

HMD 211-711, 712 Human Nutrition
Department of Applied Human Sciences
Western Kentucky University
Spring 2023

Course Number: HMD 211-711, 712

Credit Hours: 3

INSTRUCTOR INFORMATION

Ethan Mattingly, MS, RD, LD

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Office Hours: No scheduled office hours. Available via email or appointment.

First week Pearson Virtual Office Hours (e-text & Mastering troubleshooting):

<https://pearson.zoom.us/j/6794422977>

Thursday January 19 1:00-3:00pm CST

Monday January 23 9:00-1:00pm CST

Wednesday January 25 10:00-12:30 **On Campus

If you cannot attend, find help here: <https://support.pearson.com/getsupport/s/contactsupport>

COURSE INFORMATION: Online

CATALOG 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.

PREREQUISITES: None, however students should be aware that this course contains scientific concepts and a basic understanding of chemistry and anatomy and physiology are necessary.

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

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.

For Nutrition and Dietetics Students:

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

REQUIRED TEXTBOOK:

Blake, J.S. (2022). Nutrition and You (6th ed.) E-text and Modified Mastering Nutrition.

The course also requires Modified Mastering Nutrition, an online tool that includes the E-text of Nutrition and You, assignments and study tools. This course participates in The WKU Store's Big Red backpack program, which is designed to provide immediate access to required materials for all students at prices cheaper than any other option. **You must either place your book orders or opt-out of the program.** Orders can be placed at www.wkustore.com and you can opt-out at www.wku.edu/bigredbackpack

You will automatically have access to Modified Mastering Nutrition and the E-text version of the textbook by enrolling in this course unless you choose to opt-out (which must be done before the Add/Drop date of 1/24/2023). Because Mastering comes with an E-text, a print version of the text is not necessary, but you do have the option of buying a print copy of the text if you choose. By participating in

this program, The WKU Store will bill your Student Billing account, and you will see a charge appear under this Term along with Tuition and Fees (“Account Summary by Term” under the Student Services tab) labelled as “The WKU Store Purchases” after the Add/Drop period. For more information on this program or to opt-out of participation, go to The WKU Store’s website (www.wkustore.com) and click the Day One Access link under the Course Materials header. More information on how Mastering Nutrition will be used in the course can be found in number 5 under Resources and Grading Procedures, number 4. Assignments

IF YOU OPT OUT OF BIG RED PACKBACK PROGRAM!!! You will lose access to the course once the grace period ends (5-7 days). You will need to purchase the course materials outside of the program through the bookstore (MUST have an access code). Once you have made the purchase, you must fill out an activation form (<https://app.smartsheet.com/b/form/6cb53c8d01864d24a6a99abb61e568b5>) to be re-activated in the course. Last semester, students who opted out were not able to get aligned to the correct class in a timely manner and missed 3 weeks worth of assignments and grades. Big Red Backpack program is your best bet for success.

RESOURCES

1. **Blackboard** will be used to post notes, online lectures, quizzes, announcements, assignments, grades and the course syllabus. Emails will also be sent through Blackboard so be sure to check email routed to this address. **Students are encouraged to check email and Blackboard announcements daily.**
2. **Online lectures** will be posted on Blackboard. Lectures may be viewed multiple times. The slides shown during the lecture should be used to complete the outline of notes (described below). Although lectures can be viewed at a time that is convenient to the student, students are advised to follow the lecture schedule found at the end of the syllabus. Lectures should be viewed prior to the completion of assignments. **Please do not simply look at the PowerPoint slides. PowerPoint slides, Lecture Outlines, and Lecture Fill-In Guides will be necessary to be successful in this course.**
3. **Technical assistance:** Please contact the IT Helpdesk at 270-745-7000 if you experience technical difficulties while viewing online lectures. You may have trouble viewing online lecture material if your computer does not have the necessary plug-ins or updates. The Helpdesk will be able to assist you with this.
4. **A partial outline of class** notes will be posted on Blackboard in advance of each lecture. Students are expected to complete the outline using notes, illustrations and discussions provided during online lectures. A three ring binder will be useful for organizing lecture notes and handouts.

5. **Modified Mastering Nutrition** is an online tool that accompanies the textbook. All class assignments will be accessed, completed and graded in Mastering Nutrition. The website also has tools for studying such as tutorials, animations, practice quizzes and flashcards.
6. **A calculator** will be useful for calculations performed during homework assignments and exams. The calculator cannot be a part of a cell phone or a graphing or programmable calculator.

GRADING PROCEDURES

Final grades will be determined by dividing the total points earned by the total points possible. See below for grading scale and point distribution among assignments and exams. **Please note that point values may change.**

Grading scale: 90-100%= A, 80-89%= B, 70-79%= C, 60-69%= D, 0-59%= E

Point Distribution

Assignment/Exam	Approximate Points Possible
Exam 1	100
Exam 2	100
Exam 3	100
Final Exam	100
Mastering Nutrition Assignments	100
General Education Assessment	5
Timeliness & Professionalism in Communication	15
Total	520

1. **Exams:** There will be four exams consisting mostly of multiple choice questions and may contain some matching and short answer questions. **The midterm will be comprehensive**, with the majority of tested information coming from material covered after the first exam (particularly digestion). **The final will also be comprehensive** from the midterm and on. Exams will be completed in Blackboard and must be scheduled at a WKU testing center. Testing Centers are available on main campus and extended campuses. Students may schedule an exam through the Distance Learning Testing Center website at <https://www.wku.edu/testing/>. Additional information regarding the scheduling of exams will be provided prior to the first exam. Tests will utilize Respondus Lockdown Browser and require a password to access that can only be accessed at an approved testing center.
2. **Make-up Exams:** Exams cannot be missed except due to extreme extenuating circumstances. These circumstances include 1) Illness of the student or serious illness of a member of the

student's immediate family. 2) Death of a member of the student's immediate family. 3) Participation in University Sanctioned Events defined as activities related to intercollegiate athletics, performing groups, and teams who represent the University in debate, forensics or other competitions. Documentation must be provided for all of the above circumstances. Athletes and students who accompany athletic teams for official purposes should contact the instructor before an exam if an absence is inevitable. Twenty points will be deducted for exams missed due to unexcused absences. Students may not make up an exam missed due to an unexcused absence any later than two business days beyond the missed exam. **A make-up exam will NOT be given for final exams missed due to unexcused reasons.** Please see the Excused Absence policy for more details.

3. Assignments:

1. **Modified Mastering Nutrition:** Several assignments are due each week. These assignments are accessed and completed through the Modified Mastering Nutrition website for which students are automatically enrolled in by signing up for the course. A list of assignments with corresponding due dates can be viewed in Mastering. Weeks are organized Monday through Sunday, with lectures posted on Monday, assignments due Thursdays & Fridays, and following Sunday. **Assignments are due by 7pm CST on their assigned date.** **SLEEP IS IMPORTANT**, thus, no 11:59pm due dates.

Assignments are designed to reinforce lecture and reading material. Therefore, students will likely perform better on assignments if the lecture is viewed prior to the completion of the assignment. Assignments will be posted no later than one week before the due date.

All assignments must be completed independently. Students should NOT work together to complete any Mastering Nutrition assignment. Students who work together, give or receive answers to any assignment will be penalized for cheating, which can include failure for the assignment or the course. See the Academic Honesty Policy below for more information.

2. **General Education Assessment:** Students will complete a 24 question general education assessment at the end of the course.

Half of the points for an assignment will be deducted for each day the assignment is late. This means late assignments must be received no later than one day after the due date to receive partial credit.

Assignments may be modified and the total number of available points for assignments may be increased or decreased as necessary.

3. **Reading:** Reading assignments are designed to enhance your understanding of the scientific concepts covered in this course. Completing the reading assignments is highly recommended and is necessary for successful completion of assignments and exams.

4. Professionalism: Professionalism is considered in the determination of the final grade.

The below rules of civility and professionalism must be followed in order to create an open atmosphere that facilitates learning. These rules include but are not limited to:

1. Timely completion of assignments, exams and online activities.

Students are expected to pace themselves through the lectures, assignments and readings. A course schedule is posted on Blackboard to assist students in this manner. Students who fall behind in class, submit assignments late or who ask for due date extensions or make-up exams for unexcused purposes do not reflect professionalism.

2. Displaying respect for all members of the campus community, including your classmates and instructor.

3. Communicating in a respectful and professional manner, including email, phone and face to face communication. Please remember that email is not the same as texting. Appropriate punctuation, grammar and capitalization should be utilized in all written communication with your professor. In addition, all professors should be addressed with the appropriate title of Doctor. It is not appropriate to address a professor by his/her first name.

Those students who adhere to these expectations may receive an increase in their final grade. Students who fail to meet any of the above expectations (rules 1-3) will NOT receive this increase (i.e. a 79.5 will remain a C and will not be rounded up to 80, a B).

ATTENDANCE POLICY:

Unexcused absences: Twenty points will be deducted from regular exams missed due to unexcused reasons, however **the final exam cannot be made up** (see Grading Policy above). Assignments must be submitted no later than one day beyond the due date to receive partial credit. Fifty percent of the assignment points are deducted for lateness.

Excused absences: Excused absences are defined as: 1) Illness of the student or serious illness of a member of the student's immediate family. 2) Death of a member of the student's immediate family. 3) Participation in University Sanctioned Events defined as activities related to intercollegiate athletics, performing groups, and teams who represent the University in debate, forensics or other competitions.

Written documentation must be provided for all of the above circumstances. Documentation for illness and death must be provided within two days following the absence. Documentation for other excused absences must be provided prior to the absence.

ACADEMIC HONESTY POLICY:

Students are expected to complete all assignments, exams and quizzes independently. You may not copy another person's work or allow another person to copy your work. If this occurs both parties will

receive a grade of zero on the assignment, quiz or exam and possibly the course. Please see the University Policy on academic honesty below:

“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.

1. 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.
2. 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.
3. 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.
4. 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.” (Undergraduate Catalog 2011-2012)

SERVICES

1. The Learning Center (TLC)

Should you require academic assistance with your WKU courses, The Learning Center (located in the Downing University Center, A330) provides free supplemental education programs for all currently enrolled WKU students. TLC @ DUC offers certified, one-on-one tutoring in over 200 subjects and eight academic skill areas by appointment or walk in. Online tutoring is offered to distance learners. TLC is also a quiet study area (with side rooms designated for peer-to-peer tutoring) and offers a thirty-two machine Dell computer lab to complete academic coursework. Additionally, TLC has three satellite locations. Each satellite location is a quiet study center and is equipped with a small computer lab. These satellite locations are located in Douglas Keen Hall, McCormack Hall, and Pearce Ford Tower. Please call TLC @ DUC at (270) 745-6254 for more information or to schedule a tutoring appointment. www.wku.edu/tlc

2. Counseling and Testing Center

Confidential counseling services are available for students struggling with personal or mental health issues. Please contact the Counseling and Testing Center at 270-745-3159 or

visit their website at <http://www.wku.edu/heretohelp/> for more information. The Center is located in Potter Hall room 409.

3. Student Accessibility Resource Center

"In compliance with University policy, students with disabilities who require academic and/or auxiliary accommodations for this course must contact the Student Accessibility Resource Center located in Downing Student Union, 1074. SARC can be reached by phone number at 270-745-5004 [270-745-3030 TTY] or via email at sarc.connect@wku.edu. Please do not request accommodations directly from the professor or instructor without a Faculty Notification Letter (FNL) from The Student Accessibility Resource Center."

STATEMENT OF EQUAL OPPORTUNITY AND AFFIRMATIVE ACTION

"Western Kentucky University is committed to equal opportunity in its educational programs and employment. It is an equal opportunity - affirmative action employer and does not discriminate on the basis of age, race, color, religion, sex, sexual orientation, national origin, or disability. On request, the University will provide reasonable accommodations, including auxiliary aids and services, necessary to afford an individual with a disability an equal opportunity to participate in all services, programs, activities and employment." (Undergraduate Catalog 2011-2012)

TITLE IX SEXUAL MISCONDUCT/ASSAULT POLICY

Western Kentucky University (WKU) is committed to supporting faculty, staff and students by upholding WKU's Title IX Sexual Misconduct/Assault Policy (#0.2070) at

<https://wku.edu/eoo/documents/titleix/wkutitleixpolicyandgrievanceprocedure.pdf> and

Discrimination and Harassment Policy (#0.2040) at

https://wku.edu/policies/hr_policies/2040_discrimination_harassment_policy.pdf.

Under these policies, discrimination, harassment and/or sexual misconduct based on sex/gender are prohibited. If you experience an incident of sex/gender-based discrimination, harassment and/or sexual misconduct, you are encouraged to report it to the Title IX Coordinator, Andrea Anderson, 270-745-5398 or Title IX Investigators, Michael Crowe, 270-745-5429 or Joshua Hayes, 270-745-5121.

Please note that while you may report an incident of sex/gender based discrimination, harassment and/or sexual misconduct to a faculty member, WKU faculty are "Responsible Employees" of the University and **MUST** report what you share to WKU's Title IX Coordinator or Title IX Investigator. If you would like to speak with someone who may be able to afford you confidentiality, you may contact WKU's Counseling and Testing Center at 270-745-3159.

Regular and Substantive Interaction

The U.S. Department of Education requires that distance education courses must include regular and substantive interaction between students and faculty. For more information about Regular and Substantive Interaction at WKU, please visit the [Regular and Substantive Interaction in Online and Distance Learning webpage](#).

In this course, regular and substantive interaction will take place in the following ways:

- Faculty participation in weekly discussion boards, as determined by student need and activity
- Weekly announcements, and
- Assignments due and graded each week

Note: The instructor reserves the right to change the format of this course as circumstances of the course demand.

****Chapters 7 and 8 are intensive, and therefore are spread over 1.5 week each. Be sure to check the dates in mastering nutrition to know when assignments are due for those chapters.**

Tentative Class Schedule

Date	Topic	Reading	Weekly Assignments
<u>Week 1</u> Jan 17-22	What is Nutrition	Chapter 1 P 4-24	Ch 1 Dynamic Study Model Ch 1 Reading Questions Ch 1 Homework
<u>Week 2</u> Jan 23-29	Tools for healthy eating	Ch 2 P 32-61	Ch 2 Dynamic Study Model Ch 2 Reading Questions Ch 2 Homework
<u>Week 3</u> Jan 30- Feb 5	Basics of digestion	Chapter 3 P 70-92	Ch 3 Dynamic Study Model Ch 3 Reading Questions Ch 3 Homework
<u>Week 4</u> Feb 6-12 Feb 8-10	Carbohydrates: Sugars, Starches, & Fiber Exam 1, Ch 1-3	Ch. 4 P 100-137	Ch 4 Dynamic Study Model Ch 4 Reading Questions Ch 4 Homework
<u>Week 5</u> Feb 13-19	Fats, Oils, & Other Lipids	Ch. 5 P 146-179	Ch 5 Dynamic Study Model

			Ch 5 Reading Questions Ch 5 Homework
<u>Week 6</u> Feb 20-26	Proteins & Amino Acids	Ch. 6 P 188-219	Ch 6 Dynamic Study Model Ch 6 Reading Questions Ch 6 Homework
<u>Week 7</u> Feb 27- March 8	Vitamins	Ch. 7 P 228-272	Ch 7 Dynamic Study Model Ch 7 Reading Questions Ch 7 Homework
March 1-3	Exam 2, Ch 1-3, 4-6		
<u>Week 8</u> March 9- 12/March 20-26 Week 9 Spring Break March 13-17	Minerals	Ch. 8 P 284-330	Ch 8 Dynamic Study Model Ch 8 Reading Questions Ch 8 Homework
<u>Week 10</u> March 27- April 2	Alcohol	Ch. 9 P 342-361	Ch 9 Dynamic Study Model Ch 9 Reading Questions Ch 9 Homework
<u>Week 11</u> April 3-9	Weight Management & Energy Balance	Ch. 10 P 370-408	Ch 10 Dynamic Study Model Ch 10 Reading Questions Ch 10 Homework
April 5-7	Exam 3, Ch 7-9		
<u>Week 12</u> April 10-16	Consumerism & Sustainability: Food from Farm to Table	Ch. 12 p. 458-486	Ch 12 Dynamic Study Model Ch 12 Reading Questions Ch 12 Homework
<u>Week 13</u> April 17-23	Food Safety & Technology	Ch. 13 P 495-421	Ch 13 Dynamic Study Model Ch 13 Reading Questions Ch 13 Homework
<u>Week 14/15</u> April 24-30	Study for final		

April 27-May 2	Final Exam, Testing Center, Ch 7-9, 10, 12, 13		
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***Please note that all dates are subject to change at the discretion of the instructor.**