

HMD 211: Human Nutrition, On Demand Syllabus
Western Kentucky University
Department of Applied Human Sciences
Starting August 2023

Instructor Information:

Julie Lee, MBA, RDN, LDN, CDCES, MLDE, CSC, CWPC, CHE
Instructor II
Academic Complex 209 E
Phone/voicemail: 745-3990
Email: Julie.lee@wku.edu

Office Hours:

Virtual/Online Winter and Summer: 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.*

Spring: Mondays 8 to 9 AM and 11:30 – 21:30 PM; Wednesdays 8 to 9 AM and 11:30 - 4 PM

Fall: MW 10:15 AM – 12:30 PM and 1:45 - 3 PM

Course Information:

Lecture: HMD 211 – 970. Online/Web course. 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 Website:

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

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 American Dietetic Association. To identify competencies specific to this class, please go to [Dietetics Program \(https://www.wku.edu/ahs/dietetics/\)](https://www.wku.edu/ahs/dietetics/).

Regular and Substantive Interaction

The U.S. Department of Education requires that distance education courses must include regular and substantive interaction between students and faculty. For more information about Regular and Substantive Interaction at WKU, please visit the [Regular and Substantive Interaction in Online and Distance Learning webpage \(https://www.wku.edu/citl/rsi.php\)](https://www.wku.edu/citl/rsi.php).

In this course, regular and substantive interaction will take place in the following ways:

- Direct instruction (videos)
- Assessing or providing feedback on coursework
- Providing information or responding to questions about the content of a course or competencies
- Being present, guiding, and initiating contact with students on a regular basis
- Setting assignments and assessment deadlines throughout the term of the class

Required Text**:

Joan Salge Blake. Nutrition & You, 6th Edition. Pearson Benjamin Cummings Publishing, 2023.

Note: *This course participates in The WKU Store's Big Red Backpack Program.*** This program is designed to provide immediate access to the required materials for all students at prices cheaper than any other option.

If you OPT IN, the ebook and access to the book's website, assignments, and study guides will be delivered to you automatically through the blackboard course site. By participating in the program, The WKU Store will bill your Student Billing account, and you will see a charge appear for 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.

Pearson Access is good for 18 months.

For more information on this program or to opt out of participation, go to The WKU Store's website (<https://wku.bncollege.com/>) and click the Day One Access link under the Course Materials header.

If you OPT OUT of the Big Red Backpack for the term in which you enrolled in this course, you will need to purchase access to the ebook and online materials. Pearson initially allows 5 or 6 weeks of free access, but that is not likely to be long enough to complete the course. Please purchase the 18 month access to the ebook and Pearson assignments and study guides from the bookstore.

To Purchase Access to the eBook and Mastering Nutrition from Pearson:

1. Purchase the book from the bookstore website
2. Visit the bookstore website at <https://wku.bncollege.com/>
3. Under "Course Materials & Textbooks" select "Find Course Materials."
4. Under "Term" be sure to select the Opt-Out term. (Example: Opt-Out Fall 2022)
5. Bring up the course and check out as usual.

After purchase you will receive an email with directions, but just in case the next step is:

1. Visit yuzu.com.
2. You will login using the same email address and password you used on the bookstore website when purchasing. (If the code was purchased in-store and you do not already have a yuzu account, you will need to do the reset password the first time.)
3. You will see Mastering Nutrition on your virtual bookshelf. Click on the "i" next to it and you will be able to reveal your access code.
4. Now you have the access code, go to this Pearson form: [Pearson Inclusive Access Reactivation](#)
5. Fill out that form for Pearson, the course is HMD 211 Human Nutrition, Section A70. Instructor Julie Lee. The access code should come with the proof of purchase code from bookstore/yuzu above.
6. Then Pearson should get your access reinstated in a day or two.

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):

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

<u>Exams & Assignments</u>	<u>Points</u>	<u>Percent</u>
Introductory Assignment	10	1%
My Diet Analysis (5)	55	7%
Pearson Assignments (14)	175	22%
Vocabulary Quizzes (14)	140	18%
Article Assignments	50	6%
Dynamic Study Modules (14)	Extra Credit	
Exam 1	75	9%
Exam 2	70	9%
Exam 3	75	9%
Exam 4	75	9%
Exam 5	75	9%
Total Points:	800	100.00%

***Please note there will be 875 points available on blackboard (75 of these are extra credit, with the Dynamic Study Modules). The final course grade is calculated out of **800 points** (calculated by hand, so blackboard % is not accurate).

Grading and Evaluation:

- 1. There will be five exams, covering the five units. Students may take the exams online from home. Proctors are no longer required. There is only ONE attempt per exam.**
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 schedule and content units on Blackboard indicate 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.

Grading and Evaluation, continued:

3. Exams will be primarily multiple choice, with some true/false. Some questions may require simple calculations.
4. Grades will be posted on WKU's [Blackboard](https://wku.blackboard.com/ultra/stream) (https://wku.blackboard.com/ultra/stream).
5. Grades in the class are final and will not be changed unless there is a computational error, computer sync 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.

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 (the same place you found the assignment, just click the title). The assignments that are turned in for this class must be in one of three formats: word (.doc or .docx), portable document format (.pdf), or photo (.jpeg), consequently Microsoft 365 and Adobe Acrobat are required. They can be obtained for free from the [IT Service Desk](https://td.wku.edu/TDClient/34/Portal/KB/?CategoryID=207) (https://td.wku.edu/TDClient/34/Portal/KB/?CategoryID=207).
2. The e-text, assignments, quizzes, and study modules on the Pearson website can be accessed through Blackboard in the course Units. Click the "Mastering Course Home" link, and then scroll down on the left side of the screen and click "all assignments". This is where you will find the chapter assignments and vocabulary quizzes that are for points and the Dynamic Study Modules, which are extra credit.
3. The power points, my study guide outlines, and videos are also available for your use and found in each unit. They are optional. The power points contain the same key points from the book, sometimes in a slightly different order. The study guides are designed to help you actively read the text and/or the power points or can be used to test your understanding and recall of the material in each chapter.
4. There are additional study guides, flashcards, animations, videos, learning tools, etc. on the Pearson website, but are also not required.
5. Work at your own pace – the schedules below are just a recommendation to keep on pace to complete the class in either one term (something that those using financial aid will need to do) or a bi-term. There are **NO DUE DATES**, other than the end of your term, as determined by your start date and contract with On Demand. If you do not remember your start or end dates, please contact the staff at On Demand at ondemand@wku.edu or 270-745-4158.

Recommended 14 Week Course Schedule (there are no actual due dates):

Date	Topic	Readings	Assignments
Week 1	What is Nutrition?	Chap 1	Introductory Assignment Assignment 1 <u>Vocabulary Quiz 1</u>
Week 2	Tools for Healthy Eating	Chap 2	Assignment 2 <u>Vocabulary Quiz 2</u>
Week 3	The Basics of Digestion	Chap 3	Assignment 3 Vocabulary Quiz 3 Diet Analysis 1 Article Assignment 1 <u>Exam 1 (Chap 1 – 3)</u>
Week 4	Carbohydrates: Sugar, Starches & Fiber	Chap 4	Assignment 4 <u>Vocabulary Quiz 4</u>
Week 5	Fats, Oils & Other Lipids	Chap 5	Assignment 5 Vocabulary Quiz 5 Diet Analysis 2 <u>Exam 2 (Chap 4 – 5)</u>
Week 6	Vitamins	Chap 7	Assignment 7 <u>Vocabulary Quiz 7</u>
Week 7	Water & Minerals	Chap 8	Assignment 8 <u>Vocabulary Quiz 8</u>
Week 8	Alcohol	Chap 9	Assignment 9 Vocabulary Quiz 9 Diet Analysis 3 <u>Exam 3 (Chap 7 – 9)</u>
Week 9	Proteins & Amino Acids	Chap 6	Assignment 6 <u>Vocabulary Quiz 6</u>
Week 10	Weight Management	Chap 10	Assignment 10 Vocabulary Quiz 10 <u>My Diet Analysis Assignments</u>
Week 11	Nutrition & Fitness	Chap 11	Assignment 11 Vocabulary Quiz 11 Diet Analysis 4 Article Assignment 2 <u>Exam 4 (Chap 6, 10 – 11)</u>
Week 12	Consumerism and Sustainability: Food from Farm to Table	Chap 12	Assignment 12 <u>Vocabulary Quiz 12</u>
Week 13	Food Safety & Technology	Chap 13	Assignment 13 <u>Vocabulary Quiz 13</u>
Week 14	Hunger at Home and Abroad	Chap 16	Assignment 16 Vocabulary Quiz 16 Diet Analysis 5 <u>Exam 5 (Chap 12 – 13, 16)</u>

Recommended 7 Week Bi-term Course Schedule (no actual due dates):

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

Optional 5 Week Course Schedule (not recommended; shortest time feasible):

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

Policies:

Covid Statement

All students are strongly encouraged to get the COVID-19 vaccine. In accordance with WKU policy, all students must call the WKU COVID-19 Assistance Line at 270-745-2019 within 4 hours of testing positive for COVID-19 or being identified as a close contact to someone who has tested positive. The COVID Assistance Line is available to answer questions regarding any COVID-19 related issue. This guidance is subject to change based on requirements set forth by federal, state, and local public health entities. Please refer to the Healthy on the Hill website for the most current information. www.wku.edu/healthyonthehill

Statement of Equal Opportunity and Affirmative Action

Western Kentucky University is committed to equal opportunity in its educational programs and employment. The University is an Equal Employment Opportunity/Affirmative Action, and does not discriminate on the basis of race, color, national origin, sex, sexual orientation, disability, age, religion, veteran status, or marital status. On request, WKU will provide reasonable accommodations, including auxiliary aids and services, necessary to afford an individual with a disability an equal opportunity to participate in all services, programs, activities and employment.

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.

WKU Center for Literacy Assistance:

[WKU Center for Literacy Assistance](http://www.wku.edu/literacycenter) (<http://www.wku.edu/literacycenter>) 270-745-2207

The WKU Center for Literacy is located in Gary A. Ransdell Hall 2066. At the Center for Literacy, students can receive assistance in developing strategies to help **reading/studying to learn** and **writing for evidence and argument**. The Center for Literacy offers both individual and small group sessions throughout the semester.

Academic Integrity & Dishonesty:

1. **Academic Integrity.** Students are expected to pursue their studies with commitment to intellectual honesty and personal integrity. The maintenance of academic integrity is of fundamental importance to the University.
2. Students will be expected to do his / her own work for exams, quizzes and all assignments.
3. Failure to comply with this policy will result in a failing grade for the exam / quiz / assignment and possibly an “F” for the course.
4. Students should be aware of WKU’s academic dishonesty policy (see [WKU catalog](http://www.wku.edu/undergraduatecatalog/), www.wku.edu/undergraduatecatalog/), 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.”
5. **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.
6. 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/undergraduatecatalog/), www.wku.edu/undergraduatecatalog/).
7. 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 ensure 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.
8. **Fabrication:** falsifying data in laboratory results, inventing information for a report, or falsifying citations to sources of information.
9. **Facilitating Academic Dishonesty:** aiding another student in committing academic misconduct. This is punishable, the same as cheating, for both parties.

Academic Dishonesty, continued:

10. **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.
11. **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.
12. 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/).
13. **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.
14. **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 Student Conduct at (270) 745-5429 for further action. <http://www.wku.edu/studentconduct/process-for-academic-dishonesty.php>.

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