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

II. Intended Learning Outcomes/Goals/Objectives:

| Prerequisites: none |

This course supports the vision, mission, and core values of the College of Education

**Coe Mission**

- **The Mission of the James I. Perkins College of Education is to prepare competent, successful, caring and enthusiastic professionals dedicated to responsible service, leadership, and continued professional and intellectual development.**

**Coe Core Values**

- **Academic excellence through critical, reflective and creative thinking**
  - Students will use critical, reflective and creative thinking skills in applying basic nutrition knowledge to meal preparation, general health, and disease prevention.

- **Collaboration and shared decision making**
  - Students will interact during in-class activities and assignments.

- **Openness to new ideas, culturally diverse people and innovation and change**
  - Students will become aware of the impact of values, beliefs and attitudes in relation to diverse populations through ongoing class discussions. Students will learn basics in nutrition, including utilizing technology for nutrient analysis.

- **Integrity, responsibility, diligence and ethical behavior**
  - 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.

**Relation to learning experiences in HMS 239**

- This course will afford the student the opportunity to develop competence in understanding and applying basic knowledge of food and human nutrition.

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**Instructor:** Natalie Hensarling, PhD, RDN, LD

**Course Time:** T/Th 9:30-10:45am

**Course Location:** HMS North Room 201

**Office Phone:** 936-468-2063

**Email:** nhensarling@sfasu.edu

**Office:** HMS North 101F

**Office Hours:** T/Th/F 11:00am – 12:00pm; W 11:00am – 1:00pm; Other times by appointment only, subject to change with written notification

**Credits:** 3 semester hours

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**Course Description**

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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. Describe basic human nutritional needs throughout the life.
2. Describe the relationship of digestion, absorption, and metabolism to optimal health.
3. Explain 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.

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

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

IV. Evaluation and Assessments (Grading):

1. Unit Exams (3 @ 100 points each = 300 total points). You will be responsible for bringing scantrons and a pencil to all exams and the final exam.

2. Final Exam (Comprehensive worth 100 points)

There will be 3 objective unit exams consisting of multiple choice, true-false, matching, labeling and/or fill in the blank. One objective final exam consisting of multiple choice, true-false, matching, labeling and /or fill in the blank. All unit tests will take place in the regular classroom during regular class time. The final exam will take place in the regular classroom on University scheduled time.

There will be no make-up unit tests. In the event that you miss a unit exam, the final exam will count twice for SPECIAL CIRCUMSTANCES ONLY, WITH PRIOR APPROVAL, AND PROPER DOCUMENTATION

3. Quizzes (4 @ 15 points each = 60 points). Quizzes will be offered sporadically throughout the semester. Students are expected to read the assigned text in conjunction with studying class notes. Quizzes consist of 15
multiple choice, true-false, or fill-in-the-blank questions. There will be no “make-up quizzes” at any point during the semester. Late quizzes are not accepted.

If you choose to take a quiz at a computer that is not supported by the University you will do so at your own risk. Inability to access the quiz, finish the quiz, or submit a quiz during the designated quiz time due to unreliable internet connections or other technical problems at an off-campus computer will not be accepted as a valid excuse. Your quiz will be graded “as is.” Using a campus computer does not guarantee that connections may not be lost, however it does guarantee a reliable way to verify interruptions of service. This alone could save your grade. If you need technical assistance during an exam please call OIT at (936) 468-1919.

4. Genetic Health Risk Assessment Assignment (100 points). This detailed assignment has you analyze your intake and your family history, looking into your genetic health risk. For further detail about the assignment, read the assignment description on D2L. The assignment must be turned in on time. Late assignments will be deducted 25 points for each day late, starting immediately after class ends on the due date for the assignment.

**Note:** Work that is not picked up by the final exam will be discarded.

<table>
<thead>
<tr>
<th>Course Performance Evaluation:</th>
<th>Points</th>
</tr>
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<tbody>
<tr>
<td>3 Unit Exams</td>
<td>300</td>
</tr>
<tr>
<td>1 Final Exam</td>
<td>100</td>
</tr>
<tr>
<td>4 Quizzes</td>
<td>60</td>
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<tr>
<td>Genetic Health Risk Assessment</td>
<td>100</td>
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<td><strong>Total</strong></td>
<td><strong>560</strong></td>
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**Grade Assignment:**

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Points</th>
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<tbody>
<tr>
<td>A 90% - 100%</td>
<td>504-560</td>
</tr>
<tr>
<td>B 80% - 89.9%</td>
<td>448-503</td>
</tr>
<tr>
<td>C 70% - 79.9%</td>
<td>392-447</td>
</tr>
<tr>
<td>D 60% - 69.9%</td>
<td>336-391</td>
</tr>
<tr>
<td>F Less than 60%</td>
<td>335 or less</td>
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</table>
V. Tentative Course Outline/Calendar:

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Chapter</th>
<th>Topic</th>
<th>Activity/Assignment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/19, 1/21</td>
<td>T, Th</td>
<td>Ch. 1</td>
<td>Intro to Course, Linking Food, Function, &amp; Health</td>
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<tr>
<td>1/26, 1/28</td>
<td>T, Th</td>
<td>Ch. 2</td>
<td>Designing a Healthful Diet</td>
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<tr>
<td>2/2, 2/4</td>
<td>T, Th</td>
<td>Ch. 3</td>
<td>The Human Body</td>
<td>QUIZ</td>
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<tr>
<td>2/9</td>
<td>T</td>
<td></td>
<td>Exam 1, Ch. 1-3</td>
<td>EXAM</td>
</tr>
<tr>
<td>2/11, 2/16</td>
<td>Th, T</td>
<td>Ch. 4</td>
<td>Carbohydrates</td>
<td></td>
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<tr>
<td>2/18, 2/23</td>
<td>Th, T</td>
<td>Ch. 5</td>
<td>Fats</td>
<td></td>
</tr>
<tr>
<td>2/25, 3/1</td>
<td>Th, T</td>
<td>Ch. 6</td>
<td>Proteins</td>
<td></td>
</tr>
<tr>
<td>3/3</td>
<td>Th</td>
<td></td>
<td>Exam 2, Ch. 4-6</td>
<td>EXAM</td>
</tr>
<tr>
<td>3/8, 3/10</td>
<td>T, Th</td>
<td>Ch. 7</td>
<td>Fluid and Electrolyte Balance</td>
<td>Genetic Health Risk Assessment</td>
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<td>Assignment Due 3/10</td>
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<tr>
<td>3/15, 3/17</td>
<td>T, Th</td>
<td></td>
<td>NO CLASS—SPRING BREAK</td>
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<tr>
<td>3/22</td>
<td>T</td>
<td>Ch. 8</td>
<td>Antioxidants – ONLINE MODULE</td>
<td>QUIZ</td>
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<td>3/24</td>
<td>Th</td>
<td></td>
<td>NO CLASS—EASTER HOLIDAY</td>
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<tr>
<td>3/29, 3/31</td>
<td>T, Th</td>
<td>Ch. 9, Ch. 10</td>
<td>Bone Health, Energy Metabolism and Blood Health</td>
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<tr>
<td>4/5</td>
<td>T</td>
<td>Ch. 10</td>
<td>Energy Metabolism and Blood Health</td>
<td></td>
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<tr>
<td>4/7</td>
<td>Th</td>
<td></td>
<td>Exam 3, Ch. 7-10</td>
<td>EXAM</td>
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<tr>
<td>4/12, 4/14</td>
<td>T, Th</td>
<td>Ch. 11, Ch. 12</td>
<td>Healthful Body Weight, Nutrition and Physical Activity</td>
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<td>4/19, 4/21</td>
<td>T, Th</td>
<td>Ch. 12</td>
<td>Nutrition and Physical Activity</td>
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<tr>
<td>4/26, 4/28</td>
<td>T, Th</td>
<td>Ch. 14</td>
<td>Nutrition in Pregnancy and First year – ONLINE MODULE</td>
<td>QUIZ</td>
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<td>5/3, 5/5</td>
<td>T, Th</td>
<td>Ch. 15</td>
<td>Nutrition in Childhood to Late Adult – ONLINE MODULE</td>
<td>QUIZ</td>
</tr>
<tr>
<td>5/12</td>
<td>Th</td>
<td></td>
<td>Comprehensive Final Exam from 8am -10am</td>
<td>FINAL EXAM</td>
</tr>
</tbody>
</table>

***SYLLABUS IS SUBJECT TO CHANGE***

VII. Course Evaluations:

Near the conclusion of each semester, students in the College of Education electronically evaluate courses taken within the COE. 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 COE faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical!

In the 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: Found at https://www.sfasu.edu/policies

Attendance: Policy 6.7 This course is a web-enhanced face-to-face course. It is imperative that students attend classes. Students are responsible for any information or materials given in class. Supplemental materials or handouts will only be distributed one time in class--students who are not in attendance cannot receive these at a later time. The course syllabus, assignments, mail and grades will be posted on the course D2L page. Students are expected to check the home page, web mail and course calendar prior to each class and to be prepared.

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 Abiding by university policy on academic integrity is a responsibility of all university faculty and staff. 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.

Definition of Academic Dishonesty

Academic dishonesty includes both cheating and plagiarism. Cheating includes but is not limited to (1) using or attempting to use unauthorized materials to aid in achieving a better grade on a component of a class; (2) the falsification or invention of any information, including citations, on an assigned exercise; and/or (3) 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 your own. Examples of plagiarism are (1) submitting an assignment as if it were one’s own work that has been purchased or otherwise obtained from an Internet source or another source; and (3) incorporating the words or ideas of an author into one’s paper without giving the author due credit.

Please read the complete policy at http://www.sfasu.edu/policies/academic_integrity.asp.

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).

Withdrawn 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.

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

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.

FOR TEACHER PREPARATION STUDENTS

To complete Certification/Licensing Requirements in Texas related to public education, you will be required to:

1. Undergo criminal background checks for field or clinical experiences on public school campuses; the public school campuses are responsible for the criminal background check; YOU are responsible for completing the information form requesting the criminal background check. If you have a history of criminal activity, you may not be allowed to complete field or clinical experiences on public school campuses. At that point, you may want to reconsider your major while at SFASU.

2. Provide one of the following primary ID documents: passport, drivers license, state or providence ID cards, a national ID card, or military ID card to take the TExES exams (additional information available at www.texas.ets.org/registrationBulletin/). YOU must provide legal documentation to be allowed to take these mandated examinations that are related to certification/licensing requirements in Texas. If you do not have legal documentation, you may want to reconsider your major while at SFASU.

3. Successfully complete state mandated a fingerprint background check. If you have a history of criminal activity, you may want to reconsider your major while at SFASU.

For further information concerning this matter, contact Katie Snyder 936-468-1740 or snyderke1@sfasu.edu

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.