

HMD 211-701 and -702: Human Nutrition
Department of Applied Human Sciences
Western Kentucky University
Fall 2024

Instructor Information

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Office Hours: No scheduled office hours. Available by appointment.

Course Information

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: Students should have completed 21 hours of Foundations and Explorations.

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.

Colonnade Systems Objectives:

1. Analyze how systems evolve
2. Compare the study of individual components to the analysis of entire systems
3. Evaluate how system-level thinking informs decision-making, public policy, and/or the sustainability of the system itself

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: Upon completion 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. *

- 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.

Course Outline:

- Digestion
- Carbohydrates
- Fats
- Proteins
- Vitamins
- Minerals and water
- Wellness and weight management
- Nutrition and fitness
- Food safety and sustainability

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/>).

Textbook Requirements:

Blake, J.S. (2022). Nutrition and You (6th ed.) E-textbook.

This course participates in The WKU Store's First Day™ and Big Red Backpack programs. These programs are 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 or to opt-out of participation, go to <https://wku.bncollege.com/first-day-faqs> or <https://www.wku.edu/bigredbackpack/>.

Grading/Evaluation

- 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	50 points	12.5%
Exam 2	50 points	12.5%

Exam 3	50 points	12.5%
Exam 4	50 points	12.5%
Chapter Quizzes	195 points	48.75%
Syllabus Quiz	5 points	~1%
Total	400 points	

* Points are subject to change.

All grades will be posted on WKU's Blackboard website at 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 the e-textbook. 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 (DLTC) website at www.wku.edu/testing. Additional information regarding the scheduling of exams will be provided prior to the first exam. DLTC does 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.

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. There will be a few opportunities to earn **extra credit** during the semester:
 - A. Students are required to schedule an appointment to take their exams at the DLTC Testing Center or with another proctoring service. To encourage students to schedule their testing appointments early, students can earn 5 points of extra credit by submitting a **screenshot of their exam scheduling confirmation**. Screenshots must show the student's name and date and time of their exam

appointment. Screenshots must be submitted to Blackboard by the deadlines listed in Blackboard to receive the extra points. Extra credit submissions sent via email and late submissions will not be graded.

- B. Students completing all 14 **chapter quizzes** can earn up to 15 extra credit points. See item #7 below for a full explanation of this extra credit opportunity.
- C. Students will be asked to complete a 5 point **exit quiz**, which will count for extra credit. 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. Extra credit submissions sent via email and late submissions will not be graded.

7. The **chapter quizzes** will be completed in Blackboard. All chapter quizzes are due on Sunday by 11:59 PM each week. Late submissions will receive zero points, no exceptions.

Fourteen chapter quizzes will be assigned throughout the semester. However, these activities only count for 195 points total, which is the equivalence of only 13 chapter quizzes. This means students may skip one chapter quiz without any penalty to their grade. Likewise, if students complete all 14 chapter quizzes, they have the opportunity to earn up to 15 extra credit points for the additional completed assignment.

8. In the event of **technical issues** with Blackboard, the e-textbook, 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	Introduction & Syllabus	Chapter 1	Syllabus quiz
August 19-25	What is Nutrition?		Ch 01 quiz
Week 2	Tools for Healthy Eating	Chapter 2	Ch 02 quiz

Date	Topic/Lecture	Reading (Textbook Chapter)	Weekly Assignment
August 26- September 1			
Week 3 September 2-8	The Basics of Digestion SEPTEMBER 2 – LABOR DAY	Chapter 3	Ch 03 quiz Screenshots of Exam 1 confirmation due September 3 at 11:59 PM Central
Week 4 September 9- 15	Carbohydrates	Chapter 4	Ch 04 quiz EXAM 1 (Chapters 1-3) due by September 13 at 3:00 PM Central
Week 5 September 16- 22	Fats, Oils, and Other Lipids	Chapter 5	Ch 05 quiz
Week 6 September 23- 29	Proteins and Amino Acids	Chapter 6	Ch 06 quiz Screenshots of Exam 2 confirmation due September 23 at 11:59 PM Central
Week 7 September 30- October 6	Alcohol	Chapter 9	Ch 09 quiz EXAM 2 (Chapters 4-6) due by October 4 at 3:00 PM Central
Week 8 October 7-13	Weight Management OCTOBER 7-8 FALL BREAK	Chapter 10	Ch 10 quiz
Week 9 October 14-20	Nutrition & Fitness	Chapter 11	Ch 11 quiz
Week 10 October 21-27	Vitamins	Chapter 7	Ch 07 quiz Screenshots of Exam 3 confirmation due October 21 at 11:59 PM Central
Week 11	Minerals & Water	Chapter 8	Ch 08 quiz

Date	Topic/Lecture	Reading (Textbook Chapter)	Weekly Assignment
October 28- November 3			EXAM 3 (Chapters 9-11) due by November 1 at 3:00 PM Central
Week 12 November 4-10	Consumerism and Sustainability: From Farm to Table NOVEMBER 5 ELECTION DAY	Chapter 12	Ch 12 quiz
Week 13 November 11-17	Food Safety & Technology	Chapter 13	Ch 13 quiz
Week 14 November 18-24	Hunger at Home and Abroad	Chapter 16	Ch 16 quiz Screenshots of Exam 4 confirmation due November 18 at 11:59 PM Central
Week 15 November 25-December 1	THANKSGIVING	NO LECTURES	NO HOMEWORK
Week 16 December 2-5	Final Exam		FINAL EXAM (Chapters 7, 8, 12, 13, 16) due by December 5 at 3:00 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. Please do not request accommodations directly from the professor or instructor without a faculty notification letter (FNL) from The Student Accessibility Resource Center.

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.

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.

Pregnant and Parenting Students

Western Kentucky University does not discriminate against any student or exclude any student from its educational programs or activities, including classes or extracurricular activities, on the basis of pregnancy and/or pregnancy-related conditions such as, but not limited to, childbirth, false pregnancy, termination of pregnancy, or recovery therefrom. Students who seek pregnancy or pregnancy-related accommodations should make their requests as soon as possible via WKU's Title IX Website at www.wku.edu/titleix/ under the heading, "Pregnancy or Pregnancy-Related Conditions." Students can also contact the Title IX Coordinator, Ena Demir, via email at ena.demir@wku.edu or by phone at (270) 745-6867 to request accommodations or

seek assistance. We encourage students and faculty to work together to establish a plan that allows the student to complete the class and coursework without jeopardizing academic integrity and course standards. The Title IX Coordinator can help facilitate conversations between students and faculty regarding appropriate and reasonable accommodations.

If you are a WKU student and believe that you have experienced an incident(s) of discrimination or harassment based on pregnancy (or pregnancy related conditions or issues), please report it to the Title IX Coordinator via email at ena.demir@wku.edu or by phone at (270) 745-6867.

Additional resources for pregnant and parenting students can be found on WKU's Title IX Website at www.wku.edu/titleix/.

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](#).

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

- Weekly announcements, updates, and reminders
- Instructor availability via weekly office hours
- Pre- and post-exam virtual review sessions
- Timely responses to questions about course content