

**HMD 211-701 and -704: Human Nutrition**  
**Department of Applied Human Sciences**  
**Western Kentucky University**  
**Spring 2021**

**Instructor Information**

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**Email:** sara.glanz@wku.edu

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

**Course Information**

**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.)

**For Nutrition and Dietetics students:** This class helps fulfill competencies (knowledge and skills) for Nutrition and Dietetics students set by the Academy of Nutrition & Dietetics. To identify those competencies please go to <https://www.wku.edu/ahs/dietetics/>.

**Textbook Requirements:**

Blake, J.S. (2020). Nutrition and You (5<sup>th</sup> ed.) E-text and Mastering Nutrition.

This course participates in The WKU Store's Day One Access program. This program is designed to provide immediate access to 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 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 our information page, <http://www.wkustore.com/t-day-one-access.aspx>.

**Grading/Evaluation**

1. **Grades** will be assigned according to the total points achieved in the class as follows:

Grade	%
A	90-100
B	80-89
C	70-79
D	60-69
F	<60

The allocation of points for the class will be:

Exam/assignment	Points Available	% of Grade
Exam 1	75 points	14.4%
Exam 2	75 points	14.4%
Exam 3	75 points	14.4%
Exam 4	75 points	14.4%
Mastering Nutrition Activities	210 points	40.4%
Syllabus Quiz	5 points	1%
Exit Quiz	5 points	1%
<b>Total</b>	<b>520 points</b>	

\* Points are subject to change.

All grades will be posted on WKU's Blackboard website at [wku.blackboard.com](http://wku.blackboard.com).

2. Students are required to access the course's website on **WKU's Blackboard**. The course website will contain lectures, announcements, grades, assignments, exam preparation tips, and access to Mastering Nutrition. Emails will be sent via Blackboard to students' WKU email accounts when weekly content is available.
3. Students are encouraged to check their **WKU email accounts** daily, as reminders about the class are sent to students' WKU email accounts periodically throughout the semester. Not checking email is not an excuse for missing assignments or exams.
4. All **exams** will be multiple choice and/or true/false. Exams will be timed; students will be given an appropriate amount of time depending on the difficulty, number of questions, etc.

Students are encouraged to review any questions missed on exams. The final exam will not be comprehensive.

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 [www.wku.edu/testing](http://www.wku.edu/testing). Additional information regarding the scheduling of exams will be provided prior to the first exam. DELO Testing Centers do not charge a fee to WKU students for online learning or on demand exams; however, the WKU Remote Proctoring Network includes proctor locations who charge for services as well as those that don't. Students are responsible for payment of any proctoring fees if they choose to use a site that charges for services. Students are also responsible for any additional fees that might be associated with the use of a particular proctoring site, such as parking fees.

Students who have a documented positive COVID test prior to the beginning of the exam testing window or who have been required to quarantine due to a possible COVID exposure must contact the instructor immediately to make other arrangements for the exam. In order to receive alternative exam arrangements, students must meet both of the following requirements: 1) provide documentation of a positive COVID test or evidence that they have been required to quarantine for the duration of the testing window and 2) contact the instructor before the testing window closes. Students who fail to meet either of these requirements will be denied alternative testing arrangements.

5. **Make-up exams** will only be given to students with extenuating circumstances. Extenuating circumstances include serious illness of self, or serious illness or death of an immediate family member. Athletes and students who accompany athletic teams or university-sponsored organizations must arrange to take exams PRIOR TO the due date, if they will be out of town for the entire testing window. It is incumbent on the student to provide acceptable documentation to substantiate the absence, including for university-sponsored events. Exams missed for any other reason will not be excused and will receive zero points. Routine medical appointments (eye or dental exam – unless an emergency) and court appearances (unless on jury duty) are not considered excusable absences.
6. Students will be required to complete a 5 point **exit quiz**. The link to this quiz will be posted in the course Blackboard site during the last week of class. The confirmation page for the exit quiz should be saved as a PDF or “screenshot” and submitted to the appropriate location in Blackboard. This quiz is not graded on score, but on completion.
7. The **Mastering Nutrition Activities** will be completed through the textbook software Mastering Nutrition, which can be accessed by clicking “Mastering Nutrition” in Blackboard. Access to this software will be delivered to students automatically by enrolling in this course. All assignments through Mastering Nutrition are due on Sunday by 11:59 PM each week. Late submissions will receive zero points. Assignments sent via email will not be graded.
8. In the event of **technical issues** with Blackboard, Mastering Nutrition, or other application related to this course, students should contact the instructor immediately with a screenshot and explanation of the issue. If the technical issue would prevent a student from submitting an assignment or exam by the due date, students must contact the instructor via email before the due date of the assignment or exam to inform her of the issue. Otherwise, the assignment or exam will be graded according to the late assignment and late exam rules detailed above.

9. **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.
10. Students are expected to be **professionally courteous** to the professor and peers. Good online etiquette is expected. Online etiquette includes, but is not limited to, proper capitalization, punctuation, and grammar; appropriate addressing of emails (i.e., Dear Ms. Glanz); timely response to emails; and no online bullying.

**Tentative Course Schedule (Dates or topics subject to change)**

Date	Topic/Lecture	Reading (Textbook Chapter)	Weekly Assignment
Week 1 January 19-24	Introduction & Syllabus What is Nutrition?	Chapter 1	Syllabus quiz Mastering Nutrition HW 01
Week 2 January 25-31	Tools for Healthy Eating	Chapter 2	Mastering Nutrition HW 02
Week 3 February 1-7	The Basics of Digestion	Chapter 3	Mastering Nutrition HW 03
Week 4 February 8-14	Carbohydrates	Chapter 4	Mastering Nutrition HW 04  EXAM 1 (Chapters 1-3) due by February 12 at 5:00 PM Central
Week 5 February 15-21	Fats, Oils, and Other Lipids	Chapter 5	Mastering Nutrition HW 05
Week 6 February 22-28	Proteins and Amino Acids	Chapter 6	Mastering Nutrition HW 06
Week 7 March 1-7	Alcohol	Chapter 9	Mastering Nutrition HW 09
Week 8 March 8-14	Weight Management	Chapter 10	Mastering Nutrition HW 10  EXAM 2 (Chapters 4-6) due by March

Date	Topic/Lecture	Reading (Textbook Chapter)	Weekly Assignment
			12 at 5:00 PM Central
Week 9 March 15-21	Nutrition & Fitness	Chapter 11	Mastering Nutrition HW 11
Week 10 March 22-28	Vitamins	Chapter 7	Mastering Nutrition HW 07
Week 11 March 29-April 4	Minerals & Water	Chapter 8	Mastering Nutrition HW 08  EXAM 3 (Chapters 9-11) due by April 2 at 5:00 PM Central
Week 12 April 5-11	Consumerism and Sustainability: From Farm to Table	Chapter 12	Mastering Nutrition HW 12
Week 13 April 12-18	Food Safety & Technology	Chapter 13	Mastering Nutrition HW 13
Week 14 April 19-25	Hunger at Home and Abroad	Chapter 16	Mastering Nutrition HW 16
Week 15 April 26-30	Final Exam		FINAL EXAM (Chapters 7, 8, 12, 13, 16) due by April 30 at 5:00 PM Central

Class schedule, reading assignments, and exam dates are subject to change.

## Policies and 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](#) which states: "Students who commit any act of academic dishonesty may receive from the instructor a failing grade in that portion of the course work in which the act is detected or a failing grade in a 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 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.

### **Student Disability Services**

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, Room 1074. The SARC can be reached by phone number at 270-745-5004 [270-745-3030 TTY] or via email at [sarc.connect@wku.edu](mailto: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.

### **Academic Assistance through The Learning Center**

Should you require academic assistance with this course, The Learning Center (located in DSU 2141) provides free supplemental education programs for all currently enrolled WKU students. The Learning Center at Downing Student Union 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 a computer lab to complete academic coursework. Please call TLC in the Downing Student Union at (270) 745-5065 for more information or to schedule a tutoring appointment. [www.wku.edu/tlc](http://www.wku.edu/tlc)

### **Title IX/Discrimination and Harassment**

Western Kentucky University (WKU) is committed to supporting faculty, staff and students by upholding WKU's Title IX Sexual Misconduct/Assault Policy (#0.2070) and Discrimination and Harassment Policy (#0.2040). 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.