



Nutrition 2110-501: Human Nutrition

Fall 2019

Course Description

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

Course Information

Course Number/Title: Nutrition 2110-501/Human Nutrition

Number of Credit Hours: 3

Term/Year/Length: Fall/2019/17

Course Prerequisites: General Chemistry 111L or 121L or General Biology 123 or 201

Student Learning Outcomes

At the completion of the course, student will be able to:

- Understand the function and interaction of nutrients necessary for human metabolism and health.
- Describe the digestion and absorption of nutrients as they travel through the Digestive System and understand how the nutrients are used in the human body.
- Identify the dietary risk factors related to an inadequate intake of nutrients and apply this knowledge to the planning and selection of a healthy daily diet.
- Explain the factors that influence different nutritional requirements during infancy, childhood, adolescence, adulthood and later years.
- Apply nutrition knowledge to evaluate consumer concerns related to diet and health, food labeling and weight loss diets.

Professor Information

Professor: Jennifer Pippin, MSRDLD

Virtual Office Hours: By appointment

Virtual Contact Methods:

jhpippin@unm.edu

Office Phone: 404-500-7327

Office Hours: By appointment



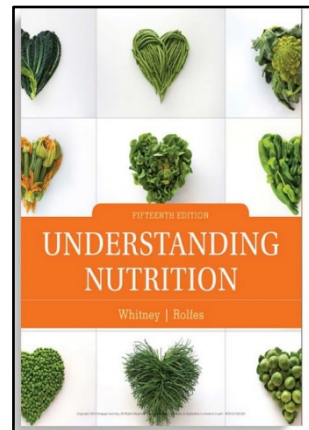
Instructor Response

You can anticipate responses to inquiry and questions within 24-48 hours or receipt.

Instructional Materials and Equipment

Required Textbook: Understanding Nutrition by Whitney and Rolfes, 15th Edition. You must have access to MindTapNutrition

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/MTPNV39NLZH3/initial-course-confirmation>

UNM Learn: Course syllabus, announcements, and Diet Analysis assignments will be posted on UNM Learn. <http://learn.unm.edu>

Course Requirements

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

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

Last day to DROP without "W" grade and 100% tuition refund on LoboWeb. 6-Sep

Last day to DROP without Dean's Permission on LoboWEB. 8-Nov

Grading: Grading will be based on:

- **MindTap Assignments:**
 - Weekly Pre-test and Case Study
- **Chapter Quizzes:**
 - These are referred to as "Post-Test" on the MindTap website. You are allowed to take each quiz twice. The higher grade is recorded. All quizzes are due on Sunday by 1159pm. Quizzes will be available for the entire week.
- **Diet Analysis Assignments**
 - There are 4 Diet Analysis Assignments over the course of the term. You will log your food and fluid intake for 3 days in MindTap's Diet and Wellness Plus. Then answer assignment questions in Blackboard. **Tip: Mindtap offers a mobile app for Diet and Wellness Plus!
- **A Closer Look Assignments**
 - These are 4 short assignments over the course of the term that can be found in MindTap.
- **Exams:**
 - The Midterm exam will cover Chapters 1-9 and the Final exam will cover Chapters 10-18. They will both be taken through MindTap. These are 50 question exams. You are given 2 attempts and the higher score is recorded.

All assignments open on Monday at 12:01am and close at 1159pm on Sunday.

Late policy: Late assignments will only be accepted within 1 week after the due date. You will need to contact me via email, providing further explanation as to why the assignment/quiz is being submitted after the due date. There will be a 50% reduction in grade. I will not accept assignments after the first week.

Drop policy: If a student misses 3 assignments or quizzes, he or she may be dropped.

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:

"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.

Tips for success

Office hours: Please feel free to reach out to me anytime! I will be happy to set-up an appointment with you via email, phone, or Skype. I want to see you succeed in the course and I welcome the opportunity to clarify any concepts that may be causing you difficulty.

Email: You can expect a response to emails within 24-48 hours. Please include your first and last name, course and section. I request that you use standard English in communication; do not use IM or TXT spelling.

Accommodations

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.

Grading Criteria

Assignment	Points per Assignment	Total points
Pretest	15	270
Case Study	15	165
Post test	15	225
Diet Analysis Assignment	50	200
A Closer Look	10	40
Midterm Exam	50	50
Final Exam	50	50
		1000

Grading Scale

Final grades will be based on the sum of all possible course points as noted above. The student's total points will be divided by the total possible points and the grade earned will be based on the following percentages.

90-100	A
80-89	B
70-79	C
60-69	D
<60	F

Course Outline

Week	Date	Chapter/Topic	Assignments & Activities	Points Possible	Due Date
1	8/19-8/25	Chapter 1: An Overview of Nutrition	Pre-test	15	8/25
			Case Study	15	8/25
			Post Test	15	8/25
2	8/26-9/1	Chapter 2: Planning a Healthy Diet	Pre-test	15	9/1
			Post Test	15	9/1
			Diet Analysis 1	50	9/1
3	9/2-9/8	Chapter 3: Digestion, Absorption, & Transport	Pre-test	15	9/8
			Case Study	15	9/8
			Post Test	15	9/8
4	9/9-9/15	Chapter 4: Carbohydrates	Pre-test	15	9/15
			Case Study	15	9/15
			Closer Look	10	9/15
			Post Test	15	9/15
5	9/16-9/22	Chapter 5: Lipids	Pre-test	15	9/22
			Case Study	10	9/22
			Post Test	15	9/22
6	9/23-9/29	Chapter 6: Protein	Pre-test	15	9/29
			Post Test	15	9/29
			Diet Analysis II	50	9/29
7	9/30-10/6	Chapter 7: Energy Metabolism	Pre-test	15	10/6
			Case Study	15	10/6
			Post Test	15	10/6
8	10/7-10/13	Chapter 8: Energy Balance & Body Composition	Pre-test	15	10/13
			Case Study	15	10/13
			Post Test	15	10/13
9	10/14-10/20	Chapter 9: Weight Management	Pre-test	15	10/20
			Case Study	15	10/20
			Mid Term Exam Chapter 1-9	50	10/20
10	10/21-10/27	Chapter 10:	Pre-test	15	10/27

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		Water Soluble Vitamins			
			Case Study	15	10/27
			Post test	15	10/27
11	10/28- 11/3	Chapter 11: Fat Soluble Vitamins	Pre-test	15	11/3
			Case Study	15	11/3
			Post Test	15	11/3
			Closer Look	10	11/3
12	11/4-11/10	Chapter 12: Water & Major Minerals	Pre-test	15	11/10
			Post Test	15	11/10
			Diet Analysis III	50	11/10
13	11/11-11/17	Chapter 13: Trace Minerals	Pre-test	15	11/17
			Case Study	15	11/17
			Post Test	15	11/17
14	11/18-11/24	Chapter 14: Fitness	Pre-test	15	11/24
			Case Study	15	11/24
			Post Test	15	11/24
			Closer Look	10	11/24
15	11/25-12/1	Chapter 15 & 16: Life Cycle Nutrition	Pre-Test Chapter 15	15	12/1
			Pre-Test Chapter 16	15	12/1
			Post Test Chapter 15	15	12/1
			Post Test Chapter 16	15	12/1
16	12/2-12/8	Chapter 17: Life Cycle Nutrition Adulthood	Pre-Test	15	12/8
			Post Test	15	12/8
			Diet Analysis IV	50	12/8
17	12/9-12/14	Chapter 18: Diet and Health	Pre-Test	15	12/14
			Final Exam Chapters 10-18	50	12/14