Nutrition 2110-501: Human Nutrition

Fall 2026

Course Description

This course provides an overview of nutrition. 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: Summer/2026/8

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

Student Learning Outcomes

At the completion of the course, students 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 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

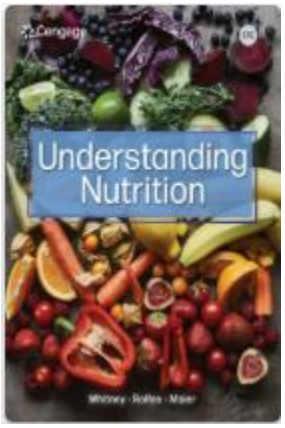
Virtual Contact Methods:
jhpippin@unm.edu

Virtual Office Hours: Monday, 8:00-10am MT by appointment. Meetings 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/Maier's Understanding Nutrition, 1 term Instant Access. Ellie Whitney; Sharon Rady Rolfes; Haiyan Maier

Publisher Cengage Courseware, ISBN 9780357974339 Duration 180 Days.

Please see the course announcement page for details regarding MyShelf/Red Shelf 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.

Technology & Computer Requirements:

- Dependable computer
- Computer speakers
- Microsoft Suite (PowerPoint and Word)
- Adobe Flash Player

• Computer with High-Speed Internet Connection: If you choose to work from a home computer, you must ensure that your computer and internet connection are functioning properly. You will need a stable internet connection

• Firefox (PC) or Safari (Mac) as your internet browser. You can download Firefox for free by visiting http://www.mozilla.org/en-US/firefox/fx/?from=sfx&uid=290713&t=478. You can download Chrome for free by visiting: https://www.google.com/chrome/

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 4, 2026

Last day to DROP without Dean's Permission on LoboWeb
November 6, 2026

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 the completion of 1 initial discussion post and 2 responses to your classmate's posts. Please review the discussion rubric prior to submitting your 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 at 1159pm. Quizzes will be available for the entire week.

- **Diet Analysis Assignments**
    - There are 3 Diet Analysis Assignments during the course. You will log your food and fluid intake for 3 days in MindTap's Diet and Wellness Plus, then answer the assignment questions in Canvas. You will need to submit your MindTap reports with each Diet Analysis as noted in the assignment details. Please make sure to submit all Diet Analysis Assignments as a Word or PDF document only. I am unable to accept assignments in .pages format. Links to reports will not be accepted.

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

Assignments will be graded within 1 week of the due date.

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

Cheating and plagiarism (academic dishonesty) are often driven by lack of time, desperation, or lack of knowledge about how to identify a source. Communicate with me and ask for help, even at the last minute, rather than risking your academic career by committing academic dishonesty. Academic dishonesty involves claiming that work created by another source is your own original work. It is a Student Code of Conduct violation that can lead to a disciplinary procedure. When you use a resource in work submitted for this class, document how you used it and distinguish clearly between your original work and the material taken from the resource. 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 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.

Course Policy on AI

This course is meant to help you develop and demonstrate key knowledge and skills without the support of generative artificial intelligence (AI) tools for submitted work. Using generative AI to complete submitted coursework in this course will interfere with the advantages in learning and understanding that this course offers you. You are expected to complete submitted work without any generative AI assistance. Prohibited generative AI use includes tools such as ChatGPT, Claude, Gemini, Copilot, Grammarly's generative AI features, AI image generators, AI video or audio generators, AI code generators, AI paraphrasing tools, AI presentation generators, AI design tools, and similar technologies. The purpose of this course policy is educational, not punitive. The assignments in this course are aligned with specific learning processes and outcomes that support your future learning and expertise. Submitting AI-generated or AI-assisted in this course is inconsistent with course expectations and may violate UNM's academic integrity standards and Student Code of Conduct. If AI use is suspected, I will use submitted coursework, assignment directions, conversations with you about your work and process, and this syllabus to determine whether academic misconduct occurred. If you are unsure if a tool or use is allowed, please ask before submitting the assignment.

Generative AI is a type of AI that refers to technologies that generate text, images, audio, video, code, or other content in response to user prompts. You should acknowledge meaningful generative AI assistance when you submit work. A brief statement is sufficient.
For example:
I used ChatGPT to help brainstorm possible paper topics and revise my introduction for clarity. I reviewed and edited the final version myself.
or
I used Adobe Firefly to generate an illustrative image for my presentation. I revised the slide design myself and verified that the image was appropriate for the assignment.
You do not need to disclose minor uses such as spelling correction, sentence-level grammar correction, citation formatting, basic image cropping, basic color correction, file conversion, or accessibility-related tools related to an accommodation documented with UNM Accessibility Resource Center, unless an assignment specifically requires disclosure.
You remain responsible for the quality and appropriateness of the work you submit, including AI-generated content. You may not use AI to misrepresent your learning, fabricate sources or data, create misleading images or visual evidence, submit work you do not understand, or avoid the intellectual or creative work the assignment is designed to support. UNM's Academic Integrity Guide for Students applies to AI-assisted work.
You should not enter private, confidential, regulated, or sensitive information into AI tools unless the tools and use have been approved by UNM for that purpose. This includes personally identifiable information, peer or instructor created work, nonpublic community data, private chat logs, and images, voice recordings, or likenesses of real people without appropriate permission.
Learning works best when we start from a position of trust. In our course, students are expected to act honestly and responsibly, and I am expected to provide clear guidance about course expectations. On my part, I will also disclose to you how and when I am using generative AI tools with statements like those above. I also hold myself to the same standards of authorship, critical judgement, quality, and integrity that I have outlined in this policy. If you have questions about what constitutes appropriate AI use, please ask.

Tips for success

Office hours: Weekly office hours take place on Mondays from 8:00-10:00am MT and can be accessed through Zoom within the course. Attendance is optional, and no formal lecture is planned-this time is simply available for real-time conversation and support. If you'd like to meet during office hours, please email me at least 24 hours in advance so I can provide a personalized Zoom link. If the scheduled time doesn't work for you, feel free to reach out. We can arrange an appointment on another day or at a different time.
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:

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 505-277-3506.

Credit-hour Statement:

This is a three-credit-hour course delivered in an entirely asynchronous online modality over eight weeks during the fall 2026 semester. Please plan for a minimum of 18 hours per week to learn course materials and complete assignments.

UNM-Valencia Tutoring Services:

Tutoring is available to you in math, science, writing, and other subjects through the Learning Commons: Tutoring Services - Learning Center and Writing Center. In person tutoring and Zoom tutoring are available in these centers in the LRC (the building that also has the library). For writing, tutoring 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 will receive a response during business hours Monday through Friday.

The webpage, with more details about available hours, is here: Learning Commons Tutoring webpage.

At UNM Albuquerque, you may contact: Center for Academic Program Support (CAPS).

UAP 2720 and 2740

Our classroom and university should foster mutual respect, kindness, and support. If you have concerns about discrimination, harassment, or violence, please seek support and report incidents. Find confidential services at LoboRESPECT Advocacy Center, the Women's Resource Center, and the Arcoiris Center. UNM prohibits discrimination on the basis of sex (including gender, sex stereotyping, gender expression, and gender identity). All instructors are "responsible employees" who must communicate reports of sexual harassment, sexual misconduct and sexual violence to Compliance, Ethics and Equal Opportunity. For more information, please see UAP 2720 and UAP 2740

Title IX

If you are pregnant or experiencing a pregnancy-related condition, you may contact UNM's Office of Compliance, Ethics, and Equal Opportunity at ceeo@unm.edu. The CEEO staff will provide you with access to available resources and supportive measures and assist you in understanding your rights. Pregnancy and Parenting Support information is available here.

Student Support:

Confidential services for students are available at LoboRESPECT Advocacy Center, Women's Resource Center, and the LGBTQ Resource Center. The Women's Resource Center supports all students, including those who are pregnant or are parents. UNM Pregnancy and Parenting Support information is available.

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:

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.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/.

Religions and Faith Traditions:

The University of New Mexico promotes respect for all religions and faith traditions. Any student who is unable to attend classes or to participate in any examination, presentation, or assignment on a given day because of the observance of a major religious holiday or cultural observance, or due to related travel, is encouraged to speak

with their instructor about an excused absence and opportunities to make up, without unreasonable burden, any work that has been missed.

Respectful and Responsible Learning:

Respectful Conduct Expectations: I am committed to building with you a positive classroom environment in which everyone can learn. I reserve the right to intervene and enforce standards of respectful behavior when classroom conduct is inconsistent with University expectations [and/or classroom community agreements]. Interventions and enforcement may include but are not limited to required meetings to discuss classroom expectations, written notification of expectations, and/or removal from a class meeting. Removal from a class meeting will result in an unexcused absence. [Insert number] or more unexcused absences may result in permanent removal and a drop from the course (see attendance policy). The University of New Mexico ensures freedom of academic inquiry, free expression and open debate, and a respectful campus through adherence to the following policies: D75: Classroom Conduct, Student Code of Conduct, University Policy 2240 – Respectful Campus, University Policy 2210 – Campus Violence.

Thriving and finding support: Students are especially successful at UNM when they take advantage of support and get involved in campus and academic life. The Student Life tab on the student and instructor MyUNM login page provides direct links to well-being resources, including financial capability, mental health, food, jobs, and resource centers. The Student Life tab on MyUNM will help you identify academic resources like peer tutoring and opportunities like study abroad. You can contact academic advisors and resource advisors for information and guidance via Student Hub on MyUNM. I look forward to providing you with information about academic opportunities related to our class and to helping you find support resources.

Connecting to Campus and Finding Support:

UNM has many resources and centers to help you thrive, including opportunities to get involved in campus life, research experiences, mental health resources, academic support such as tutoring, resource centers for people like you, free food at Lobo Food Pantry, jobs on campus and financial capability support. Your advisor, staff at the resource centers and Dean of Students, and I can help you find the right opportunities for you.

Wellness:

If you do need to stay home due to illness or are experiencing a wellness challenge, please take advantage of the resources below. You can communicate with me at [ ] and 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. UNM is a mask friendly, but not a mask required, community. If you are experiencing COVID-19 symptoms, please do not come to class.

Support:

Student Support: Student Health and Counseling (SHAC) at (505) 277-3136. TimelyCare: Free 24/7 virtual care services (medical, emotional support, health coaching, self-care, basic needs support). LoboRESPECT Advocacy Center (505) 277-2911: help with contacting faculty and managing challenges that impact your UNM experience.

Grading Criteria

Assignment	Points per Assignment	Total points
Course Agreement (1)	10	10
Discussion posts (6)	25	150
MindTap Assignments (61)	5	305
Chapter Quizzes (MT) (18)	15	270
Canvas Assignments 1,2,3 (MT and Canvas) (3)	50	150
Canvas Assignment 4 (MT and Canvas (1))	115	115
		1000

**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.

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

Fall 2026 Course Schedule

Module	Date	Chapter/Topic	Assignments & Activities	Points Possible	Due Date	✓
1	**Week 1** 8/17-8/23	Chapter 1: An Overview of Nutrition	Course Agreement	5	8/23	
			Welcome Discussion 1	25	8/23	
			MindTap Assignments (4) (MT)	20	8/23	
			Chapter 1 Quiz (MT)	15	8/23	65
2	**Week 2** 8/24-8/30	Chapter 2: Planning a Healthy Diet	MindTap Assignments (4) (MT)	20	8/30	
			Chapter 2 Quiz (MT)	15	8/30	35
3	**Week 3** 8/31-9/6	Chapter 3: Digestion, Absorption, &Transport	Canvas Assignment 1: Food Intake Record	50	9/6	
			MindTap Assignments (2) (MT)	10	9/6	
			Chapter 3 Quiz (MT)	15	9/6	75
Labor Day 9/7/2026						
4	**Week 4** 9/8-9/13	Chapter 4: Carbohydrates	MindTap Assignments (4) (MT)	20	9/13	
			Chapter 4 Quiz (MT)	15	9/13	35
5	**Week 5** 9/14-9/20	Chapter 5: Lipids	Discussion 2	25	9/20	
			MindTap Assignments (4) (MT)	20	9/20	
			Chapter Quiz (MT)	15	9/20	55
6	**Week 6** 9/21-9/27	Chapter 6: Protein	Canvas Assignment 2: Diet Analysis I	50	9/27	
			MindTap Assignments (3) (MT)	15	9/27	
			Chapter 6 Quiz (MT)	15	9/27	80
7	**Week 7** 9/28-10/4	Chapter 7: Energy Metabolism	MindTap Assignments (4)(MT)	20	10/4	
			Chapter 7 Quiz (MT)	15	10/4	35
8	**Week 8** 10/5-10/11	Chapter 8: Energy Balance & Body Composition	Discussion 3	25	10/11	
			MindTap Assignments (2)(MT)	10	10/11	
			Chapter 8 Quiz (MT)	15	10/11	50
Fall Break 10/08-10/9/2026						
9	**Week 9** 10/12-10/18	Chapter 9: Weight Management	MindTap Assignments (4)(MT)	20	10/18	
			Chapter 9 Quiz (MT)	15	10/18	35
10	**Week 10** 10/19-10/25	Chapter 10: Water Soluble Vitamins	Discussion 4	25	10/25	
			MindTap Assignments (4)(MT)	20	10/25	
			Chapter 10 Quiz (MT)	15	10/25	60
11	**Week 11** 10/26-11/1	Chapter 11: Fat Soluble Vitamins	MindTap Assignments (3) (MT)	15	11/1	
			Chapter 11 Quiz (MT)	15	11/1	30

12	**Week 12** 11/2-11/8	Chapter 12: Water & Major Minerals	Canvas Assignment 3: Diet Analysis II	50	11/8	
			MindTap Assignments (3) (MT)	15	11/8	
			Chapter 12 Quiz (MT)	15	11/8	80
13	**Week 13** 11/9-11/15	Chapter 13: Trace Minerals	MindTap Assignments (4)(MT)	20	11/15	
			Chapter 13 Quiz (MT)	15	11/15	35
Veterans Day 11/11/2026						
14	**Week 14** 11/16-11/22	Chapter 14: Fitness	Discussion 5	25	11/22	
			MindTap Assignments (3) (MT)	15	11/22	
			Chapter 14 Quiz (MT)	15	11/22	55
18		Chapter **18**: Diet and Health	MindTap Assignments (4) (MT)	20	11/22	
			Chapter 18 Quiz (MT)	15	11/22	35
Thanksgiving Break 11/26-11/27 No assignments for the week of 11/23-11/29						
16	**Week 15** 11/30-12/6	Chapter 15 & 16: Life Cycle Nutrition	Discussion 6	25	12/6	
			MindTap Assignments (5)(MT)	25	12/6	
			Chapter 15 Quiz (MT)	15	12/6	
			Chapter 16 Quiz (MT)	15	12/6	
			Canvas Assignment 4: Diet Analysis III	115	12/6	195
17	**Week 16** 12/7-12/12	Chapter 17: Life Cycle Nutrition Adulthood	MindTap Assignments (4) (MT)	20	12/12	
			Chapter 17 Quiz (MT)	15	12/12	35
	Total Points					**1000**

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

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