

University of New Mexico, Valencia campus

Human Nutrition NUTR 244-501, Fall 2015

Course: NUTR 244, Section 501, Human Nutrition

Credit hours: 3

Instructor: Detria Branch, MS

Class meets: Wednesdays & Fridays from 09:00-10:15 am between August 19th to December 12th.

Location: Valencia Business & Technology Building (Bldg. "B"), Room 118

Office hours: Fridays from 10:30 to 11:00 am

Office: Arts & Science Building (Bldg. "A"): Academic Affairs Office, office of the Adjunct Faculty

Email: dbranch7@unm.edu ; *please include your name and course number in any emails*

Phone: 505.925.8600

Prerequisites: one of the following or the equivalent: BIOL 123 or 201; CHEM 111L or 121L with a minimum grade of C.

Course description: This course provides an overview of all the nutrients including function in the body and food sources. Dietary guidelines intended to promote long term health are stressed.

Required text: *Understanding Nutrition*; Ellie Whitney & Sharon Rady-Rolfes; Wadsworth, 14th edition. *It is recommended to bring your book with you to class. We do many in-class activities that require the book.*

Teaching & Learning Objectives:

Upon successful completion of this course, students will be able to:

- Describe the role of food in the promotion of a healthy lifestyle
- Name the nutrients that are essential for normal functioning of the body and the functions of each nutrient in the body systems
- Distinguish among foods as relative sources of various nutrients and calories; apply this knowledge to planning and selection of an adequate diet
- Explain factors influencing different nutritional requirements (nutrition through the lifespan, anthropometry)
- Apply nutrition knowledge to evaluation of consumer concerns related to nutrition & food; vegetarianism, food labeling, popular literature, nutrient fortification, and weight loss diets
- Complete nutrient analysis of diet
- Analyze the safety and effectiveness of a popular diet plan

UNM Learn

Course syllabus, announcements, and assignments will be posted on UNM Learn. Log on at <http://learn.unm.edu>. *You will need an UNM net ID to use UNM Learn.* Obtain UNM Net ID at <http://my.unm.edu>.

Check UNM Learn at least three times a week for updates. All course materials will be posted to UNM Learn including syllabus, assignments, slides, and in-class activities. If slides are not posted by 6:00pm the day before class, copies will be brought for you to class.

Course policies

- Class format will include lecture, discussion, and in-class activities
- Class attendance:

Is necessary in order to succeed in this course—**attendance is part of the grade.**
Students who miss three or more classes may have difficulty achieving a good grade.
Students who miss **three or more consecutive days of class** will be dropped if no reason for an extended absence is given **prior** to the absence.

Absent students are **responsible for all** lecture notes, assignments, handouts, and any other missed materials.

Any missed exams cannot be made up—no matter the reason for the absence.

Participation points:

Students earn points for all in-class assignments

Students must earn 50 points worth of participation points as these are incorporated into the final grade

After earning 50 participation points, students earn extra credit for completing in-class assignment which is applied to the final grade

Participation points cannot be made up if the student is absent—no matter the reason for the absence.

- Class expectations:
 - Cell phones, MP3 players, pagers, etc are to be on silent during class**
 - Disruptive behaviors such as excessive talking, listening to music, sleeping, talking on cell phones, etc will result in the deduction of 10 points and the student leaving the class. Continued disruptive behavior could result in being dropped from the class. It is not acceptable to leave the class to take a phone call unless in case of emergency (and you need to inform me before class starts)
- In accordance with University policies, reasonable accommodations will be made for qualified students with special needs. If you have a documented disability, please provide me with a copy of your letter from Equal Access Services as soon as possible to ensure that your accommodations are provided for in a timely manner.
- Each student is expected to maintain the highest standards of honesty and integrity in academic and professional matters. The University reserves the right to take disciplinary action, including dismissal, against any student who is found responsible for academic dishonesty. Any student who has been judged to engage in academic dishonesty in coursework may receive a reduced or failing grade for work in question and/or for the course.
- Academic dishonesty includes, but is not limited to, dishonesty in quizzes, tests or assignments; claiming credit for work not done or done by others; hindering the academic work of other students; and misrepresenting academic or professional qualifications within or outside the university
- All students are expected to conduct themselves in a professional and collegial manner at all times

Grading Procedures: NUTR 244-501

There will be five chapter exams given throughout the semester and a mandatory final reflection paper. The lowest grade of the first four exams will be dropped. Tests will include multiple choice, true-false, matching, fill-in-the blank, short answer questions, and case studies. The exams will be worth 30 points each. The final reflection paper is worth 35 points. If you are absent during an exam—*no matter what the reason for the absence*—this is the test that will be dropped.

Assignments

- Fast Food Assignment worth 25 points (meets objective 3)
- Food Label Assignment worth 25 points (meets objective 5)
- Diet Analysis Assignment (2-part assignment) worth 55 points (meets objectives 1-4, 6)
- Research Assignment (5-part assignment) worth 45 points (meets objective 5& 6)

- Final Reflection Paper 35 points (meets objectives 1 & 5)

Assignment/paper policies:

- Assignments are posted on UNM Learn and are in the UNM Learn calendar. *Late papers and assignments will be penalized*
- Assignments are accepted via email, turned into the Academic Office, or can be turned in during class.
- 10% of total points will be taken for each day late (5% of total points if you turn it in after the deadline time on the day its due)
- Make sure to set your email account to save all *sent* messages—if a paper or project sent via email does not go through, I will still take it if you *forward* me the original email you sent

Grading Summary

4 exams @ 30 points each:	120 points
Final: Reflection Paper	35 points
Fast Food Assignment	25 points
Food Label Assignment	25 points
Diet Analysis Assignment	55 points total
Part 1	10 points
Part 2	45 points
Research Assignment	45 points total
Part 1	4 points
Part 2	10 points
Part 3	11 points
Part 4	10 points
Part 5	10 points
Daily in-class quizzes & assignments (participation points)	50 points (plus extra credit)
Total points possible:	355 points

Final Grade Calculations

A+: 98-100%, A: 93-97%, A-:90-92%; B+:87-89%, B:83-86%, B-:80-82%; C+:77-79%, C:73-76%, C-:70-72%; D+:67-69%, D:63-66%, D-:60-62%; F:59% or less

Academic Calendar:

2015 Fall Semester	
Monday, August 17 th .	New semester begins
August 28 th	Last day to add or change classes
September 4 th	Last day to drop a course without a grade
November 26 th – November 27 th	Thanksgiving Break, no class
November 6 th	Last day to drop a course without approval from the

	Director, Student Affairs, or Dean of Instruction
December 4 th	Last day to drop a course with approval from the Director, Student Affairs, or Dean of Instruction
December 5 th	Last day of instruction
December 7 th - December 12 th	Final examination period
December 11 th	Last day for report of removal of incomplete grade
December 12 th	Semester ends

Proposed class schedule*

Semester week	Date	Topic	Assigned Readings	Assignments due
Week 1	Wednesday, August 19 th	Course introduction, syllabus review Nutrition Information and Misinformation	Highlight 1	
	Friday, August 21 st	An Overview of Nutrition	Chapter 1	
Week 2	Wednesday, August 26 th	Digestion, Absorption, and Transportation of Nutrients	Chapter 3, Highlight 3	
	Friday, August 28 th	Digestion, continued	Review Chapter 3 & Highlight 3	Research Project Part 1 (topic) due by midnight!
Week 3	Wednesday, September 2 nd	The basics of carbohydrates, protein and lipids	Reading posted on UNM Learn	Fast Food Assignment due at the beginning of class
	Friday, September 4 th	Exam 1	Chapters 1, 3, 4, 5, 6; Highlights 1, 3	
Week 4	Wednesday, September 9 th	Carbohydrates and health	Chapter 4, Highlight 4	
	Friday, September 11 th	Lipids and health	Chapter 5, Highlight 5	Dietary Analysis Assignment Part 1 due at the beginning of class
Week 5	Wednesday, September 16 th	Protein, health, and vegetarian diets	Chapter 6, Highlight 2	
	Friday, September 18 th	Metabolism	Chapter 7	Research Project Part 2 (diet summary & analysis for quackery) due by midnight
Week 6	Wednesday, September 23 rd	Exam 2	Chapters 4, 5, 6, 7; Highlights 2,	

			4, 5	
	Friday, September 25 th	Computer lab day. Class is held in B 124.	Bring your research topic with you.	
Week 7	Wednesday, September 30 th	Water-soluble vitamins	Chapter 10	Turn in article that you will be using for the literature review by midnight.
	Friday, October 2 nd	Fat-soluble vitamins	Chapter 11	
Week 8	Wednesday, October 7 th	Water and the major minerals, osteoporosis, and calcium	Chapter 12, Highlight Chapter 12	Research Project Part 3 (Literature review) due by midnight.
	Friday, October 9 th	Water and the major minerals	Review Chapter 12, Highlight 12	
Week 9	Wednesday, October 14 th	Exam 3	Chapters 7, 10, 11, 12; Highlight 12	Dietary Analysis Assignment Part 2 due by midnight.
	Friday, October 16 th	Iron (trace minerals); antioxidants, phytochemicals & functional foods	Chapter 13—Iron, Highlights 11, 13	
Week 10	Wednesday, October 21 st	Planning a Healthy Diet	Chapter 2	
	Friday, October 23 rd	Diet, health, and chronic disease: Part One	Chapter 18, Highlight 18	Food Label Assignment due (you can finish in class) at the end of class.
Week 11	Wednesday, October 28 th	Diet, health & chronic disease: Part Two	Review Chapter 18, Highlight 18	
	Friday, October 30 th	Exam 4	Chapters 2, 13, 18; Highlights 11, 13, 18	
Week 12	Wednesday, November 4 th	Fitness	Chapter 14, Highlight 14	
	Friday, November 6 th	Energy balance, body composition & Eating Disorders	Chapter 8, Highlight 8	
Week 13	Wednesday, November 11 th	(finish up Eating Disorders) Weight management	Review Highlight 8 Chapter 9, Highlight 9	Research Project Part 4 (Comparison to USDA Food Guide) due at midnight.
	Friday,	Nutrition during Infancy & early	Chapter 16	

	November 13 th	Childhood		
Week 14	Wednesday, November 18 th	From Farm to Table	Highlight 19, Chapter 20, Highlight 20	
	Friday, November 20 th	No class! Extra credit case study only! (Nutrition during Pregnancy)	Chapter 15	
Week 15	Wednesday, November 25 th	Thanksgiving Break (no class)		
	Friday, November 27 th	Thanksgiving Break		
Week 16	Wednesday, December 2 nd	Exam 5	Chapters 8, 9, 15, 16, 20; Highlights 8, 9, 10, 20	
	Friday, December 4 th			Research Project Part 5 (Final Analysis) due at midnight.
Finals week	December 7 th – December 12 th	Final Reflection Paper due by midnight, December 12th		

*the schedule is subject to change, you will be given adequate notice