

# Syllabus for NUTR 244: Human Nutrition Fall 2018

**Prerequisite:** BIOL 123 or BIOL 201 and CHEM 111L or CHEM 121 and CHEM 123L

## I. General Information:

Instructor:	Jeff W. Hill, Ph.D.	Course Number:	NUTR 244 (3 credit hours)
Office:	Academic Affairs 103	Section Number:	501
Office Phone:	505-925-8630	Semester/Year:	Fall 2018
Office Hours:	W 12:30 p.m. - 1:30 p.m.	Campus/Room:	Online
E-mail:	jwhill@unm.edu	Meeting Time:	Online
MES Home Page:	<a href="https://valencia.unm.edu/academics/divisions/mathematics,-engineering,-and-science-mes.html">https://valencia.unm.edu/academics/divisions/mathematics,-engineering,-and-science-mes.html</a>		

## II. Course Description:

This course provides an overview of nutrients, including requirements, digestion, absorption, transport, functions in the body, and food sources. Dietary guidelines intended to promote long-term health are stressed.

### Textbooks/Materials/Resources:

#### Required Textbook:

Understanding Nutrition, Loose-leaf Version, 15th + MindTap Nutrition, 1 term (6 months) Printed Access Card 15th Edition (ISBN 978-1-3378-8153-1).

#### UNM Learn:

Course syllabus, announcements, and discussion post assignments will be posted on UNM Learn.

<http://learn.unm.edu>

#### MindTap:

MindTap assignments will be available on Monday of each week at Cengage. Please visit the following link to register for MindTap and enroll in our section:

<https://www.cengage.com/dashboard/#/course-confirmation/MTPP1NVPT3XK/initial-course-confirmation>

### III. Learning Outcomes Statements:

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

1. Evaluate sources of nutrition information for reliability.
2. Identify elements of a nutritious diet.
3. Describe the digestion, transport, and absorption of nutrients.
4. Describe the importance of nutrition in weight control and health.
5. Identify nutritional needs as they relate to the life cycle and performance.
6. Describe behavior modification techniques that promote good health.
7. Evaluate popular nutrition trends for scientific accuracy and effectiveness.
8. Develop skills in the planning and assessing of healthy meal plans.
9. Describe the role of food choices in the development of chronic disease.
10. Describe the role of food in the promotion of a healthful lifestyle.

### IV. Course Requirements:

**Attendance:** Students enrolled for credit or audit are expected to complete all online activities by the due date.

Students with no online activity for 2 weeks will be dropped without notice.

Students must keep in mind, however, that it is ultimately their responsibility to withdraw from the course.

September 7<sup>th</sup> - Last day to drop for 100% tuition refund/last day to drop without a "W."

November 9<sup>th</sup> - Last day to withdraw without student services permission.

**Grading:** Grading will be based on:

#### 1. Online Assignments:

- 18 Blackboard discussion posts to be completed online (learn.unm.edu) and due by 11:59 p.m. Sunday each week.
- 18 MindTap units to be completed online (cengage.com). MindTap activities become available at 1 a.m. Monday each week and are due by 11:59 p.m. Sunday. **\*\*MindTap activities become unavailable after the due date and must be completed on schedule.\*\***

#### Late Assignment Policy:

With this being an online class and all assignments being available for an entire week, **\*\*late assignments will not be accepted\*\***, except in the case of natural disasters that affect Internet access. Computer or Internet problems, personal problems, car problems, etc. are not valid reasons for failing to submit assignments on time. This is an online class and you must provide computer and Internet access to complete assignments by the due date. Computers are available for student use at campus computer labs free of charge or at FedEx offices for a small fee.

## V. Grading:

	Points per assignment:	Total Points:	Percentage of overall grade:
18 Blackboard Discussion Posts	15 pts each	270 pts	25%
18 MindTap Units	45 pts each	810 pts	75%
TOTAL		1080 pts	100%

### Grading Scale:

Letter Grade	Percentage
A+	97%+
A	93%-96%
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	0%-59%

## VI. Academic Dishonesty:

### Academic Integrity:

Having academic integrity is paramount to your success in any class. Plagiarism or cheating is not tolerated. Any instance of this will result in a grade of 0 for that assignment.

### UNM Academic Dishonesty Policy:

<https://policy.unm.edu/regents-policies/section-4/4-8.html>. The policy states: 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, up to and including dismissal, against any student who is found guilty of academic dishonesty or who otherwise fails to meet the expected standards. Any student judged to have engaged in academic dishonesty in course work may receive a reduced or failing grade for the work in question and/or for the course.

### Academic Dishonesty is defined as:

"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; misrepresenting academic or professional qualifications within or without the University; and nondisclosure or misrepresentation in filling out applications or other University records.

The following are some forms of cheating:

- Copying a fellow student's work or copying a previous student's work.
- Notes written on body parts, clothing, cheat sheets, etc... at the time of a test.
- Any form of communication with your neighbor during a test.
- Talking to anyone but the instructor or proctor during a quiz or examination.
- Communicating via cell phones with other people during a test.
- Notes or books open during in-class exams and quizzes.
- Disclosing or soliciting examination questions to those who may have been absent from an exam.
- Plagiarism (copying entirely or whole phrases from books or websites).
- Any two students handing in assignments with word-for-word responses.

## **VII. Other Information:**

- **Need Help?** The STEM and Learning Center have tutors and resources available to you free of charge.
- **Do you have a documented disability?** If you have a documented disability, the Equal Access Services office will provide me with a letter outlining your accommodations. I will then discuss the accommodations with you to determine the best learning environment. If you feel that you need accommodations, but have not documented your disability, please contact Jeanne Lujan, the coordinator for Equal Access Services at 925-8910 or [jmlujan@unm.edu](mailto:jmlujan@unm.edu).

**VIII. Course Schedule for NUTR 244 501, Fall 2018, UNM Valencia:**

<b>WEEK</b>	<b>DATE</b>	<b>TOPIC</b>	<b>CHAPTER</b>	<b>ASSIGNMENTS</b>
1	8/20-8/26	An Overview of Nutrition	1	Blackboard Discussion 1 MindTap Chapter 1
2	8/27-9/2	Planning a Healthy Diet	2	Blackboard Discussion 2 MindTap Chapter 2
3	9/3-9/9	Digestion, Absorption, and Transport	3	Blackboard Discussion 3 MindTap Chapter 3
4	9/10-9/16	The Carbohydrates: Sugars, Starches, and Fibers	4	Blackboard Discussion 4 MindTap Chapter 4
5	9/17-9/23	The Lipids: Triglycerides, Phospholipids, and Sterols	5	Blackboard Discussion 5 MindTap Chapter 5
6	9/24-9/30	Protein: Amino Acids	6	Blackboard Discussion 6 MindTap Chapter 6
7	10/1-10/7	Energy Metabolism	7	Blackboard Discussion 7 MindTap Chapter 7
8	10/8-10/14	Energy Balance and Body Composition	8	Blackboard Discussion 8 MindTap Chapter 8
9	10/15-10/21	Weight Management: Overweight, Obesity, and Underweight	9	Blackboard Discussion 9 MindTap Chapter 9
10	10/22-10/28	The Water-Soluble Vitamins: B Vitamins and Vitamin C	10	Blackboard Discussion 10 MindTap Chapter 10
11	10/29-11/4	The Fat-Soluble Vitamins: A, D, E, and K	11	Blackboard Discussion 11 MindTap Chapter 11
12	11/5-11/11	Water and the Major Minerals	12	Blackboard Discussion 12 MindTap Chapter 12
13	11/12-11/18	The Trace Minerals	13	Blackboard Discussion 13 MindTap Chapter 13
14	11/19-11/25	Life Cycle Nutrition: Pregnancy and Lactation	15	Blackboard Discussion 15 MindTap Chapter 15
15	11/26-12/2	Life Cycle Nutrition: Infancy, Childhood, and Adolescence	16	Blackboard Discussion 16 MindTap Chapter 16
16	12/3-12/9	Life Cycle Nutrition: Adulthood and the Later Years	17	Blackboard Discussion 17 MindTap Chapter 17
17	12/10-12/15	Diet and Health	18	Blackboard Discussion 18 MindTap Chapter 18

\*Topics or assignments may change as needed.