



Spring 2019

# Nutrition 244—501 Syllabus

## COURSE INFORMATION

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 PREREQUISITES

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

## STUDENT LEARNING OUTCOMES

**At the completion of this 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.



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## Instructor's Information

### Miriam Chávez, Ph.D.

**Office:** Rm 100B, Health Science Building

**Phone:** 925-8613

**E-mail:** mjchavez@unm.edu

**Office Hours:** Mon—Thurs 8:00—9:00 a.m.  
Tues & Thurs 10:30 to 11:30 a.m.



*I have been teaching for 28 years at UNM—Valencia. I am originally from Bolivia and currently live in Los Lunas.*

## COURSE POLICIES

**Homeworks.** There are five homeworks that must be turned in by the specified due date on Monday by 11:59 p.m. The homework must be turned in through Learn. You are allowed to get help from a tutor or work with another student. I also encourage you to contact me if you have any questions, but do not wait until the last minute. ***The assignment has to be written in your own words.***



**Assignments.** There will be three assignments that will be assigned throughout the semester. These assignments will help you apply the material that you have learned and bring different concepts together. They must be submitted through Learn.

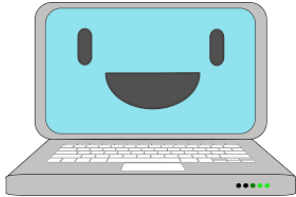
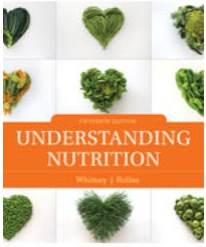
**Late assignment/homework.** Late assignments will only be accepted within the first week following the due date. There will be a 50% reduction in grade. I will not accept assignments after the first week.

**Chapter Quizzes.** These are referred as “Post-Test” on the MindTap website. You are allowed to take each quiz twice. If you would like to practice before you take the actual post-test, there is a pre-test that does not count towards your grade. All quizzes are due on Sunday by 11:59 p.m. Quizzes will be available for the entire week.

**Exams.** The Midterm exam will cover Chapters 1-8 and the Final exam will cover Chapters 9-18. They will be taken through Learn website.

**Withdrawal.** If a student drops the course before February 1 it will not appear on their transcript. After February 1 a “W” will be issued.

**Drop policy.** If a student misses three assignments/quizzes, he/she may be dropped



## REQUIRED LEARNING RESOURCES

- 1. Text:** Understanding Nutrition by Whitney and Rolfes, 15th edition. You must have access to MindTap.
- 2. Course Webpage:** <https://learn.unm.edu/>. The webpage contains resources you need to succeed in the course. Login using your UNM user name and password. *You are responsible for all announcements, assignments, quizzes, tests and/or any changes to the syllabus will be posted on the webpage.*
- 3. MindTap:** Readings, pre- and post-tests, and activities are available at the website.
- 4. Technology & Computer:** In this course, you will need the following technology and computer requirements:
  - Dependable computer
  - Reliable internet connection
  - Computer speakers
  - Reliable web browser
  - Microsoft Suite (PowerPoint and Word)

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*“If you can dream it, you can do it” — Walt Disney*

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## TIPS FOR SUCCESS

If you are feeling lost or overwhelmed ....

**PowerPoint Slides.** Use the PowerPoint slides for each chapter to guide your reading the chapter.



**Study habits.** Look at figures and read the chapter. It may take more than one reading to understand the material presented. Learn the vocabulary.

**Office hours.** I am available to help you succeed in the class; stop by my office and I can clarify information or help you with homework.

**Email netiquette.** Include an informative subject line (class and concern -- Nutr 244, homework); include a salutation and closing (sign your name); do not use IM or TXT spelling, instead use standard English.

**SAGE.** SAGE (Student Alerts and Grouped Events) is the new Early Alert referral program I will use to send out emailed alerts to both students and staff regarding student progress. This enables streamlined communication between faculty, students and staff to help students succeed at Valencia. Students may receive SAGE referrals on tutoring needs, grades, attendance issues, missing assignments, etc., as well as kudos for a job well done.

## THINGS TO KEEP IN MIND

### Accommodations:

If you have a documented disability and you need a reasonable accommodation made for you in this course, please consult with me immediately at the outset of the course so we can design a solution that will help you be successful in the class.

### Academic Dishonesty:

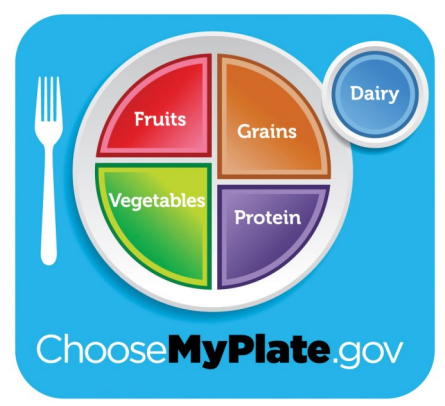
Each student is expected to maintain the highest standards of honesty and integrity in academic and professional matters. The University reserves the right to take disciplinary action, up to and including dismissal, against any student who is found guilty of academic dishonesty or otherwise fails to meet the 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.

### Equal Opportunity and Non-discrimination:

In an effort to meet obligations under Title IX, UNM faculty, Teaching Assistants, and Graduate Assistants are considered “responsible employees” by the Department of Education (see page 15 - <http://www2.ed.gov/about/offices/list/ocr/docs/qa-201404-title-ix.pdf>). This designation requires that any report of gender discrimination which includes sexual harassment, sexual misconduct and sexual violence made to a faculty member, TA, or GA must be reported to the Title IX Coordinator at the Office of Equal Opportunity ([oeo.unm.edu](http://oeo.unm.edu)). For more information on the campus policy regarding sexual misconduct, see: <https://policy.unm.edu/university-policies/2000/2740.html>.

*Honesty is the best  
policy — Benjamin Franklin*

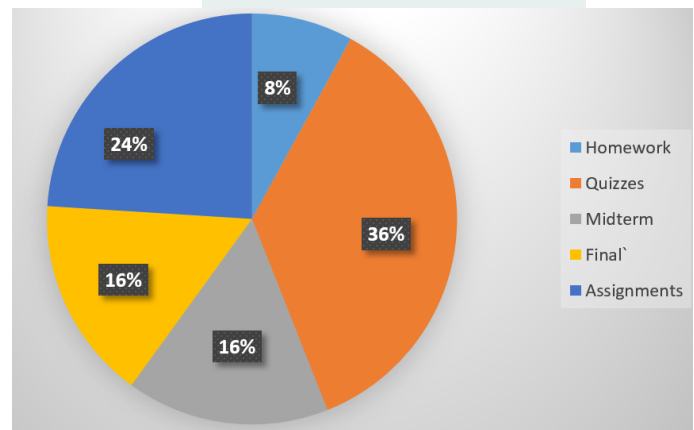
*Develop good study habits. Don't wait until the last minute.*



## GRADING CRITERIA—

### For Assigning Final Course Grade:

Homework (5)	50 points
Chapter quizzes (15 out of 17)	225 points
Assignments (3)	150 points
Midterm Exam	100 points
Final Exam	100 points



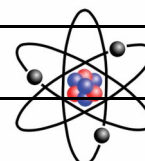
The student's total points will be divided by the total possible points (625) and the grade earned will be based on the following percentage:

100 or higher – A+	77-79 – C+
94-99 – A	73-76 – C
90-93 – A-	70-72 – C-
87-89 – B+	60-69 – D
83-86 – B	below 60 – F
80-82 – B-	



# COURSE OUTLINE

Week	Week of	Chapter - Topic
1	January 14	1—Overview of Nutrition
2	January 21	2—Planning a Healthy Diet
		<b>Homework 1—due on Tuesday, January 22</b>
3	January 28	3—Digestion, Absorption, and Transport
4	February 4	4 – Carbohydrates 5 – The Lipids
		<b>Assignment 1— Daily Values and Calories Due on Monday, February 11</b>
5	February 11	6—Proteins: Amino Acids
		<b>Homework 2—due on Monday, February 18</b>
6	February 18	7—Metabolism: Transformation & Interactions
7	February 25	8—Energy Balance and Body Composition
		<b>Homework 3—due on Monday, February 25</b>
8	March 4	<b>Midterm Exam (Chapters 1-8)</b>



<b>Week</b>	<b>Week of</b>	<b>Chapter - Topic</b>
<b>9</b>	March 11	<b><i>Spring Break—No Assignments — Enjoy</i></b>
<b>10</b>	March 18	9—Weight Control: Overweight and Underweight
<b>11</b>	March 25	10—Water Soluble Vitamins
		<b>Homework 4—Due on Monday, March 25</b>
<b>12</b>	April 1	11—Fat Soluble Vitamins
		<b>Assignment 2—Vitamin and Mineral Charts Due on Monday, April 8</b>
<b>13</b>	April 8	12—Water and the Major Minerals
		<b>Homework 5—Due on Monday, April 8</b>
<b>14</b>	April 15	14—Fitness: Physical Activity, Nutrients, and Body Adaptations
<b>15</b>	April 22	15—Life Cycle Nutrition: Pregnancy & Lactation 16—Life Cycle Nutrition: Infancy, Childhood, & Adolescence
<b>16</b>	April 29	17—Life Cycle Nutrition: Adult & Later Years 18—Diet and Health
		<b>Assignment 3—Dietary Analysis Report Due on Monday, May 6</b>
	Wednesday, May 8	<b>Final Exam (Chapters 9-18)</b>

\*\* I reserve the right to make necessary changes throughout the course.