School of Human Sciences  
HMS 138:502 Diet and Fitness  
Spring 2016

Instructor: Darla O’Dwyer PhD, RD, LD  
Office: HMS 101 E  
Email: Through this course  
Office Hours: M 8:30-10:30 a.m. & 2:30-3:30 p.m., T 9:00-10:00 a.m, F 9:00-10:00 a.m. Other times by appointment, subject to change with written notification.  
Prerequisites: none required  

Course Time & Location: Online  
Office Phone: (936) 468-2439  
Prerequisites: none required  

Credits: 1 semester hour  

**THIS IS AN 8 WEEK COURSE!!!! Course is from March 10-May 10, 2016!!**

Note: Self Discipline is a requirement for students in an online course. An online course is NOT easier than a face-to-face course and may actually require more time than a traditional classroom experience. Students in an online class are expected to have the maturity and self-discipline to do well. Please contact me early if you have any personal issues that affect your participation. Please email me thru this course only for a faster reply at all times. Technical support is available M-F, 8-5 at 468-1919.

I. Course Description: A study of nutrition and food as applied to daily living. This course provides information on basic nutrition and wellness concepts in relation to the individual and family throughout life.

II. Intended Learning Outcomes/Goals/Objectives:  
This course supports the vision, mission, and core values of the College of Education

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<tr>
<th>COE Mission</th>
<th>Relation to learning experiences in HMS 138</th>
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<tr>
<td>The Mission of the James I. Perkins College of Education is to prepare competent, successful, caring and enthusiastic professionals from diverse backgrounds dedicated to responsible service, leadership, social justice and continued professional and intellectual development in an interconnected global society.</td>
<td>This course will afford the student the opportunity to develop competence in understanding and applying knowledge of food and nutrition.</td>
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<tr>
<th>COE Core Values</th>
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<tr>
<td>Academic excellence through critical, reflective and creative thinking</td>
<td>Students will use critical, reflective and creative thinking skills in applying food science principles to the assigned laboratory activities.</td>
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<td>Collaboration and shared decision making</td>
<td>Students will work together as a team during laboratory activities.</td>
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<td>Openness to new ideas, culturally diverse people and innovation and change</td>
<td>Recipes that reflect diverse cultures will be utilized in the laboratory setting and will expose the students to culturally diverse food.</td>
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<tr>
<td>Integrity, responsibility, diligence and ethical behavior and</td>
<td>Students will become aware of the impact of values, beliefs and attitudes in relation to diverse populations through ongoing class discussions. Questioning commonly held assumptions and belief systems will be emphasized during lecture along with identifying critical thinking skills needed to exhibit ethical and social behavior.</td>
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<tr>
<td>Service that enriches the community</td>
<td>Students will understand the value of food systems and its effect on the local, state, national and global community.</td>
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Program Learning Outcomes
This is a general education core curriculum course and no specific program learning outcomes for this major are addressed in this course.

**Student Learning Outcomes**

Upon successful completion of this course the student will be able to:

1. Understand basic human nutritional needs throughout the life.
2. Understand the relationship of digestion, absorption, and metabolism to optimal health.
3. Understand the function of carbohydrates, fat, proteins, vitamins, minerals, and water and their role in promoting and maintaining health.
4. Evaluate the effects of public policy on food, nutrition and health.
5. Evaluate the accuracy, reliability, validity, and use of nutrition and food science information and research.
6. Utilize basic nutrition knowledge and the dietary guidelines for making food choices that will promote optimal health.
7. Utilize available technology to determine caloric intake, energy expenditure, and the adequacy of nutrient intake compared to established standards.
8. Determine optimal body weight and relate energy balance to the problems of overweight and underweight.
9. Develop a wellness program that balances calorie needs, exercise, and a nutritious diet to achieve optimal body weight.
10. Recognize the role of emotional and social issues that influence food selection and attitudes towards health.
11. Assess the effects of diet foods, food additives, and eating disorders on wellness.
12. Explain the effects of genetically engineered foods on consumers health and safety.
13. Recognize the potential for food borne illness to impair health and well-being.
14. Describe appropriate food safety practices, including sanitation procedures, that when utilized during food procurement, preparation, and storage will minimize the risk of food borne illness.

**III. Course Assignments, Activities, Instructional Strategies, use of Technology:**

Course Assignments/Activities (see section IV.) D2L will be used for this course. You can access D2L via [http://d2l.sfasu.edu](http://d2l.sfasu.edu). If you need help with D2L please contact Office of Instructional Technology (OIT) at 468-1919.

**Using technology in online testing**

If you choose to take an exam at a computer that is not supported by the University you will do so at your own risk. Inability to access the exam, finish the exam or submit an exam during the designated exam time due to unreliable internet connections or other technical problems at an off campus computer will not be accepted as a valid excuse. Your exam will be graded “as is.” Using a campus computer does not guarantee that connections may be lost, however they do guarantee a reliable way to verify interruptions of service. This alone could save you grade. If you need technical assistance during an exam please call OIT at 468-1919. OIT assistance is available from 8 a.m.-5 p.m., M-F.

**IV. Evaluation and Assessments (Grading):**

1. **Unit Exams (13 @ 20 points each = 260 total points) and comprehensive final exam (50 points).**

   There will be 13 objective unit exams and 1 comprehensive final exam. You will have two opportunities to take an exam and the LAST attempt will be recorded. What this means is if you made an 80% on your first attempt and you retake the exam and make a 70%, that attempt will be the one recorded in the grade book. The questions for each attempt will be different. Exams will be timed (approximately 60 seconds per question), so be sure and know the information. Copying from someone else's screen while taking the exam, visiting other sites while your browser is opened to the exam, using your notes or the textbook, giving or receiving an advance copy of the examination, getting an old copy of the examination, or hiring a surrogate test-taker will all be considered cheating and are flagrant violations of University policy.

   There will be no make-up unit exams. In the event that you miss a unit exam, the final exam will count twice (points adjusted for unit exam points) for SPECIAL CIRCUMSTANCES ONLY, WITH PRIOR APPROVAL, AND PROPER DOCUMENTATION. Since the exams are open for an entire week, excuses are rarely accepted, and a 0 for that quiz will be assigned. Missing the final exam without a valid excuse will result in a grade of 0 and will significantly impact your grade. NOTE: The final exam will be open during finals week on M 3/7 at 8:00 a.m. and close T 3/8 at 11:59 p.m.

   If you have technology problems, especially while taking an exam, please call OIT at 468-1919 between M-F, between 8 a.m. to 5 p.m. Remember, technology problems associated with exams is not a valid excuse.
Grade assignment: Points
Quizzes / exam 260
Comprehensive final exam 50
Total Points 310

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<tr>
<th>Grade Scale</th>
<th>Percentage</th>
<th>Points</th>
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<tbody>
<tr>
<td>A</td>
<td>90%-100%</td>
<td>279-310</td>
</tr>
<tr>
<td>B</td>
<td>80-89%</td>
<td>248-278</td>
</tr>
<tr>
<td>C</td>
<td>70-79%</td>
<td>217-247</td>
</tr>
<tr>
<td>D</td>
<td>60-69%</td>
<td>186-216</td>
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<tr>
<td>F</td>
<td>Less than 60%</td>
<td>Less than 186</td>
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V. Tentative Course Outline/Calendar:

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<tr>
<th>Week</th>
<th>Topic</th>
<th>Exam Dates</th>
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<tr>
<td>3/10-3/13</td>
<td>Getting Started, Nutrition: Making it Work for You</td>
<td>Quiz 1: Nutrition</td>
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<tr>
<td>3/21-3/27</td>
<td>The Human Body: Are We Really What We Eat?</td>
<td>Quiz 2: Digestion</td>
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<td>4/4-4/10</td>
<td>Proteins: Crucial Components of All Body Tissues Vitamins: Micronutrients with Macro Powers</td>
<td>Quiz 5: Pro</td>
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<td>4/25-5/1</td>
<td>Nutrition Throughout the Lifecycle: Pregnancy and Infancy Nutrition Throughout the Lifecycle: Toddlers and Older Adults</td>
<td>Quiz 11: Preg</td>
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<tr>
<td>5/2-5/8</td>
<td>Food Safety Review all modules for final exam</td>
<td>Quiz 13: Safe</td>
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<tr>
<td>5/9-5/10</td>
<td>Comprehensive final: Opens at 8:00 M 5/9, closes at 11:59 p.m. T 5/10</td>
<td>Final Exam</td>
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VI. Readings (Required and recommended—including texts, websites, articles, etc.): All of the information that you need to know is in the modules. However, some students like the additional information that a textbook offers. I suggest the following textbook (this is the same textbook used in HMS 239):


LiveText (there are no Livetext assignments in this course; therefore, you will not need an account—below is for informational purposes only)
This course uses the LiveText data management system to collect critical assessments for students who are Perkins College of Education majors (undergraduate, graduate, and doctoral) or majors in other colleges seeking educator certification through the Perkins College of Education. Students who do not have an existing LiveText account will receive an access code via the SFA email system within the first week of class. You will be required to register your LiveText account, and you will be notified how to do this via email. If you forward your SFA e-mail to another account and do not receive an e-mail concerning LiveText registration, please be sure to check your junk mail folder and your spam filter for these e-mails.

If you have questions about obtaining or registering your LiveText account, call ext. 1267 or e-mail SFALiveText@sfasu.edu. Once LiveText is activated, if you have technical questions, call ext. 7050 or e-mail livetext@sfasu.edu. Failure to activate the account and/or submit the required assignment(s) within the LiveText system may result in course failure.

VII. Course Evaluations:

Near the conclusion of each semester, students in the Perkins College of Education electronically evaluate courses taken within the PCOE. Evaluation data is used for a variety of important purposes including: 1. Course and program improvement, planning, and accreditation; 2. Instruction evaluation purposes; and 3. Making decisions on faculty tenure, promotion, pay, and retention. As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the PCOE faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical!

In the Perkins College of Education, the course evaluation process has been simplified and is completed electronically through MySFA. Although the instructor will be able to view the names of students who complete the survey, all ratings and comments are confidential and anonymous, and will not be available to the instructor until after final grades are posted.

VIII. Student Ethics and Other Policy Information:

Class Attendance and Excused Absence: Policy 6.7

Dietetic interns are expected to arrive on time for supervised practice and class. Excused absences require that the student provide appropriate documentation (note from the Student Health Center, hospital, healthcare provider, lawyer, judge, or police report) for the date missed. If you will be late or absent from supervised practice please contact the preceptor and the Dietetic Internship Director as soon as possible. Make-up for missed hours will be at the discretion of the site preceptor and/or the Dietetic Internship Director. Each unexcused absence from class/supervised practice will result in the drop of one letter grade from the final course grade.

Academic Accommodation for Students with Disabilities: Policy 6.1 and 6.6

To obtain disability related accommodations, alternate formats and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 468-3004/468-1004 (TDD) as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services in a timely manner may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/.

Student Academic Dishonesty: Policy 4.1

Academic integrity is a responsibility of all university faculty and students. Faculty members promote academic integrity in multiple ways including instruction on the components of academic honesty, as well as abiding by university policy on penalties for cheating and plagiarism.

Academic dishonesty includes both cheating and plagiarism. Cheating includes, but is not limited to:

- using or attempting to use unauthorized materials on any class assignment or exam;
- falsifying or inventing of any information, including citations, on an assignment; and/or;
- helping or attempting to help another in an act of cheating or plagiarism.
Plagiarism is presenting the words or ideas of another person as if they were one’s own. Examples of plagiarism include, but are not limited to:

- submitting an assignment as one's own work when it is at least partly the work of another person;
- submitting a work that has been purchased or otherwise obtained from the Internet or another source; and/or,
- incorporating the words or ideas of an author into one's paper or presentation without giving the author credit.

Penalties for Academic Dishonesty

Penalties may include, but are not limited to reprimand, no credit for the assignment or exam, re-submission of the work, make-up exam, failure of the course, or expulsion from the university

Student Appeals

A student who wishes to appeal decisions related to academic dishonesty should follow procedures outlined in Academic Appeals by Students (6.3).

Withheld Grades: Policy 5.5

At the discretion of the instructor of record and with the approval of the academic unit head, a grade of WH will be assigned only if the student cannot complete the course work because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which they receive a WH, or the grade automatically becomes an F, except as allowed through policy [i.e., Active Military Service (6.14)]. If students register for the same course in future semesters, the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.

Student Code of Conduct: Policy 10.4

Classroom behavior should not interfere with the instructor’s ability to conduct the class or the ability of other students to learn from the instructional program (see the Student Conduct Code, policy D-34.1). Unacceptable or disruptive behavior will not be tolerated. Students who disrupt the learning environment may be asked to leave class and may be subject to judicial, academic or other penalties. This prohibition applies to all instructional forums, including electronic, classroom, labs, discussion groups, field trips, etc. The instructor shall have full discretion over what behavior is appropriate/inappropriate in the classroom. Students who do not attend class regularly or who perform poorly on class projects/exams may be referred to the iCare: Early Alert Program at SFA. Information regarding the iCare program is found at https://www.sfasu.edu/judicial/earlyalert.asp or call the office at 936-468-2703.

IX. Other Relevant Course Information:

Withdrawal from the course: Last day to drop a course or withdraw from the University without WP or WF is Wednesday, March 23, 2016.

Other policies: All other policies as printed in the handbook for students and other official publications of the University shall be followed in this class.

Disclaimer: This syllabus represents a “best” plan for this course, however, plans can change when circumstances necessitate change. Any changes to this syllabus will be announced to the class in a timely manner. Your feedback is greatly appreciated to aid in the development of this class for future semesters. You may work at your own pace, but it is recommended you complete this course early.