

**HMD 211: Human Nutrition
WESTERN KENTUCKY UNIVERSITY
Summer 2019/Online Course**

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Lectures: Course will be taught via the web through blackboard.

Office Hours

I will not maintain office hours during the summer; however, I will be on campus. Please email me to setup a meeting as needed.

Course Information: Summer Course, Online section M70. This course is VERY fast paced and it is up to you to read and learn the material. Information i.e. PowerPoints, study guides, homework/worksheets will all be available on or before April 15th. You can begin taking the exams on May 15th. All five exams can be taken on the same day; if you choose to take them in one testing session. You can take any of the exams during any point of the five-week class period; however, all of the exams must be completed by June 14th. The class schedule is a recommended timeline for you to follow so that you pace yourself with the material and have time to learn everything. All material and assignments will be posted on or before April 15th. So you can choose to begin the class early.

Required Text: Blake, J. S. (2017). Nutrition & You, 4th Edition. Pearson Benjamin Cummings Publishing, with Modified Mastering Access**

Modified Mastering version from the bookstore is required.

**Note: This course participates in The WKU Store's Day One Access Program. This program is designed to provide immediate access to the required materials for all students at prices cheaper than any other option.

Required materials will be delivered to you automatically by enrolling in this course unless you choose to opt-out. By participating in the 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.

The Day One access provides both the eBook and Mastering Nutrition access to complete the assignments and study for the course. If a paper copy of the book is desired, you may still purchase a paper book through the bookstore or online from third party sites.

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>

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 fulfill 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 various 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 different 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.*
8. 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. Blackboard must be accessed through the full-site throughout the class. The mobile blackboard app does NOT show all of the information and assignments, to make sure you see all assignments, you are required to have access to the full blackboard site.

Class Participation and Professionalism:

1. This course may require you to participate in class discussion via discussion boards. 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 expected to conduct themselves in a professional manner. Unprofessional discussion board posts or emails will not be tolerated and will be reflected in the student's final grade.
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 - often much sooner. 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 are to be turned in through blackboard, using Microsoft Office (.doc or .docx or excel) and/or .pdf format.**Please be aware of the fact that illness or technical problems with Blackboard or internet connections do NOT relieve the student of the responsibility of turning in assignments on time. *“If you wait until the “last minute” to submit homework, that’s the chance you take”*

Exams:

1. There will be 5 exams – (See Schedule Below) The exams will cover all material posted on blackboard, homework, any lectures posted on blackboard, discussions via the discussion boards and the material in the book and assigned readings.
2. Exams will be multiple choice, matching, fill in the blank, and true/false.

3. Students will take the exams through blackboard. All exams will be times and must be completed within one sitting. The exams are open book and open note.
4. Students who miss an exam by the exam assigned completion date will automatically have 10 points deducted from the make-up exam score. Makeup exams will only be given in very extenuating circumstances.
5. Quizzes will be given throughout the semester. The quizzes will be posted in Blackboard and through Mastering Nutrition. Students will have a given time period to complete the quiz. Notes and textbook may be used for the quiz. Students who fail to take a quiz during the assigned time **will not be allowed to make-up the quiz.**
6. 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.

Exams	50% - 5 exams 100 points each	500 pts
Vocab Quizzes	12.5%	125 pts
Quizzes	25 % (through the Mastering Nutrition Site)	250 pts
Initial Assignment	2.5%	25 pts
Comparison Assignment	10%	100 pts
Total	100%	1,000 pts

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.

This is a very fast-paced class. All information will be posted to blackboard prior to the class beginning. It would be a good idea to start reading and working early. The exams can be taken at any point after the class begins until the exam is due to be completed.

Class Schedule for HMD 211 – M70

See Blackboard for other due dates and assignments.

Week	Assigned Chapters	Assigned Pages of the Chapters	Due Dates
Week of May 13 th – 17 th	Chapters 1,2,3, 16	Chapter 1 sections assigned are 1.1 -1.4; and 1.6; Chapter 2 sections assigned are Sections 2.1 – 2.2 and 2.5	Initial assignment is due by May 15th.
Week of May 20 th – 24 th	Chapters 4,5	All the Chapters	
Week of May 27 th – May 31 st .	Chapters 6 and 7	All of the Chapters	

Week of June 3 rd – June 7 th	Chapters 8 and 9 and Readings A&B		Comparative Analysis is due by June 7th at 11:59 p.m. through Blackboard
Week of June 10 th – June 14 th	Chapters 13, 14, and 15		All quizzes on Mastering Nutrition are due by June 13th. All exams for this class are due to be taken by June 14th.

*** You can take any of the exams at any point during the 5-week period in-which the class is in session. I recommend you try to schedule 1 exam during each week of class, just as a means to improve your success. There is a lot of information for you to learn in a short period of time.***