Syllabus
NUTR 1138-503 – Diet and Fitness
Spring 2024

Instructor: Landon Evans MS, ACSM-CEP, RDN, LD
Course Time & Location: Online (8 week course)
Office: Human Science North 101 *Main office location for Human Sciences Dept
Office Phone: (936) 468-4502 *Main number for Human Sciences Dept
Email: Through this course in D2L or at Landon.Evans@sfasu.edu
Office Hours: Fridays 1-2 pm via Zoom, other times are available by appointment. Please email me to schedule a meeting via Zoom during office hours or at other times.

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

Prerequisites: none required

Credits: 1 semester hour

This is a fully online 8-week course!!!! The course starts on 03/18/2024 and ends 05/10/2024.

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 not limited to, quizzes and a final exam. For every hour a student spends engaging with the course content, they spend at least two hours completing associated activities and assessments.

II. Intended Learning Outcomes/Goals/Objectives:
This course supports the vision, mission, and core values of the Perkins College of Education (PCOE)

<table>
<thead>
<tr>
<th>PCOE Mission</th>
<th>Relation to learning experiences in NUTR 1138</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 students the opportunity to develop competence in understanding and applying knowledge of food and nutrition.</td>
</tr>
</tbody>
</table>

COE Core Values
Academic excellence through critical, reflective and creative thinking

Students will use critical, reflective and creative thinking skills in applying nutritional science concepts through application-based questions.

Life-long learning

Students will utilize the process of learning to develop and/or expand interests in key nutrition concepts taught in the course.

Collaboration and shared decision making

Students will begin to develop an understanding of the role of nutrition and nutrition-professionals in an interdisciplinary healthcare team.

Openness to new ideas, culturally diverse people and innovation and change

Students will gain an understanding of the multitude of food sources of various nutrients, ultimately recognizing that there is no one way to meet all nutrient needs and diet and lifestyle approaches can be tailored to a person’s preferences and unique needs.

Integrity, responsibility, diligence and ethical behavior

Students will become aware of the impact of values, beliefs and attitudes in relation to health and chronic disease.

Service that enriches the community

Students will understand the value of food systems and its effect on health and chronic disease at a community, national, and possibly global level.

---

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

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. Determine optimal body weight and relate energy balance to the problems of overweight and underweight.
8. Develop a wellness program that balances calorie needs, exercise, and a nutritious diet to achieve optimal body weight.
9. Recognize the role of emotional and social issues that influence food selection and attitudes towards health.

III. Course Assignments, Activities, Instructional Strategies, use of Technology:
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 Office of Instructional Technology (OIT) at 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
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 you grade. If you need technical assistance during an exam please call Brightspace Support at (936) 468-1919. Brightspace assistance is available from 8am-5 pm, M-F.

IV. Evaluation and Assessments (Grading):

1. Module Quizzes (12 @ 20 points each = 240 total points) There will be 13 module quizzes, with the lowest quiz grade dropped (meaning 12 quizzes count toward your final grade). **You will have two opportunities to take an 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%, that attempt will be the one recorded in the grade book. **The questions for each attempt will be different.** Quizzes will be timed (approximately 60 seconds per question), so be sure and know the information.

2. Comprehensive final exam (50 points) The final exam covers all content in the course. The exam consists of multiple-choice questions and you have roughly one minute per question. Look in the Brightspace for an exam review. **You only have one attempt at the final exam.**

Copying from someone else's screen while taking the quizzes or 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 quizzes. In the event that you miss a quiz, the final exam will count twice (points adjusted) for **SPECIAL CIRCUMSTANCES ONLY, WITH PRIOR APPROVAL, AND PROPER DOCUMENTATION.** Since the exams are open for the entire semester, excuses are rarely accepted, and a 0 for that quiz will be assigned. Missing the final exam 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 Brightspace Support at (936) 468-1919 between M-F, between 8am to 5pm. Remember, technology problems associated with exams is not a valid excuse.

Grade assignment:

<table>
<thead>
<tr>
<th>Module Quizzes (12 exams x 20)</th>
<th>240</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comprehensive final exam</td>
<td>50</td>
</tr>
<tr>
<td><strong>Total Points</strong></td>
<td>290</td>
</tr>
</tbody>
</table>

Grade Scale

<table>
<thead>
<tr>
<th>Grade</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>
</tr>
<tr>
<td>F</td>
<td>59% or less</td>
<td>&lt;174</td>
</tr>
</tbody>
</table>

V. Tentative Course Outline/Calendar:

This course is self-paced. Most unit quizzes are open until the end of the 8-week semester just before the final exam. There are 2 exceptions: quiz 1 and 2 are due within the two weeks of class for attendance purposes and the final exam is only open for a 5-day window the last week of class. The “due dates” column of the course calendar is basically a suggestion of when to complete the module so as you move through this course at an appropriate pace.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Topic</th>
<th>Due Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon-Sun</td>
<td>3/18-3/24</td>
<td>Getting Started, Nutrition: Making it Work for You</td>
<td>Quiz 1: Nutrition&lt;br&gt;Quiz 2: Digestion&lt;br&gt;Must complete these first two exams by Wed, 3/31 by 11:59pm to indicate participation in the course for the 12th class day role.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>The Human Body: Are We Really What We Eat?</td>
<td></td>
</tr>
</tbody>
</table>

The rest of the course will be self-paced. The dates provided are to help you manage your schedule efficiently. The unit quizzes below will all close on 5/5.
### Syllabus and Course Timeline

Syllabus and Course Timeline are subject to change. Always refer to the Course Timeline in Brightspace for specific due dates and times of quizzes and exams.

**VI. Readings (Required and recommended—including texts, websites, articles, etc.):** No textbook is required for this course. All of the information that I want you to know is available in the modules.


**VII. Course Evaluations:**

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Topic</th>
<th>Due Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon-Sun</td>
<td>3/25-3-31</td>
<td>Carbohydrates: Plant-Derived Energy Nutrients</td>
<td>Quiz 3: CHO</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fats: Essential Energy-Supplying Nutrients</td>
<td>Quiz 4: Fat</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Proteins: Crucial Components of All Body Tissues</td>
<td>Quiz 5: Pro</td>
</tr>
<tr>
<td>Mon-Sun</td>
<td>4/1-4/7</td>
<td>Vitamins: Micronutrients with Macro Powers</td>
<td>Quiz 6: Vit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Minerals: Building and Moving Our Body</td>
<td>Quiz 7: Min</td>
</tr>
<tr>
<td>Mon-Sun</td>
<td>4/8-4/14</td>
<td>Fluid Balance, Water and Alcohol</td>
<td>Quiz 8: Fluids</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Achieving and Maintaining a Healthful Body Weight</td>
<td>Quiz 9: Weight</td>
</tr>
<tr>
<td>Mon-Sun</td>
<td>4/15-4/21</td>
<td>Nutrition and Physical Activity: Keys to Good Health</td>
<td>Quiz 10: Phys</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Nutrition Throughout the Lifecycle: Pregnancy and Infancy</td>
<td>Quiz 11: Preg</td>
</tr>
<tr>
<td>Mon-Sun</td>
<td>4/22-4/28</td>
<td>Nutrition Throughout the Lifecycle: Toddlers and Childhood</td>
<td>Quiz 12: Child</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Nutrition Throughout the Lifecycle: Adulthood and Elderly</td>
<td>Quiz 13: Elderly</td>
</tr>
<tr>
<td>Mon-Fri</td>
<td>4/29-5/5</td>
<td>Review all modules for the final exam</td>
<td><strong>All quizzes must be completed by Sunday, 5/5 before 11:59pm</strong></td>
</tr>
<tr>
<td>Mon-Fri</td>
<td>5/6-5/10</td>
<td>Comprehensive Final: Opens at 12:00 am on 5/6, closes at 11:59 pm on 5/10</td>
<td>Final Exam</td>
</tr>
</tbody>
</table>
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

Institutional Absences (HOP 04-110): An Institutional Absence may be granted to a student who participates as a representative of the University in academic (including research), extra- or cocurricular, or athletic activities. Students will be excused for institutional purposes from otherwise required academic activity only when a valid Institutional Absence is approved by the appropriate administrative unit or official and the documentation of approval is provided to the faculty member at least five (5) days in advance.

Institutional absences will not be approved for keystone events, defined as: a special or unique assignment, test, project, experience, or other academic exercise identified by the Faculty member as critical for successful completion of standards of the class and unable to be missed. These events must be identified on the syllabus at the beginning of the semester and communicated to the students. Events added to the syllabus at a later date will not qualify for Keystone Event status. Keystone Events where the date/time is changed will no longer be considered a Keystone Event. Students should make themselves aware of any Keystone Events identified in the syllabus to ensure there are no conflicts.

For keystone events where the assignment dates vary, it is incumbent upon the students to work with their faculty member to not select a conflicting date.

More information on Institutional Absences, including how to apply, can be found at https://www.sfasu.edu/deanofstudents/student-resources/institutional-absences.

Code of Student Conduct and Academic Integrity (HOP 04-106): The Code of Student Conduct and Academic Integrity (HOP 04-106) 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. For additional information, go to https://www.sfasu.edu/docs/hops/04-106.pdf.

**Withheld Grades/Semester Grades Policy (HOP 02-206):** 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/docs/hops/02-206.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 promptly may
delay your accommodations. For additional information, go to
http://www.sfasu.edu/disabilityservices/.

**Student Wellness and Well-Being:** SFA values students’ overall well-being, mental health and
the role it plays in academic and overall student success. Students may experience stressors that
can impact both their academic experience and their personal well-being. These may include
academic pressure and challenges associated with relationships, emotional well-being, alcohol
and other drugs, identities, finances, etc.

If you are experiencing concerns, seeking help, 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.

**Other important course-related policies:** Other SFA policy information is found in the
Handbook of Operating Procedures (HOP)

**IX: Resources**

**On-campus Resources:**
- **The Dean of Students Office** (Rusk Building, 3rd floor lobby)
  [www.sfasu.edu/deanofstudents](http://www.sfasu.edu/deanofstudents)
  936.468.7249
dos@sfasu.edu
- **SFASU Counseling Services** • [www.sfasu.edu/counselingservices](http://www.sfasu.edu/counselingservices)
  Health and Wellness Hub (corner of E. College and Raguet) • 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
- **The Health and Wellness Hub** “The Hub”
  Location: corner of E. College and Raguet St.
  - To support the health and well-being of every Lumberjack, the Health and
    Wellness Hub offers comprehensive services that treat the whole person –
    mind, body and spirit. Services include:
    - Health Services
    - Counseling Services
    - Student Outreach and Support
    - Food Pantry
    - Wellness Coaching
    - Alcohol and Other Drug Education
  [www.sfasu.edu/thehub](http://www.sfasu.edu/thehub)
  936.468.4008
  thehub@sfasu.edu
- **Crisis Resources:**
  - Burke 24-hour crisis line 1(800) 392-8343
❖ National Suicide Crisis Prevention: 9-8-8
❖ Suicide Prevention Lifeline 1(800) 273-TALK (8255)
❖ Crisis Text Line: Text HELLO to 741-741

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.