Human Sciences  
HMS 239 503 online honors  

INTRODUCTORY NUTRITION (Honors)  

Spring 2016  

Instructor: Theresa Tkacik MS, RD, LD  

Office Hours: live chat Wednesday 10am-12pm. You may also wish to make a face to face meeting by appointment  

Office: HMS North 104B  

Credits: 3 semester hours  

Office Phone: 936-468-1419  

Email: through D2L or tkacikthere@sfasu.edu  

Course Time & Location: online  

Prerequisites: none  

I. Course Description: A study of nutrition and food as applied to daily living. 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, which is to prepare competent, successful, caring, and enthusiastic professionals dedicated to responsible service, leadership, and continued professional and intellectual development. The course enhances student learning in the area of personal nutrition and serves as a support course for non-majors.  

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

1. Understand basic human nutritional needs throughout the life *(4.4k).  
2. Understand the relationship of digestion, absorption, and metabolism to optimal health *(4.3k)  
3. Understand the function of carbohydrates, fat, proteins, vitamins, minerals, and water and their role in promoting and maintaining health *(4.1k).  
4. Evaluate the effects of public policy on food, nutrition and health *(4.1s).  
5. Evaluate the accuracy, reliability, validity, and use of nutrition and food science information and research *(4.4s)  
6. Utilize basic nutrition knowledge and the dietary guidelines for making food choices that will promote optimal health *(4.6s).  
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 *(4.11s).  
12. Explain the effects of genetically engineered foods on consumers health and safety *(4.14s)  
13. Recognize the potential for foodborne 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 foodborne illness.
Nutrition, Wellness, and Food Science: The family and consumer sciences teacher understands the principles of
food science, food technology, and nutrition and their relationships to growth, development, health, and
wellness; applies this understanding to support informed decision-making that promotes good health; and
understands career opportunities in nutrition, wellness, and food science.

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: See II.

III. Course Assignments, Activities, Instructional Strategies, use of Technology:
Chapter activities that utilize the textbook and enhance learning.Unit tests.Final.

IV. Technical Requirements: As you have elected to enroll in an online course, it is your responsibility to
acquire a consistent, stable, dependable computer and internet connection with which to complete the
assignments for the course by the deadlines indicated on the Semester Calendar. It is not the responsibility of
the instructor to provide additional time for assignments or exams or an alternative means of completing the
course due to technological issues on your part. Just as it is your responsibility to acquire and maintain adequate
transportation to attend a face-to-face course, it is your responsibility to secure the technological means to
participate in and complete this course.

Do not wait until the last minute to complete an assignment, quiz or test. Computer problems, lost power, lost
internet service, forgot about the assignment, etc. are not valid excuses for not completing an assignment,
quiz or test by the due date/time. A reliable computer and internet connection is a requirement for this
course.

V. Evaluation and Assessments (Grading):
1. Unit Tests (3 @ 30 points each = 90 total points). All unit tests will have 15 questions worth 2 points
each. All unit tests will take place online and are timed. Students have 15 minutes to answer 15
questions. There will be no make-up unit tests. In the event that you miss a unit test, the final exam
will count twice for SPECIAL CIRCUMSTANCES ONLY, WITH PRIOR APPROVAL, AND
PROPER DOCUMENTATION.
2. Final Exam (non-cumulative worth 40 points). Final exam will have 20 questions worth 2 points
each. Final exam will take place online and will be timed. Students have 20 minutes to answer 20
questions.
3. Chapter activities Throughout the semester, activities will be assigned. They may be drop box,
discussion, or quiz based. They will be worth between 5–30 points. They are to verify regular class
attendance and participation throughout the semester and enhance student learning. Chapter activities
cannot be made up.
4. Attendance and Participation All activities, quizzes and tests assigned will be used as
attendance/participation verification for all students whether receiving financial aid or not. Please note
that attendance and participation are an expectation and students do not receive grades or points for
them.
Course Performance Evaluation: Points
3 unit tests 90
1 final exam 40
activities 140
Total 270

Grade Assignment:

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Points</th>
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<tbody>
<tr>
<td>A 90% - 100%</td>
<td>243-270</td>
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<tr>
<td>B 80% - 89.9%</td>
<td>216-242.9</td>
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<tr>
<td>C 70% - 79.9%</td>
<td>189-215.9</td>
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<tr>
<td>D 60% - 69.9%</td>
<td>162-188.9</td>
</tr>
<tr>
<td>F Less than 60%</td>
<td>Less than 162</td>
</tr>
</tbody>
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VI. Tentative Course Outline/Calendar:

<table>
<thead>
<tr>
<th>Date</th>
<th>Chapter</th>
<th>Topic</th>
<th>Chapter Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/19-1/31</td>
<td>Ch. 1</td>
<td>Intro to Course, Role of Nutrition in Health</td>
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<tr>
<td>1/24-1/31</td>
<td>Ch.2</td>
<td>Designing a Healthful Diet</td>
<td>MyPlate, My AMDR (30pts)</td>
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<tr>
<td>2/1-2/7</td>
<td>Ch. 3</td>
<td>The Human Body</td>
<td>Digestion Are We Really What We Eat quiz (5pts)</td>
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<tr>
<td>2/8-2/9</td>
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<td>Exam 1, Ch. 1-3 (opens 2/8 8am, closes 2/9 11:30pm)</td>
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<tr>
<td>2/8-2/14</td>
<td>Ch. 4</td>
<td>Carbohydrates</td>
<td>Finding Grams of Carbohydrates (5pts)</td>
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<tr>
<td>2/15-2/21</td>
<td>Ch. 5</td>
<td>Fats</td>
<td>Ch 5 content quiz (5pts)</td>
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<tr>
<td>2/22-2/28</td>
<td>Ch.6</td>
<td>Proteins</td>
<td>Reflection on Macronutrients (10pts)</td>
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<tr>
<td>2/29-3/1</td>
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<td>Exam 2, Ch. 4-6 (opens 2/29 at 8am, closes 3/1 at 11:30pm)</td>
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<tr>
<td>2/29-3/6</td>
<td>Ch. 7</td>
<td>Fluid and Electrolyte Balance</td>
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<tr>
<td>3/7-3/13</td>
<td>Ch.8</td>
<td>Antioxidants</td>
<td>Cancer and Antioxidants (10 pts)</td>
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<tr>
<td>3/21-4/3</td>
<td>Ch. 9</td>
<td>Bone Health</td>
<td>Osteoporosis (10 pts)</td>
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<tr>
<td>4/4-4/10</td>
<td>Ch. 10</td>
<td>Energy Metabolism and Blood Health</td>
<td>Micronutrient Project (15pts)</td>
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<tr>
<td>4/11-4/12</td>
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<td>Exam 3, Ch. 7-10 (opens 4/11 at 8am, closes 4/12 at 11:30pm)</td>
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<tr>
<td>4/11-4/17</td>
<td>Ch. 11</td>
<td>Healthful Body Weight</td>
<td>Diet Plans quiz (5 pts)</td>
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<tr>
<td>4/18-4/24</td>
<td>Ch. 12</td>
<td>Nutrition and Physical Activity</td>
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<tr>
<td>4/18-4/24</td>
<td>Ch. 13</td>
<td>Food Safety and Technology</td>
<td>Food Safety and Technology (20pts)</td>
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<tr>
<td>4/25-5/1</td>
<td>Ch. 14</td>
<td>Nutrition in Pregnancy and First year</td>
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<tr>
<td>5/2-5/8</td>
<td>Ch. 15</td>
<td>Nutrition in Childhood to Late Adult</td>
<td>3-day food intake, reports, evaluation (25pts)</td>
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Final Exam: Tuesday, May 10, 2016 8am -8pm online.

***SYLLABUS IS SUBJECT TO CHANGE***

VII. Required Materials:
2. Reliable computer and internet access to D2L online course.

LiveText: This course does not require LiveText

Upon your enrollment in this course, if your major is a program in the Perkins College of Education, OR if you are seeking educator certification, AND if you do not already have an existing LiveText account, you should receive an access code for a LiveText account via your SFA Titan email account. If you do not receive this code by the end of the first week of class, please check your junk email. If you still do not have the message, please contact the SFA LiveText coordinator at livetext@sfasu.edu. Once you have received the access code, it is YOUR responsibility to activate the account. Failure to activate the account and/or submit the required assignment(s) in LiveText, will affect your final grade.
VIII. 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.

IX. Student Ethics and Other Policy Information found at https://www.sfasu.edu/policies

Class Attendance and Excused Absence: Policy 6.7

Regular, punctual attendance, documented participation, and, if indicated in the syllabus, submission of completed assignments are expected at all classes, laboratories, and other activities for which the student is registered. Based on university policy, failure of students to adhere to these requirements shall influence the course grade, financial assistance, and/or enrollment status. The instructor shall maintain an accurate record of each student’s attendance and participation as well as note this information in required reports and in determining final grades. Students may be excused from attendance for reasons such as health, family emergencies, or student participation in approved university-sponsored events. However, students are responsible for notifying their instructors in advance, when possible, for excusable absences (see detailed description next paragraph). 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 web page. Students are expected to check the home page, web mail and course calendar prior to each class and to be prepared. Whether absences are excused or unexcused, a student is still responsible for all course content and assignments. Students with accepted excuses may be permitted to make up work for up to three weeks of absences during a semester or one week of a summer term, depending on the nature of the missed work. Make-up work must be completed as soon as possible after returning from an absence.

Any student having a PLANNED ABSENCE for an SFA university function must provide notice. This notification must be accompanied by an official documentation stating the necessity of the absence. It is the responsibility of the student to make arrangements for missed time at least 72 hours BEFORE the absence occurs (weekends or holidays will not count as part of the 72 hours advance notice). Similarly, if you have an UNPLANNED ABSENCE (such as a severe illness or accident requiring a doctor’s examination) you must provide notification with official documentation 72 hours after the event causing the absence. Notification and official documentation as stated above may be faxed to the Human Sciences Office (936) 468-2140, attention to Theresa Tkacik and must be on office letter head and include signatures, times, dates, phone numbers, etc.

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.

**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/.

**Academic Integrity** 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.

**Student Academic Dishonesty: Policy 4.1**

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

**Definition of Academic Dishonesty**

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).

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

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/<http://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.