



Nutrition 2110-501: Human Nutrition

Fall 2023

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/2023/16

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, MSRDL

Virtual Office Hours: By appointment

Virtual Contact Methods:
jhpippin@unm.edu

Office Hours: Friday, 9:00am MT or by appointment.

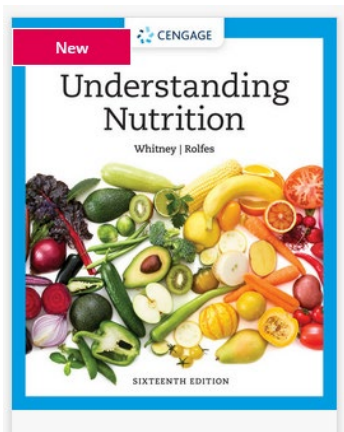
These are held virtually utilizing Zoom.



Instructor Response

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

Instructional Materials and Equipment



Required Textbook: MindTap for Whitney/Rolfes' Understanding Nutrition, 16th Edition, (Instant Access). Publisher Cengage Courseware, ISBN 9780357447543 Duration 180 Days.

Please see course announcement page for details regarding RedShelf inclusive program.

MindTap: MindTap assignments will be available on Monday of each week at Cengage. Please see the announcement page for registration information.

UNM Canvas: Course syllabus, announcements, and Diet Analysis assignments will be posted on UNM Canvas.

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 with 100% tuition refund on LoboWeb
September 8, 2023 by 5:00 pm

Last day to DROP without Dean’s Permission on LoboWeb
November 10, 2023 by 5:00 pm

Grading: Grading will be based on:

- **Course Agreement**
 - The **mandatory** course agreement will ensure that you have a general understanding of the requirements for completion of the course.
- **Discussion Questions**
 - Found in Canvas, your score consists of 1 initial discussion post and 2 responses to your classmate’s posts.
- **MindTap Assignments:**
 - These assignments can be found in MindTap. They are designed to apply your newfound knowledge in real world examples.
- **Chapter Quizzes:**
 - These are also found on the MindTap website. You are allowed to take each quiz once. 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 Canvas. You will need to submit your Mindtap reports with Diet Analysis I as noted in the assignment details. ****Tip:** Mindtap offers a mobile app for Diet and Wellness Plus! Please make sure to submit all Diet Analysis Assignments as a Word or PDF document. I am unable to accept assignments in .pages format

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 late week.

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

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:

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 zero for that assignment. Here is the link to the 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" 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 classmates 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: Each week we will have office hours Friday, 9:00am MT. You may access the office hours through Zoom within the course.

Please feel free to reach out to me anytime! I will be happy to set-up an appointment with you via email, phone, or Zoom. 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.

Learning Commons: Tutoring Services

Tutoring is available to you in math, science, writing, and other subjects through the Learning Commons: Learning and STEM Centers and Writing Center. In person tutoring is in these centers in the LRC (the building that also has the library). Tutoring in Zoom and, for writing, through email, is also available.

Making use of tutoring is a fantastic way to use your resources and set yourself up to learn deeply and well in your courses.

To schedule an appointment, please go to: [Learning Commons Bookings](#)

If you are making an email appointment with the Writing Center, email your draft to tutor@unm.edu after you fill out the form above.

If you have difficulty with the scheduling link above, would like an appointment in a subject not listed at that link, or have a question, email tutor@unm.edu. You'll get answers during business hours Monday through Friday.

The webpage, with more details about available hours, is here: [Learning Commons: Tutoring Services webpage](#).

COVID-19 Health and Awareness

COVID-19 Health and Awareness. UNM is a mask friendly, but not a mask required, community. If you are experiencing COVID-19 symptoms, please do not come to class. If you do need to stay home, please communicate with me at []; I can work with you to provide alternatives for course participation and completion. Let me, an advisor, or another UNM staff member know that you need support so that we can connect you to the right resources. Please be aware that UNM will publish information on websites and email about any changes to our public health status and community response.

Support:

PASOS Resource Center (505) 925-8546, <mailto:pasos@unm.edu>. The Resource Center is an on-campus center that serves as a “one-stop” for all non-academic needs of UNM-Valencia students.

Student Health and Counseling (SHAC) at (505) 277-3136. If you are having active respiratory symptoms (e.g., fever, cough, sore throat, etc.) AND need testing for COVID-19; OR If you recently tested positive and may need oral treatment, call SHAC.

LoboRESPECT Advocacy Center (505) 277-2911 can offer help with contacting faculty and managing challenges that impact your UNM experience.

Accommodations: UNM is committed to providing equitable access to learning opportunities for students with documented disabilities. As your instructor, it is my

objective to facilitate an inclusive classroom setting, in which students have full access and opportunity to participate. To engage in a confidential conversation about the process for requesting reasonable accommodations for this class and/or program, please contact Accessibility Resource Center at arcsrvs@unm.edu or by phone at 505-277-3506. The UNM-Valencia Equal Access Services (Sarah Clawson, Coordinator), at (505) 925-8840 or by email at sjclawson@unm.edu.

Support: Contact me at [] or in office/check-in hours and contact. The UNM-Valencia Equal Access Services (Sarah Clawson, Coordinator), at (505) 925-8840 or by email at sjclawson@unm.edu, Or Accessibility Resource Center (<https://arc.unm.edu/>) at <mailto:arcsrvs@unm.edu> (505) 277-3506.

Credit-hour Statement:

This is a three credit-hour course delivered in an entirely online modality over 8 weeks during the Fall 2023 semester. Please plan for a minimum of 18 hours per week to learn course materials and complete assignments.

Support:

Resources to support study skill and time management are available through UNM-Valencia Learning Commons (Tutoring)

Tutoring is available to you in math, science, writing, and other subjects through the Learning Commons: Learning and STEM Centers and Writing Center. In person tutoring is in these centers in the LRC (the building that also has the library). Tutoring in Zoom and, for writing, through email, is also available.

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If you have difficulty with the scheduling link above, would like an appointment in a subject not listed at that link, or have a question, email tutor@unm.edu. You'll get answers during business hours Monday through Friday. The webpage, with more details about available hours, is here: Learning Commons: Tutoring Services webpage. Center for Academic Program Support (CAPS). Many students have found that time management workshops can help them meet their goals (consult (CAPS) website under "services").

Title IX:

Our classroom and our university should always be spaces of mutual respect, kindness, and support, without fear of discrimination, harassment, or violence. Should you ever need assistance or have concerns about incidents that violate this principle, please access the resources available to you on

campus. Please note that, because UNM faculty, TAs, and GAs are considered "responsible employees" any disclosure of gender discrimination (including sexual harassment, sexual misconduct, and sexual violence) made to a faculty member, TA, or GA must be reported by that faculty member, TA, or GA to the university's Title IX coordinator. For more information on the campus policy regarding sexual misconduct and reporting, please see: <https://policy.unm.edu/university-policies/2000/2740.html>.

Support: LoboRESPECT Advocacy Center, the Women's Resource Center, and the LGBTQ Resource Center all offer confidential services.

Land Acknowledgement: Founded in 1889, the University of New Mexico sits on the traditional homelands of the Pueblo of Sandia. The original peoples of New Mexico Pueblo, Navajo, and Apache since time immemorial, have deep connections to the land and have made significant contributions to the broader community statewide. We honor the land itself and those who remain stewards of this land throughout the generations and also acknowledge our committed relationship to Indigenous peoples. We gratefully recognize our history.

Citizenship and/or Immigration Status:

Citizenship and/or Immigration Status: All students are welcome in this class regardless of citizenship, residency, or immigration status. Your professor will respect your privacy if you choose to disclose your status. As for all students in the class, family emergency-related absences are normally excused with reasonable notice to the professor, as noted in the attendance guidelines above. UNM as an institution has made a core commitment to the success of all our students, including members of our undocumented community. The Administration's welcome is found on our website: <http://undocumented.unm.edu/>.

Respectful and Responsible Learning:

We all have shared responsibility for ensuring that learning occurs safely, honestly, and equitably. Submitting material as your own work that has been generated on a website, in a publication, by an artificial intelligence algorithm, by another person, or by breaking the rules of an assignment constitutes academic dishonesty. It is a student code of conduct violation that can lead to a disciplinary procedure. Please ask me for help in finding the resources you need to be successful in this course. I can help you use study resources responsibly and effectively. Off-campus paper writing services, problem-checkers and services, websites, and AIs can be incorrect or misleading. Learning the course material depends on completing and submitting your own work. UNM preserves and protects the integrity of the academic community through multiple policies including policies on student grievances (Faculty Handbook D175 and D176), academic dishonesty (FH D100), and respectful campus (FH CO9). These are in the Student Pathfinder (<https://pathfinder.unm.edu>) and the Faculty Handbook (<https://handbook.unm.edu>).

Support: Many students have found that time management workshops or work with peer tutors can help them meet their goals. These and are other resources are available through PASOS (Pathways to Articulation and Sustainable Opportunities for Students), TRIO Student Support Services, and Student Learning Support at the Center for Teaching and Learning.

Connecting to Campus and Finding Support: UNM has many resources and centers to help you thrive, including opportunities to get involved, mental health resources, academic support including tutoring, resource centers for people like you, free food at Valencia Campus Food Pantry, and jobs on campus.

Your advisor, staff at the resource centers and Academic Affairs Office, and I can help you find the right opportunities for you.

Grading Criteria

Assignment	Points per Assignment	Total points
Course Agreement (1)	5	5
Discussion posts (6)	25	150
MindTap Assignments (61)	5	305
Chapter Quizzes (MT) (18)	15	270
Diet Analysis Assignment (MT and Canvas) (4)	50	200
		930

**MT=Cengage/Mindtap

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.

97-100	A+
93-96.99	A
90-92.99	A-
87-89.99	B+
83-86.99	B
80-82.99	B-
77-79.99	C+
73-76.99	C
70-72.99	C-
60-69.99	D
<60	F

Fall 2023 Course Schedule

Module	Date	Chapter/Topic	Assignments & Activities	Points Possible	Due Date	✓
1	<u>Week 1</u> 8/21-8/27	Chapter 1: An Overview of Nutrition	Course Agreement	5	8/27	
			Welcome Discussion 1	25	8/27	
			MindTap Assignments (4) (MT)	20	8/27	
			Chapter 1 Quiz (MT)	15	8/27	65
2	<u>Week 2</u> 8/28-9/3	Chapter 2:	MindTap Assignments (4) (MT)	20	9/3	

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		Planning a Healthy Diet	Chapter 2 Quiz (MT)	15	9/3	35
3	Week 3 9/4-9/10	Chapter 3: Digestion, Absorption, &Transport	Diet Analysis I	50	9/10	
			MindTap Assignments (2) (MT)	10	9/10	
			Chapter 3 Quiz (MT)	15	9/10	75
4	Week 4 9/11-9/17	Chapter 4: Carbohydrates	MindTap Assignments (4) (MT)	20	9/17	
			Chapter 4 Quiz (MT)	15	9/17	35
5	Week 5 9/18-9/24	Chapter 5: Lipids	Discussion 2	25	9/24	
			MindTap Assignments (4) (MT)	20	9/24	
			Chapter Quiz (MT)	15	9/24	55
6	Week 6 9/25-10/1	Chapter 6: Protein	Diet Analysis II	50	10/1	
			MindTap Assignments (3) (MT)	15	10/1	
			Chapter 6 Quiz (MT)	15	10/1	80
7	Week 7 10/2-10/8	Chapter 7: Energy Metabolism	MindTap Assignments (4)(MT)	20	10/8	
			Chapter 7 Quiz (MT)	15	10/8	35
8	Week 8 10/9-10/15	Chapter 8: Energy Balance & Body Composition	Discussion 3	25	10/15	
			MindTap Assignments (2)(MT)	10	10/15	
			Chapter 8 Quiz (MT)	15	10/15	50
Fall Break 10/12-10/13						
9	Week 9 10/16-10/22	Chapter 9: Weight Management	MindTap Assignments (4)(MT)	20	10/22	
			Chapter 9 Quiz (MT)	15	10/22	35
10	Week 10 10/23-10/29	Chapter 10: Water Soluble Vitamins	Discussion 4	25	10/29	
			MindTap Assignments (4)(MT)	20	10/29	
			Chapter 10 Quiz (MT)	15	10/29	60
11	Week 11 10/30-11/5	Chapter 11: Fat Soluble Vitamins	MindTap Assignments (3) (MT)	15	11/5	
			Chapter 11 Quiz (MT)	15	11/5	30
12	Week 12 11/6-11/12	Chapter 12: Water & Major Minerals	Diet Analysis III	50	11/12	
			MindTap Assignments (3) (MT)	15	11/12	
			Chapter 12 Quiz (MT)	15	11/12	80
13	Week 13 11/13-11/19	Chapter 13: Trace Minerals	MindTap Assignments (4)(MT)	20	11/19	
			Chapter 13 Quiz (MT)	15	11/19	35
14	Week 14 11/20-12/3	Chapter 14: Fitness	Discussion 5	25	12/3	
			MindTap Assignments (3) (MT)	15	12/3	
			Chapter 14 Quiz (MT)	15	12/3	

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						55
18		Chapter 18: Diet and Health	MindTap Assignments (4) (MT)	20	12/3	
			Chapter 18 Quiz (MT)	15	12/3	
			Diet Analysis IV	50	12/3	85
			Thanksgiving Break 11/23-11/26			
16	<u>Week 15</u> 12/4-12/10	Chapter 15 & 16: Life Cycle Nutrition	Discussion 6	25	12/10	
			MindTap Assignments (5)(MT)	25	12/10	
			Chapter 15 Quiz (MT)	15	12/10	
			Chapter 16 Quiz (MT)	15	12/10	80
17	<u>Week 16</u> 12/11-12/16	Chapter 17: Life Cycle Nutrition Adulthood	MindTap Assignments (4) (MT)	20	12/16	
			Chapter 17 Quiz (MT)	15	12/16	35
	Total Points					930

*****Note: The course ends on Saturday 12/16 @ 1159pm MT*****

Special Note: The instructor reserves the right to modify this syllabus. You will be notified of any changes.