

HUMAN NUTRITION
HMD 211 – 700 – 39565 3 credits
Course Syllabus
Department of Family and Consumer Sciences

Type	Time	Days	Where	Date Range	Schedule Type	Instructors
Class	NA	NA	Online	Jan 26 – May 15, 2015	Lecture	Margaret E. Cook-Newell (P)

Instructor Information:

Margaret E. Cook-Newell, PhD, RDN, LD, CDE®, MLDE, CN

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Any other time by appointment

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Department of Family and Consumer Sciences

1906 College Heights Blvd., Building #11037

Bowling Green, KY 42101

Course Description:

HMD 211 is the study of nutrients essential to human life and well-being. Nutrients are studied relative to their function in metabolism, sources in food and relationship to health.

Prerequisites: 21 hours in Colonnade coursework or JR status.

General Education Information for HMD 211:

Human Nutrition HMD 211 may be taken to fulfill the Health and Wellness category of the OLD General Education requirements at Western Kentucky University; information and skills to improve understanding of various factors that enhance health, well-being, and quality of life are addressed. Course objectives marked with an asterisk are linked to this general education goal. .

Colonnade Connections Information for HMD 211:

Human Nutrition, HMD 211, may be taken to fulfill the Systems category of the *Connections* requirement for Western Kentucky University only after students have earned at least 21 hours in WKU Colonnade coursework or have achieved junior status; information and skills to improve understanding of various factors that enhance health, well, being and quality of life are addressed.

Terminal Course Outcome: Students will be able to discuss the role of nutrition and other lifestyle choices in the prevention of disease and to improve overall health and longevity.

Course Objectives:

By the end of this course, students will be able to:

- 1) Discuss the role of nutrition and other lifestyle choices in the prevention of disease to include the dangers of deficits and toxicities on human body systems.*
- 2) Identify the functions, properties, human requirements and food sources of essential nutrients.*
- 3) Discuss tools, such as the DRI, MyPlate, Exchange Lists, or other food guidance systems, and their role in selecting a nutritionally adequate diet.*
- 4) Identify nutritional needs at different stages in human growth and development.*
- 5) Examine the principles and ethics involved in making nutrition recommendations, emphasizing the importance of nutrition research and reliable sources of nutrition information.*
- 6) Explain the effects of foods and nutrients or lack thereof on the body's digestive, absorptive, metabolic, reproductive and excretory systems.*
- 7) Identify factor affecting food supply systems such as sustainability, government regulatory systems, and food insecurity.*
- 8) Evaluate food beliefs, food and nutrition fads and advertisements based on the principles of nutrition.

The course objectives marked with an asterisk (*) are linked to the *Colonnade Connections* objectives for a Systems course.

For Nutrition and Dietetics Students:

This class fulfills competencies (knowledge and skills) for Nutrition and Dietetics students set by the Academy of Nutrition and Dietetics. To identify competencies specific to this class, please go to <http://www.wku.edu/facs/dietetics/index.php>.

Required Text:

Blake, Joan Salge. Nutrition & You. Pearson Benjamin Cummings Publ., 2015.

3rd edition MyPlate Edition is recommended.

Modified Mastering version from the bookstore is required

There are two options

- 1) loose-leaf a la carte text + etext + Modified Mastering code: ISBN: 9780133892239.
- 2) The less expensive etext + Modified Mastering: ISBN: 9780321960870


Book's Website: http://wps.aw.com/bc_blake_nutrition_1/

Free materials for additional resources including practice quiz questions, activities, flashcards and links to additional information.

Instructional Activities

- A. **Reading:** Reading assignments and Modified Mastering activities are designed to enhance your comprehension of the scientific concepts covered in this course. Completing the reading assignments is highly recommended and is necessary for full participation in class discussions and activities.
- B. **Assignments:** There are five assignments
Two on BB under Assignments
 - a. **My Plate:** Students will record food and beverage intake for two days and then complete a nutritional analysis of the diet using the tools available on www.choosemyplate.gov.
 - b. **Evaluating Nutrition Information and Food Claims:** Students will identify food labels that make nutrient content, health and/or function claims.
Three on BB and under PEARSON Modified Mastering nutrition. See details on BB

- C. **Discussion Board:** Students will be required to post to at least one DB per exam period for a minimum of 3 posts.
- D. **Vocabulary Quizzes:** available for all chapters covered. For full credit per quiz a score of 5 must be earned.
- E. **Exit Exam:** Students will complete a general education assessment at the end of the course for bonus points.

 Grading Scale:		PTS
90-100%	A	364.5+
80-89%	B	364-324
70-79%	C	323.5-283.5
60-69%	D	283-243
0-59%	E	<243

WKU ACADEMIC DISHONESTY POLICY

1. Students will be expected to do his/her own work for exams, quizzes and assignments.
2. Failure to comply with this policy will result in a failing grade for the exam/quiz/assignment and possibly the course.
3. Students should be aware of WKU's academic dishonesty policy (see WKU catalog), which states: "Students who commit any act of academic dishonesty may receive from the instructor a failing grade in that portion of the coursework in which the act is detected or a failing grade in the course without possibility of withdrawal. The faculty member may also present the case to the Office of the Dean of Student Life for disciplinary sanctions."
4. **Cheating:** Use of an unauthorized "aid" while taking a test, having another person take an exam or quiz in the place of the student, stealing an exam or quiz, using group work as an individual's work, unauthorized assistance with assignments from others. Note: If the instructor or an exam proctor sees/finds a paper or electronic device with course information during the exam, this will be considered cheating and the student will receive a zero for the exam and possibly an "F" in the course. It is incumbent on the student to assure that all books, papers, notes and electronic devices that contain course information are securely stored away – there is no tolerance in this area.
5. **Fabrication:** falsifying data in laboratory results, inventing information for a report, or falsifying citations to sources of information.
6. **Facilitating Academic Dishonesty:** aiding another student in committing academic misconduct. This is punishable the same as cheating, for both parties.
7. **Interference:** Stealing, changing, destroying or impeding another student's work. Impeding includes stealing, defacing or mutilating resources to deprive someone else the use of those resources.
8. **Plagiarism:** Using the ideas, words or statements of another person without giving credit to that person. A student shall give credit to the works of others if the student uses another person's words, ideas, opinions, or theories or borrows facts, statistics or other illustrative material unless the information is common knowledge.

Student Disability Services

In compliance with university policy, students with disabilities who require accommodations (academic adjustments and/or auxiliary aids or services) for this

course must contact the Office for Student Disability Services in DUC A-200 of the Student Success Center in Downing University Center. The phone number is 745-5004.

Please DO NOT request accommodations directly from the professor or instructor without a letter of accommodation from the Office for Student Disability Services