

UNIVERSITY OF NEW MEXICO
SPRING 2016 SEMESTER

UNM Technical Support for Blackboard Learn – Monday to Friday 8 a.m. to 5 p.m.
Phone # for Blackboard Learn Tech Support (505) 277-0857 or Toll Free (1-877) 688-8817 or from Blackboard Learn in class click on “Support” in the upper right-hand corner of the computer page. Tech Support for MindTap is available at the MindTap website.

COURSE: Nutrition 244: Human Nutrition (3 credit hours)

COURSE TIME: Online Asynchronous; Class Week is from Monday to Sunday

INSTRUCTOR: Dr. Lorraine T. Parker, DC, MS; Contact Information - Home Phone (203) 374-0838. Contact me using **Blackboard Learn email in class (preferred)**. If Blackboard Learn is unavailable - ltparker@unm.edu or ltparker02@yahoo.com

PREREQUISITE: General Chemistry 111L or 121 L or General Biology 123 or 201.

IMPORTANT Course Information - A 3-credit hour online course requires about 6-9 hours per week for reading the book, class work, class participation, homework, and viewing of the PowerPoint presentations. For more information about taking an online course go to: <http://online.unm.edu> Also review the necessary computer requirements and computer skills required for this class at the web site above – *online.unm*.

TEXT: Understanding Nutrition by Whitney and Rolfes, Thomson Wadsworth, 14th edition.

ACCESS MindTap: I sent an email to your UNM email address with the information for “how to” access MindTap. The “how to” information is also posted in Blackboard Learn on the Course Information page.

**DISHONESTY IN
ACADEMIC
MATTERS:**

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 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 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.

COURSE

DESCRIPTION: This course provides an overview of all the nutrients including how these nutrients function in the body and the food sources for these nutrients. Dietary guidelines intended to promote long-term health are emphasized.

COURSE

OBJECTIVES:

1. Understand the function and interaction of nutrients necessary for human metabolism and health.
2. 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.
3. 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.
4. Explain the factors that influence different nutritional requirements during infancy, childhood, adolescence, adulthood and later years.
5. Apply nutrition knowledge to evaluate consumer concerns related to diet and health, food labeling and weight loss diets.

ATTENDANCE/PARTICIPATION: To be in attendance for each week of class and to receive points for participation, answer the two Discussion Questions each week and respond to me or at least two of your classmates for each question (6 posts total each week). Students may be dropped from the class for any of the following:

- 1. Failure to participate in the class discussions for more than one week**
- 2. Failure to submit Post Learning Assessments for two class weeks**
- 3. Failure to submit one of the three written assignments. Be sure to review the due dates for these assignments and the late assignment policy for this class**
- 4. Have a grade average of 50% or less at the midpoint of this class – end of Week 8**
- 5. Threaten the mental or physical safety or well-being of me or another member of the class by stalking, cyber stalking, threats, or physical violence**
- 6. Are disrespectful to me or other students in the class in the Discussion Board or via email.**

Because this is an asynchronous online class, the only emergencies that are considered for this class are natural disasters such as hurricanes, floods, or a tornado that interferes with Internet access for a large land area. Computer problems, computer access problems, Internet access problems, car problems, babysitter problems, having a cold or the flu, a sick child, or personal crises such as these are not considered a valid excuse for not participating in class or for not submitting assignments. You can access the computers at your local public library, school

library, or computer lab at your local campus. For a small fee, you can also access a computer at Kinko's.

If you have any questions about this class policy, please let me know. This is an online class and it is your responsibility to provide the computer and Internet access so you can participate in the class discussions, submit your assignments, and complete the weekly Post Learning Assessments.

GRADING:

There is no extra credit work available for this course.

LATE ASSIGNMENT POLICY - I will accept a late assignment only if you contact me and make arrangements **before** the assignment due date. The grade deduction for a late assignment is 10% for one day late and 20% for two days late. An assignment will not be accepted after the second day past the due date. **No exceptions.** Please be sure to plan ahead and prepare for any and all emergencies so that you earn full credit for the assignments. You can use this late assignment policy for one time only during the semester.

Your **final course grade** for this course will be based on the following:

1. **Participation** – Answer the two Discussion Questions each week and respond to either me or your classmates for each question (6 posts total each week). The Discussion Question answers and your responses can only be posted in the week the Discussion Questions are assigned. Discussion Board available in Blackboard Learn 20%
2. **Post Learning Assessments** – The Assessment can only be completed in the week it is assigned. See below for the weeks two Assessments are due. Available in MindTap 20%
3. **Calorie Calculations** – Instructions available in Blackboard Learn 10%
4. **Vitamin and Mineral Chart** – Instructions and forms available in Blackboard 20%
5. **Dietary Analysis Project** – Instructions available in Blackboard Learn 20%
6. **Final Exam (online)**–The exam will be available for one day only during Finals Week (see below for the date) – Available in Blackboard Learn 10%

GRADING SCALE:

100 - 97	A+
96 - 93	A
92 - 90	A-
89 - 87	B+
86 - 83	B
82 - 80	B-
79 - 77	C+
76 - 73	C
72 - 70	C-
69 - 67	D+
66 - 65	D
64 - 0	F

I do not give grades. You earn grades. Everyone can earn a high grade in this class. However, you will have to work to earn it. This is a science class and, as such, there are many new terms and words for you to memorize and understand.

Begin each week by reading the assigned chapter/s in the book and viewing the course materials and PowerPoint Presentation available at MindTap. There is a lot of reading for this class (a lot). It will help if you break up the reading material into small bits. Please be prepared to ask questions. Do not think that your question is stupid or naïve. If you do not understand something, it is very likely that someone else does not understand it. However, please do not ask questions about your own, your families, or your friends' personal health and/or nutrition problems. You can ask me those questions in private but not in the class discussion area.

Read each chapter slowly and carefully and review the course materials for each chapter at MindTap. As you read the chapter, take notes on what you think is important and things that you do not understand fully. Be sure to study the tables, graphs, and any information in the margin of a page. These can be good resources to use as you review for a test. There are study questions at the end of each chapter and additional study material for each chapter at MindTap. It is a good idea to review them. You might see some of them again while taking a test. Review the PowerPoint Lecture Presentation for each chapter and the additional course materials at MindTap.

Develop good study habits. The following web site has information about how to study and how to earn good grades:

The class moves quickly. It is important that you do not fall behind. **Please communicate with me immediately if you are having any problems with the course material or the course schedule.**

CLASS SCHEDULE: For each chapter listed below, review the Learning Objectives, Chapter Media, Lecture PowerPoint Presentation, answer the Discussion Questions and submit the Post Learning Assessment (see below for the weeks two Post Learning Assessments are due):

<u>WEEK OF</u>	<u>TOPIC</u>	<u>ASSIGNMENT</u>
1 – 1/18	Overview of Nutrition	Chapter 1
2 – 1/25	Planning a Healthy Diet	Chapter 2
3 – 2/1	Digestion, Absorption and Transport	Chapter 3
Assignment #1 – Due Monday, February 8th		
4 – 2/8	Carbohydrates	Chapter 4
5 – 2/15	The Lipids	Chapter 5
6 – 2/22	Proteins: Amino Acids	Chapter 6
7 – 2/29	Metabolism: Transformations and Interactions	Chapter 7
8 – 3/7	Energy Balance and Body Composition	Chapters 8
SPRING BREAK – March 13th to March 20th		
9 – 3/21	Weight Control: Overweight and Underweight	Chapter 9
10 – 3/28	The Water Soluble Vitamins	Chapter 10
11 – 4/4	The Fat Soluble Vitamins	Chapter 11
Assignment #2 Vitamin and Mineral Charts – Due Monday, April 11th		
12 – 4/11	Water and the Major Minerals	Chapter 12

We do not cover Chapter 13 for this class.

13 – 4/18	Fitness: Physical Activity, Nutrients and Body Adaptations	Chapter 14
14 – 4/25	Life Cycle Nutrition: Pregnancy and Lactation & Life Cycle Nutrition: Infancy, Childhood and Adolescence - <u>2 Post Learning Assessments are due this week</u>	Chapters 15 & 16
15 – 5/2	Life Cycle Nutrition: Adulthood and Later Years & Diet and Health – <u>2 Post Learning Assessments due this week</u>	Chapter 17 & 18

Assignment #3 Dietary Analysis Report-Due Monday, May 2nd

LAST DAY OF CLASS – Sunday, May 8, 2016

FINAL EXAM – Monday, May 9, 2016 – available online on Monday, May 9th only; the final exam will be available online at Blackboard Learn all day Monday for your convenience. I will post a Study Guide for the final exam in April.