**Syllabus is subjective to change.**

**Instructor:** Sarah Drake MS, RD, LD

**Email:** Through this course in D2L (preferred) or at drakes@sfasu.edu

**Phone:** Office– (936) 468-5560; Department – (936) 468-4502

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

**Office:** Human Science North 101D

**Office Hours:**

- **Tuesday/Thursday (face-to-face):** 11:00 a.m. – 12:00 p.m.
- **Monday:** 10:00 a.m. – 1:00 p.m.

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

**Department:** School of Human Sciences

**Course Time & Location:** **Online only,** 8-weeks

*This is a fully online 8 week course!!!! The course starts on 01/18/2024 and ends 03/06/2024*

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.

**Prerequisites:** none required

**Credits:** 3 semester hour

II. **Course Contact Hours and Study Hours:** Students in this course receive extensive course content information via online content modules equivalent to 300 minutes per week for 8 weeks and includes a final exam. Students will engage in a variety of assignments that may include, but are not limited to, unit quizzes, community service activities, and application assignments related to course content. Asynchronous instruction may include (but is not limited to) written content, video content, discussions, case studies, synthesis exercises, reflection activities, peer review, and skills practice. For every hour a student spends engaging with the course content, they spend at least two hours completing associated activities and assessments.
III. **Intended Learning Outcomes/Goals/Objectives:** This course supports the vision, mission, and core values of the College of Education

<table>
<thead>
<tr>
<th><strong>COE Mission</strong></th>
<th><strong>Relation to learning experiences in NUTR 2339</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><em>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.</em></td>
<td>This course will afford the student the opportunity to develop competence in understanding and applying basic knowledge of food and human nutrition</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>COE Core Values</strong></th>
<th></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 applying basic nutrition knowledge to meal preparation, general health, and disease prevention.</td>
</tr>
<tr>
<td><strong>Collaboration and shared decision making</strong></td>
<td>Students will interact during in-class activities and assignments</td>
</tr>
<tr>
<td><strong>Openness to new ideas, culturally diverse people and innovation and change</strong></td>
<td>Students will become aware of the impact of values, beliefs and attitudes in relation to diverse populations through ongoing class discussions. Students will learn basics in nutrition, including utilizing technology for nutrient analysis.</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 ongoing class discussions. 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:** 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.

IV. Evaluations and Assessments (Grading):

Brightspace by D2L enhancements will be used for this course. You can access Brightspace via http://d2l.sfasu.edu.

If you need help with Brightspace please contact Brightspace support at (936) 468-1919.

You will have the following in this course:

- Chapter activities that utilize the textbook and enhance understanding of content modules. These activities include written assignments (due via Dropbox) and quizzes.
- Genetic Health Risk Assessment project
- Unit exams - Four exams, which is one exam per unit. Note that the final exam covers the final unit (unit four), but that 30% of the final exam is comprehensive.

1. Chapter activities – ONLINE Quizzes, and Dropbox Assignments (175 points total). Throughout the semester, activities will be assigned. They may be dropbox assignments or quizzes and all will be ONLINE. They will be worth between 5 – 20 points. They are 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. There are a total of 13 quizzes, each worth 10 points. They are completed online via Brightspace and you will have 12 minutes to complete the 10 question quizzes. The lowest quiz grade will be dropped.

2. Genetic Health Risk Assessment project (100 points total). 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 Brightspace/D2L. The assignment is due on the due date specified in the course timeline and must be turned in on time. If you turn in the assignment late, 25% of the total score will be deducted for each day it is late beginning immediately after the due date.

3. Unit Exams (4 @ 50 points each = 200 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 Honorlock (find out more by reading the content posted to Brightspace). You will have 60 minutes to complete each exam (a little over 1 minute per question). Note that the final exam is 70% new information from unit four, and 30% cumulative. 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.
Course Performance Evaluation:

<table>
<thead>
<tr>
<th>Points</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>200</td>
<td>4 unit exams</td>
</tr>
<tr>
<td>100</td>
<td>Genetic Health Risk Assessment</td>
</tr>
<tr>
<td>55</td>
<td>Chapter activities</td>
</tr>
<tr>
<td>120</td>
<td>Quizzes</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>475</strong></td>
</tr>
</tbody>
</table>

Grade Assignment:

<table>
<thead>
<tr>
<th>Percentage</th>
<th>A (4.0) 90% - 100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>B (3.0)</td>
<td>80% - 89.9%</td>
</tr>
<tr>
<td>C (2.0)</td>
<td>70% - 79.9%</td>
</tr>
<tr>
<td>D (1.0)</td>
<td>60% - 69.9%</td>
</tr>
<tr>
<td>F</td>
<td>Less than 60%</td>
</tr>
</tbody>
</table>

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.

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”).

V. Course Calendar

Note: all exams in the class are due the final day of class, which is Wednesday, 03/06/2024. I would suggest that you complete the exams along with the unit quizzes and assignments, but you do have the entire 7-week semester to complete the exams in this class.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Chapter</th>
<th>Topic</th>
<th>Activity/Assignment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1 –</td>
<td>Thur-Sun</td>
<td>Ch. 1</td>
<td>Nutrition: Linking Food and Health</td>
<td>Quiz: Nutrition due on Sunday, 1/28, by 11:59pm</td>
</tr>
<tr>
<td>Week 2</td>
<td></td>
<td>Ch. 2</td>
<td>Designing a Healthful Diet</td>
<td></td>
</tr>
<tr>
<td>01/18 – 1/28</td>
<td></td>
<td>Ch. 3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 3 - Week 4</td>
<td>Mon-Sun</td>
<td>Ch. 4</td>
<td>Carbohydrates</td>
<td>Quiz: Carbohydrates due on Sunday, 02/11, by 11:59pm</td>
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<td>--------------------------------------------------</td>
</tr>
<tr>
<td></td>
<td>01/29-02/11</td>
<td>Ch. 5</td>
<td>Lipids (Fats)</td>
<td>Quiz: Lipids due on Sunday, 02/11, by 11:59pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ch. 6</td>
<td>Proteins</td>
<td>Quiz: Proteins due on Sunday, 02/11, by 11:59pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>ONLINE ASSIGNMENT “Finding gram of carbohydrates” due via Dropbox by 11:59 pm on Sunday, 02/11</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>GHRA Risk Analysis due via Dropbox by 11:59pm on Sunday, 02/11</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>EXAM 2 due on Wednesday, 3/6, by 11:59pm</td>
</tr>
</tbody>
</table>

The Human Body: Are we really what we eat?

Exam 1, Ch. 1-3

Quiz: Designing a Healthful Diet due on Sunday, 1/28, by 11:59pm

Quiz: Digestion due on Sunday, 1/28, by 11:59pm

ONLINE ASSIGNMENT “Cronometer, My AMDR”
Due via Dropbox Sunday, 1/28, by 11:59pm

GHRA Food Logs due via Dropbox on Sunday, 1/28 by 11:59pm

EXAM 1 due on Wednesday, 3/6, by 11:59pm

Exam 2, Ch. 4-6

Quiz: Carbohydrates due on Sunday, 02/11, by 11:59pm

Quiz: Lipids due on Sunday, 02/11, by 11:59pm

Quiz: Proteins due on Sunday, 02/11, by 11:59pm

ONLINE ASSIGNMENT “Finding gram of carbohydrates” due via Dropbox by 11:59 pm on Sunday, 02/11

GHRA Risk Analysis due via Dropbox by 11:59pm on Sunday, 02/11

EXAM 2 due on Wednesday, 3/6, by 11:59pm
<table>
<thead>
<tr>
<th>Week 5 – Week 6</th>
<th>Mon–Sun</th>
<th>Ch. 7</th>
<th>Fluid and Electrolyte Balance</th>
<th>Quiz: Fluid and Electrolytes due on Sunday, 02/25, by 11:59pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>02/12–02/25</td>
<td>Ch. 8</td>
<td></td>
<td>Nutrients Essential to Key Body Functions</td>
<td>Quiz: Nutrients for Key Body Functions due on Sunday, 02/25, by 11:59pm</td>
</tr>
<tr>
<td></td>
<td>Ch. 9</td>
<td></td>
<td>Nutrients Essential to Healthy Tissues</td>
<td>Quiz: Nutrients for Healthy Tissues due on Sunday, 02/25, by 11:59pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Exam 3, Ch. 7-9</td>
<td>ONLINE ASSIGNMENT “Cancer and Antioxidants” due via Dropbox by 11:59pm on Sunday, 02/25</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Micronutrients Chart assignment due via DropBox on Sunday, 02/25, by 11:59pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>GHRA Summary and Analysis due via Dropbox by 11:59pm on Sunday, 2/25</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>EXAM 3 due on Wednesday, 3/6, by 11:59pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 7–8</th>
<th>Mon–Wed</th>
<th>Ch. 10</th>
<th>Achieving and Maintaining a Healthful Body Weight</th>
<th>Quiz: Maintaining a Healthful Weight due on Wednesday, 03/06, by 11:59pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>02/26–03/06</td>
<td>Ch. 11</td>
<td></td>
<td>Nutrition and Physical Fitness</td>
<td>Quiz: Nutrition and Physical Activity due on Wednesday, 03/06, by 11:59pm</td>
</tr>
<tr>
<td></td>
<td>Ch. 14</td>
<td></td>
<td>Nutrition in Pregnancy and First Year</td>
<td>Quiz: Pregnancy and Infancy due on</td>
</tr>
<tr>
<td></td>
<td>Ch. 15</td>
<td></td>
<td>Nutrition in Childhood to Late Adulthood</td>
<td></td>
</tr>
</tbody>
</table>

Exam 4 (Final Exam), Ch. 10, 11, 14, and 15 (70%) and 30% cumulative

Wednesday, 03/06, 11:59pm
Quiz: Childhood and Adults due on Wednesday, 03/06, by 11:59pm

FINAL EXAM due on Wednesday, 3/6, by 11:59pm
Exams 1-3 are also due by 11:59pm on Wednesday, 3/6

***SYLLABUS and COURSE TIMELINE ARE SUBJECT TO CHANGE***

VI. Readings


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

**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
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.
Domestic and international travel experiences are critical in all majors. The School of Human Sciences seeks to offer educational travel experiences that reinforce program curriculum while expanding students’ understanding of their field beyond the traditional classroom. The course goal is to gain a greater understanding of disciplines within human sciences through hands-on investigation and exploration. Students will apply knowledge gained during excursions and tours to reinforce program of study goals within their given discipline. Students may increase their interest in other cultures, become less ethnocentric as they become aware of cultural difference, become more culturally sensitive and accepting.

If you are attending the Maymester study abroad trip to Italy, the trip will take place from 5/19-5/31, including travel days. You will receive a WH in your NUTR 2339 section and, upon successful completion of the program meetings prior to leaving (6 required) and a few assignments associated with studying abroad, your grade will be submitted to the registrar’s office and officially recorded on your transcript. Please see the withheld grade policy (X. in the syllabus above).

VII. Intended Learning Outcomes/Goals/Objectives:

The objectives of the study abroad enhancement to this course support the University Mission to be a “comprehensive institution dedicated to excellence in teaching, research, scholarship, creative work, and service. Through the personal attention of our faculty and staff, we engage our students in a learner-centered environment and offer opportunities to prepare for the challenges of living in the global community.”

Study Abroad Program Learning Outcomes:

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

1. The student will display the professional disposition (academic excellence, life-long learning, collaboration, openness, integrity, and service) relative the various disciplines of the School of Human Sciences.

2. The student will exhibit the professional behavior (strong communication skills, a professional image, a good work ethic and adequate preparation for employment in his/her specific discipline) expected in the fields of study in the School of Human Sciences.

Study Abroad Student Learning Outcomes:

In general, through successful completion of this course, the student will exhibit:

1. Confidence and curiosity by navigating unfamiliar places and exploring the local culture.

2. Empathy and self-awareness by understanding difference in cultural values and norms.
3. Global perspective and cultural knowledge by identifying how to engage appropriately in culturally-diverse contexts.
4. Adaptability and relatability by embracing and adopting local cultural norms.

VIII. Study Abroad Text and Materials

Required Texts and Materials:

- Readings and resources will be provided in hardcopy or on D2L as necessary.
- Each student is required to obtain a valid US passport by 2/10/2024; otherwise, the student will not travel.
- Each student is required to pay all travel and SFASU fees as directed by OIP or else forego the travel.
- Depending upon US, EU, or Greek travel guidelines, the student must get any mandated vaccinations prior to travel.

IX. Course Requirements: Assignments, Activities, Instructional Strategies, use of Technology:

Students will prepare for the study abroad by attending 8 of 16 pre-trip meetings in the Spring 2024 semester. Meeting dates, time, and location are indicated in the course timeline below. In addition, students will submit a pictorial journal of sites visited, which will both be submitted in D2L after our return home. Professionalism is a large part of this course. Students are expected to be on-time for all events and must attend 6 of the 8 class meetings.

1. Pre-Trip Meeting Attendance (100 points P/F grade) – Attendance is required. Students must attend 6 of the 8 classes to receive credit for class attendance. All dates are mandatory except 4/8/2024 and 5/6/2024. The class will cover topics critical to preparing for the Italian study abroad experience, and also offer an opportunity to get to know the instructors and peers who will be participating in the study abroad.

2. Daily Journal with Pictures (P/F grade) – Upon returning home, students will upload a journal. This will be in a word document, and will include pictures and description of activities for each of the days (excluding travel days) of the study abroad experience.

3. Professionalism (P/F grade). Professionalism will be assessed during the study abroad in Italy and includes the following:
   i. Attitude toward the tour guide, faculty leaders, and peers.
   ii. Attentiveness on planned tours
   iii. Punctuality to all planned events
   iv. Appropriate use of cellphones during tours, etc.
   v. Following the guides and instructor’s guidelines and directions – including packing criteria and items to bring (walking shoes), etc.
   vi. Adhering to the behavior policies that are explained during the required class meetings. The behavior policy will be presented at that time, and all students must sign it. Failure to adhere to the behavior policy could constitute the student being sent home immediately at their own expense and an “F” will be given to the student for the course grade.
NOTE: Grades in NUTR 2339 will be withheld (“WH”) at the end of the Spring 2024 term. Following the completion of the study abroad program, an official grade will be provided to the registrar and the “WH” will be replaced with a letter grade that was earned in NUTR 2339. All assignments associated with the study abroad are pass/fail grades.

Using technology

All assignments will be submitted through Brightspace by D2L, and all course materials will be posted on this platform. If you need technical assistance during an exam please call Brightspace Support at (936) 468-1919.

X. Course Calendar

Note: The Italy itinerary is included in this course calendar. For the month of March and April, the meetings will take place from 5-5:50pm on Mondays in room 201 in the HMS North Building.

The following calendar is an outline of the assessments and activities that will be completed during the semester prior to the trip. The trip agenda is also summarized in this calendar. The instructor has the right to change the calendar at any time during the semester with notice.

*Attendance is optional only for the days noted with an asterisk.

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Activity/Assignment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, 1/22</td>
<td>Introduction and Overview, Deadlines for Materials and Assignments, Travel documents, Scholarships</td>
<td>Select presentation topics</td>
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<tr>
<td></td>
<td></td>
<td>Discuss and assign raffle fundraiser</td>
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<tr>
<td>*Monday, 1/29</td>
<td>Independent topic research (<strong>no face-to-face class</strong>)</td>
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<tr>
<td></td>
<td>*Walking club—meet at SFA stadium</td>
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<tr>
<td>*Monday, 2/5</td>
<td>Independent topic research (<strong>no face-to-face class</strong>)</td>
<td>Travel Documents to OIP – actual due date TBD</td>
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<td></td>
<td>*Walking club—meet at SFA stadium</td>
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</tr>
<tr>
<td>*Monday, 2/12</td>
<td>Get to know each other! We will have a potluck and/or picnic, answer questions, and mingle.</td>
<td>Bring a dish to share with your classmates. Italian dishes and foods are welcome.</td>
</tr>
<tr>
<td>Monday, 2/19</td>
<td>Student Presentations on various topics</td>
<td>Everyone: Prepare a list of places you would like to visit in the various locations.</td>
</tr>
<tr>
<td>Monday, 2/26</td>
<td>Student Presentations on various topics</td>
<td>Everyone: Prepare a list of places you would like to visit in the various locations.</td>
</tr>
<tr>
<td>Date</td>
<td>Event</td>
<td>Details</td>
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<td>-----------------------------------------------------------------------</td>
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<tr>
<td>Monday, 3/4</td>
<td>Student Presentations on various topics</td>
<td>Everyone: Prepare a list of places you would like to visit in the various locations.</td>
</tr>
<tr>
<td>3/11-15</td>
<td>HAPPY SPRING BREAK</td>
<td></td>
</tr>
<tr>
<td>Monday 3/18</td>
<td>Student Presentations on various topics</td>
<td>Everyone: Prepare a list of places you would like to visit in the various locations.</td>
</tr>
<tr>
<td>Monday 3/25</td>
<td>Language/Key phrases</td>
<td>Mrs. Kelsey Pelham, guest lecturer. Complete quiz stating that you have read the professionalism/behavior guidelines (DUE: Sunday, 3/31, by 11:59pm)</td>
</tr>
<tr>
<td>Monday 3/25</td>
<td>TBD: restaurant fundraiser event – information; raffle tickets</td>
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<tr>
<td>Monday 3/18</td>
<td>Ines Maxit – Guest Speaker (TBD); discussion will include currency exchange, money, and safety</td>
<td>*Walking club-TBD</td>
</tr>
<tr>
<td>Monday 4/1</td>
<td>Graduate Presentation on chosen research topic</td>
<td></td>
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<tr>
<td>Monday 4/8</td>
<td>Graduate Presentation on chosen research topic</td>
<td></td>
</tr>
<tr>
<td>Monday 4/15</td>
<td>Graduate Presentation on chosen research topic</td>
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</tr>
<tr>
<td>Monday 5/6</td>
<td>Final Discussions, travel checklist</td>
<td>Reminder: Daily travel journals due upon returning home, no later than 6/3/2024</td>
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<tr>
<td>Finals Week</td>
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</tr>
</tbody>
</table>

**Italian Travel Itinerary**

<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>Day 1 Sun (5/19)</td>
<td>Depart: Fly overnight to Rome, Italy</td>
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<tr>
<td>Day 2 Mon (5/20)</td>
<td>Arrive in <strong>Rome</strong> – Hotel check-in, trip orientation and cultural walking tours</td>
<td><strong>Welcome Dinner (included in trip)</strong></td>
</tr>
<tr>
<td>Day 3 Tu (5/21)</td>
<td><strong>Rome</strong> – Daily briefing &amp; breakfast</td>
<td>Historical site tours</td>
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<td></td>
<td></td>
<td>Social Cooperative Meeting</td>
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<td></td>
<td></td>
<td><strong>Dinner on your own</strong></td>
</tr>
<tr>
<td>Day</td>
<td>Activity</td>
<td></td>
</tr>
<tr>
<td>-----------</td>
<td>--------------------------------------------------------------------------</td>
<td></td>
</tr>
</tbody>
</table>
| 4 Wed (5/22) | **Rome** – Daily briefing & breakfast  
                Historical/cultural tours  
                San Teodoro Farmer’s Market tour and lunch break  
                **Free afternoon in Rome**  
                **Dinner on your own** |
| 5 Th (5/23)  | Daily briefing & breakfast  
                **Rome → Florence** – Bullet train to Florence; hotel check-in  
                Daily briefing; historical and cultural walking tour  
                San Lorenzo Market tour and lunch break  
                **Free afternoon in Florence**  
                **Dinner on your own** |
| 6 Fri (5/24) | Daily briefing & breakfast  
                **Florence → Tuscan Countryside** – day trip by private coach  
                Dairy factory and Butcher shop tours  
                **Dinner on your own** |
| 7 Sat (5/25) | Daily briefing & breakfast  
                **Florence → Le Cinque Terre** – day trip by private coach  
                Walking tour of Cinque Terre, the 5 centuries old villages on the coastline  
                Pesto making class and tasting (**included the trip**)  
                Return to Florence – **Dinner on your own** |
| 8 Su (5/26)   | Daily briefing & breakfast  
                **Florence/Fucecchio** – gallery tour,  
                Day trip by private coach to La Pineta Farm (Tuscan Countryside  
                **Cooking class and group dinner (included in the trip)** |
| 9 Mon (5/27)  | Daily briefing & breakfast  
                **Florence → Bologna** by private coach  
                Lunch at FICO Eataly World—largest Italian food park  
                Hotel check-in  
                Evening Bologna historical and cultural walking tour  
                **Dinner on your own** |
| 10 Tu (5/28) | Daily briefing & breakfast  
                **Bologna/Modena** → Day trip to Modena by private coach  
                Parmigiano Reggiano cheese factory tour & tasting  
                **Free time in Modena**  
                Traditional acetaia (balsamic vinegar) tour  
                Return to Bologna  
                **Dinner on your own** |
| 11 Wed (5/29) | Daily briefing & breakfast  
                **Bologna**: free time **OR Optional** Brisa Bakery, chocolate and coffee tour and tasting  
                **Bologna → Rome** by bullet train  
                **Free time in Rome**  
                Farewell Dinner and Program Closing (included in trip) |
| Day 12 (5/30) | Daily Briefing & breakfast  
|              | Airport transport  
|              | Depart Rome for home |

**XI. Study Abroad Attendance Policy:**