

University of New Mexico, Valencia campus

Nutrition for Health NUTR 120-501, Spring 2017

Course: NUTR 120, Section 501, Nutrition for Health (Hybrid)

Credit hours: 3

Instructor: Detria Branch, MS

Class meets: Fridays from 3:00-4:15 pm between January 17th to May 12th.

Location: Arts & Science Building (VAAS), Room 125

Office hours: Fridays from 2:00 pm - 2:45 pm

Office: Arts & Science Building - 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

Course description: This is a hybrid course where time will be spent both online and on campus. It provides an overview of general concepts of nutrition applied to food choices that encourage a healthful diet throughout the lifespan. Cultural, psychological, and economic implications of food choices are explored throughout.

Required text: *Nutrition & You*, 2nd Edition; Blake, Joan, ISBN: 0-321-69658-1

Teaching & Learning Objectives:

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

- Interpret and use food guides to plan a healthful diet.
- Evaluate his/her diet and activity plan and set realistic goals for change.
- Identify essential nutrients in the diet and ways to meet requirements.
- Evaluate current nutritional information available through various forms of media.
- Describe the value of nutrition as it applies to both individual and community health.

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, quizzes, and some in-class activities.

Course policies

- Class format - As a hybrid or blended course, the class is divided into two parts:
 - Online – lecture ppts, videos, and quizzes
 - On Campus – discussions, reviews, in-class activities, and exams
- 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.
 - Online: **Wednesdays** are the due date for all online quizzes for the week.
 - If quizzes are submitted past this date, but less than 24 hrs late, this counts as “late” attendance. **3 late attendances equals 1 missed class day**
 - If quizzes are not completed within 24 hrs of due date, this counts as a missed class day.

- On Campus: There are only 14 face-to-face meetings during this semester. If you miss **more than two** total for the semester, your grade will be impacted.

Students who have three unexcused absences (online or on-campus) will lose 1 letter grade (e.g A+ in the class will become a B+).

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. If you know you will miss an exam due to extenuating circumstances, communicate with me at least one week before the exam to make other arrangements.

Participation points:

Students earn points for attendance and all in-class activities/assignments

Students must earn 65 points worth of participation points as these are incorporated into the final grade.

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

- Class expectations:

Create a routine to help you be successful in your hybrid class

Every Wednesday online new coursework opens up.

Quizzes are due Wednesdays online before midnight for the prior week's coursework.

Exams are due on designated Fridays on campus.

Major assignments are due on designated Fridays.

If you need technical assistance call (505) 277-5757 to speak with a campus computer technician (M-F, 8:00 am – noon and 1:00 pm – 5:00 pm). If you need assistance with Blackboard Learn you can visit the Learning Center on campus or <http://online.unm.edu/help/learn/students/>

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)

- **Equal Access Pursuant to the Americans with Disabilities Act (ADA)**, students with documented special needs and disabilities should visit Accessibility Services to obtain an Equal Access form to request accommodation in this course. Provision of this document needs to be within the first two weeks of class. You can contact Equal Access Services at (505) 925-8560 and/or visit their website at: <http://www.unm.edu/~vcadvise/equalaccess.htm>
- 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
- **Title IX Statement** In an effort to meet obligations under Title IX, UNM faculty, Teaching Assistants, and Graduate Assistants are considered “responsible employees” by the Department of Education (see page 15 -<http://www2.ed.gov/about/offices/list/ocr/docs/qa-201404-title-ix.pdf>). This designation requires that any report of gender discrimination which includes sexual harassment, sexual misconduct and sexual violence made to a faculty member, TA, or GA must be reported to the Title IX Coordinator at the Office of Equal Opportunity (oeo.unm.edu). For more information on the campus policy regarding sexual misconduct, see: <https://policy.unm.edu/universitypolicies/2000/2740.html> .

Grading Procedures: NUTR 120-501

There will be 3 exams given throughout the semester and a mandatory final reflection paper. The lowest grade of the three 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 2 & 4)
- Diet Analysis Assignment (2-part assignment) worth 35 points (meets objectives 1)
- Evaluate a Research Article Assignment worth 25 points (meets objective 4 & 5)
- Final Reflection Paper 35 points (meets objectives 1, 2 & 5)

Assignment/paper policies:

- Assignments are posted on UNM Learn. *Late papers and assignments will be penalized*
- Assignments are accepted via UNM Learn (drop box or email), turned into the Academic Office, or can be turned in during class.
- **10% of total points will be taken for each day late.**
- 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

2 Exams @ 50 points each:	100 points
Chapter Quizzes (16 @ 10 pts each)	160 points
Final: Reflection Paper	35 points
Fast Food Assignment	25 points
Diet Analysis Assignment	35 points total
Part 1	20 points
Part 2	15 points
Research Assignment	25 points total
Participation Points	60 points total
Total points possible:	440 points

Final Grade Calculations

A+: 100% or higher, A: 94-99%, A-:90-93%; 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:

2017 Spring Semester	
Monday, January 16 th	Martin Luther King Jr. Observance, no class
Tuesday, January 17 th .	New semester begins
Friday, January 27 th	Last day to add or change classes
Friday, February 3 rd	Last day to drop a course without a grade
March 12 th – March 19 th	Spring Break, no class
Friday, April 14 th	Last day to drop a course without approval from the Director, Student Affairs, or Dean of Instruction
Friday, May 5 th	Last day to drop a course with approval from the Director, Student Affairs, or Dean of Instruction
Saturday, May 6 th	Last day of instruction
May 8 th - May 12 th	Final examination period
Friday, May 12 th	Last day for report of removal of incomplete grade
Saturday, May 13 th	Semester ends

Proposed class schedule*

Semester week	Date		Topic	Assigned Readings	Assignments due
	<u>Due Online</u>	<u>Due On Campus</u>			
Week 1		Friday, January 20th	Course introduction, syllabus review		
Week 2	Wednesday, January 25 th		<ul style="list-style-type: none"> • What is Nutrition? • Tools for Healthy Eating 	Chapter 1 Chapter 2	Chapter Quizzes
		Friday, January 27th			Bring one (1) nutrition label to class.
Week 3	Wednesday, February 1st		<ul style="list-style-type: none"> • The Basics of Digestion • Carbohydrates 	Chapter 3 Chapter 4	Chapter Quizzes
		Friday, February 3rd			
Week 4	Wednesday, February 8 th		Fats, Oils and Other Lipids	Chapter 5	Chapter Quiz
		Friday, February 9 th	Exam 1 Review	Chapters 1, 2, 3, 4 and 5	

Week 5	Wednesday, February 15 th		<ul style="list-style-type: none"> • Proteins and Amino Acids • Vitamins 	Chapter 6 Chapter 7	Chapter Quizzes
		Friday, February 17 th	Exam 1	Chapters 1, 2, 3, 4 and 5	
Week 6	Wednesday, February 22 nd		<ul style="list-style-type: none"> • Minerals • Alcohol 	Chapter 8 Chapter 9	
		Friday, February 24 th	Vitamin & Mineral Group Presentations		Vitamin & Mineral Group Presentations
Week 7	Wednesday, March 1 st		Weight Management and Energy Balance	Chapter 10	Chapter Quiz
		Friday, March 3 rd			Fast Food Assignment due.
Week 8	Wednesday, March 8 th		Nutrition and Fitness	Chapter 11	Chapter Quiz
		Friday, March 10 th	Exam 2 Review	Chapters 6, 7, 8, 9, 10 and 11	Dietary Analysis Assignment Part 1 due by midnight.
Week 9	Wednesday, March 15 th		Spring Break		
		Friday, March 17 th	Spring Break		
Week 10	Wednesday, March 22 nd				
		Friday, March 24 th	Exam 2	Chapters 6, 7, 8, 9, 10 and 11	

Week 11	Wednesday, March 29 th		Life Cycle Nutrition: Pregnancy through infancy	Chapter 14	Chapter Quiz
		Friday, March 31 st			
Week 12	Wednesday, April 5 th		<ul style="list-style-type: none"> • Farm to Table • Life Cycle Nutrition: Toddlers through Later Years 	Chapter 15 Chapter 12	Chapter Quizzes
		Friday, April 7 th			Dietary Analysis Assignment Part 2 due by midnight.
Week 13	Wednesday, April 12 th		Food Safety and Technology	Chapter 13	Chapter Quiz
		Friday, April 14 th	No Class	No Class	
Week 14	Wednesday, April 19 th		Hunger at Home and Abroad	Chapter 16	Chapter Quiz
		Friday, April 21 st	Exam 3 Review	Chapters 12, 13, 14, 15 and 16	
Week 15	Wednesday, April 26 th				

		Friday, April 28 th	Exam 3	Chapters 12, 13, 14, 15 and 16	
Week 16	Wednesday, May 3 rd				
		Friday, May 5 th	Present Articles		Analyze a Research Article Assignment is due
Finals Week	May 9 th – May 12 th		Final Reflection Paper due Friday, May 12 th by midnight.		

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