University of North Texas at Dallas
FALL 2016 SYLLABUS

BIOL/PBHL 3310: Principles of Human Nutrition 3Hrs

Department: Life and Health Sciences	**School:** Liberal Arts and Sciences

Instructor Name:	Larry Rapp, Ph.D.
Office Location:	Founders Hall, room 260
Office Phone:	972-338-1541
Email Address:	Larry.Rapp@untdallas.edu
Office Hours:	Tues/Weds 2:30 - 4:00PM

Classroom Location:	**DAL2 307** (Meets Weds 1-2:20PM) This is a **hybrid course**, meeting both in the classroom and online. ***Blackboard Learn*** is the learning management platform. To access the course, go to https://learn.untdallas.edu/ and enter your student ID and password. ***MindTap Nutrition***, which comes bundled with the purchase of your textbook, is the online content delivery platform for the class. You can access MindTap Nutrition from the login site dedicated to our course https://login.cengagebrain.com/cb/entitlement.htm?code=MTPPTGTP9KC8
Class Meeting Days & Times:	Wednesday 1:00PM – 2:20PM

Course Catalog Description:	Principles of human nutrition including digestion and absorption of macronutrients, role of vitamins and minerals, energy metabolism, nutrition assessment, diet planning, and food safety. Emphasis on food choices that promote health and prevent diet-related diseases.

Prerequisites:	BIOL 1710 or 1720, or permission of the instructor
Required Text:	Understanding Nutrition, 14th Edition + MindTap Nutrition, Authors: Whitney/Rolfes **A microsite with special pricing of the text has been set up for our class:** http://services.cengagebrain.com/course/site.html?id=1724057

Access to Learning Resources:	UNT Dallas Library:
	    phone: (972) 780-1616
	    web: http://www.untdallas.edu/library
	    email: library@untdallas.edu
	UNT Dallas Bookstore:
	    phone: (972) 780-3652
	    web: http://www.untdallas.edu/bookstore
	    e-mail: untdallas@bkstr.com

Course Overview: The goals of this course are to introduce students to the nutrients and their work in the body, and describe the role of foods and nutrients in energy balance and weight control, in physical activity, and in disease prevention.

Learning Objectives/Outcomes: At the end of this course, students will be able to:

1	Apply nutritional knowledge to analyze personal dietary intakes, and plan nutritious meals using nationally established criteria to meet recommended goals.
2	Trace the pathways and processes that occur in the body to handle nutrients through consumption, digestion, absorption, transport, metabolism, storage and waste excretion.
3	Discuss functions, sources, deficiencies, and toxicities of macro- and micronutrients, including carbohydrates, lipids, proteins, water, vitamins, and minerals.
4	Utilize concepts of energy systems, and knowledge about macronutrients, vitamins, minerals, and supplements and relate them to fitness and health.
5	Identify factors that protect people from the spread of infectious disease and summarize dietary recommendations to prevent chronic disease.

Course Outline

This schedule is subject to change by the instructor. Any changes to this schedule will be communicated in class and on Blackboard.

Week	Dates	Textbook Chapters	Assignments, Activities & Exams
1	Aug 22-28	**Chapter 1**: An Overview of Nutrition	Class Overview DWP Profile
2	Aug 29-Sept 4	**Chapter 2**: Planning a Healthy Diet	DWP Reports 1
3	Sept 5-11	**Chapter 3**: Digestion, Absorption, and Transport	Library Workshop: Finding Online Articles
4	Sept 12-18	**Chapter 4**: Carbohydrates	Presentation Topic Due
5	Sept 19-25	**Exam 1- Chapters 1- 4**	
6	Sept 26-Oct 2	**Chapter 5**: Lipids	Annotated Bibliography Due
7	Oct 3-9	**Chapter 6:** Protein	
8	Oct 10-16	**Chapter 8**: Energy Balance and Body Composition	DWP Reports 2
9	Oct 17-23	**Chapter 9**: Weight Management	Weight Management Activity
10	Oct 24-30	**Exam 2- Chapters 5,6,8,9**	
11	Oct 31-Nov 6	**Chapter 10**: Water-Soluble Vitamins	PowerPoint Presentations
12	Nov 7-13	**Chapter 11**: Fat-Soluble Vitamins	PowerPoint Presentations
13	Nov 14-20	**Chapter 14**: Fitness	PowerPoint Presentations
14	Nov 21-27		PowerPoint Presentations
15	Nov 28-Dec 4	**Chapter 18**: Diet and Health	Ingredients List Activity
	Dec 5-Dec 9	**Exam 3- Chapters 10,11,14,18**	

Course Evaluation Methods

Exams and Quizzes

There is no final exam for the class, although the third exam will be taken during finals week. There will be 12 quizzes taken on MindTap Nutrition. Each quiz will cover the assigned reading for the particular week (see course schedule above). Quizzes will include a total of 15 multiple choice and true/false questions and you will have a 15-minute time limit. The lowest score on the quizzes is dropped. There will be three exams taken on Blackboard. Exams will include a total of 40 multiple choice and true/false questions and you will have a 40-minute time limit. No make-up exams will be given except for documented family and medical emergencies.
It is the student's responsibility to contact the instructor as soon as possible before or soon after a quiz or exam is missed or work is not completed on time, and to show proof that it was unavoidable. An all essay make-up exam will be given for missed exams with an excused absence. A grade of zero is assigned for exams missed due to unexcused absences. There will be no make-up quizzes although the lowest quiz score will be dropped.

Attendance

The course is designed in hybrid format with students completing the majority of the content learning online and at their own pace each week. Class meetings are aimed at providing an active learning experience that includes discussions, critical thinking assignments, and practical learning. In that sense, classes resemble a "laboratory environment" where the learning is "hands-on." These objectives can only be achieved when all students attend class, and therefore attendance in the weekly class sessions is mandatory. Attendance will be taken and **more than two absences will result in 20 points (50%) being deducted from the attendance grade**. Students with **more than 3 absences will receive no attendance points (0 out of 40 points)**. Absences do not include missing class for documented family and medical emergencies, **however, *it is the student's responsibility to contact the instructor as soon as possible before or soon after a class is missed, and to show proof that it was unavoidable.***

Grading Matrix:

Activities/Assignments	Points Possible
Exams (3 at 80 pts. each)	240
Weekly Quizzes (12 @ 15 pts. each; drop lowest quiz)	165
Activities	45
PowerPoint Presentation	60
Attendance	40
Total:	**550**

Grade Determination

A = 90% or better (495-550 pts)

B = 80 – 89% (440-494 pts)

C = 70 – 79% (385-439)

D = 60 – 69% (330-384)

F = less than 60% (329 or lower)

University Policies and Procedures

Students with Disabilities (ADA Compliance):
Chapter 7(7.004) Disability Accommodations for Students

The University of North Texas at Dallas makes reasonable academic accommodation for students with disabilities. Students seeking accommodations must first register with the Disability Services Office (DSO) to verify their eligibility. If a disability is verified, the DSO will provide you with an accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request accommodations at any time, however, DSO notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet/communicate with each faculty member prior to implementation in each class. Students are strongly encouraged to deliver letters of accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student. For additional information see the Disability Services Office website at http://www.untdallas.edu/disability. You may also contact them by phone at 972-338-1777; by email at UNTDdisability@untdallas.edu or at Building 2, room 204.

Blackboard Learn Accessibility Statement:
University of North Texas at Dallas is committed to ensuring its online and hybrid courses are usable by all students and faculty including those with disabilities. If you encounter any difficulties with technologies, please contact our ITSS Department. To better assist them, you would want to have the operating system, web browser and information on any assistive technology being used. Blackboard Learn course management system's accessibility statement is also provided: http://www.blackboard.com/Platforms/Learn/Resources/Accessibility.aspx

NOTE: Additional instructional technology tools, such as Turnitin, Respondus, Panopto, and publisher cartridge content (i.e. MyLab, Pearson, etc.) may NOT be fully ADA compliant. Please contact our Disability Office should you require additional assistance utilizing any of these tools.

Course Evaluation Policy:
Student's evaluations of teaching effectiveness is a requirement for all organized classes at UNT Dallas. This short survey will be made available to you at the end of the semester, providing you a chance to comment on how this class is taught. I am very interested in the feedback I get from students, as I work to continually improve my teaching. I consider students' evaluations to be an important part of your participation in this class.

Assignment Policy: (According to the instructor's discretion while working in concert with the division/program's guidelines).

Exam Policy: (Online exams and the ability to retake is solely at the instructor's discretion). NOTE: Online exams may be proctored on campus per instructor's discretion.

Academic Integrity:
Academic integrity is a hallmark of higher education. You are expected to abide by the University's code of Academic Integrity policy. Any person suspected of academic dishonesty (i.e., cheating or plagiarism) will be handled in accordance with the University's policies and procedures. Refer to the Student Code of Academic Integrity at
http://www.untdallas.edu/sites/default/files/page_level2/pdf/policy/7.002%20Code%20of%20Academic_Integrity.pdf
for complete provisions of this code.

Academic dishonesty includes, but is not limited to, cheating, plagiarizing, fabrication of information or citations, facilitating acts of dishonesty by others, having unauthorized possession of examinations, submitting work of another person or work previously used without informing the instructor, or tampering with the academic work of other students.

Web-based Plagiarism Detection: Please be aware in some online or hybrid courses, students may be required to submit written assignments to Turnitin, a web-based plagiarism detection service, or another method. If submitting to Turnitin, please remove your title page and other personal information.

Classroom Policies

Online Attendance and Participation:

The University attendance policy is in effect for this course. Class attendance in the Blackboard classroom and participation is expected because the class is designed as a shared learning experience, and because essential information not in the textbook will be discussed in the discussion board. Online presence and participation in all class discussions is essential to the integration of course material and your ability to demonstrate proficiency. .

Attendance for this online or hybrid course is considered when you are logged in and active in Blackboard, i.e., posting assignments, taking quizzes, or completing Discussion Boards. To maintain financial aid award eligibility, activity must occur before the census date of the session or term of the course. Refer to http://www.untdallas.edu/registrar for specific dates. If you are absent/not active in the course shell, it is YOUR responsibility to let the instructor know immediately, upon your return, the reason for your absence if it is to be excused. All instructors must follow university policy 7.005 covering excused absences; however, it is the instructor's discretion, as outlined in the course syllabus, of how unexcused absences may or may not count against successful completion of the course

Inclement Weather and Online Classes: Online classes may or may not be effected by campus closures due to inclement weather. Unless otherwise notified by your instructor via e-mail, online messaging, or online announcement, students should assume that assignments are due as scheduled.

Online "Netiquette:
In any social interaction, certain rules of etiquette are expected and contribute to more enjoyable and productive communication. Emails, Discussion Board messages and/or any other forms of written communication in the online environment should use proper "netiquette" (i.e., no writing in all caps (usually denotes yelling), no curse words, and no "flaming" messages (angry, personal attacks).

Racial, ethnic, or gender slurs will not be tolerated, nor will pornography of any kind.

Any violation of online netiquette may result in a loss of points or removal from the course and referral to the Dean of Students, including warnings and other sanctions in accordance with the University's policies and procedures. Refer to the Student Code of Student Rights Responsibilities and Conduct at http://www.untdallas.edu/osa/policies. Respect is a given principle in all online communication. Therefore, please be sure to proofread all of your written communication prior to submission.

Diversity/Tolerance Policy:
Students are encouraged to contribute their perspectives and insights to class discussions in the online environment. However, offensive & inappropriate language (swearing) and remarks offensive to others of particular nationalities, ethnic groups, sexual preferences, religious groups, genders, or other ascribed statuses will not be tolerated. Disruptions which violate the Code of Student Conduct will be referred to the Dean of Students as the instructor deems appropriate.

Technology Requirements: In order to successfully access the materials in an online or hybrid course, UNT Dallas advises that your computer be equipped with the minimum system requirements.

Blackboard Learn 9.1 is the platform software for this course. Blackboard Learn supports major web browsers such as Windows Internet Explorer, Apple Safari, Mozilla Firefox, and Google Chrome. However, since the latter two are updated continually, some recent versions may not be compatible. If you experience difficulty accessing or using components of the course, try using Internet Explorer. Also, no matter what browser you use, always enable pop-ups. For more information see:

- http://www.untdallas.edu/dlit/ecampus/requirements
- https://blackboard.secure.force.com/publickbarticleview?id=kAB700000008Oom
- https://learn.unt.edu/bbcswebdav/institution/BrowserCheck/check_full.html