

HMD 211: Human Nutrition (online)
Department of Applied Human Sciences
Western Kentucky University
Spring 2021

Instructor Information

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Office Hours: MW 10:30 am – 2:30 pm

Th 8:30-10:30 am online. Additional office hours are available by appointment.

Teaching Assistant for this course

Maddie Johnson

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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 Tuesdays of each week and will be completed through the textbook software “Mastering Nutrition”. Access to this software will be available to students in the Blackboard course. Students will be held responsible for the material covered in the textbook, the lecture notes/videos (posted in Blackboard under Lectures Notes), 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 four exams can be taken at home, but the exams will be timed and must be taken on designated testing days.

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 First Day Inclusive Access program. Enrolled students will have access within Blackboard to the course e-textbook and the required materials ("Mastering Nutrition") automatically by enrolling in this course. You will have access to the required materials for this course at a discounted price, and benefit from single sign-on access with no codes. WKU will bill you at the discounted price (\$89.99) as a course charge for this course. For more information and FAQs go to customercare.bncollege.com. While we do not recommend that you do so, you may choose to opt-out at any time within fourteen (14) days of the start of your class utilizing the First Day portal, and this is the only official way to optout. Keep in mind that you will be responsible for purchasing your course materials at the full retail price.

Testing Dates

Below are the testing dates for this class (exam link will be open from 8 am to 9 pm):

Exam 1 – Thursday, February 11

Exam 2 – Thursday, March 11

Exam 3 – Thursday, April 1

Exam 4 – Monday, April 26 or Tuesday, April 27

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.