

HMD 211: Online Human Nutrition
Department of Applied Human Sciences
Western Kentucky University
Spring 2020

Instructor Information

Karen Mason, Ph.D., R.D.

Academic Complex 209C

270-745-3462

karen.mason@wku.edu

Office Hours: MW 9:00-10:00 a.m. and 12:30-2:00 p.m.

Th: 9:00 a.m.-2:00 p.m. Additional office hours are available by appointment.

Course Information

Basic Information: This course will be conducted entirely online. Lecture notes will be posted at the beginning of each unit to the WKU Blackboard web site at <https://wku.blackboard.com/>. Homework related to each chapter will be due on Wednesdays of each week and will be completed through the textbook software "Mastering Nutrition". Access to this software will be delivered to students automatically by enrolling in this course. Students will be held responsible for the material covered in the textbook, the lecture notes (posted in Blackboard under Lectures), and homework assignments. One of the toughest aspects of this class is remembering that you are taking it. Thus, you need self-discipline to keep up with the readings, assignments, and studying. The exams will be taken at the WKU DL Testing Center in Garrett Conference Center or at the South Campus Testing Center or at an approved, designated testing site.

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.

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.)

Textbook Requirements:

This course participates in The WKU Store's Day One Access program. Enrolled students will have access to the course e-textbook and the required materials automatically by enrolling in this course unless students choose to opt-out. By participating in this program, The WKU Store will bill each Student Billing account for \$78.75, and each student will see the charge after the Add/Drop period for the spring 2020 semester along with Tuition and Fees ("Account Summary by Term" under the Student Services tab) labelled as "The WKU Store Purchases". For more information on this program, go to The WKU Store's website (www.wkustore.com) and click the Day One Access link under the Course Materials header.

For Nutrition and Dietetics students:

This class helps fulfill competencies (knowledge and skills) for Nutrition and Dietetics students set by the Academy of Nutrition and Dietetics. Competencies specific for this class are listed below. For a complete listing of competencies addressed by the program please go to:

<https://www.wku.edu/ahs/dietetics/learningoutcomes.php>

KRDN 1.1 Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence-based practice decisions

KRDN 4.5 Describe safety principles related to food, personnel and consumers.

Topics to be Covered:

- What is Nutrition?
- Tools for Healthy Eating
- The Basics of Digestion
- Carbohydrates: Sugars, Starches, and Fiber
- Fats, Oils, and Other Lipids
- Proteins and Amino Acids
- Weight Management
- Nutrition & Fitness
- Alcohol
- Vitamins
- Phytochemicals
- Nutrition & Cancer
- Minerals & Water
- Food Safety & Technology
- Consumerism: From Farm to Table (parts)

This is an abbreviated syllabus. A detailed syllabus will be posted in Blackboard and available the first day of class.