
SYLLABUS
HN&F 171
Introduction to Nutrition
3 credit hours
Online

Instructor Information:

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Office Hours: By appointment

Recommended Textbook:

Understanding Nutrition, 15th edition - Author: Ellie Whitney and Sharon Rady Rolfes ISBN:
9781337392693

The book is a supplement to lectures and can be purchased new or used. You can purchase the textbook online at the link below or through the WVU bookstore(s). You can purchase either the ebook or the print textbook, whichever you prefer. The textbook is not required, but is a good supplement to the online course material.

<https://www.cengage.com/c/understanding-nutrition-15e-whitney/9781337392693/>

WVU Ecampus:

All materials for course can be found in WVU eCampus. Chapter information is housed in online learning modules.

Course Description:

Introduction to Nutrition (HN&F 171) is the first level nutrition course for students in the general university population and for those majoring in dietetics and nursing. The emphasis is on “normal” nutrition and is organized around nutrients, their functions, their availability in the American diet, and the amounts of nutrients essential for optimal health. Consideration is given to nutritional topics of current interest and concern. This course is designed to be delivered in online format.

Learning Outcomes:

1. Explain the basic concept that meeting nutritional needs is a prerequisite to maintaining good health.
2. Identify those nutrients that are required by people through all stages of the life cycle.
3. Explain how nutrients function within the body and identify various areas of interaction.
4. Demonstrate the ability to apply nutrition information by evaluating his/her own food and nutrient intake and activity pattern relative to personal needs.
5. Identify sources of various nutrients and describe ways to incorporate nutrient rich foods into the diet in a realistic manner, during the various stages of the life cycle.
6. Explain how nutritional needs can be met through a variety of eating styles.
7. Distinguish between fraudulent claims, half-truths and principles of nutrition as recognized by the scientific community.
8. Describe the body's use of energy and the consequences of negative and positive energy balance.
9. Compare effects of alcohol on nutrient metabolism and nutrition status.

DPD Core Knowledge Requirements for the RDN:

The West Virginia University Didactic Program in Dietetics (DPD) is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND). The learning activities in this course will include the following required ACEND core knowledge content and outcomes:

KRDN 3.5: Describe basic concepts of nutritional genomics

Grading Scale:

Exams: (3 @ 100 points each)	300 Final Exam (cumulative)	100
<u>Module Assignments:</u>		
Discussion Boards (9 @ 20 points each)		180
Module 5 Quiz		50
Activities (11 @ 20 points each)		220
Diet Analysis Project		150
Total Points Possible:		1,000 points

Discussion Boards:

There will be 9 discussion boards throughout the semester. Prompts and directions will be posted within each module relevant to the discussion. For all discussion boards you must post (1) an original discussion post that responds to the prompt, and (2) 2 response posts to fellow classmates.

Activities:

Many modules will have 1-2 activities associated with the material you learned in that module. Specific assignment guidelines and directions will be posted within the module that the activity is assigned. Activities MUST be submitted as a Word document or PDF. Any other file type submissions will be an automatic zero.

Exams:

- Exams 1-3 will be 50 questions multiple choice and based on material from the corresponding unit. You will have 50 minutes to complete these exams. Exam 4 will be a cumulative final, with ~70 questions from Sections 1-3 and ~30 question from Section 4. You will have 1 hour and 40 minutes to complete this exam. All exams will be posted on eCampus.
- To take the exams on eCampus, you must use and download the Respondus Lockdown Browser. A separate document is posted under the syllabus with directions on how to download and use this browser. You will not be required to use the video monitoring, only the lockdown browser.
- You can review the previous exams with me ONLY prior to the next scheduled exam (ex. review Exam 1 until the date of Exam 2). The review of exams with me will not be allowed at other times, so plan accordingly.
- You will be able to review your exams on your own on eCampus after the due date for each exam. You will be able to see the question and the score you received on the question.

Make up exams will be given only in the case of emergency with proper documentation. Excused circumstances include illness, deaths in the immediate family and other documented crises, call to active military duty or jury duty, religious holydays, and official University activities. Accommodations for these instances will be made and will do so in a way that does not penalize students who have a valid excuse. Students are responsible for notifying their instructor of expected university sanctioned absences within two weeks of the event or as soon as possible. You must reschedule exam within 48 hours of the missed exam.

****If you submit an exam late without a proper excuse and speaking with me, you will lose 5 points per calendar day it is late, up to 20% off your total score****

Using Respondus Lockdown Browser:

You will be required to download the Respondus Lockdown Browser before you can take the online exams for this course.

Be sure you download the software ahead of time, at least the day before you plan to take the exam, in case downloads take a long time. (It should download quite quickly, but if you are late taking the exam because you took too long to download the software, the exam will still be counted as late) Use the link below and click the “Download the Student Version of Respondus” link under the “Links for Students” section. This will open a new page, and you should follow the download instructions accordingly. In the center where it says version, you can change the version you need depending on whether you have a PC or Mac.

<https://wvu.teamdynamix.com/TDCClient/1976/Portal/KB/ArticleDet?ID=100965>

To take the exam, you will then find the Respondus Lockdown Browser icon on your desktop, and open the program. It will then automatically take you to eCampus where you will login, and find the exam on our eCampus page, where you will be able to begin the exam. You must finish the exam in one sitting once you have opened it.

With lockdown browser, you will not be able to access or open anything else on your computer while you are taking the exam. You will not need to use the video monitoring, only the browser lockdown software.

If you have further questions about the software, there are additional resources on the link above.

Diet Analysis Project:

You will use MyFitnessPal to track your dietary intake for 3 days at any point in the semester. By the project’s due date, you will answer given questions about your dietary intake during that 3-day period. Full assignment directions and details will be posted separately on eCampus.

*Note: certain aspects of this project may be triggering to anyone recovering from an eating disorder. If this applies to you, an alternate assignment can be made available.

Late Assignments:

Projects, Discussion Boards, and Activities submitted after the due date, without prior approval from the instructor, will lose 20% off the earned score.

Late submission deadline for modules 1-9 – May 24th at 11:59 pm

Late submission deadline for modules 10-15 – May 28th at 11:59 pm

Grading Scale:

Grades will be updated on eCampus and will not be given out via phone or email. Final grading is on a percentage basis, where

A = 90-100%	(895-1000 points)
B = 80-89%	(795-894 points)
C = 70-79%	(695-794 points)
D = 60-69%	(595-694 points)
F = <60%	(≤594 points)

Final class grades with a decimal of 0.5 or greater will be rounded up, with no exceptions. Individual assignment grades will be entered as total point values and not rounded.

Student Responsibilities:

Organization: One of the biggest hazards in a distance-learning environment is getting behind. Although you get to choose when to work during the week, you must complete your lessons on time!!! It is each student's responsibility to keep track of all assignments and their due dates.

Etiquette:

Online Communication

1. If your question is answered in the syllabus the instructor will not reply to the email.
2. Use your professor's correct title he or she prefers for communication (e.g. Dr. George).
3. Inappropriately written emails will not be responded to.
4. Respond to your instructor's and peer's messages within 24 hours.
5. Use a brief description in the subject line that outlines the topic of the email.
6. Do not use slang or profane words.
7. Sign your email messages using your full name.
8. Use correct spelling, grammar, and punctuation, just as you would for any communication.
9. Ask yourself whether you would be comfortable if someone other than the intended receiver were to read it. Remember, email is not a completely secure form of communication without tact or regard for others.
10. Inappropriate communication considered to be of serious nature should be reported to your instructor, as it may be a violation of University policy.
11. Treat others with respect by making messages clear and succinct

Syllabus Change Policy:

Except for changes that substantially affect implementation of the evaluation (grading) statement, this syllabus is a guide for the course and is subject to change with advanced notice.

Academic Integrity/Dishonesty Policy

In this class, WVU's Academic Honor Policy is in effect for all in and out of class examinations, assignments, special class projects, and other activities assigned by the Instructor.

The integrity of the classes offered by any academic institution solidifies the foundation of its mission and cannot be sacrificed to expediency, ignorance, or blatant fraud. Therefore, the instructor will enforce rigorous standards of academic integrity in all aspects and assignments of this course. For the detailed policy of West Virginia University regarding the definitions of acts considered to fall under academic dishonesty and possible ensuring sanctions, please see the Student Conduct Code at [Http://studentlife.wvu.edu/studentconductcode.html](http://studentlife.wvu.edu/studentconductcode.html).

Should you have any questions about possibly proper research citations or references, or any other activity that may be interpreted as an attempt at academic dishonesty, please see the instructor before the assignment is due to discuss the matter.

Academic integrity will be strictly enforced and there will be no tolerance for academic dishonesty. It is essential that a student's grade accurately reflect his/her academic accomplishments. It is the responsibility of the students and the instructor to discourage any type of academic dishonesty, including but not limited to the following:

- o Plagiarism
- o Cheating or copying on examinations, papers and projects
- o Forging or altering grades

COVID-19 Syllabus Statement

WVU is committed to maintaining a safe learning environment for all students, faculty, and staff. Should campus operations change because of health concerns related to the COVID-19 pandemic, it is possible that this course will move to a fully online delivery format. If that occurs, students will be advised of technical and/or equipment requirements, including remote proctoring software.

In a face-to-face environment, our commitment to safety requires students, staff, and instructors to observe the social distancing and personal protective equipment (PPE) guidelines set by the University at all times. While in class, students will sit in assigned seats when applicable and wear the required PPE. Should a student forget to bring the required PPE, PPE will be available in the building for students to acquire. Students who fail to comply will be dismissed from the classroom for the class period and may be referred to the Office of Student Conduct for further sanctions.

If a student becomes sick or is required to quarantine during the semester, they should notify the instructor. The student should work with the instructor to develop a plan to receive the necessary course content, activities, and assessments to complete the course learning outcomes

Inclusivity Statement

The West Virginia University community is committed to creating and fostering a positive learning and working environment based on open communication, mutual respect, and inclusion.

If you are a person with a disability and anticipate needing any type of accommodation in order to participate in your classes, please advise your instructors and make appropriate arrangements with the Office of Accessibility Services. (<https://accessibilityservices.wvu.edu/>)

More information is available at the Division of Diversity, Equity, and Inclusion (<https://diversity.wvu.edu/>) as well.

Free tutoring from WVU

For tutoring and writing help at West Virginia University, visit the Student Success' Tutoring comprehensive list of tutoring options - see <https://studentsuccess.wvu.edu/services/tutoring-centers>. High-quality tutoring is available by appointment and on a walk-in basis. These services are offered by tutors trained to encourage the highest level of individual academic success while upholding personal academic integrity.

COURSE SCHEDULE

Date	Topic	Readings	What Is Due
<p>Week 1</p>	<p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </p> <p> Introduction Overview of Nutrition Planning a Healthy Diet The Food Supply Energy Balance, Body Composition, and Weight Management </p>	<ul style="list-style-type: none"> • Syllabus • Module 1 • Module 2 • Module 3 • Module 4 	<ul style="list-style-type: none"> • Review course site (eCampus) and Syllabus • Module 1 Discussion Board – Introduction Discussion • Module 1 Activity – Why do we eat what we eat? <p>Mod 1 DB due TBA Module 1 activity due TBA</p> <ul style="list-style-type: none"> • Module 2 Activity 1 – Reading Food Labels • Module 2 Activity 2 – MyPlate Assignment <p>Both assignments due TBA</p> <ul style="list-style-type: none"> • Module 3 Discussion Board – Food Safety and Hunger Discussion • Module 3 Activity – Food Safety <p>Mod 3 DB due TBA Module 3 activity due TBA</p> <ul style="list-style-type: none"> • Module 4 Activity – Energy Balance • Module 4 Discussion Board – Fad Diet Discussion <p>Mod 4 DB due TBA Module 4 activity due TBA</p>
<p>Exam 1 due TBA (covers modules 1-4)</p>			

<p>Week 2</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Digestion and Absorption <input type="checkbox"/> Carbohydrates <input type="checkbox"/> Lipids <input type="checkbox"/> Proteins <input type="checkbox"/> Energy Metabolism 	<ul style="list-style-type: none"> • Module 5 • Module 6 • Module 7 • Module 8 • Module 9 	<ul style="list-style-type: none"> • Module 5 Activity - Quiz <p style="text-align: center;">Due TBA</p> <ul style="list-style-type: none"> • Module 6 Discussion Board – Carbohydrates Discussion <ul style="list-style-type: none"> • Module 7 Activity – Fats in Foods • Module 7 Discussion Board – Fats Discussion <p style="text-align: center;">Mod 7 DB due TBA Module 7 activity due TBA</p> <ul style="list-style-type: none"> • Module 8 Activity – Protein in Foods • Module 8 Discussion Board – Protein Discussion <p style="text-align: center;">Mod 8 DB due TBA Module 8 activity due TBA</p> <p>Module 9 Activity – Make a Fast-food Meal Better</p> <p style="text-align: center;">Due TBA</p>
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Exam 2 due TBA (covers modules 5-9)

<p>Week 3</p>	<ul style="list-style-type: none"> • Food as Fuel • Water-Soluble Vitamins • Fat-Soluble Vitamins • Fluid Balance, Minerals, and Electrolytes • Lifecycle Nutrition: Pregnancy and Lactation • Lifecycle Nutrition: Infancy through Adulthood 	<ul style="list-style-type: none"> • Module 10 • Module 11 • Module 12 • Module 13 • Module 14 • Module 15 	<ul style="list-style-type: none"> • Module 10 Activity – Refueling • Module 10 Discussion Board – Fueling Activity Discussion <p>Mod 10 DB due TBA Module 10 activity due TBA</p> <p>Record 3 days of dietary intake in MyFitnessPal for Diet Analysis Project – Start Monday, May 24th!!! (or earlier)</p> <ul style="list-style-type: none"> • Diet Analysis Project <p>Due TBA</p> <ul style="list-style-type: none"> • Module 14 Activity – Pregnancy • Module 14 Discussion Board – Course Reflection <p>Mod 14 DB due TBA Module 14 activity due TBA</p> <ul style="list-style-type: none"> • Module 15 Activity – Older Adults • Module 15 Discussion Board – Nutrition Myths <p>Mod 15 DB due TBA Module 15 activity due TBA</p>
<p>Exam 3 due TBA (modules 10-13)</p> <p>Exam 4 due TBA (<u>cumulative</u> – ~70 questions from Sections 1-3 + ~30 questions from Section 4)</p>			