Stephen F. Austin State University  
NUTR 1138-503  
Diet and Fitness  
Fall II, 2023

Instructor: Jill Pruett, MS, RDN, LD  
Course Time & Location: Online (8-week course)  
Prerequisites: none required  
Credits: 1 semester hour  
Email: Through this course in Brightspace (preferred) or at pruettjs@sfasu.edu *  
Office: Human Science North Room 101F  
Office Phone: (936) 468-7010

*Note: Emails and phone calls will be responded to within 24-48 hours, Monday-Friday. The preferred method of communication is through email. **Students are expected to respond to the instructor’s emails within 24-48 hours as well.**

Office Hours: All office hours will be conducted via Zoom and in my office. For information on how to join the virtual office hours, please review the content in Brightspace about virtual office hours. If these days/time do not work with your schedule, send me an email outlining other times that you are available.

Tues/Thurs:  9:30am-10:30am; 1:00-2:30pm  ONLINE and in office

This is a fully online 8-week course, starting on 10/23/2023 and ending on 12/15/2023

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

Students in this course receive extensive course content information via online content modules equivalent to 100 minutes per week for 8 weeks, with a final exam on week 8. Students will engage in a variety of assignments that will include, but are not limited to, quizzes and a final exam. For every hour a student spends engaging with the course content, they should spend at least two hours completing associated activities and assessments.

PCOE 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:
The vision, mission, and core values of the James I. Perkins College of Education (PCOE) is to prepare competent, successful, caring, and enthusiastic professionals dedicated to responsible service, leadership, and continued professional intellectual development. The PCOE’s vision,
mission, and goals are linked to the Stephen F. Austin State University vision and values and describe 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. The complete listing of the standards associated with the Program Learning Outcomes, Student Learning Outcomes, assignments, and assessments are located on the PCOE website.

In the PCOE, 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

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.

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 wellness and health and preventing disease. *
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 consumers health and safety.
13. Recognize the potential for food borne illness to impair health and well-being.
14. Describe appropriate food safety practices, including sanitation procedures, that when utilized during food procurement, preparation, and storage will minimize the risk of food borne illness.
15. Analyze entrepreneurial opportunities in nutrition, wellness, food service and technology. * (4.2s)
16. Understand employment and entrepreneurial opportunities in nutrition, wellness, and food science and technology. * (4.6k)

TEA Standards for Family and Consumer Sciences can be reviewed by following the link:

https://mslivesfasu-my.sharepoint.com/:w:/g/personal/strahljl_sfasu_edu/EcczVRuj6KFNi0nc_79To0QBCTv66GNTW3yRO2XjxQvOeQ?e=wq7mag

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. If you need help with Brightspace, please contact the Brightspace Support team at (936) 468-1919.

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
This course is entirely online and will be coordinated through Brightspace. It is imperative that you check Brightspace multiple times throughout the week to stay informed with any course updates. Additionally, students should check their grade points in Brightspace. Any discrepancies in points must be resolved within one week after the assignment grades have been posted, otherwise, the posted grade points are considered final and will not be reviewed later.

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 (such as Wifi) or other technical problems on 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. It is best to take the exam between 8:00 am to 5:00 pm on the scheduled day in the event you have technical problems. NOTE: technology problems associated with course activities are not a valid excuse for missing a quiz or exam.

If you experience technical difficulties, please contact the SFA resources below:
1. Brightspace technical support (936) 468-1919 from 8:00 am to 5:00 pm. Please note the Brightspace technical support is not available on weekends.

2. SFA IT computer support: (936) 468-4357, available from 8:00 am to 5:00 pm M-F.

IV. Evaluation and Assessments (Grading):

1. Unit Quizzes (13 @ 20 points each; one quiz grade will be dropped = 240 total points) and a comprehensive final exam (50 points). You will have two opportunities to take each quiz, and the LAST attempt will be recorded. What this means is if you made an 80% on your first attempt and you retake the quiz and make a 70% on it, the second attempt will be the one recorded in the grade book. NOTE: The questions for each quiz attempt will be different, so there is a good chance you will not get the same questions if you choose to take a quiz twice. Quizzes and exams will be timed (approximately 60 seconds per question), so be sure and know the information and watch the clock.

There will be no make-up unit quizzes. Not completing all the unit quizzes by the due dates will result in a zero and will negatively impact your grade. If you are not able to complete work due to an illness or injury, you must notify the instructor as soon as possible, ideally well before the due date. ONLY SPECIAL CIRCUMSTANCES WITH PRIOR INSTRUCTOR APPROVAL, AND WITH PROPER DOCUMENTATION will be considered for excused absences. Since the quizzes are open for the entire term, excuses are rarely accepted, and a “0” for any missed quizzes will be assigned.

2. Final Exam. (50 points). There is one exam. It is a comprehensive final exam, covering all the modules in this course. Missing the final exam without an approved valid excuse will result in a grade of 0 and will significantly impact your grade. The instructor will determine if the excuse is approved and valid.

<table>
<thead>
<tr>
<th>Grade assignment:</th>
<th>Points</th>
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<tbody>
<tr>
<td>Quizzes (13 quizzes x 13--1 dropped)</td>
<td>240</td>
</tr>
<tr>
<td>Comprehensive final exam</td>
<td>50</td>
</tr>
<tr>
<td>Total Points</td>
<td>290</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Grading Scale</th>
<th>Percentage</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>90-100%</td>
<td>261-290</td>
</tr>
<tr>
<td>B</td>
<td>80-89%</td>
<td>232-260</td>
</tr>
<tr>
<td>C</td>
<td>70-79%</td>
<td>203-231</td>
</tr>
<tr>
<td>D</td>
<td>60-69%</td>
<td>174-202</td>
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<tr>
<td>F</td>
<td>59% or less</td>
<td>&lt;174</td>
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V. Tentative Course Outline/Calendar

This course is mostly self-paced, which means that it is up to you to complete the work by the couple of due dates outlined below. If you follow this calendar, there is less of a chance that you will run out of time to meet the deadlines.

All unit quizzes open starting on the first day of the term. Each quiz is due by 11:59 pm on the dates listed below. There are limited valid and excused reasons to miss quiz due dates because they are open the entire semester, therefore, PLEASE refer to this calendar weekly to stay on top of specific dates.

- The first two quizzes, over Modules 1 & 2, are DUE within the first two weeks of class for attendance purposes – see date below.
- All remaining quizzes are DUE before the final exam—see date below.
- The final exam will be open for two days. Choose the day and time that works best for you within that timeframe—see date below. NOTE: the final exam closes promptly at 6 pm on the last day.

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topic/Module</th>
<th>Due Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 &amp; 2</td>
<td>10/23-11/5</td>
<td>Getting Started: Syllabus/calendar/office hours</td>
<td>Quiz 1: Nutrition</td>
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<tr>
<td></td>
<td></td>
<td>Nutrition: Making it Work for You</td>
<td>Quiz 2: Digestion</td>
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<td></td>
<td></td>
<td>The Human Body: Digestion</td>
<td>Both quizzes are DUE</td>
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<td>Sunday, 10/29</td>
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<tr>
<td>3</td>
<td>11/6-11/12</td>
<td>Carbohydrates: Plant-Derived Energy Nutrients</td>
<td>Quiz 3: CHO</td>
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<tr>
<td></td>
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<td>Fats: Essential Energy-Supplying Nutrients</td>
<td>Quiz 4: Fat</td>
</tr>
<tr>
<td>4</td>
<td>11/13-11/19</td>
<td>Proteins: Crucial Components of All Body Tissues</td>
<td>Quiz 5: Pro</td>
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<td></td>
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<td>Vitamins: Micronutrients with Macro Powers</td>
<td>Quiz 6: Vitamins</td>
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<td>Fluid Balance, Water and Alcohol</td>
<td>Quiz 8: Fluids</td>
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<td><strong>NOTE: This is Thanksgiving Break Week—plan accordingly</strong></td>
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<tr>
<td>6</td>
<td>11/27-12/4</td>
<td>Achieving and Maintaining a Healthful Body Weight</td>
<td>Quiz 9: Healthy weight</td>
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<tr>
<td></td>
<td></td>
<td>Nutrition and Physical Activity: Keys to Good Health</td>
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</tbody>
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VI. Readings (Required and recommended—including texts, websites, articles, etc.):
No textbook is required for this course. All information needed to be successful is available in the course modules.


VII. Course Evaluations:
Near the conclusion of each semester, students in the PCOE electronically evaluate courses through a university provided survey through MySFA. 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! 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 Policy

**Important course related policies:**

*Course Grades (Including WH), Policy 5.5*
Final Course Grade Appeals by Students, Policy 6.3  
Academic Accommodation for Students with Disabilities, Policy 6.1

Appeal Procedure Relating to the Provision of accommodations for students with Disabilities, Policy 6.6

Class Attendance, Policy 6.7  
Code of Student Conduct and Academic Integrity, Policy 10.4  

SFA prohibits certain acts of academic conduct, and they can be categorized as cheating, plagiarism, collusion and misrepresentation. Specifically, the use of artificial intelligence (AI) in this course will not be accepted. Students who choose to participate in any type of prohibited academic activities will go through a set process outlined in the policy. Please review the policy in full in the link above.

***Other other SFA Policy Information

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. You may work at your own pace, but it is recommended you complete this course early.