

Syllabus for NUTR 120: Nutrition for Health Spring 2018

Prerequisite: None

I. General Information:

Instructor:	Jeff W. Hill, Ph.D.	Course Number:	NUTR 120 (3 credit hours)
Office:	Academic Affairs 103	Section Number:	501
Office Phone:	505-925-8630	Semester/Year:	Spring 2018
Office Hours:	W 11:00 a.m. - 12:00 p.m.	Campus/Room:	Valencia Arts & Sciences 125
E-mail:	jwhill@unm.edu	Meeting Time:	W 12:00 p.m. - 1:15 p.m.
MES Home Page:	https://valencia.unm.edu/academics/divisions/mathematics,-engineering,-and-science-mes.html		

II. Course Description:

General concepts of nutrition applied to food choices that support health. Cultural, psychological, and economic implications of food choices.

Textbooks/Materials/Resources:

Required Textbook:

Nutrition for Health & Health Care, DeBruyne, 5th edition (ISBN 978-1-133-59911-1).

UNM Learn:

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

<http://learn.unm.edu>

III. Learning Outcomes Statements:

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

Outcome #1: **Apply the basic principles of nutrition and a healthy diet.**

Outcome #2: **Relate the basic concepts of digestion and absorption.**

Outcome #3: **Identify the six classes of nutrients and their roles in the body.**

Outcome #4: **Examine the nutritional requirements of healthy individuals throughout the life cycle.**

Outcome #5: **Describe the impact of nutrition on major human diseases of aging.**

IV. Course Requirements:

Attendance: Students enrolled for credit or audit are expected to attend all class sessions. A sign-up sheet will be handed out at the start of each class.

Students missing the first class without contacting the instructor may be dropped.

Students missing the first 2 classes for any reason will be dropped.

Students who miss the equivalent of 15% of class time (3 classes) will be dropped by the instructor.

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

February 2nd - Last day to drop for 100% tuition refund/last day to drop without a "W."

April 13th - Last day to withdraw without student services permission.

Absences from lecture do not relieve students of the responsibility for missed assignments and materials covered in class.

Grading: Grading will be based on:

1. In-class Assignments:

- 14 Quizzes, 25 multiple choice questions each, lowest two scores will be dropped.
- MAKEUP QUIZZES WILL NOT BE ALLOWED. Students will not be allowed to take makeup quizzes for ANY REASON. Two missed quizzes can be dropped.
- Grades WILL NOT be curved.

2. Online Assignments:

- 14 Chapter Exercises to be completed online (Blackboard) and due at 11:00 a.m. on quiz day.
- The quiz and chapter exercise will count equally toward the 25 possible points per chapter.
- Grades WILL NOT be curved.

4. Other Requirements:

- Students missing more than 2 classes will be dropped without notice.
- Students are responsible for all materials covered in class and in the reading assignments. Some book material that is not covered in class may still appear on examinations.
- Students are expected to do reading assignments before class.
- Students are responsible for seeking information on any assignments that may have been given out in their absence.
- Scantron 882-E forms

V. Grading:

	Points per assignment:	Total Points:	Percentage of overall grade:
13 Quizzes/Chapter Exercises	25 pts each	325 pts	100%
TOTAL		325 pts	100%

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:

- **Cell phones and other electronic devices:** In accordance with the UNM Valencia Student Handbook, cell phones are not permitted in the classroom. They must be silenced and put away. Cell phones that ring or are used during class or testing will result in the student being excused from the class or test. Per the grading policy, makeup quizzes are not allowed.
- **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.

VIII. Course Schedule for BIOL 120 501, Fall 2017, UNM Valencia:

WEEK	DATE	TOPIC	CHAPTER	ASSIGNMENTS AND TESTS
1	W 1/17	Class Introduction - Syllabus		
2	W 1/24	Overview of Nutrition and Health	1	Quiz 1
			Blackboard	Chapter 1 Exercises Due
3	W 1/31	Digestion and Absorption	2	Quiz 2
			Blackboard	Chapter 2 Exercises Due
4	W 2/7	Carbohydrates	3	Quiz 3
			Blackboard	Chapter 3 Exercises Due
5	W 2/14	Lipids	4	Quiz 4
			Blackboard	Chapter 4 Exercises Due
6	W 2/21	Proteins	5	Quiz 5
			Blackboard	Chapter 5 Exercises Due
7	W 2/28	Energy Balance and Body Composition	6	Quiz 6
			Blackboard	Chapter 6 Exercises Due
8	W 3/7	Weight Management	7	Quiz 7
			Blackboard	Chapter 7 Exercises Due
9	W 3/14	NO CLASS		
10	W 3/21	The Vitamins	8	Quiz 8
			Blackboard	Chapter 8 Exercises Due
11	W 3/28	Water and The Minerals	9	Quiz 9
			Blackboard	Chapter 9 Exercises Due
12	W 4/4	Nutrition through the Life Span: Pregnancy and Infancy	10	Quiz 10
			Blackboard	Chapter 10 Exercises Due
13	W 4/11	Nutrition through the Life Span: Childhood and Adolescence	11	Quiz 11
			Blackboard	Chapter 11 Exercises Due
14	W 4/18	Nutrition through the Life Span: Later Adulthood	12	Quiz 12
			Blackboard	Chapter 12 Exercises Due
15	W 4/25	Nutrition and Disorders of the Heart and Blood Vessels	21	Quiz 13
			Blackboard	Chapter 21 Exercises Due
16	W 5/2	Nutrition, Cancer, and HIV Infection	23	Quiz 14
			Blackboard	Chapter 23 Exercises Due
17	W 5/9	Film Screening		Quiz 15

*Topics or assignments may change as needed. Announcements regarding such changes will be made during regular class hours. Students who are absent or tardy when such announcements are made will still be held responsible for the changes.