



Course Number, Title and Credits

FSNU 200 - Human Nutrition - 3 credits

Course Catalog Description

A study of food intake and utilization, nutrient sources, metabolism, and interactions. Human nutritional requirements and their relationship to various diseases are examined, as are facts and fiction about diets, health foods, etc. Students learn about nutrition, the elements of a balanced diet, and modern food technology. 3 credits.

Learning Outcomes and Assessment

Learning Outcomes are statements that specify what learners will know, understand, or be able to demonstrate at the end of a learning experience.

Types of Learning Outcomes include:

- Course Learning Outcome – Result of finishing a course.
- Program Learning Outcome – Result of finishing a program.
- Institutional Learning Outcome – Result of finishing a degree at an institution, reflecting the core learning values and experiences of all graduates.

A Signature Assignment is an assignment used to measure a student's mastery of a program or institutional learning outcome. If a course you are taking includes a Signature Assignment, it will be clearly marked (**SIGNATURE ASSIGNMENT**).

[Click here](#) to access information on the Program Learning Outcomes (PLOs) and/or Institutional Learning Outcomes (ILOs) and Curriculum Map related to this course.

Essential Equipment

All students must have reliable access to a working computer with Internet access throughout each week of the class. Each student will need to be able to access and work in the University's online Learning Management System, Blackboard. For more information about personal computer requirements [click here](#).

Academic Integrity

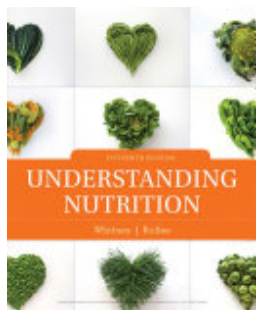
As a learning community of scholars, the University of Massachusetts Global emphasizes the ethical responsibility of all its members to seek knowledge honestly and in good faith. Students are responsible for doing their own work, and academic dishonesty of any kind will not be tolerated. "Violations of academic integrity include, but are not limited to, cheating, plagiarism, or misrepresentation of information in oral or written form. Such violations will be dealt with severely by the instructor, the dean/center director, and the standards committee. Plagiarism means presenting someone else's idea or writing as if it were your own. If you use someone else's idea or writing, be sure the source is clearly documented." Other guidelines for acceptable student behavior are specified in the University Catalog.

UMass Global online library resources: <https://www.chapman.edu/library/umassglobal>

University Policies

Students are responsible for complying with university policies including, but not limited to: incompletes, course drops, and student conduct. Information may be found in the Brandman University Catalog: <http://catalog.brandman.edu/>

Required Textbooks



Understanding Nutrition

978-1337392693

Chosen by more than 1 million readers, Whitney/Rolfes' UNDERSTANDING NUTRITION dispels nutrition myths, empowering you to make better nutrition choices--and enact lasting behavior change. Updated with the latest research and the 2015-2020 Dietary Guidelines, the 15th Edition of this bestseller emphasizes strong science and nutrition basics. With their lively, reader-friendly writing style, the authors walk you step by step through the science of nutrition, while vivid illustrations and quick-reference tables make even the most difficult concepts easy to

understand. The text also includes expansive weight loss information and thorough coverage of fitness and energy systems.

Eleanor Noss Whitney, Sharon Rady Rolfes
Cengage Learning
2018-01-01
15th ed.
848

All student textbooks are available at the University of Massachusetts Global Bookstore:

<https://www.bkstr.com/umassglobal/home>

Course Learning Outcomes

By the end of the course, students should be able to:

1. Analyze basic concepts and principles of nutrition as a science.
2. Evaluate the major nutrients, their food sources and their importance to the human body.
3. Analyze the functions of macronutrients, vitamins, and minerals in the human body.
4. Evaluate digestion and absorption of food in the human body and their influences on metabolic processes.
5. Compare and distinguish between true and false nutrition claims in the media.
6. Assess the influence of nutrition on human health and disease.

Major Study Units

1. First Study Unit: Basics of a Healthy Diet, Dietary Guidelines and Recommendations, Food Labels and the Study of Nutritional Science
2. Second Study Unit: Digestion, Absorption and Transport of Nutrients and the Carbohydrates - Sugars, Starches and Fibers
3. Third Study Unit: Lipids - Triglycerides, Phospholipids, Sterols and Lipoproteins; and Proteins - amino acids
4. Fourth Study Unit: Metabolism and Energy Balance
5. Fifth Study Unit: Vitamins - Water Soluble and Fat Soluble
6. Sixth Study Unit: Water and Minerals - Major and Trace
7. Seventh Study Unit: Chronic Diseases, Weight Management, Diet, Physical Activity and Health

Instructional Strategies

This class includes readings, textual and video instruction, exercises, discussions, and projects. Instructional Strategies are further explained in the Blackboard course shell.

Attendance Policy

Requirements for student attendance and participation will be defined by each instructor based on the following policy:

- Monday of the first week is considered the first day of class for online and blended instruction. This includes instruction for fully online classes and online instruction supporting blended classes.
- Regular onsite attendance is expected for student success. If a student misses more than one onsite class or one week of engagement in an online class, the student may, at the discretion of the instructor, fail the course. Students are expected to attend all classes, particularly the first night of class.
- Students who will miss more than one class have the responsibility to discuss their attendance with the instructor in advance. Students should also consider withdrawing from a course if they will be absent more than once. Instructors may, but are not obligated to, accommodate students under extraordinary circumstances, but the student must request accommodation and provide requested supporting documentation.
- If a student misses a portion (e.g., arriving late or leaving early) of an onsite course, the student's grade may be adversely affected. Students who are not in attendance for at least 75 percent of any scheduled class may be considered absent for that class. Students should discuss missing portions of a class with their instructor to determine how their grade may be affected.
- Regular online attendance/participation and engagement is expected for student success in both fully online and blended courses. Online participation is evident through posting to a discussion board, wiki, virtual office or classroom meeting, a drop box, attending a virtual seminar, completing real-time activities or quizzes, or other course-related activities (synchronous or asynchronous).
- Schools and programs may have different attendance policies. Refer to school and program specific information for additional attendance policies.

Letter Grade/Percentage Equivalents

**Grade Point System
(Rounded up at .5 and up)**

A = 94%-100%	B = 84%-86%	C = 74%-76%	D = 64%-66%
A- = 90%-93%	B- = 80%-83%	C - = 70%-73%	D - = 60%-63%
B+ = 87%-89%	C+ = 77%-79%	D+ = 67%-69%	F = 59% and below

Methods of Evaluation for Determining Grades

Assignment Detail for Fully Online Course:

Assignments for Fully Online course - Refer to Rubric(s) in Course Information on Blackboard	Possible Points
Threaded Discussions Each Week. Initial posts in response to discussion questions are due by Thursday and all other responses due by Sunday. 30 points possible each, Week 1-7. To maximize points, post early, substantively and often; all discussion posts will be graded per the Discussion Board Rubric.	210
Weekly Quizzes (Week 1, 2, 3, 5, 6, 7). Due Sunday for each of these weeks. 10 points possible on each quiz; 6 total quizzes. You will be expected to do the assigned weekly reading, and then take a quiz by Sunday of that week covering that material. Each quiz consists of multiple-choice questions with a 60-minute time limit.	60
Midterm Exam Due Sunday of Week 4 that covers all course material through Week 4. 40 multiple-choice questions worth 2.5 points each: 100 points total with a 3 hour time limit.	100
Final Paper Due Sunday of Week 7. Your culminating assignment for this course is a final paper using research methodology. Detailed instructions for this assignment are in the Blackboard (Bb) course. Various parts of this assignment are due in different weeks of the course.	150
Final Exam Due Friday of Week 8 that covers course material Weeks 1 through 8. 50 multiple-choice questions worth 2 points each: 100 points total with a 3 hour time limit.	100
Total	620

Class by Class Outline for Fully Online Course:

Week	Topics	Assignments
Week 1	Basics of a Healthy Diet, Dietary Guidelines and Recommendations, Food Labels and the Study of Nutritional Science	<ul style="list-style-type: none"> • Reading: Chapters 1 and 2 • Discussions • Quiz 1 • Final Paper: Begin searching for a Topic

Week 2	Digestion, Absorption and Transport of Nutrients and the Carbohydrates: Sugars, Starches and Fibers	<ul style="list-style-type: none"> • Reading: Chapter 3 and 4 • Discussions • Quiz 2 • Final Paper: Submit Topic
Week 3	Lipids- Triglycerides, Phospholipids, Sterols and Lipoproteins; and Proteins: Amino Acids	<ul style="list-style-type: none"> • Reading: Chapter 5, 6 and 20 (Section 20.3 pp. 651-654) • Discussions • Quiz 3 • Final Paper: Submit Annotated Bibliography
Week 4	Metabolism and Energy Balance	<ul style="list-style-type: none"> • Reading: Chapter 7 and 8 • Discussions • Midterm Exam
Week 5	Vitamins - Water Soluble and Fat Soluble	<ul style="list-style-type: none"> • Reading: Chapter 10 and 11 • Discussions • Quiz 4 • Final Paper: Submit Outline
Week 6	Water and Minerals: Major and Trace	<ul style="list-style-type: none"> • Reading: Chapter 12 and 13 • Discussions • Quiz 5 • Final Paper: continue working for submission in week 7
Week 7	Chronic Diseases, Weight Management, Diet, Physical Activity and Health	<ul style="list-style-type: none"> • Reading: Chapter 9 and 18 • Discussions • Quiz 6 • Final Paper: Submit
Week 8	Reflections, Lessons learned, Farewells	<ul style="list-style-type: none"> • Course closing/recap • Good-byes • Final Exam

Methods of Evaluation for Determining Grades

Assignment Detail for Blended Course:

Assignments for Blended course - Refer to Rubric(s) in Course Information on Blackboard	Possible Points
Face to face/In-class Discussion Participation; 15 points possible each, Week 1-4 and 6-7. Week 5 has face to face/in-class discussion of 30 points total	120
Threaded Discussions Each Week (except week 5). 15 points possible each, Week 1, 2, 3,4, 6 and 7 (none in week 5).	90
Weekly Quizzes (Week 1, 2, 3, 5, 6, 7). Due Sunday for each of these weeks. 10 points possible on each quiz; 6 total quizzes	60
Online Midterm Exam Due Sunday of Week 4 that covers all course material through Week 4. 40 multiple-choice questions worth 2.5 points each: 100 points total with a 3 hour time limit.	100
Final Paper Due Sunday of Week 7. Your culminating assignment for this course is a final paper using research methodology. Detailed instructions for this assignment are in the Blackboard (Bb) course. Various parts of this assignment are due in different weeks of the course.	150
Online Final Exam Due Friday of Week 8 that covers course material Weeks 1 through 8. 50 multiple-choice questions worth 2 points each: 100 points total with a 3 hour time limit.	100
Total:	620

Class by Class Outline for Blended Course:

Week	Topics	Assignments
Week 1	Basics of a Healthy Diet, Dietary Guidelines and Recommendations, Food Labels and the Study of Nutritional Science	<ul style="list-style-type: none"> • Reading: Chapters 1 and 2 • Discussions • Quiz 1 • Final Paper: Begin searching for a Topic

Week 2	Digestion, Absorption and Transport of Nutrients and the Carbohydrates: Sugars, Starches and Fibers	<ul style="list-style-type: none"> • Reading: Chapter 3 and 4 • Discussions • Quiz 2 • Final Paper: Submit Topic
Week 3	Lipids - Triglycerides, Phospholipids, Sterols and Lipoproteins; and Proteins: Amino Acids	<ul style="list-style-type: none"> • Reading: Chapter 5, 6 and 20 (Section 20.3 pp. 651-654) • Discussions • Quiz 3 • Final Paper: Submit Annotated Bibliography
Week 4	Metabolism and Energy Balance	<ul style="list-style-type: none"> • Reading: Chapter 7 and 8 • Discussions • Midterm Exam
Week 5	Vitamins - Water Soluble and Fat Soluble	<ul style="list-style-type: none"> • Reading: Chapter 10 and 11 • Discussions • Quiz 4
Week 6	Water and Minerals: Major and Trace	<ul style="list-style-type: none"> • Reading: Chapter 12 and 13 • Discussions • Quiz 5 • Final Paper: continue working for submission in week 7
Week 7	Chronic Diseases, Weight Management, Diet, Physical Activity and Health	<ul style="list-style-type: none"> • Reading: Chapter 9 and 18 • Discussions • Quiz 6 • Final Paper: Submit
Week 8	Reflections, Lessons learned, Farewells	<ul style="list-style-type: none"> • Course closing/recap • Goodbyes • Final Paper presentation • Final Exam

Americans with Disabilities Act Statement

For students who require disability-related services or accommodations to access to their educational experience can register with the Office of Accessible Education (OAE). The Office of Accessible Education (OAE) is committed to ensuring equal educational access and opportunity for all members of our academic community. Students will be provided equitable and reasonable accommodations and services that are in compliance with [Section 504 of the Federal Rehabilitation Act of 1973](#) and the [Americans with Disabilities Act of 1990 \(ADA\)/Americans with Disabilities Act Amendments Act of 2008 \(ADAA\)](#). Registration with OAE is on a voluntary, self-identifying basis. Please visit the [Office of Accessible Education \(OAE\)](#) website for more information about how to register for services, eligibility requirements, and information about potential academic accommodations and services.

UMass Global's Behavioral Intervention Team

The University of Massachusetts Global Behavioral Intervention Team (BIT) addresses situations in which students, faculty, staff, vendors, contractors, or general visitors are displaying behaviors that are concerning, disruptive, or threatening in nature and that potentially impede their own or others' ability to function successfully or safely. The mission of the University Behavioral Intervention Team is to provide a proactive and supportive multidisciplinary team approach to prevention, assessment, and early intervention of situations or individuals that may pose a threat to the safety and wellbeing of themselves or the University community as a whole.

It is the responsibility of faculty, staff, and students to immediately report any situation that could possibly result in harm to anyone at the University to the BIT by calling 949-383-3119, emailing safe@umassglobal.edu, or by filling out the BIT referral form [here](#). For more additional information on the University Behavioral Intervention Team, please visit our website [here](#). A "crisis" is defined as a situation in which a person may pose an active or immediate risk of violence to self or others. In these cases, the local police should be contacted by calling 911.

UMass Global's Title IX Statement

The University of Massachusetts Global strives to maintain and foster a climate that promotes respect and human dignity. Sexual misconduct and relationship violence in any form is antithetical to the university's mission and core values, violates university policies, and may also violate federal and state law. The office of Title IX is primarily concerned for students' safety and well-being and is tasked with investigating all reports of sexual misconduct experienced by our community members. Title IX prohibits sex-based and gender-based discrimination and harassment, which includes discrimination

based on pregnancy and/or pregnancy-related complications, parental status, and marital status. Students expecting or experiencing pregnancy-related complications, that may require educational accommodations, should contact the University's Title IX Coordinator and/or the Office of Accessible Education.

The University and Title IX's prohibition of sex discrimination also covers sexual harassment, sexual violence, and any other form of sexual misconduct. We offer options and resources to all students affected by these issues and are committed to providing a fair, thorough, and prompt investigation and adjudication process. If you or someone you know has been impacted by sexual assault, dating, and domestic violence, stalking, or sexual exploitation, please visit the [University's Title IX Resource Page](#) to access additional resources and information.

UMass Global's staff and faculty are tasked with reporting any possible sex or gender-based discrimination or Title IX violations to the University's Title IX Coordinator at civilrightscomplaints@umassglobal.edu.

[Click on this Link to our University Title IX Policy](#)