

**HMD 211: Human Nutrition
Applied Human Sciences
WESTERN KENTUCKY UNIVERSITY
Summer 2021/Online Course**

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

Office Hours

I will maintain office hours during the summer on Tuesday mornings from 9:00 – Noon. Please stop by during that time if you need to speak with me. Other times are available upon request and ZOOM conferences are available as well upon request.

Course Information: Summer June session June 1st – June 25th. This course is an online course and because of that, it is up to the student to be self-directed in completing the reading assignments and homework assignments in a timely manner. Information i.e. PowerPoints, study guides; homework/worksheets will all be available on or before May 1st. This course is very much self-directed. You are able to begin this course at any time once the Blackboard site is open. I recommend starting early if you are able to as 4 weeks is a VERY fast timeline to complete a 3-hour course.

There are 2 textbooks for this class.

Blake, J. S. (2017). Nutrition & You, 5th Edition. Pearson Benjamin Cummings Publishing, with Modified Mastering Access**
and
Intuitive Eating 4th edition by Evelyn Tribole and Elyse Resch

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 book “Intuitive Eating” is not part of the day one access and will have to be purchased separately.

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 4 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 books and assigned readings.
2. Exams will be multiple choice, matching, fill in the blank, short answer, and true/false.
3. Students will take the exams through blackboard. All exams will be timed and must be completed within one sitting. Exams will be open book and open note. 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.
4. Quizzes will be available to take throughout the four weeks of class. 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.**
5. 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	40% - 3 exams 100 points each. 1 final exam 100 points	400 pts
Blackboard Quizzes	12.5% (Over Intuitive Eating book and General nutrition principles)	125 pts
Quizzes	25 % (through the Mastering Nutrition Site)	250 pts
Initial Assignment	2.5%	25 pts
Nutrition Essay	15%	150 pts
Podcast Evaluation	5%	50 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.

HMD 211 Human Nutrition Summer 2021 (June Session) Schedule for Dr. Embry's Class

Recommended Schedule	Assigned Reading Content ***	Important Dates
		<p>If you can start the class early, it will probably be in your best interest to do so. Because the class officially begins on June 1st there will be NOTHING due before June 2nd, but the class will be open on blackboard to start early.</p> <p>I recommend taking the Mastering Nutrition Quizzes as you read the book, do not wait until the end to take the quizzes.</p>

On or before Jun 1st	Nutrition and You Textbook Chapter 1 – Sections 1.1 – 1.4 and Section 1.6 Begin Intuitive Eating book.	
On or before June 4th	Chapter 3 Chapter 4 - Sections 4.1 – 4.4 and Sections 4.6 – 4.8	
On or before June 8 th	Chapter 5 – Sections 5.1 – 5.5 Chapter 6	
On or before June 13 th	Chapter 7	
On or before June 18 th	Chapter 8 Chapter 9	
On or before June 21 st	Chapter 13 Chapter 14 – Sections 14.2 – 14.10	Podcast Evaluation paper due by the end of the day June 21st.
On or before June 22 nd	Chapter 15	
On or before June 24 th	Chapter 16	
		Nutrition Essay Due by June 23rd by the end of the day.
		All quizzes are due to be completed by Midnight June 23rd . All quizzes will be open from May 31st – June 24th . Please do not wait until June 24th to complete all the quizzes.
		All exams will be open from May 31st – June 25th. All exams must be completed by Midnight June 25th. I do not recommend waiting until June 25th to take all four exams.