

COURSE # NUTR 1020

Foundations of Human Nutrition

*2018-2019*

**Instructor**

**Instructor:**

**Phone:**

**Email:**

**Office Hours:**

**Course**

## Course Description

***This is a Concurrent Enrollment Course, offering both high school credit through \_\_\_\_\_\_\_\_\_\_\_\_\_\_ High School and college credit through Utah Valley University. Credit from this course is transferable to all colleges and universities. Contact the receiving institution for how the credits will be applied.***

**Catalog Description**

For students interested in various health care professions. Considers basic principles of human nutrition. Studies factors that influence nutritive requirements and maintenance of nutritional balance. Examines relationships between proper nutrition and social, mental and physical well-being.

**Course Prerequisites**

This class is available to all high school students in good academic standing. High school prerequisites apply.

## Course Objectives or Learning Outcomes

Our nutrition plays an essential role in our health and well-being. This course introduces the important components of nutrition, addresses various questions like “Why we eat what we eat?”, introduces the new Choose My-Plate website, and discusses nutrition and its relationship with fitness, pregnancy, maturation, and food safety issues.

**Course Goals:**

Upon completing the course, the student should be able to:

1. Evaluate their own nutritional habits and identify strengths and weaknesses within their food choices.
2. Discuss what the essential components to nutrition are and how we should get those components in our foods.
3. Recognize the dietary guidelines for Americans and read food labels and understand the information.
4. Understand the basics of digestion and why it is important.
5. Identify healthy sources of complex and simple carbohydrates.
6. Discuss the importance of proteins and amino acids.
7. Describe how vitamins and minerals impact nutrition.
8. Explain the make-up of alcohol and what it does in and to the human body.
9. Portray the influence nutrition has on weight management and its role in eating disorders.

10. Converse about nutrition and its relationship with fitness, pregnancy, and toddlers.

11. Explain food safety and technology in the U.S.

12. Evaluate the causes of world hunger.

CHES responsibilities addressed by the above course objectives: Responsibility I, II, IV, V, VI, VII

**(Public Health Majors only)**

**How the Course Works:** This course is a Monday and Wednesday lecture with a Friday written assignment identified in the syllabus. The written assignment which will **be due on Canvas the following Monday by 11:59 p.m. No late assignments can be accepted for any reason. Please refer to the class schedule for specific assignments.** Typically, they are identified as concept checks and correspond to the assigned chapter.

**Required Text and Materials**

Wardlaw, Smith, Collene, 2015. Contemporary Nutrition: A Functional Approach.

**Please note…**McGraw Hill added a personalized cover to our nutrition book. It has Utah Valley University inscribed on the cover. Depending on where you obtain your classroom text the cover may be a little different.

**As long as you have the 2015 Contemporary Nutrition: A Functional Approach you should be fine. Other older editions may contain inaccurate information. No accommodations can be made for the use of old texts.**

**Department Policies**

**Assessment**

|  |  |
| --- | --- |
| Hybrid Assignments | 25% |
| 3-day self-assessment + Paper | 10% |
| Research Paper:  Behavioral Change Contract  2 journal entries reporting on how the contract is going | 15%  5%  5% |
| 2 Day “Perfect” Nutrition  Attendance | 10%    I will add 5% if you have 4 or less. 7 or more will result in an automatic failing grade. |
|  |  |
| Test One and Two | 30% Each |
|  |  |
| TOTAL Percent | 100% |

## Class Participation

Students will be expected to attend class and participate in class discussions. Also, there may be, on occasion, a reaction paper turned in concerning a guest speaker or video. **It is not the instructor’s responsibility to provide notes for students who have missed class. Please don’t ask.**

**Attendance**

**After four absences you will not receive the 5% bonus. More than 6 you will automatically fail this course. Use your absentees wisely. Yes, you can get a 95% and fail the course……. if you miss over 6 times.**

**Written Assignments**

**All written assignments will be turned in through Canvas. Each assignment will be open for approximately three days before it is due. No credit can be given for late assignment**s. There can be NO exceptions for students who don’t plan appropriately in order to submit the assignments by their due dates**.** That would include the 3-Day Self-Assessment, Papers, The Contract, all 3 Contract Reports, and all other class assignments**.**

**3-Day Self-Assessment**

Each student will track their nutrition (all food and drink they consume) for a three-day period (2 days need to be Saturday and Sunday). These should be “normal” nutrition days. NutriCalc or some other internet site, i.e. Choosemyplate.gov or sparkpeople.com will be used to analyze the diet data. **Students will submit through Canvas** the reports of various pages for each day showing nutritional consumption of fats, carbohydrates, protein, vitamins, minerals and total calories.

After collecting and categorizing their data, the students will write a 1-2-page, single spaced paper discussing, mainly, where and how they can make healthy changes in their food and drink choices and submit it through Canvas. They can also expound, briefly, on some of their nutritional strengths.

**Behavioral Change Project (Contract)**

Based upon your Three-Day Self-Assessment-each student will choose ONE *nutrition* behavior change to make in his/her individual life. A contract will be agreed upon between the student and the professor. Three “Journal-like” reports will be **submitted through Canvas** concerning what has occurred regarding their change and what they have learned. The entry should discuss successes and failures, what their thoughts and feelings were while trying to make the change, who influenced them for the good or for the bad, and what environmental triggers/situations contributed to the change, among other things. These journal entries will be at least 1 page, double spaced. The nutrition behavior change needs to be specific and not combined with any other health behavior change. The last journal entry (#2) should be two pages double spaced and talk about what you learned through the process about yourself, again**, submitted through Canvas.**

The behavior change will come from ONE of the following options:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Increase  Or  Or  Or  Or  Or  Or | Fruits  Vegetables  Water  Milk  Protein  Whole grains  Fiber | OR | Decrease  Or  Or  Or  Or | Sugar  Caffeine  Sodium  Fat  Protein |

**Papers**

**2-Day “Perfect” Nutrition Paper**

Based on the recommendations learned in class and/or through the book, students will attempt to eat a “perfect” diet for two consecutive days. In other words, you will attempt to get all of the recommendations for the various fats, proteins, carbohydrates, vitamins, minerals, and water over a two-day period. After attempting to eat the “perfect” diet, you will submit, **through Canvas, a double spaced, two-page paper of your experience.** I specifically want to know of your challenges and successes in trying to eat healthy for two days in a row. Your paper should include what you consumed in the same format as your three-day self-assessment did. Calories, fats, protein, etc.

**Friday Assignments**

The directions for these are contained in the daily class schedule. These ARE DUE on the following Monday by midnight**. I CAN-NOT for ANY Reason Accept Assignments By e-mail.** Please practice with the Canvas Program. If you can’t seem to get the program to work for you…. find another student/computer that you can submit the assignment on. Please be sure your answers are through and in depth. In other words, please take the necessary time to make your responses college level work. Remember you are in competition with adults old enough to be your parents.

**Research Paper**

Students will choose and research a weight management program/service/product that is nutritionally based and submit, through Canvas, a double spaced, 4-5-page paper of what you found. For example, a student might pick the cabbage soup diet, or they might pick weight watchers, or they might pick a pill that claims weight loss, or they might pick a medical procedure for weight loss, etc. The students should have a minimum of three research articles from professional/refereed journals, NOT websites, which support their paper. You should avoid having too many quotes (more than one per page), points will be taken off for excessive quotations, graphs, pictures or any other creative way to stretch your paper. Instead of quoting, rewrite the ideas in your own words.

Plagiarism is grounds for failing the class. Canvas has a simple tool that will identify the percentage of your paper that you have plagiarized. This paper is not due until the end of the semester, but you should start working on it as soon as possible! If your topic does not have scientific research, then pick another topic.

## Midterm & Final

Test one two and the final will be comprehensive and will be composed of multiple choice and true/false questions. **Questions will primarily come from the Lecture, Friday Assignments, Chapter Summary and other questions at the back of each chapter. Please note that while many of the exam questions will come directly from these three sources, the answers on the exam may be scrambled up.**

**Grading Scale**

A = 100-93 B - = 82-80 D+ = 69-67

A - = 92-90 C+ = 79-77 D = 66-63

B+ = 89-87 C = 76-73 D - = 62-60

B = 86-83 C - = 72-70 F = 59-0

**Grades and Credit**

Your grade for this class will become part of your permanent college transcript and will affect your GPA. A low grade in this course can affect college acceptance and scholarship eligibility.

Grades are determined by instructors, based upon measures determined by the instructor and department and may include: evaluation of responses, written exercises and examinations, performance exercises and examinations, classroom/laboratory contributions, mastery of pertinent skills, etc. The letter grade “A” is an exceptional grade indicating superior achievement; “B” is a grade indicating commendable mastery; “C” indicates satisfactory mastery and is considered an average grade; “D” indicates substandard progress and insufficient evidence of ability to succeed in sequential courses; “E” (failing) indicates inadequate mastery of pertinent skills or repeated absences from class.

**University Policies**

**Academic Integrity**

Utah Valley University expects all students to maintain integrity and high standards of individual honesty in academic work, to obey the law, and to show respect for others. Students of this class are expected to support an environment of academic integrity, have the right to such an environment, and should avoid all aspects of academic dishonesty. Examples of academic dishonesty include plagiarizing, faking of data, sharing information during an exam, discussing an exam with another student who has not taken the exam, consulting reference material during an exam, submitting a written assignment which was authored by someone other than you, and/or cheating in any form.

In keeping with UVU policy, evidence of academic dishonesty may result in a failing grade in the course and disciplinary review by the college.  Any student caught cheating will receive, at minimum, zero points on that particular assignment for the first offense.  A second offense can result in failing the course and will entail being reported to Student Advising.  Academic dishonesty includes, in part, using materials obtained from another student, published literature, and the Internet without proper acknowledgment of the source.   Additional information on this topic is published in the student handbook and is available on the UVU website.

### **Student Code of Conduct**

All UVU students are expected to conduct themselves in an appropriate manner acceptable at an institution of higher learning. All students are expected to **obey the law**, to **perform contracted obligations**, to **maintain absolute integrity and high standards** of individual honesty in academic work, and to observe a **high standard of conduct for the academic environment**.

The Student Rights and Responsibilities Code, or Code of Conduct, outlines for students what they can expect from the University and what the University expects of them.

Students should review their Rights and Responsibilities. The Code of Conduct also outlines the process for academic appeals, and appeals related to misconduct and sanctions. It can be found at <http://www.uvu.edu/studentconduct/students/>

**Student Responsibilities**

You are expected to take an active role in the learning process by meeting course requirements as specified in written syllabi. Faculty members have the right to establish classroom standards of behavior and attendance requirements. You are expected to meet these requirements and make contact with faculty members when unable to do so.

**Withdrawal Policy**

If you do not wish to take this course or find that you are unable to continue, you should officially withdraw by the deadline stated in the current semester UVU Student Timetable.

You can officially withdraw from a course by dropping it through the online registration system or the campus One Stop desk (BA 106) by the listed date. If you officially withdraw from a course by the "Last Day to Drop and Not Show on Transcript," the course will not appear on your academic transcripts. If you officially withdraw from a course by the "Last Day to Withdraw," a "W" will appear on your transcripts. Although your GPA will not be affected — a "W" will indicate that you chose to withdraw. If you fail to complete the course and do not drop it before the "Last Day to Withdraw," a "UW" or "E" (a failing grade) will appear on your transcripts.

Withdrawing from a course may impact your financial aid status. For more information, see: UVU Financial Aid.

**Cheating and Plagiarism Policy Procedures**

This document was taken from the Utah Valley University Policy 541, The Student Rights and Responsibilities Code

5.4.4 Each student is expected to maintain academic ethics and honesty in all its forms, including, but not limited to, cheating and plagiarism as defined hereafter:

1) Cheating is the act of using or attempting to use or providing others with unauthorized information, materials, or study aids in academic work. Cheating includes, but is not limited to, passing examination answers to or taking examinations for someone else, or preparing or copying another's academic work.

2) Plagiarism is the act of appropriating another person's or group's ideas or work (written, computerized, artistic, etc.) or portions thereof and passing them off as the product of one's own work in any academic exercise or activity.

3) Fabrication is the use of invented information or the falsification of research or other findings. Examples include but are not limited to:

a) Citation of information not taken from the source indicated. This may include the incorrect documentation of secondary source materials.

b) Listing sources in a bibliography not used in the academic exercise.

c) Submission in a paper, thesis, lab report, or other academic exercise of falsified, invented, or fictitious data or evidence, or deliberate and knowing concealment or distortion of the true nature, origin, or function of such data or evidence.

d) Submitting as your own any academic exercise (written work, printing, sculpture, etc.) prepared totally or in part by another.

### **Students with Disabilities**

**Students who need accommodations because of a disability** may contact the UVU Office of Accessibility Services (OAS), located on the Orem Campus in LC 312. To schedule an appointment or to speak with a counselor, call the OAS office at 801-863-8747. Deaf/Hard of Hearing individuals, email [nicole.hemmingsen@uvu.edu](https://owa.uvu.edu/owa/redir.aspx?C=r3xUa4y2bkalWljgIj1VXM3KzYlusNIIESMqIpkF5USfG-H3cUMstYl8DNScKc_quB49PvOQ-l0.&URL=mailto%3anicole.hemmingsen%40uvu.edu) or text 385-208-2677.

**Religious Accommodations**

At the beginning of each semester, you shall promptly review the course syllabus and class schedule and notify faculty to request an accommodation for sincerely held religious beliefs and practices using the *Religious Accommodation Request Form*.

**Dangerous Behavior**

The faculty member has the right to demand and secure the immediate removal of any person from the classroom whenever the faculty member determines, to the best of his or her knowledge or belief, that the person's actions are threatening or dangerous to students or themselves. If the faculty member cannot resolve a disruptive situation, the faculty member may request that the disruptive person(s) leave the classroom. If the disruptive person(s) will not leave voluntarily, the faculty member may call University Police for assistance. The incident shall be reported to the Dean of Students and to the Director of Judicial Affairs in accordance with Policy 541 *Student Rights and Responsibilities Code*.

**Discriminatory, Exclusionary, or Disruptive Behavior**

Faculty members observing discriminatory, exclusionary, or disruptive behavior follow procedures described in UVU Policy 541 *Student Rights and Responsibilities Code.* 5.6

**Attendance**

Attendance in this class is not mandatory due to the different learning preferences with each student. However, class will be held according to the schedule on the top of this syllabus. Chapters will be covered in class as listed in the semester schedule below. Class will consist of chapter reviews, discussion and group activities.

**Policies/References**

1. Policy 541: Student Rights and Responsibilities Code <https://www.uvu.edu/catalog/current/policies-requirements/student-rights-and-responsibilities.html>
2. Policy 601: Classroom Instruction and Management. <https://policy.uvu.edu/getDisplayFile/5750ed2697e4c89872d95664>
3. Policy 635: Faculty Rights and Professional Responsibilities. <https://policy.uvu.edu/getDisplayFile/563a40bc65db23201153c27d>

**Definitions**

* 1. Syllabus: An agreement between faculty and students that communicates course structure, schedule, student expectations, expected course outcomes, and methods of assessment to students.

### **Dropping the Class**

### \_\_\_\_\_\_\_\_\_ is the last day to drop the course without it showing on your transcript.

\_\_\_\_\_\_\_\_\_ is the last day to withdraw from the class.   
If you drop the high school class, you must also withdraw from the UVU class to avoid receiving a failing grade.

Due dates and this syllabus may change at the instructor’s discretion due to the needs of the class members.

**Class Schedule**

Jan. 8 Class Intro/What you Eat and Why? Chapter 1

Jan. 10 Why You Eat What You Eat Cont. Chapter 1

Syllabus Quiz

Jan. 12 Hybrid assignment. Due on Monday-two pages on Why Do I Eat

What I eat? ) Please be sure to cover Habits, Family Influences, Cultural Influences, taste preferences, budget concerns as well as anything else that is related.

**Please complete the Concept Checks 1.1, 1.2 and 1.3**

**Jan. 15 MLK Holliday-No Class**

Jan. 17 Designing a Healthy Diet. Guidelines Chapter 2

Jan 19 Friday Assignment-Please complete the concept check 2.1, 2.2 2.5. and 2.6. Please make sure your answers are complete and in depth. The same is true of all Friday assignments

Jan 22 Healthy Diet Guidelines Chapter 2

Jan 24 The Human Body: A Nutritional Perspective Chapter 3

**Begin Three Day Self-Assessment**

Jan. 26. Hybrid Assignment. Please complete Concept Check 3.3, 3.5 and 3.6

Jan 2.9 Human Body: A Nutritional Perspective Chapter 3

**Three Day Self-assessment closes at midnight**

Jan 31. Carbohydrates Chapter 4

Feb. 2. Friday Assignment. Please complete Concept Check 4.1, and 4.2, 4.6, 4.7 **Behavioral Change Coming up**

Feb. 5. Carbohydrates Chapter 4

**Behavioral Change Contract Due**

Feb. 7. Lipids Chapter 5

Feb. 9. Friday Assignment. Please complete 5.1, 5.2 and 5.5

just questions 1, 4, and 5 on 5.5

Feb. 11. Lipids

**Feb. 13 Exam One Chapters 1-5**

Feb. 15 No Friday Assignment

**Feb. 19 Washington/Lincoln Birthdays-No Class**

Feb. 21 Proteins Chapter 6

Feb. 23 Proteins Hybrid Assignment 6.2 questions 6.3 and 6.4, 6.3 6.8

**Journal Report #1 Opens Today**

Feb. 26Energy Balance Chapter 7

Feb. 28 Energy Balance and Weight Control Chapter 7

**Journal Report #1 Due Today**

Mar. 2 Hybrid Assignment 7.1 all, 7.2 all, 7.4 all

Mar. 5 Overview of the Micronutrients Chapter 8

Mar. 7 Micro-Nutrient’s cont. Chapter 8

Mar. 9 Micro-Nutrients Chapter 8

Friday Assignment. Questions 8, 8.2, 8.3, 8.5, 8.6

Mar. 12 Fluid Balance and Electrolytes Chapter 9

Mar. 14 Fluid Balance and Electrolytes cont.

**Journal #2- Opens today**

Mar. 16 Hybrid Assignment. Concept Check 9.1 questions 1-3. Concepts 9.5 Questions 1-4

**Spring Break-Mar. 19-23**

Mar. 26 **Herbal Supplements Lecture. NOT IN YOUR BOOKS**

**Journal Entry #2-closes at midnight**

Mar. 28 Herbal Supplements

**Start Perfect Nutrition Assignment**

Mar. 30 Hybrid Assignment Answer the following. 1) What are Herbal Supplements? 2) What review process do they go through? How is it that they are considered foods not drugs? 3) Please outline the process for drug approval in the U.S. 4) Why are they potentially dangerous?

**Research Paper Coming up**

Apr. 2 Herbal Nutrients…Not Drugs but Food

Lecture Not in your Books

**Perfect Nutrition Assignment Due at Midnight**

Apr. 4 Nutrients and Bone Health Chapter 11

Apr. 6 Friday Assignment 11.1, 11.2, 11.3, 11.5, 11.9, 11.11

Apr. 9 No Class

Apr. 11 Nutrition and Bone Health Chapter 11 **Research Paper Due**

Apr. 13 Friday Assignment Eating Disorder Assignment 15.1, 15. 2, 15. 3, 15.4 15.6, 15.7

Apr. 16 Eating Disorders Chapter 15

Apr. 18 Eating Disorders Chapter 15

April 18 Food Safety Chapter 17

April 20 Friday Assignment 17.1, 17.2, 17.3, 17.4, 17.5, 17.8

Apr. 23 Food Safety Chapter 17

Apr. 25 No Class

**The Final is not comprehensive but will include material from the first exam that must be understood to answer questions on the final exam. The Final will be on Wednesday May 2, at 11:00 a.m. . . . It will cover Chapters 6-9, 11, Herbal Supplements and chapter 15 and 17.**