong>SYLLABUS IS SUBJECT TO CHANGE</strong></em></td>
</tr>
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**VI. Readings (Required and recommended—including texts, websites, articles, etc.):**


**Prerequisites:** None

**Using technology in online testing:** Students are required to have a computer that can be accessed daily, and that is connected to the Internet. If a computer is not available, the University provides computers free of charge at various locations on campus.

It is not recommended that students take exams using cell phones or other handheld devices, and that they take exams on campus, if possible. If they choose to take an exam at a computer that is not supported by the University, it is done so at the student’s 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. Exams taken off campus that experience technical difficulties 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.

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, punctual attendance, documented participation, and submission of completed assignments are expected at all classes and other activities. 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 (including the first 12 day attendance report) 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. 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.

**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 by the deadline set by the instructor of record, not to exceed 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., Military Service Activation (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.

If a student has been found guilty of academic dishonesty, a grade of “WP” or “WH” may be changed to “WF” at the discretion of the faculty member. In the case of a grade change to “WF”, the course will not count towards the six course drop limit since the student is incurring an academic penalty.
Student Code of Conduct: Policy 10.4 Interference or disruption of students, faculty, administration, staff, the educational mission, or routine operations of the university is prohibited. Such activity includes, but is not limited to, behavior in a classroom or instructional program that interferes with the instructor or presenter’s ability to conduct the class or program, or the ability of others to profit from the class or program. To remain in the vicinity of activity that is disrupting normal university functions when requested to leave by a university official is prohibited. Bystanders, if their presence incites or adds to the disruption, as well as more active participants in the disruptive activity, may be in violation of this policy as well. Engaging in physical violence of any nature against any person. This includes fighting; assaulting; battering; using a knife, gun, or other weapon; or acting in a manner that threatens or endangers the physical health or safety of any person or causes a reasonable apprehension of such harm.

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 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.

On-campus Resources: SFASU values students’ mental health and the role it plays in academic and overall student success. SFA provides a variety of resources to support students mental health and wellness. Many of these resources are free, and all of them are confidential.

SFASU Counseling Services:

www.sfasu.edu/counselingservices

3rd Floor Rusk Building
936-468-2401

SFASU Human Services Counseling Clinic:

www.sfasu.edu/humanservices/139.asp

Human Services Room 202
936-468-1041

Crisis Resources:

Burke 24-hour crisis line 1(800) 392-8343
Suicide Prevention Lifeline 1(800) 273-TALK (8255)
Crisis Text Line: Text HELLO to 741-741
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.