Nutrition 2110-501: Human Nutrition

Summer 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

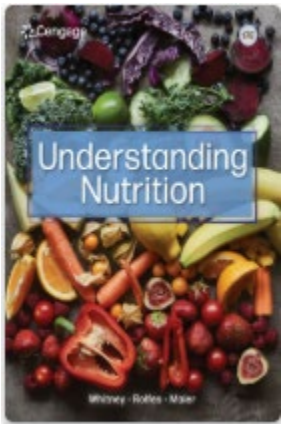
Virtual Contact Methods:
jhpippin@unm.edu

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
June 12, 2026

Last day to DROP without Dean's Permission on LoboWeb
July 10, 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. I am unable to accept assignments in .pages format

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

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

A significant component of the assessments in this course requires critical thinking and synthesis of ideas in writing. Artificial Intelligence (AI) platforms such as ChatGPT could easily be used as a "student proxy" for this work. The danger in letting an AI platform do the synthesis and writing is that the student will not develop these

important skills as part of the course learning objectives. Additionally, AI platforms such as ChatGPT are notorious for making things up, and it is difficult to ascertain if the information is correct or not.
Therefore, the course policy is for students not to use AI platforms at all in this course. It is critical for students to develop core research and writing skills first before adding AI and other technological tools to their research toolbox. For additional details on the misuse of AI assistive technology, please go to the Academic Integrity section of the course syllabus.

My expectation is that the work you submit in class is authored by you. We will be developing skills that are important to practice on your own. Furthermore, since these skills are interdependent and build upon each other, using generative AI can get in the way of understanding these skills step by step, which will ultimately prevent you from being able to succeed in this course.

However, while I would prefer you not use these tools to complete the written assignments for this course, AI tools can be helpful resources for thinking, and I encourage students to use them to think through questions throughout the course. Students should use AI tools to augment their understanding and generate ideas, while ensuring that the final work reflects their own analysis, synthesis, and originality.

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. I'm glad to 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 the UNM-Valencia Equal Access Services (Sarah Clawson, Coordinator), at (505) 925-8840 or by email at sjclawson@unm.edu. Also available is the Accessibility Resource Center at UNM-Albuquerque at arcsrvs@unm.edu or 505-277-3506

Credit-hour Statement:

Credit-hour statement: Credit-hour statement: This is a three-credit-hour course delivered in an entirely asynchronous online modality over 8 weeks during the Summer 2026 semester. Please plan for a minimum of 9 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 LGBTQ Resource 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, E

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:

Responsible Learning and Academic Honesty: 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.

Thriving and Finding Support: Students are especially successful at UNM when they take advantage of support and get involved in campus and academic life. Your MyUNM login page provides direct links to well-being resources, including financial capability, mental health, food, jobs, and resource centers. 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.

Respectful Conduct Expectations:

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. 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.

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

Summer 2026 Course Schedule

Module	Date	Chapter/Topic	Assignments & Activities	Points Possible	Due Date	✓
1	**Week 1** 6/1-6/7	Chapter 1: An Overview of Nutrition	Course Agreement	10	6/7	
			Welcome Discussion 1-**Welcome**	25	6/7	
			Chapter 1 MindTap Assignments (4) (MT)	20	6/7	
			Chapter 1 Quiz (MT)	15	6/7	70
2		Chapter 2: Planning a Healthy Diet	Chapter 2 MindTap Assignments (4) (MT)	20	6/7	
			Chapter 2 Quiz (MT)	15	6/7	
			Discussion 2-**Calorie counts, Portion Restrictions, Sugar tax**	25	6/7	60
3	**Week 2** 6/8-6/14	Chapter 3: Digestion, Absorption, &Transport	Canvas Assignment 1-**Food Intake Record**	50	6/14	
			Chapter 3 MindTap Assignments (2) (MT)	10	6/14	
			Chapter 3 Quiz (MT)	15	6/14	75
4		Chapter 4: Carbohydrates	Chapter 4 MindTap Assignments (4) (MT)	20	6/14	
			Chapter 4 Quiz (MT)	15	6/14	35
5	**Week 3** 6/15-6/21	Chapter 5: Lipids	Chapter 5 MindTap Assignments (4) (MT)	20	6/21	
			Chapter 5 Quiz (MT)	15	6/21	35
6		Chapter 6: Protein	Canvas Assignment 2-**Diet Analysis I Macronutrients**	50	6/21	
			Chapter 6 MindTap Assignments (3) (MT)	15	6/21	
			Chapter 6 Quiz (MT)	15	6/21	80

7	**Week 4** 6/22-6/28	Chapter 7: Energy Metabolism	Chapter 7 MindTap Assignments (4)(MT)	20	6/28	
			Chapter 7 Quiz (MT)	15	6/28	35
8		Chapter 8: Energy Balance and Body Composition	Chapter 8 MindTap Assignments (2)(MT)	10	6/28	
			Chapter 8 Quiz (MT)	15	6/28	25
9		Chapter 9: Body weight and health	Chapter 9 MindTap Assignments (4)(MT)	20	6/28	
			Discussion 3- **Fad Diets**	25	6/28	
			Chapter 9 Quiz (MT)	15	6/28	60
10	**Week 5** 6/29-7/5	Chapter 10: Water Soluble Vitamins	Chapter 10 MindTap Assignments (4)(MT)	20	7/5	
			Chapter 10 Quiz (MT)	15	7/5	35
11		Chapter 11: Fat Soluble Vitamins	Chapter 11 MindTap Assignments (3) (MT)	15	7/5	
			Chapter 11 Quiz (MT)	15	7/5	
			Discussion 4- **Vitamin and Mineral Supplementation**	25	7/5	55
12	**Week 6** 7/6-7/12	Chapter 12: Water & Major Minerals	Canvas Assignment 3- **Diet Analysis II Vitamins, Minerals, Water**	50	7/12	
			Chapter 12 MindTap Assignments (3) (MT)	15	7/12	
			Chapter 12 Quiz (MT)	15	7/12	80
13		Chapter 13: Trace Minerals	Chapter 13 MindTap Assignments (4)(MT)	20	7/12	
			Chapter 13 Quiz (MT)	15	7/12	35
14	**Week 7**	Chapter 14:	Discussion 5-	25	7/19	

	7/13-7/19	Fitness	**Food Choices**			
			Chapter 14 MindTap Assignments (3) (MT)	15	7/19	
			Chapter 14 Quiz (MT)	15	7/19	55
18		Chapter **18**: Disease Prevention	Chapter 18 MindTap Assignments (4) (MT)	20	7/19	
			Chapter 18 Quiz (MT)	15	7/19	35
16	**Week 8** 7/20-7/28	Chapter 15 & 16: Life Cycle Nutrition	Discussion 6-**Breastfeeding Factors**	25	7/28	
			Chapters 15 & 16 MindTap Assignments (5)(MT)	25	7/28	
			Chapter 15 Quiz (MT)	15	7/28	
			Chapter 16 Quiz (MT)	15	7/28	
			Canvas Assignment 4-**Diet Analysis III Reflection**	115	7/28	195
17		Chapter 17: Life Cycle Nutrition Adulthood	Chapter 17 MindTap Assignments (4) (MT)	20	7/28	
			Chapter 17 Quiz (MT)	15	7/28	35
	Total Points					**1000**

Note: The course ends on Tuesday, July 28 @ 1159pm MT

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