

**HMD 211-C71: Human Nutrition,
Western Kentucky University
Department of Applied Human Sciences
Summer 2022 Syllabus**

Instructor Information:

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Office Hours:

Virtual/Online: I am always checking email, so that is the best way to contact me. Meetings, phone calls and zoom sessions can be scheduled via email.

Course Information:

Lecture: HMD 211 – C71. Online/Web course that runs from 7/5/22 to 8/4/22. This course is asynchronous with no set lecture or course times or dates. All content is online.

Course Description:

HMD 211 is the 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.

Prerequisites: None.

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.

Required Text:**

Joan Salge Blake. Nutrition & You, 5th Edition. Pearson Benjamin Cummings Publishing, 2020.

Note: *This course participates in The WKU Store's First Day Program Access.*** 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 on 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 First Day Program Access link under the Course Materials header.

This First Day Program Access provides both the e-text 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 any third-party sites.

For Nutrition and Dietetics Students:

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 more information on the [Dietetics Program](http://www.wku.edu/ahs/dietetics/index.php) (<http://www.wku.edu/ahs/dietetics/index.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.

Course Website:

For this course, we will be using a computerized system (website) called Blackboard.

- The web address is [Blackboard](https://blackboard.wku.edu) (<https://blackboard.wku.edu>).

Grading and Evaluation:

Grades will be assigned according to the total points achieved in the class as follows (the % of points accumulated divided by the total points available):

Grade	Percentage
A	90 – 100%
B	80 – 89%
C	70 – 79%
D	60 – 69%
F	59% or less

Exams & Assignments	Points	Percent
Introductory Assignment	10	1%
My Diet Analysis (5)	50	7%
Pearson Assignments (14)	140	20%
Vocabulary Quizzes (14)	140	20%
Dynamic Study Modules (14)	Extra Credit	
Exam 1	75	11%
Exam 2	60	9%
Exam 3	75	11%
Exam 4	75	11%
Exam 5	75	11%
Total Points:	700	100.00%

Grading and Evaluation:

1. **There will be five exams.** The exams are online and you can take them at home. They remain “hidden” until you complete the chapter assignments for each unit (i.e. Exam 1 will appear when you finish the assignments for chapters 1, 2, and 3). **Please note: you must have the chapter assignments completed before taking the exam over those chapters!** You have one chance and 45 minutes to complete the exam, exams are typically 75 questions. The exam will not shut off after 45 minutes but will mark the time. If you have a reason for going over time (such as SARC approval for extended time), please email me to let me know.

*****All Exams must be completed by Sunday, August 7th*****

2. The five exams will cover all material in the assigned readings from the book. This includes the vocabulary in the book, as well as content in the text and graphics. The course calendar indicates which chapters are covered for each exam. Please note that the nature of the topic of nutrition is such that each new topic tends to build on information from previous topics. Consequently, all exams are comprehensive to some extent.
3. Exams will be primarily multiple choice, with some true/false. Some questions may require simple calculations.
4. *No books, notes, or study materials can be used during the exams. Only the blackboard website with the examination tab may be open. No additional browsers, windows, or tabs may be open.* You will only have one chance to take each exam.
5. Grades will be posted on WKU’s [Blackboard](https://blackboard.wku.edu) web site (<https://blackboard.wku.edu>).
6. Grades in the class are final and will not be changed unless there is a computational error or an 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.

Recommended Exam Due Dates (the only date that is not flexible is the end of term):

Exam 1: Sunday, July 10th

Exam 2: Sunday, July 17th

Exam 3: Sunday, July 24th

Exam 4: Sunday, July 31st

Exam 5: Sunday, August 7th

Assignments:

1. There are numerous assignments. The introductory assignment is posted to Blackboard, under the “Assignments” button. The Introductory Assignment should be turned in by posting on blackboard, in the appropriate folder under the assignments tab (the same place you found the assignment, just click the title). The assignments that are turned in must be in one of three formats: word (.doc or .docx), portable document format (.pdf), or excel (.xls or .xlsx).
2. The Pearson Mastering Assignments and the Pearson website (including e-text) can be accessed through the “Assignments” and/or “Mastering Nutrition” buttons on Blackboard and then click the “Mastering Course Home” link. This is where you will find the Pearson Assignments and Quizzes that are for points (click through to “All Assignments”). This is also where you will find the Dynamic Study Modules for extra credit.
3. Browser note: The Pearson site prefers browsers Chrome and Firefox. Please do not use other browsers, as they do not navigate properly and can freeze up.
4. The power points, study guides, lecture videos, and chapter outlines are available for your use, if so desired. They are optional. The power points contain the same key points as the text, the information is just presented in a slightly different manner (order may vary). The study guides are designed to help you actively read the text and/or the power points. The study guides are in outline form and follow the order of the power points. The videos follow the power points. You can utilize these when reading, studying, or to test your understanding and recall of the material in each chapter.
5. There are additional study guides, flashcards, animations, videos, etc. on the Pearson website. These are not required, but past students have said these, and the dynamic study modules, were very helpful. **The flashcards and dynamic study modules were most popular and highly recommended.**
6. Work at your own pace – the schedule below has the **recommended due dates**, to keep a steady pace and complete on time. The assignments should be completed for the specific chapters for each exam but can be reworked for additional points up to the end of the term.

*****All Assignments must be completed by Sunday, August 7th at Midnight.*****

Recommended 5 Week Course Schedule:

There are no due dates other than the end of term: Sunday, August 7th

Date	Topic	Readings	Assignments
Week 1	What is Nutrition?	Chap 1	Introductory Assignment Assignment 1 <u>Vocabulary Quiz 1</u>
Week 1	Tools for Healthy Eating	Chap 2	Assignment 2 <u>Vocabulary Quiz 2</u>
Week 1	The Basics of Digestion	Chap 3	Assignment 3 Vocabulary Quiz 3 Exam 1 (Chap 1 – 3)
Week 2	Carbohydrates: Sugar, Starches & Fiber	Chap 4	Assignment 4 <u>Vocabulary Quiz 4</u>
Week 2	Fats, Oils & Other Lipids	Chap 5	Assignment 5 Vocabulary Quiz 5 Exam 2 (Chap 4 – 5)
Week 3	Vitamins	Chap 7	Assignment 7 <u>Vocabulary Quiz 7</u>
Week 3	Water & Minerals	Chap 8	Assignment 8 <u>Vocabulary Quiz 8</u>
Week 3	Alcohol	Chap 9	Assignment 9 Vocabulary Quiz 9 Exam 3 (Chap 7 – 9)
Week 4	Proteins & Amino Acids	Chap 6	Assignment 6 <u>Vocabulary Quiz 6</u>
Week 4	Weight Management	Chap 10	Assignment 10 Vocabulary Quiz 10 <u>My Diet Analysis Assignments</u>
Week 4	Nutrition & Fitness	Chap 11	Assignment 11 Vocabulary Quiz 11 Exam 4 (Chap 6, 10 – 11)
Week 5	Consumerism and Sustainability: Food from Farm to Table	Chap 12	Assignment 12 Vocabulary Quiz 12 <u>My Diet Analysis Assignments</u>
Week 5	Food Safety & Technology	Chap 13	Assignment 13 <u>Vocabulary Quiz 13</u>
Week 5	Hunger at Home and Abroad	Chap 16	Assignment 16 Vocabulary Quiz 16 Exam 5 (Chap 12 – 13, 16)

Policies:

Diversity, Equity, & Inclusion

Recognition and respect are core aspects of diversity, equity, and inclusion (DEI). The way we value and respond to facets of DEI is critical to our personal, academic, and professional growth. Every person in this class contributes to its diverse composition. We each contribute to the class by way of our being, values, thoughts, and experiences. While we may not always agree with or understand these factors and constructs, we are all responsible for maintaining a respectful environment for sharing and learning. I am committed to providing a teaching and learning environment conducive to fostering this recognition and respect.

ADA Accommodation Statement:

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, 1074. SARC can be reached by phone number at 270-745-5004 [270-745-3030 TTY] or via email at 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.

Title IX Misconduct/Assault Statement:

Western Kentucky University (WKU) is committed to supporting faculty, staff and students by upholding WKU's Sex and Gender-Based Discrimination, Harassment, and Retaliation (#0.070) 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.

The Learning Center:

[The Learning Center](http://www.wku.edu/tlc) (<http://www.wku.edu/tlc>) (270) 745-6254

Should you require academic assistance with your WKU courses, The Learning Center (located in the Downing Student Union, Annex 330) provides free supplemental education programs for all currently enrolled WKU students. TLC offers certified, one-on-one tutoring in over 200 subjects and eight academic skill areas by appointment or walk in.

The Learning Center Peer Tutoring Services

The Learning Center (TLC) provides free tutoring services that empower students to achieve academic success. Trained peer tutors are available to review course content, answer questions, and demonstrate effective study strategies. TLC offers individual appointments and group sessions (PASS) for hundreds of undergraduate courses. For more information or to make an appointment, visit www.wku.edu/tlc.

Academic Dishonesty:

1. Students will be expected to do his / her own work for exams, quizzes and all assignments.
2. Failure to comply with this policy will result in a failing grade for the exam / quiz / assignment and possibly an "F" for the course.
3. Students should be aware of WKU's academic dishonesty policy (see [WKU catalog](http://www.wku.edu/undergraduatedcatalog/), www.wku.edu/undergraduatedcatalog/), which states: "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."
4. **Cheating:** Any use of an unauthorized "aid" while taking a test, having another person take an exam or quiz in the place of the student, stealing an exam or quiz, utilization of a stolen exam or quiz, using group work as an individual's work, and any other unauthorized assistance with quizzes / exams / assignments from others.
5. As stated in the WKU catalog, **Cheating** is defined as "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" (see [WKU catalog](http://www.wku.edu/undergraduatedcatalog/), www.wku.edu/undergraduatedcatalog/).

Academic Dishonesty, cont.:

6. Note: If the instructor or an exam proctor sees / finds a ***paper or electronic device*** with course information visible during the exam, this will be considered cheating, and the student will receive a zero for the exam and possibly an “F” in the course. It is incumbent on the student to assure that all books, papers, notes and electronic devices are securely stored away. Visibility or use of a phone or other electronic device during an examination is considered cheating, whether or not course content is displayed – there is no tolerance in this area.
7. **Fabrication:** falsifying data in laboratory results, inventing information for a report, or falsifying citations to sources of information.
8. **Facilitating Academic Dishonesty:** aiding another student in committing academic misconduct. This is punishable the same as cheating, for both parties.
9. **Interference:** Stealing, changing, destroying, or impeding another student’s work. Impeding includes stealing, defacing, or mutilating resources to deprive someone else the use of those resources.
10. **Plagiarism:** Using the ideas, words, or statements of another person without giving credit to that person. A student shall give credit to the works of others if the student uses another person’s words, ideas, opinions, or theories or borrows facts, statistics or other illustrative material unless the information is common knowledge.
11. As stated in the WKU catalog, **Plagiarism** is “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” (see [WKU catalog](http://www.wku.edu/undergraduatecatalog/), www.wku.edu/undergraduatecatalog/).
12. **Violation of Course Rules:** A student shall follow course rules in the course syllabus when those rules are related to the course content or to the enhancement of the learning process in the course.