Instructor: Sarah Drake, MS, RD, LD
Office: HMS North 101 D
Office Phone: (936) 468-5560

Course Time & Location: Online
Credits: 3 semester hours
Email: Through this course in D2L (preferred)
or drakes@sfasu.edu (alternative)

Office Hours: Mon: 1:00pm – 2:00pm; Tues/Thurs: 11:30am – 1:30pm
All office hours are face-to-face; Zoom by appointment only; hours subject to change with written notification

Communication Expectations: 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 check their Brightspace (D2L) account several times a week being an online class.

Prerequisites: NUTR 2339

**SYLLABUS IS SUBJECT TO CHANGE***

_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 early if you have any personal issues that affect your participation._

_Do not wait until a deadline and tell me you have a computer problem._

_Start early and be able to access another computer such as one at the SFA library._

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._

Course Justification:
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 to 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.

James I. Perkins College of Education Diversity Statement is found at the following link: [http://coe.sfasu.edu/about-us/](http://coe.sfasu.edu/about-us/).

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:

**PCOE Mission**

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.

**Relation to learning experiences in NUTR 3339**

This course will afford the student the opportunity to develop competence in understanding and applying knowledge of food and nutrition through various assignments/discussions.

**PCOE Core Values**

<table>
<thead>
<tr>
<th><strong>PCOE Core Values</strong></th>
<th><strong>Relation to learning experiences in NUTR 3339</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Academic excellence through critical, reflective and creative thinking</strong></td>
<td>Students will use critical, reflective and creative thinking skills in order to complete the popular press research paper.</td>
</tr>
<tr>
<td><strong>Life-long learning</strong></td>
<td>Students will utilize the process of learning to develop and/or expand interests in key nutrition concepts taught in the course.</td>
</tr>
<tr>
<td><strong>Collaboration and shared decision making</strong></td>
<td>Students will work together as a team for discussion assignments.</td>
</tr>
<tr>
<td><strong>Openness to new ideas, culturally diverse people and innovation and change</strong></td>
<td>The content throughout the course will expose the students to culturally diverse ideas.</td>
</tr>
<tr>
<td><strong>Integrity, responsibility, diligence and ethical behavior</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Service that enriches the community</strong></td>
<td>Students will understand the value of food systems and its effect on the local, state, national and global community.</td>
</tr>
</tbody>
</table>

### Program Learning Outcomes

**Students will demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence-based practice decisions (ACEND KRDN 1.1).**

**Student Learning Outcomes**

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.

**Students will apply critical thinking skills (ACEND KRDN 1.3).**

**Student Learning Outcomes**

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.

**Students are able to demonstrate effective and professional oral and written communication and documentation (ACEND KRDN 2.1).**

**Student Learning Outcomes**

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.
Student Learning Outcomes (SLO)
Upon successful completion of this course the student should 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 (936) 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 (936) 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 through the university. 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.** Dates are provided on the syllabus schedule.

You will be utilizing the online proctoring service called **Proctorio.** This platform allows you to take an online exam in D2L while being proctored in a remote location. **Taking an exam through Proctorio requires that you have a functioning webcam and audio capacity.** You will also need access to a desktop or laptop computer. Tablets, smart phones, Chromebooks, and other mobile devices are not optimal and/or supported at this time.

- **It is your responsibility** to complete 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.
- **There will be no associated costs or fees with the usage of the Proctorio services.**
- 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 Proctorio’s software.
  1. Go to proctorio.com/support (https://proctorio.com/support), and there is a 1-2-3 guide there (about halfway down the page - just click Setting Up Proctorio).
  2. Complete the initial diagnostic to make sure your electronic device is equipped. Then, login to D2L as you normally would in the updated Google Chrome extension for Proctorio to function.
  3. **Google Chrome is the ONLY browser to use when taking an exam with Proctorio!**

Additional information to consider with online exams:

- 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, coffee shops, library, etc.). Otherwise, you will need to contact the SFA testing center at (936) 468-3958 to make an appointment.

3. Assignments:

**Popular Press Nutrition Article (100 points) QClassroom 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**

4. Peer Introductions:

Complete your peer introductions in the “Getting Started” module. This introductory course content can also be found in the Discussions section. You will answer the following introduction questions and then respond to two fellow peers in the class. This assignment needs to be completed by 09/04/2022. **Worth 10 points**.

<table>
<thead>
<tr>
<th>Grade Assignment</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peer Introductions</td>
<td>10</td>
</tr>
<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>
</tr>
<tr>
<td><strong>Total:</strong></td>
<td><strong>360</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grade Scale</th>
<th>Percentage</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>90%-100%</td>
<td>324-360</td>
</tr>
<tr>
<td>B</td>
<td>80-89.9%</td>
<td>288-323</td>
</tr>
<tr>
<td>C</td>
<td>70-79.9%</td>
<td>252-287</td>
</tr>
<tr>
<td>D</td>
<td>60-69.9%</td>
<td>216-251</td>
</tr>
<tr>
<td>F</td>
<td>Less than 60%</td>
<td>Less than 216</td>
</tr>
</tbody>
</table>

**Note to all DPD Students:** This course contains KRDN assessments. If you receive less than a 70% on any KRDN assessments, you will be required to complete remediation (redo the assessment to receive 70% or greater). This will not change your initial grade on the assignment, but the remediation is required to be documented in order to receive a verification statement of completion upon graduation, which is needed to sit for the nutrition and dietetics technician, registered (NDTR) exam or to apply for dietetic internships.
## V. Tentative Course Outline/Calendar:

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Topic</th>
<th>Assignments</th>
<th>Exam Dates (All due on Sundays be 11:59pm unless other stated)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon-Sun</td>
<td>8/28-9/10</td>
<td><strong>Weeks 1 and 2</strong></td>
<td><strong>Introduction Discussion Post</strong> due on Sunday, 9/10, by 11:59pm</td>
<td>Quiz 1: Nutr.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Getting Started</td>
<td></td>
<td>NOTE: Completion of this quiz will document participation for the 12th class day role</td>
</tr>
<tr>
<td>Mon-Sun</td>
<td>9/11-9/17</td>
<td><strong>Week 3</strong></td>
<td></td>
<td>Quiz 2: Dig</td>
</tr>
<tr>
<td>Mon-Sun</td>
<td>9/18-10/1</td>
<td><strong>Weeks 4 and 5</strong></td>
<td></td>
<td>Quiz 3: Macro</td>
</tr>
<tr>
<td>Mon-Sun</td>
<td>10/2-10/8</td>
<td><strong>Week 6</strong></td>
<td></td>
<td>Quiz 4: Wt</td>
</tr>
<tr>
<td>Mon-Sun</td>
<td>10/9-10/15</td>
<td><strong>Week 7</strong></td>
<td></td>
<td>Quiz 5: Vit</td>
</tr>
<tr>
<td>Mon-Sun</td>
<td>10/16-10/22</td>
<td><strong>Week 8</strong></td>
<td></td>
<td>Quiz 6: Min</td>
</tr>
<tr>
<td>Mon-Sun</td>
<td>10/23-10/29</td>
<td><strong>Week 9</strong></td>
<td><strong>3 peer-reviewed research articles due in Dropbox</strong> due on Sunday, 10/29, by 11:59pm</td>
<td><strong>Proctored Midterm Exam</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chapters 17 &amp; 18 – Nutrition Care and Assessment, Nutrition Intervention</td>
<td>Exam closes at 11:59pm on Sunday, 10/29. It is proctored via Proctorio</td>
<td></td>
</tr>
<tr>
<td>Mon-Sun</td>
<td>10/30-11/5</td>
<td><strong>Week 10</strong></td>
<td></td>
<td>Quiz 7: ENPN</td>
</tr>
<tr>
<td>Mon-Sun</td>
<td>11/6-11/12</td>
<td><strong>Week 11</strong></td>
<td></td>
<td>Quiz 8: Meds</td>
</tr>
<tr>
<td>Mon-Sun</td>
<td>11/13-11/19</td>
<td><strong>Week 12</strong></td>
<td><strong>Popular Press Nutrition Article Research paper-QClassroom</strong></td>
<td>Quiz 9: GI (Due 11/26 due to holiday break)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chapters 23 &amp; 24 – Upper and Lower Gastrointestinal Disorders</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
** Syllabus is Subject to Change with Written Notification **

VI. Readings (Required and recommended—including texts, websites, articles, etc.):


**QClassroom Statement:** This course uses the QClassroom 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. Support emails will come from qclassroom@sfasu.edu.

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: Attendance is critical in this course for success. Students are expected to log-in on a regular basis. Any student having a PLANNED ABSENCE for an SFA university function MUST NOTIFY the professor IN WRITING (email) prior to the absence if the absence affects a student’s ability to complete the unit exams or final exam. This note may be accompanied by an official, signed SFA memo stating the necessity of the absence. Notes not accompanied by such a memo will be verified on the web page for the Registrar’s Office that documents the absence of students for University related functions. It is the responsibility of the student to make arrangements for missed time BEFORE the absence occurs. Please contact me through the email system provided in this course.

There is no class participation grade; however, class participation is extremely important. You must log in on a regular basis and complete the quizzes prior to the due date.

Acceptable Student Behavior 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 or call the office at 936-468-2703.

Student Code of Conduct Academic Integrity (Policy 4.1) The Code of Student Conduct and Academic Integrity outlines the prohibited conduct by any student enrolled in a course at SFA. It is the responsibility of all members of all faculty, staff, and students to adhere to and uphold this policy.

Articles IV, VI, and VII of the new Code of Student Conduct and Academic Integrity outline the violations and procedures concerning academic conduct, including cheating, plagiarism, collusion, and misrepresentation. Cheating includes, but is not limited to: (1) Copying from the test paper (or other assignment) of another student, (2) Possession and/or use during a test of materials that are not authorized by the person giving the test, (3) Using, obtaining, or attempting to obtain by any means the whole or any part of a non-administered test, test key, homework solution, or computer program, or using a test that has been administered in prior classes or semesters without permission of the Faculty member, (4) Substituting for another person, or permitting another person to substitute for one’s self, to take a test, (5) Falsifying research data, laboratory reports, and/or other records or academic work offered for credit, (6) Using any sort of unauthorized resources or technology in completion of educational activities.

Plagiarism is the appropriation of material that is attributable in whole or in part to another source or the use of one’s own previous work in another context without citing that it was used previously, without any indication of the original source, including words, ideas, illustrations, structure, computer code, and other expression or media, and presenting that material as one’s own academic work being offered for credit or in conjunction with a program course or degree requirements.
Collusion is the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any provision of the rules on academic dishonesty, including disclosing and/or distributing the contents of an exam.

Misrepresentation is providing false grades or résumés; providing false or misleading information in an effort to receive a postponement or an extension on a test, quiz, or other assignment for the purpose of obtaining an academic or financial benefit for oneself or another individual or to injure another student academically or financially.

**Withheld Grades Semester Grades Policy (5.5)** Ordinarily, at the discretion of the instructor of record and with the approval of the academic chair/director, a grade of WH will be assigned only if the student cannot complete the coursework 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. If students register for the same course in future terms the WH will automatically become an F and will be counted as a repeated course to compute the grade point average. For additional information, go to [https://www.sfasu.edu/policies/course-grades-5.5.pdf](https://www.sfasu.edu/policies/course-grades-5.5.pdf).

**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, 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/](http://www.sfasu.edu/disabilityservices/).

**Student Wellness and Well-Being** 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.

**On-campus Resources:**

**SFASU Counseling Services**

[www.sfasu.edu/counselingservices](http://www.sfasu.edu/counselingservices)

3rd Floor Rusk Building

936-468-2401

**SFASU Human Services Counseling Clinic:**

[www.sfasu.edu/humanservices/139.asp](http://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)
Other policies: 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. You may work at your own pace, but it is recommended you complete this course early.

IX. Other Relevant Course Information:

Professional Writing:
All written assignments must reflect professional writing skills. If there are five or more errors of grammar, spelling, sentence structure and/or organization the assignment will NOT be graded and will result in a grade of zero. If you have difficulty with appropriate professional writing you should utilize the services offered by the Academic Assistance and Resource Center located in Steen Library. You should also consider the use of the SFA Online Writing Lab (OWL). For a reference style guide, please utilize the following website for APA formatting guidelines https://www.mendeley.com/guides/apa-citation-guide.

Withdrawal from the course: Last day to drop a course or withdraw from the University without WP or WF varies from semester-to-semester. Please check out the Registrar’s “Important Dates” for more information on these dates this semester: https://www.sfasu.edu/registrar/registration-information/dates-deadlines

Other policies: 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.