

HLSC 150A- Nutrition

Instructor Information

Instructors:		
Office Hours:		
Phone:		
e-mail:		

Please use your University-assigned email service to communicate with us. This will allow us to recognize your email as non-spam and will minimize the chance that the message will be blocked, filtered, or delayed.

Course Description

The study of nutrients and their role in the life cycle; the basis of nutritional recommendations in scientific research; information as consumers of food and nutrition-related products as related to personal nutrition practices; the social, political, and environmental contexts behind and impacts of different nutritional decisions

Credit Hours: 3 Credit Hours

Overview and Course Goals

Statement of Outcomes: In accordance with University policy, the following outcomes, relevant to this course, are provided.

University Outcomes—all graduates of Friends University will demonstrate:

1. The ability to read, write, and speak appropriately and effectively;
2. The ability to use mathematical concepts to solve problems;
3. The ability to explain at least part of the natural world through scientific processes;
4. The ability to use computers and understand developing technology in contemporary society;
5. Competency in basic research related fields;
6. Mastery of the level of knowledge appropriate to the degree attained.

Division Outcomes—the Division of Natural Sciences & Mathematics has adopted six outcomes. The following are pertinent to this course:

1. Students should demonstrate knowledge of the scientific method.
2. Students should demonstrate knowledge of important scientific principles.
3. Students should demonstrate problem-solving ability.

Course Goals/Competencies:

This course is designed to address parts of “Standard #1” for Health Education Teachers by presenting health education content and disciplinary concepts, and applying these concepts to the content knowledge development of a healthy educated person. Indicator areas 1-1, 1-4, and 1-5 are addressed by covering consumer health and nutrition, and prevention and control of certain nutrition-related diseases. Risk behaviors including tobacco and alcohol use also are addressed.

General Education Outcome Category

Exploring traditional disciplines: Students will be able to demonstrate basic competence in the principles, theories, and analytic methods used in the course. They will be able to use the scientific method to solve daily problems and be able to design and document the outcome of simple research as applicable to solving problems. Student will be able to set up unbiased controlled experiments that accurately represent a given situation.

General Education Competencies and Assessments: Student

- A. Correctly identifies major precedents that led to food habits in nutrition.
 - a. Assessment: Students will be tasked with a semester-long assessment of their food habits and how that influence health. The influence of culture on food habits is emphasized.
- B. Correctly defines key concepts and principles in nutrition.
 - a. Assessment: Students will be tasked with activities that culminate in the presentation of educational material to middle school students or to peers or in the form of a power point to be assessed and graded.
- C. Is able to describe major scientific theories and/or methods accurately.
 - a. Assessment: Students are engaged in semester-long research and subsequent presentation to peers utilizing the scientific method of defining a problem, constructing a logical hypothesis, designing an experiment and collecting data, analyzing the data, drawing conclusions and forecasting future experiment that need to be done to further inform what has been found earlier. Students will select a topic of their choice dealing with human nutrition. This is presented in class towards the end of the semester.
- D. Correctly utilizes laboratory equipment or methods to investigate part of the natural world.
 - a. Assessment: Students research relevant literature and document various quantitative methods as applied in nutrition.

Course Policies

Online Participation

Participation online is expected throughout the course. Content areas may include discussions, written assignments, quizzes, Internet resources, etc. Each week will be different depending on the assignments required. **A class week is defined as seven days: Monday through Sunday.**

All official university communication will use Friends University issued email accounts. All assignments will be submitted via the Moodle System

Attendance Policy

Since this course is online, your “attendance” in class is based on meeting assignment deadlines. You must submit work for the class to be considered attending the class. Federal Guidelines require you to login, participate, and submit assignments to be considered attending. Friends University regulations state that an instructor may withdraw a student from class after a consecutive absence equating to 15% of the total class time, or after total absences equating to 33% of the total class time. If you fail to turn in 33% of your work in the course, you may be withdrawn from the course. An instructor may choose to enforce a stricter attendance policy. Simply logging in to Moodle does not count as attendance.

It is expected that you will access this Moodle site at least three times per week. Daily access is encouraged. This is a 3-credit hour class that would meet for 8-10 hours a week and have approximately 16 - 20 hours of outside work and study. Please plan on spending about 28 – 32 hours a week on this course with the online time, reading materials, and study time.

Extra Credit

There is no extra credit offered.

Late Work

Due dates for assignments, exams, discussions and other work are posted on the course schedule or calendar. Late assignments will not be accepted without prior permission.

Drop Policy

We consider it your responsibility to withdraw from the course if you decide to stop attending. If you choose to drop the course you must complete a drop form and submit it to the campus records office. Check with your advisor about dropping classes.

Student Support

If you need technical support for Moodle, email, tutoring services, Library services, advising or counselling services, please

- Email: helpdesk@friends.edu

- Telephone:
- 316-295-5767
- 800-794-6945, ext. 5767

Regular Hours:

- Monday – Thursday: 8 a.m. to 6 p.m.
- Friday: 8 a.m. to 5 p.m.

Summer Hours:

- Monday – Thursday: 8 a.m. to 6 p.m.
- Friday: 8 a.m. to 12 p.m.

Academic Dishonesty

Friends University has implemented a new academic integrity policy and I will strictly adhere to this policy as it pertains to cheating, plagiarism, and other academic dishonestly. Students who knowingly commit acts of academic dishonesty can be given an F in that course, and may be expelled. I will attempt to make in-class cheating difficult so that the honest are not unduly tempted. Please see the attached overview of this new policy:

HONOR CODE Sanctions and Procedures:

Part of the value of an Academic Honor Code and Sanctions for Honor Code violations is that it allows faculty and students to have a clear indication of how specific types of “cheating” and violations of academic integrity are addressed. (See page 8/9 of the Friends University Catalog.)

Academic Integrity Process

Sanctions for Minor Offenses -

The professor suspects and verifies violation of the honor code and notifies the Division Chair/Program Director who sends the information via a form to the Registrar to check for priors. The professor meets with the student to discuss the problem. If the student has no priors, he or she can admit and accept the sanction (generally a zero for the assignment). If the student disagrees, a meeting with the Division Chair/Program Director is scheduled. If the student then agrees to the sanction, notification is sent to the adviser and appropriate division chair/program director. The case is closed and filed in the Registrar’s office. If there is no agreement, the case is sent to the Academic Integrity Board for a final decision.

Sanctions for Major Offenses

Major offenses and all second (or 2+) time offenses are heard by the Academic Integrity Board. If student is deemed not guilty, the case is closed and the information filed in the Registrar’s office. If the student is found responsible, sanctions could include a failing grade for the course, a notation on the transcript, suspension or expulsion from the university or any combination of these sanctions.

Examples of Academic Dishonesty:

1. Cheating: using unauthorized notes, study aids, or information on an examination; altering a graded work after it has been returned, then submitting the work for re-grading; allowing another person to do one's work and submitting that work under one's own name; submitting identical or similar papers for credit in more than one course without prior permission from the course instructors.
2. Plagiarism: submitting material that in part or whole is not entirely one's own work without attributing those same portions to their correct source.
3. Fabrication: falsifying or inventing any information, data or citation; presenting data that were not gathered in accordance with standard guidelines defining the appropriate methods for collecting or generating data and failing to include an accurate account of the method by which the data were gathered or collected.
4. Obtaining an Unfair Advantage: (a) stealing, reproducing, circulating or otherwise gaining access to examination materials prior to the time authorized by the instructor; (b) stealing, destroying, defacing or concealing library materials with the purpose of depriving others of their use; (c) unauthorized collaborating on an academic assignment (d) retaining, possessing, using or circulating previously given examination materials, where those materials clearly indicate that they are to be returned to the instructor at the conclusion of the examination; (e) intentionally obstructing or interfering with another student's academic work (f) unauthorized consultation with other students personally, or use of any electronic devices or (g) otherwise undertaking activity with the purpose of creating or obtaining an unfair academic advantage over other students' academic work.
5. Aiding and Abetting Academic Dishonesty: (a) providing material, information, or other assistance to another person with knowledge that such aid could be used in any of the violations stated above, or (b) providing false information in connection with any inquiry regarding academic integrity.
6. Falsification of Records and Official Documents: altering documents affecting academic records; forging signatures of authorization or falsifying information on an official academic document, grade report, letter of permission, petition, drop/add form, ID card, or any other official University document.
7. Unauthorized Access to computerized academic or administrative records or systems: viewing or altering computer records, modifying computer programs or systems, releasing or dispensing information gained via unauthorized access, or interfering with the use or availability of computer systems or information.

Examples of academic dishonesty used by permission of the Northwestern University Undergraduate Academic Conduct Committee

The Fine Print

This guide is meant to serve as a handbook for students enrolled in HLSC 150. The schedule and procedures in this guide are subject to change in the event of extenuating circumstances. As the instructors, we reserve the right to modify the procedures outlined in this guide.

Accessibility Statement

If you have identified special needs as addressed by the American with Disabilities Act (ADA) and require assistance, please notify me as soon as possible. Upon notification, reasonable efforts will be made to accommodate your identified needs.

Course Materials

Required Sources:

Contemporary Nutrition: A functional approach, 5th Ed., Gordon M. Wardlaw & Anne M. Smith

Additional Resources:

Course Structure and Grades

Course Organization

Chapter materials summarized in power points with study guides provided to cover each chapter. Post-Quizzes are to be completed following the completion of each chapter reading.

Analysis of concepts from Videos pertaining to sustainability of food systems should be submitted under Current Event/Sustainability Paper.

Assignments

Syllabus Quiz

This is meant to test if you have reviewed the syllabus and knows where to find everything you need on moodle to be successful in this course.

Exams

Each test (Exam 1-4) will cover the material presented in each learning unit. Tests will be comprised of multiple choice, matching, fill-in-the-blank, and short-answer questions or essays. If you missed a deadline to complete an exam or test or submit a paper, you can still do so but will lose fractional points. **The tentative dates for exams are indicated in the due date schedule located on pages 10 to 12 of the syllabus.** The textbook and learning materials provided are none-the-less an excellent reference to fill in those gaps as you achieve the learning objectives mentioned above.

All exams will be found in their corresponding Learning Unit Folders (1-4) and will be available during the dates indicated in the course schedule. Any exams missed will be recorded as a zero (0) if not arranged and taken later. The exams will be timed and you will have 90 minutes to complete each Exam.

The instructor and Friends University are not responsible for the quality of your internet connection unless you are using a computer in a Friends University computer lab. If you believe that your internet access is unreliable it is recommended that you take your exams at Friends University computer labs (if you have problems with internet service in these labs, it will be documented and easier to address). Exams are not set to allow you to "save the exam and resume at a later time." The timer runs continuously from the first time you enter the exam and will record the time until the exam is complete and finally submitted. Please do not start an exam and decide that you can finish it tomorrow.

You are held “on your honor” to complete your own work in this class. It is expected that exams reflect your own work. **You should not take the exam with other students or provide other students with copies of the exam.** For security reasons, backtracking is not allowed on the exams. Once you have submitted a question you will not have the opportunity to go back and change your answer. Make sure you are confident about your answer and that you have fully answered the question before going on to the next question. Copying and pasting text from any source to provide answers for short answer questions on quizzes or exams is plagiarism and will not be accepted. Any question answers that have been plagiarized will earn zero (0) points. Repeated acts of plagiarism may result in a zero (0) for the entire exam or quiz.

Post-QUIZZES

These quizzes are meant to keep students current with the material, and will require 15 minutes of your study time every weekend. Review study guides of each chapter and take the post quiz.

Tracking Daily Values

Goal: By the end of this assignment, you will become familiar with serving sizes or food quantities you eat on a daily basis and can estimate the daily amount of each of them. Since we are not very conversant with these quantities, most of us sometimes consume less portion or more portion of some foods resulting in overnutrition or undernutrition. For example, you will know the serving size of fish, beef, rice, beans, cereal (etc.) we need based on our body weight. By becoming conversant with these, we become mindful of how much we need to eat.

For this semester, you will choose week to log everything you eat into your log book. When creating your account, you will be required to enter simple data (age - doesn't have to be accurate but all other parameters should be accurate, height, etc.) at myfitnesspal.com You will need the data you've collected here for your report. You will answer questions in the report based on this data you have collected.

Video Analysis on Current Event on Sustainability Paper

You will be required to watch select videos related to food production and sustainability and provide reaction essay to this video(s).

Food production site visitation and report

You are required to visit a farm/ cultivation site or food production firm, ask questions relating to sustainability and submit a comprehensive report on your visit. You will give a vivid account of what you have learnt about your choice of site.

Group projects and Poster/PowerPoint presentation

There will be **only one group research project** that you will do and present at the end of the semester.

You will use the scientific method to research a problem that you have identified on campus of the area where you live.

State your observation

Ask a question and develop a hypothesis

Design an experiment and carry out the experiment

State the results you have obtained

Discuss and conclude

Make a case or recommendation to any higher authority based on your result, so that they will solve the problem.

You will work as a team using your group forum to discuss and subsequently develop a power point presentation, worth 50 points.

Details for the assignment will be found in the Assignments link. The group presentation will be worth 50 points. Groups will be assigned by the instructor.

Grades will be individually determined for the group project. Points earned by the group become the pool from which each group member will be awarded a grade. Individual grades will be based on 3 things: the instructor's evaluation of each individual, a self-evaluation completed by each individual and the group's evaluation of each person in the group

Discussion Forum

Class discussions are an integral part of the learning experience in this class. All students will be expected to participate in these discussions. These discussions will involve the analysis of topics selected by the instructor. Student participation in these discussions will be worth fifty points (50) for the semester and will be earned by fully participating in the discussion groups. Each student is expected to submit comments on the discussion board at least twice a week. Submissions should include one original comment and at least 2 responses to other students' submissions. **In total, you must make a minimum of 3 postings to each of the discussion board topics; one original plus two responses to your colleagues.**

The Help Discussion Board

The Help Discussion Board can be used to quickly get answers to common questions. Your instructor will closely monitor this forum and provide answers to the questions posed. Students should also answer any questions to which they know the answer. By checking this forum, you may find that the question you have has already been answered and you will not have to wait on the Instructor to get back to you. Postings and answers on this Discussion Board **do not** count as part of your weekly requirement to post comments to the Discussion Board.

Grading Policy

Grade	Percentage	Points
A	90-100%	765-850
B	80-89%	680-764
C	70-79%	595-679
D	60-69%	510-594
F	anything less than 60%	0-509

Total points and grade percentage correlations may vary from what is shown, if the Instructor makes changes to assessment during the duration of the semester.

Here are the expected turnaround times for each assignment type.

1. Discussion forums will be graded within 3 days after the due date.
2. Multiple-choice, True/False, Match and other non-essay type questions in Quizzes and Exams are auto-graded immediately after you take them.
3. Papers, journals, essays, short-answer questions and other manually graded written assignments will be graded within one week after the due date.

Course Structure and Grades

Assignment	Points
Syllabus Quiz	10 pts
Exams [1-4 100pts each] Exam 1-3 on chapters covered Exam 4 an open book exam on sustainability topics	400 pts
Post Quizzes [6*15 pts each]	90 pts
Tracking Daily Values, Analysis of Values & Report	50 pts
Movie response assignment	50 pts
Sustainability forums assignments [4*20 pts each]	80 pts
Power point presentation Outline	20 pts
Bibliography	10 pts
Group Project- The scientific process [Final power point]	50 pts
Discussion forums [6*15 pts each]	90 pts
TOTAL	850 pts

Friends University Catalog Links

- [ADA Student Services](#)
- [Student Conduct](#)
- [Academic Honesty & Honor Code](#)

Tentative Due Date Schedule

(subject to change at the discretion of the instructor)

<i>Due Date</i>	Unit 1	ITEMS DUE	<i>Chapter Readings & Assignment Types</i>
Wk 1:	1.1		
	1.2		
Wk 1:	1.3		
Wk 1:	1.4		
Wk 1:			
Wk 1:	1.5		
Wk 1:	1.6		
Wk 1:	1.7		

Wk 1:	1.8		
Wk 1:			
<i>Due Date</i>	Unit 2		
	2.1		
	2.2		
Wk 2:	2.3		
Wk 2:	2.4		
	2.5		
	2.6		
Wk 2:			
Wk 2:	2.7		
Wk 2:	2.8		
Wk 2:	2.9		

Wk 2:			
<i>Due Date</i>	Unit 3		
	3.1		
Wk 3:	3.2		
Wk 3:			
	3.3		
Wk 3:	3.4		
Wk 3:	3.5		
Wk 3:	3.61		
Wk 3:	3.62		
Wk 3:	3.63		
Wk 3:	3.7		
	3.8		

Wk 3:	3.9		
Wk 3:			
<i>Due Date</i>	Unit 4		
Wk 4:	4.1		
Wk 4:	4.2		
Wk 4:	4.3		
Wk 4:	4.4		
Wk 4:	4.5		
Wk 4:	4.6		
Wk 4:			