

HMD 211: Human Nutrition
Applied Human Sciences
Hospitality Management and Dietetics
WESTERN KENTUCKY UNIVERSITY
Summer 2025/May Term May 12 – May 30

Ann Embry, PhD, RDN, LD

Office: Academic Complex. 303

Phone: (270) 745-4031, Dept. Secretary (270) 745-4352 E-Mail: ann.embry@wku.edu

Class is taught through Blackboard learning system and by utilizing Mastering Nutrition from Pearson publishing.

Summer Office Hours: Wednesday from 9:00 a.m. – 10 a.m. in person or zoom The link for office hours will be available through the class Blackboard site. If that time frame does not work, feel free to email me and we can set up another time for a meeting.

Course Information: Summer 2025 semester. Delivered virtually through the Blackboard learning system

Class dates – May 12th – May 30th. Blackboard site will be posted on or before April 19th

For specific schedule see schedule posted on Blackboard

There are 2 textbooks for this class.

Blake, J. S. (2017). Nutrition & You, 6th Edition. Pearson Benjamin Cummings Publishing, with Modified Mastering Access**

Access to Mastering Nutrition through Pearson is required.

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>

If you choose to not participate in the WKU backpack program, you will need to sign up for Mastering Nutrition through the Pearson publishing website. See link above. If you have issues, please contact me ASAP.

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 fulfil 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 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 various 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. *

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. Be aware that Blackboard needs to be accessed through a full website on a regular basis to make sure you are aware of ALL assignments, etc. The “mobile” site does not always show all assignments/information, etc.

Class Participation and Professionalism:

1. This course may require you to participate in class discussion. This means that you contribute to class discussions by relating your experiences, asking questions, making comments appropriate to the topics being discussed.

2. 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. E-mails with improperly formatted 'Subject' line may be accidentally deleted or dismissed as 'junk mail.'

3. 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 that are to be turned in through blackboard need to be in Microsoft Office (.doc or .docx or excel) and/or .pdf format.

Please know that illness or technical problems with Blackboard or internet connections do NOT relieve the student of the responsibility of turning in assignments on time. Do not wait until the last moment to turn assignments in.

Quizzes and Exams:

1. There will be 4 exams – the exams will cover all material posted on blackboard, homework, lectures, discussions, 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 the Blackboard learning system.

4. Quizzes will be completed through Blackboard and Mastering Nutrition. Students will have a given time period to complete quizzes. Notes and textbook may be used for the quizzes. Students who fail to take a quiz during the assigned time will not be allowed to make-up the quiz. There are two sets of quizzes for this class. One set is through Mastering Nutrition and are quizzes

related to the Nutrition and You textbook, the second set of quizzes are on Blackboard and are related to the Intuitive Eating book.

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.

Grade Assessment

Introductory Assignment	50 points
Exams 50%	500 points
Mastering Nutrition Quizzes 30 %	300 points
My Diet Analysis	50 points
Discussion Board	100 points

Total Points 1000 points

Grading scale:

90%-100%	A
89%-80%	B
79%-70%	C
69%-60%	D
59%-below	F

ACADEMIC HONESTY POLICY

Students are expected to complete all assignments, exams and quizzes independently. You may not copy another person’s work or allow another person to copy your work. If this occurs both parties will receive a grade of zero on the assignment, quiz or exam and possibly the course. Please see the University Policy on academic honesty below:

“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.

1. 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.

2. **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.
3. **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.
4. **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.” (Undergraduate Catalog 2016-2017)

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.” (Undergraduate Catalog 2016-2017)

TITLE IX SEXUAL MISCONDUCT/ASSAULT POLICY

Western Kentucky University (WKU) is committed to supporting faculty, staff and students by upholding WKU’s Title IX Sexual Misconduct/Assault Policy (#0.2070) at

<https://wku.edu/eoo/documents/titleix/wkutitleixpolicyandgrievanceprocedure.pdf>

and Discrimination and Harassment Policy (#0.2040) at

https://wku.edu/policies/hr_policies/2040_discrimination_harassment_policy.pdf.

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.

STUDENT ACCESSIBILITY RESOURCE CENTER

“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 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.”

Student Handbook

<https://www.wku.edu/handbook/index.php>

Recommended Schedule	Assigned Reading Content	Important Dates
<p>Below is a recommended timeline, for your readings. Exams and quizzes can be taken any time during the 3 week class, but must be completed on or before the due date as stated on the schedule</p>		
<p>May 12th – 16th</p>	<p>Nutrition and You Textbook Chapter 1 – Sections 1.1 – 1.4 and Section 1.6; Chapter 3; Chapter 4 - Sections 4.1 – 4.4 and Sections 4.6 – 4.8; Chapter 5; Sections 5.1 – 5.5 Chapter 6</p>	<p>May 14th Introductory Assignment Due</p>
<p>May 19th – 23rd</p>	<p>Chapter 7; Chapter 8; Nutrition and You Chapter 9 Chapter 11; Chapter 12, section 12.3</p>	

May 26 th – May 30 th	Nutrition and You, Chapter 13, 14, 15	My Diet Analysis due by May 28th
May 30 th		All Mastering Nutrition May 30th by 11:59p.m.
May 31 st	Final Exam due	All exams must be taken by May 31st by 11:59p.m.