

**Internet Section**  
**HMD 211-HUMAN NUTRITION**  
**Western Kentucky University**  
**Spring 2017**

This course will be conducted entirely over the internet, **EXCEPT for exams**. Students will be required to take exams at DELO Testing Center in Garrett Conference Center or DELO or at an approved, designated testing site. To take this course by internet you should: have basic e-mail skills (be able to send and receive e-mail), have basic internet navigation skills, and be a motivated individual with the ability to work independently.  
**If you have registered for this course, look for an email on your WKU account for further instructions.**

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**Office Hours:**

Available via e-mail. I generally check my email twice daily, so that is the best way to contact me. If you can come to campus then office hours are by appointment. Please do not hesitate to contact me with questions and concerns.

**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.

**Prerequisite:** None

**General Education Information for HMD 211:**

**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 WKU Colonnade Program 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 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.

**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 factors 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.)

**Required text:**

3 hole punched version of the text+ Modified Mastering Nutrition w/ e-text:  
NUTRITION & YOU ALC&MOD MST/MDA/ET SACC PKG, 4/E

Joan Salge Blake, Boston University

ISBN-10:013449847X

ISBN-13: 9780134579665

Publisher: Benjamin Cummings, Copyright:2017, Format: National Bundle

OR

Standalone access card for Modified Mastering Nutrition w/ e-text: Modified Mastering Nutrition with MyDietAnalysis with Pearson eText - Standalone Access Card for Nutrition & You, 4/E

ISBN-10:013438864X

ISBN-13:9780134388649

Publisher: Benjamin Cummings, Copyright: 2017, Format: Access Card Package

Reading etext chapters will be very important to your understanding class material. You will be responsible for all assigned readings from the etext unless told otherwise.

**Web Resource:** <http://www.aw-bc.com/blake/> Free materials for additional resources including practice quiz questions, activities, flashcards and links to additional information.

**Teaching Methods:**

The course will involve reading assignments, study modules, audio/MP3 files, reading e-text, and use of course notes. All assignments, study guides, lecture notes, and grades will be posted on WKU's Ecourses web site at <http://ecourses.wku.edu/>. Because this course will use BlackBoard as well as Mastering Nutrition, you should familiarize yourself with these web-based software system. Enter the WKU Ecourses Server by logging on the website above and following the instructions. You will receive an email announcement how to get access to Mastering Nutrition before the semester begins. Students will be held responsible for the material covered in the etextbook, lecture notes, study modules, audio/MP3 files, quizzes, and homework assignments. Also, students are encouraged to check their WKU email accounts at least four times per week as information about the class are sent to students' WKU email accounts throughout the semester.

**For Nutrition and Dietetics students:** This class helps fulfill competencies (knowledge and skills) for Nutrition and Dietetics students set by the American Dietetic Association. To identify competencies specific for this class please go to <http://www.wku.edu/dietetics>.

**Special Instructional Materials:**

A calculator will be useful for solving example problems. For exams, students should have a calculator. Cell phones are not to be used as a calculator. **For every exam, students are responsible for scheduling a time at a proctored center.**

*It is IMPORTANT to READ the following:*

## Corresponding with each exam will be:

- Homework assignment
  - Reading assignment-to read in the e-text
  - Course notes-posted by instructor in "Course Documents" section of website to direct student studying
  - Study modules
  - Audio/MP3 files
- Exams:**
1. There will be four exams. The exams will cover all material discussed in chapter notes and on the study modules, assignments, audio/MP3 files, and all assigned chapters in the e-text.
  2. Exams will be multiple choice, true/false, matching, essay, and short answer.
  3. Each exam is worth 90 points.
  4. Students will take exams at Western Kentucky University by arrangement with the DELO Testing Center in Garrett Conference Center or at an approved, designated testing site. *All of the exams will be computer-based (taken on the computer). Exams are password protected and closed book/notes. Exams dates and additional exam information are posted in the "Announcements" section of the course website. Proctored examinations should be scheduled ONE WEEK ahead of time. Do not wait until the night before and expect to get a quick response, or your desired date or time.*
  5. Students must take the exams during the designated exams weeks (Please note that an exam week is Monday through Saturday), which are listed below in the schedule. Students who miss an exam will **automatically have 10 points deducted** from the make up exam score.
  6. After **completing your exam**, the multiple-choice questions are graded and a score is given immediately. The instructor will grade all calculation questions and short answer questions within 2-4 days. Students can access their grades by going to "Grades".

## Assignments and Due Dates:

There will be various assignments to complete. Assignments will be posted in the "Assignments" section of Mastering Nutrition, usually, seven or more days prior to the due date. Students should "turn in" the assignments via Mastering Nutrition. **Assignments will NOT be accepted after their due date.** All **homework assignments will be due** to the instructor on Friday at midnight. Any assignment received at 12:01 am is considered late. I do not send individual e-mails to students verifying the receipt of their homework. Within 2 days your assignment will be graded and I will post your grade in the grade book, which can be accessed under "Grades."

## Quizzes:

Announced **quizzes** will be given throughout the semester. The quizzes will be posted online in Blackboard. Students are required to take each quiz during the given quiz time period. Students will be allowed to use class notes and the textbook to complete each quiz, but not each other. There will be a time limit of 10 minutes to answer 5 questions. Each quiz will count 5 points. You can take the quiz more than once. Students who fail to take a quiz during the respective time will **not be allowed to make-up the quiz.**

## Grade:

**Grades in the class** are final and will not be changed unless there is a computational error or error on the part of the instructor. If you need a certain grade in this course to maintain or increase your grade point average, you **MUST** put the appropriate amount of effort into the class. **It is the student's responsibility to verify posting of grades in the full site of BB not just phone app of BB.**

Grades will be assigned according to the total points achieved during the class as follows:

Grade	Points	%
A	450-500	90-100
B	400-449	80-89

C	350-399	70-79
D	300-349	60-69
F	Less than 299 points	<59

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**Words of advice:** Based on experience teaching online classes, students should schedule time each week to complete assignments and study for exams. Treat this class like any face-to-face class – plan ahead!

**Attendance:** Plan to check your email four times a week and check Blackboard at least 3-4 times per week. You are required to participate in quizzes on a weekly basis.

The allocation of points for the class will be:

Exam/assignment	Points Available	Your Score
Exam 1	90 points	
Exam 2	90 points	
Exam 3	90 points	
Exam 4	90 points	
Quizzes	80 points	
Report	15 points	
Assignments	45 points	
<b>Total</b>	<b>500 points</b>	

### Lecture and Exam Schedule:

\*Class schedule, reading assignments and exams are subject to change.

Week 1	Intro/Syllabus	Chapter 1 “What is Nutrition?”
Week 2		Chapter 2 “Tools for Healthy Eating” / Chapter 3 “The Basics of Digestion”
<b>Week 3</b>		<b>Exam #1-Chapters 1-3</b>
Week 4		Chapter 4 “Carbohydrates: Sugars, Starches, and Fiber”
Week 5		Chapter 5 “Fats, Oils, and Other Lipids”
Week 6		Chapter 6 “Proteins and Amino Acids” / Chapter 16 “Hunger at Home and Abroad”

**Week 7**  
**SPRING BREAK**

Week 9  
Week 10

**Week 11**

Week 12

Week 13

Week 14

Week 15

**Week 16**

**Exam #2-Chapters 4-6; 16 Week 8**

Chapter 7 “The Vitamins”/Chapter 8 “Water and Minerals”

Chapter 9 “Alcohol”

**Exam #3-Chapters 7-9**

Chapter 10 “Weight Management” / Chapter 11 “Nutrition and Fitness”

Chapter 12 “Consumerism: From Farm to Table” / Chapter 13 “Food Safety and Food Technology”

Chapter 14 “Life Cycle Nutrition: Pregnancy through Infancy”

Chapter 15 “Life Cycle Nutrition: Toddlers through the Later Years”

**Final-Chapters 10-15**

**Policies and Services:**

**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.

**Academic Dishonesty:**

Students will be expected to do his/her own work for exams/quizzes and assignments. Failure to comply with this policy will result in a failing grade for the exam/assignment and, perhaps, the course. If caught cheating, the student will receive a minimum of a zero on the assignment/quiz/exam and the cheating incident will be reported to WKU’s Office of Judicial Affairs. Copying answers on an assignment/quiz/exam is cheating. Taking an exam or quiz for someone else is cheating. Having someone else take an exam or quiz for you is cheating. Students should be aware of WKU’s academic dishonesty policy (WKU Catalog, 2013-2014, page 32), 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 Judicial Affairs for disciplinary sanctions.” Academic Dishonesty includes the following:

**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, 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.

**The Learning Center**

Alice Rowe Learning Assistance Center (LAC): \*The LAC is located in the Preston Success Center, room C234. The center offers free peer tutoring for any student in many courses,

particularly Math and English. The LAC also has several computers, a copier, a scanner, textbooks and calculators for checkout, and offers many other services. Our phone number is 780-2536.