

**HMD 211: Human Nutrition**  
**Applied Human Sciences**  
**Hospitality Management and Dietetics**  
**WESTERN KENTUCKY UNIVERSITY**  
**Spring 2023**

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Class is taught through Blackboard learning system and by utilizing Mastering Nutrition from Pearson publishing.

Regular Office Hours: Mondays: 10:00a.m. - 11:30a.m.; Monday 2:00p.m. - 4:30p.m.; Thursday 9:00a.m. - 11:30a.m.; Friday 9:00a.m. - 2:30p.m. available by appointment only.

\*\*\*I will have zoom office hours every Monday from 9:00a.m. - 10:00a.m. There will be a link for the zoom office hours on Blackboard.\*\*\*

Additional hours available through appointment via zoom and/or in-person.

To be sure I will be in my office, please request a meeting at least 24 hours in advance.

Course Information: Spring 2023 semester. Delivered virtually through the Blackboard learning system

There are 2 textbooks for this class.

Blake, J. S. (2017). Nutrition & You, 6th Edition. Pearson Benjamin Cummings Publishing, with Modified Mastering Access\*\*

and

Intuitive Eating 4th edition by Evelyn Tribole and Elyse Resch

Access to Mastering Nutrition through Pearson is required.

Mastering Nutrition is the online homework and tutoring component for this class. In general, each chapter covered in class will have an assignment, reading quiz, and/or homework. Point values of the assignments/homework vary according to chapter content. Mastering Nutrition can be found through blackboard or through the website <http://www.pearsonmylabandmastering.com/northamerica/masteringhealthandnutrition/students>

If you choose to not participate in the WKU backpack program, you will need to sign up for Mastering Nutrition through the Pearson publishing website. See link above. If you have issues, please contact me ASAP.

Course Description: 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. (3 credit hours)

Students in the Nutrition and Dietetics option may identify how this class and other required courses help fulfil competencies (knowledge and skills) set by the Academy of Nutrition and Dietetics at <http://www.wku.edu/dietetics>

Colonnade Connections Information for HMD 211: Human Nutrition, HMD 211, may be taken to fulfill the Systems category of the Connections requirements at Western Kentucky University, only after students have earned at least 21 hours in the WKU Colonnade Program coursework or have achieved junior status. The systems category's focus includes information and skills to improve understanding of factors that enhance health, well-being, and quality of life.

Objectives/ Student Outcomes:

Students will be able to critically assess nutrition information in the media, evaluate their food choices for appropriate nutrient and calorie content, and relate food choices to chronic disease risk.

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. Identify nutritional needs at various stages in human growth and development. \*
4. Discuss tools, such as the DRI, MyPlate, Exchange Lists, CHO counting, or other food guidance systems, and their role in selecting a nutritionally adequate diet. \*
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 human body's systems. \*
7. Identify factors affecting food supply systems such as sustainability, government regulatory systems, and food insecurity. \*

Evaluate food beliefs, food and nutrient 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.)

Teaching Methods: May include: discussion forums, instructor presentation and lectures, electronic media, homework, study modules, reading assignments and project work.

#### Course Requirements:

1. Required checking of WKU E-MAIL: It is expected that all students enrolled in this course will check their WKU e-mail for course-related communications daily (Monday – Friday). Many important course-related announcements, such as assignment due date changes, etc. It is the responsibility of each student to be aware of all announcements
2. It is expected that students will check BLACKBOARD daily. Students will be expected to participate in discussion boards throughout the class. Be aware that Blackboard needs to be access through a full website on a regular basis to make sure you are aware of ALL assignments, etc. The “mobile” site does not always show all assignments/information, etc.

#### Class Participation and Professionalism:

1. This course may require you to participate in class discussion. This means that you contribute to class discussions by relating your experiences, asking questions, making comments appropriate to the topics being discussed.
2. All students are to conduct themselves professionally. Students who are disruptive in class will be asked to leave.
3. Required Format of e-mails: All course-related e-mail must include a "Subject:" line that includes the following information: HMD211, student's first initial and last name, and topic of the e-mail (Example: HMD211/AEmbry/homework question). E-mails with no 'Subject' will be automatically returned unanswered. Properly formatted e-mail messages are usually answered within 24 hours. E-mails with improperly formatted 'Subject' line may be accidentally deleted or dismissed as 'junk mail.'
6. Assignments will be given throughout the semester. The penalty for late assignments is as follows: This includes weekend days!
  - Submitted by assigned date & time: full credit
  - Submitted after deadline but within 24 hours of deadline: half credit
  - Submitted more than 24 hours after assigned deadline: 0 credit
  - Assignments that are to be turned in through blackboard need to be in Microsoft Office (.doc or .docx or excel) and/or .pdf format.Please know that illness or technical problems with Blackboard or internet connections do NOT relieve the student of the responsibility of turning in assignments on time. Do not wait until the last moment to turn assignments in.

## Exams:

1. There will be 4 exams – the exams will cover all material posted on blackboard, homework, lectures, discussions, and the material in the books and assigned readings.
2. Exams will be multiple choice, matching, fill in the blank, short answer, and true/false.
3. Students will take the exams through the Blackboard learning system.
4. Quizzes will be completed through Blackboard and Mastering Nutrition. Students will have a given time period to complete quizzes. Notes and textbook may be used for the quizzes. Students who fail to take a quiz during the assigned time will not be allowed to make-up the quiz.
5. Grades will be posted on WKU's Blackboard web site.

## Evaluation and Determining Course Grade:

The grade for this course will not be determined by effort, i.e. how hard you had to work on the course requirement or how many hours you had to work. The grade will be determined based on achievement and performance—your meaningful accomplishments.

Grades when submitted are final and will not be changed unless there was a computational error or other error on the part of the instructor. If you need a certain grade in this course to maintain or increase your GPA, you must put the appropriate amount of effort into the class requirements to earn the grade.

### Grade Assessment

Introductory Assignment	50 points
Exams 45%	450 points
3 exams @ 100 points; 1 final exam @ 150 points	
Intuitive Eating Quizzes 10%	100 points
Mastering Nutrition Quizzes 25 %	250 points
Podcast Assignment	100 points
Discussion Board Participation	50 points
Total Points	1000 points

### Grading scale:

90%-100%	A
89%-80%	B
79%-70%	C
69%-60%	D
59%-below	F

Academic Offenses—The maintenance of academic integrity is of fundamental importance to the University. Thus, it should be clearly understood that acts of

plagiarism or any other form of cheating will not be tolerated and that anyone committing such acts risks punishment of a serious nature. A student who believes a faculty member has dealt unfairly with him/her in a course involving academic offenses such as plagiarism, cheating, or academic dishonesty, may seek relief through the Student Complaint Procedure.

Questions about the complaint procedure should be directed to the Student Ombuds Officer at (270) 745-6169.

**Academic Dishonesty**—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 Judicial Affairs for disciplinary sanctions.

**Cheating**—No student shall receive or give assistance not authorized by the instructor in taking an examination or in the preparation of an essay, laboratory report, problem assignment, or other project that is submitted for purposes of grade determination.

**Plagiarism**—To represent written work taken from another source as one's own is plagiarism. Plagiarism is a serious offense. The academic work of a student must be his/her own. One must give any author credit for source material borrowed from him/her. To lift content directly from a source without giving credit is a flagrant act. To present a borrowed passage without reference to the source after having changed a few words is also plagiarism.

**Other Types of Academic Dishonesty**—Other types of academic offenses, such as the theft or sale of tests, should be reported to the Office of Judicial Affairs at (270) 745-5429 for judicial sanction. WKU undergraduate catalog, p.28, 2012-13.

### Student Disability Services

In compliance with university policy, students with disabilities who require academic and/or auxiliary accommodations for this course must contact the Office for Student Disability Services in Downing University Center, A-200. The phone number is 270 - 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.