

SOCIETY AND FOOD HN&F 126 ONLINE

SEMESTER: 3-week online May-Mester

CATALOG

DESCRIPTION: Exploration on a global basis of interactions of man and environment as reflected in food production systems. Relation of food supply and use to development or maintenance of social and political institutions.

FORMAT: 3-CR, 3-week, online May-Mester class fulfilling GEF Area 4 as well as GEC objectives 4 and 8. HN&F 126 online is available through WVU Ecampus. The course consists of 12 self-paced, online learning modules. The modules supplement reading assignments from the required textbook (see page 6). Although Exams have to be completed before semester ends and do not have due dates, Online Discussions and Short Opinions have to be submitted by due dates.

INSTRUCTOR: Dr. Jacek Jaczynski
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OFFICE HOURS: anytime, preferably by appointment if you are in Morgantown

MATERIALS:

- 1) Required textbook: Judith E. Brown. 2011. Nutrition Now, 6th Edition. Wadsworth Cengage Learning: Belmont (CA). See page 6.
- 2) 12 self-paced, online learning modules. Besides textual info, the modules include flash animations, short videos, and interactive tutorials that enhance learning from the required textbook and allow more efficient comprehension of presented concepts. The modules supplement reading assignments from the required textbook (see page 6).

PRE-REQUISITES: None

COURSE OBJECTIVES

This course is designed for junior level undergraduate students. The primary objectives are:

- Establish a general knowledge of the principles of personal nutrition
- Examine the development of food production systems and societies
- Discuss global issues of food production
- Discuss anti-science as an impediment to food security

GRADING

There will be four Term Exams, one Final Exam, and one Optional Make-up Exam. All of the exams will be online, self-gradable and timed for 45-60 minutes. Students will have two attempts for each exam and the better score will be recorded. Exams will be based primarily on true-false, matching, multiple choice, and case-study multiple choice questions. The Exams, Online Discussions, written Short Opinions (50-200 words), and the Optional Extra Credit paper are described in short under “General Policies”. The turn-around time for instructor feedback to students is to be within 18 hours.

The final grade will be determined on the basis of the following points:

Item	Points
Four online Term Exams at 100 pts each	400
Online Final Exam	100
Three Online Discussions at 50 pts each	150
Three Short Opinions (50-200 words) at 50 pts each	150
GRAND TOTAL	800

The total points that you have earned throughout the semester will be converted to percentage. The percentage will be the basis for final grades. For example, if your total points at the end of the semester are 670, then 670 out of 800 is 84%. The numerical letter grade equivalents are: **A** $\geq 90\%$; **B** 80-89%; **C** 70-79%; **D** 60-69%; **F** $\leq 59\%$. The percentage will be rounded. For example, 79.5% will be a B and 79.4% will be a C, respectively. Requests for corrections relative to the grading of individual exams must be presented to the instructor within 24 hours after the receipt of the exam.

GENERAL POLICIES

Four Term Exams: Each Term Exam will cover three online learning modules and specific units (i.e., chapters) from the required textbook (see page 6). Exams will be composed mainly of true-false, matching, multiple choice, and case-study multiple choice questions. Students will be allowed to have two attempts to take each Term Exam and the better score will be recorded. The Term Exams will be online, self-gradable and timed for 45-60 minutes. Although Term Exams do not have due dates, they have to be completed before semester ends.

Optional Make-up Exam: The Optional Make-up will be cumulative, i.e., it will cover all 12 learning modules and specific units (i.e., chapters) from the required textbook (see page 6). The Make-up will be composed mainly of true-false, matching, multiple choice, and case-study multiple choice questions. This Optional Make-up Exam will allow students to replace the lowest score from the four Term Exams. However, the Make-up will not replace the

Final Exam. If the score from the Optional Make-up Exam is lower than the lowest score from the four Term Exams, then the score from the Make-up Exam will be forfeited. The Make-up Exam should be taken at the end of the semester before the Final Exam and after the Term Exams. Students will be allowed to have two attempts to take the Make-up Exam and the better score will be recorded. The Make-up Exam will be online, self-gradable and timed for 60 minutes.

The Make-up Exam is completely optional which means that students do not have to take it and there is no penalty whatsoever for not taking it. However, I encourage everyone to take this opportunity as your grade can ONLY be improved. Taking the Optional Make-up is a “win-win”; even if your score from the Make-up is not that great, you get a real chance to practice taking your Final Exam.

Final Exam: The Final Exam will be cumulative, i.e., it will cover all 12 learning modules and specific units (i.e., chapters) from the required textbook (see page 6). Final Exam will be composed mainly of true-false, matching, multiple choice, and case-study multiple choice questions. Students will be allowed to have two attempts to take the Final Exam and the better score will be recorded. The Final Exam will be online, self-gradable and timed for 60 minutes.

Three Online Discussions: These Online Discussions will allow you to post your meaningful contributions on specific and current hot/controversial topics in human nutrition and food science. The dates and more details will be announced during the online course. To give you heads up, during these Online Discussions we will discuss for example high-fructose corn syrup, meat glue, and more. At the end of the syllabus you will find a rubric for grading the meaningful contributions to our Online Discussions.

Three Short Opinions: These written very Short Opinions (50-200 words) will allow you to express your mind based on what you have investigated on your own about specific and current hot/controversial topics in human nutrition and food science. The submission deadline and more details will be announced during the online course. To give you heads up, the Short Opinions will focus on for example nutrigenomics/nutraceuticals, food/diet advertisements, and more.

Optional Extra Credit Paper: Students will have an opportunity to submit an Optional Extra Credit paper for extra 75 pts. These 75 pts will be on the top of whatever points you earn throughout the semester. For example: if you have earned a total of 525 pts at the end of the semester, then 575 out of 800 (class grand total, see table on page 2) is 72% or a C. However, if you turn in the Optional Extra Credit Paper and receive 65 pts from it, then your score will be 640 out of 800 or a B. Although this paper is completely optional and there is no penalty whatsoever for not turning it in, I encourage everyone to take this extra credit opportunity. The submission deadline and more details will be announced during the online course. To give you heads up, the submission deadline will be close to the end of the semester and the paper (175-200 words) will cover current hot/controversial topics in human nutrition and food science such as athletes vs. performance drugs, alcohol advertising vs. underage drinking, eating disorders, and more.

The syllabus is for the convenience of the student and does not constitute a contract between the student, instructor and the University. Grade corrections on examinations will be made at the discretion of the instructor. Students may appeal the grade earned in the course as outlined in the undergraduate catalog.

Administrative Control of courses in the Division of Animal and Nutritional Sciences is the responsibility of Dr. Christopher M. Ashwell, Director of Animal and Nutritional Sciences Division Rm G2403, Ag. Sci. Bldg., Tel: 293 2231 x4420.

Academic Integrity. Students are expected to set high ethical standards for themselves and others. These standards include acknowledging the research contributions of others in your discussions and presentations; reporting all research results including negative results; and maintaining scientific objectivity. Presenting other's ideas as your own, even if you change the wording, is plagiarism.

Social Justice. "West Virginia University is committed to social justice. I concur with that commitment and expect to maintain a positive learning environment based upon open communication, mutual respect, and nondiscrimination. Our University does not discriminate on the basis of race, sex, age, disability, veteran status, religion, sexual orientation, color or national origin. Any suggestions as to how to further such a positive and open environment in this class will be appreciated and given serious consideration. If you are a person with a disability and anticipate needing any type of accommodation in order to participate in this class. Please advise me and make appropriate arrangement with Disability Services (293-6700)."

SUGGESTED SCHEDULE

HN&F 126 online, just like any other online class, offers great benefits and at the same time there are some risks. Although students have great time- and location-flexibility as well as can learn at their own individualized pace, in my opinion *self-discipline* and *self-motivation* are required to successfully complete an online class. Below I provide you with a streamlined schedule that will allow you to succeed in HN&F 126 online. I *strongly* encourage you to stick to this schedule and stay on the top of your game – plan carefully!!!

There are 3 weeks to cover 12 Online Learning Modules and specific units (i.e., chapters) from the required textbook (see page 6). Go over 4 learning modules + specific textbook units per 1 week. There are four Term Exams, Final Exam, and Optional Make-up. Take one Term Exam every three learning modules. Take Final Exam and Optional Make-up during the last week of this semester. And of course, do not forget to turn in your three Short Opinions (one opinion each week) and contribute to our three Online Discussions (one discussion each week). You can also submit one Optional Extra Credit (last week).

WEEK	MODULE NUMBER AND TOPIC	SUB-MODULE NUMBER AND TOPIC	ASSIGNMENT
1	M1 – Let's Get It Started: Intro to Human Nutrition and Food Science	M1.1 – Life Necessity at Individual Human-, Nation-, and Global-level	Short Opinion #1
		M1.2 – Facing Food Choices	
		M1.3 – My Diet = My Retirement Plan	
		M1.4 – Human Nutrition vs. Food Science	

	M2 – Are We What We Eat? – Useful Terms in Human Nutrition	M2.1 – Human Body Composition Reflects Food Composition M2.2 – Really Basic Stuff About Nutrients M2.3 – Dense vs. Not-So-Dense M2.4 – Nutrients/Energy Recommendations and Nutrient Toxicity		
	M3 – True vs. False? – Reliable Nutritional/Dietary Information vs. Misinformation	M3.1 – How Do They Know It? A Cheat-Sheet for Conducting Research in Nutrition M3.2 – Types of Research in Human Nutrition M3.3 – Scientific Validity vs. Popular Rumors in Human Nutrition M3.4 – Deciphering Truth from False in Diet/Nutrition/Food Advertisements	Online Discussion #1	
	TERM EXAM 1			
	M4 – What Happens to a Slice of Pizza as It Vanishes in Your Mouth? – Digestion, Absorption, and Transport; PART 1	M4.1 – Basic Intro – a Slice of Pizza as a Case Study M4.2 – Overview of Human Gastrointestinal Tract M4.3 – The First Steps Through GI Tract – the Mouth M4.4 – The Esophagus – a Highway Connecting Mouth with Stomach		
2	M5 – What Happens to a Slice of Pizza as It Vanishes in Your Mouth? – Digestion, Absorption, and Transport; PART 2	M5.1 – Concentrated Hydrochloric Acid in the Middle of Your Belly – The Stomach M5.2 – Hydrochloric Acid and Protein Denaturation in the Stomach M5.3 – A Controversy or the Main Stream? – Stomach Surgery M5.4 – Digestive Aids – The Liver and Pancreas	Short Opinion #2	
	6 – What Happens to a Slice of Pizza as It Vanishes in Your Mouth? – Digestion, Absorption, and Transport; PART 3	M6.1 – The Small Intestine – Major Action Commences M6.2 – Fluffy Carpet vs. Linoleum floor; The Anatomy of Small vs. Large Intestine M6.3 – Nutrient Absorption and Transport M6.4 – The Large Intestine – Let’s Recycle		
	TERM EXAM 2			
	7 – Our Basic Fuel – Carbohydrates	M7.1 – Basic Info on Nutrient Chem M7.2 – Ring, Ring, Ring... – Basic Structure of Food Carbohydrates M7.3 – Carbs in the Human Body M7.4 – Diabetes, Hypoglycemia, and Lactose Intolerance in a Nut Shell – Problems with Carbs in Human Body M7.5 – Proven Health Benefits of Adequate Fiber Consumption	Online Discussion #2	
	8 – Bad Fat or Good Fat? – Basics About Lipids	M8.1 – Lipid/Fat Nomenclature and Basic Make-up M8.2 – Let’s Zero in on Fatty Acids M8.3 – Specialty Lipids – Phospholipids and Sterols (Cholesterol) M8.4 – A Story of a Travelling Vendor or How HDL/HDL Cholesterol Develops; Fat Digestion/Absorption/Metabolism		
	3	9 – Proteins – Essential Body Builders	M9.1 – Bricks Make Houses – Amino Acids Make Proteins M9.2 – 3-dimensional Beauties – Protein Structures M9.3 – Protein Denaturation – Doesn’t It Sound Scientific? M9.4 – From-Food-to-Muscle – a Journey of a Protein From Your Plate to Your Cells M9.5 – Protein Quality and Functions	Short Opinion #3

TERM EXAM 3		
10 – Essential Nutrient – Water and Selected Vitamins + Minerals	M10.1 – Human Body and Food are Essentially Made of Water	
	M10.2 – A Few Selected Vitamins	
	M10.3 – A Few Selected Minerals	
TURN IN OPTIONAL EXTRA CREDIT PAPER		
11 – What is a Healthy Diet and Adequate Energy Balance?	M11.1 – Silver Bullet Diet (!?!)	Online Discussion #3
	M11.2 – How Does Human Body Expend Energy Generated From Food?	
	M11.3 – Guidelines to a Healthy Diet	
	M11.4 – Dietary Guidelines in Action – Let’s Play Two Games	
12 – Overweight or Underweight – Strategies to Manage a Healthy Weight	M12.1 – We are Big!!! – Why???	
	M12.2 – A Few Selected Obesity-Promoting Factors	
	M12.3 – Overweight and Weight Loss Strategies	
	M12.4 – Underweight and Eating Disorders	
TERM EXAM 4		
OPTIONAL MAKE-UP EXAM		
FINAL EXAM		

The 12 Online Learning Modules supplement the text in the required textbook. In the table below you have a list of specific units (chapters) from the textbook and which Online Learning Module they correspond to. The Exam questions will be derived *only* from the Online Learning Modules and the textbook units (chapters) listed below in the table.

Required textbook: Judith E. Brown. 2011. Nutrition Now, 6th Edition. Wadsworth Cengage Learning: Belmont (CA).

On-line Module Number	Textbook Unit and Page Numbers
M1	None – Yahoo!
M2	Unit 1, pages 1-1 to 1-22
M3	Unit 3, pages 3-1 to 3-20
M4	Unit 7, pages 7-1 to 7-16
M5	Unit 7, pages 7-1 to 7-16
M6	Unit 7, pages 7-1 to 7-16
M7	Unit 12, pages 12-1 to 12-22
M8	Unit 18, pages 18-1 to 18-16
M9	Unit 15, pages 15-1 to 15-12
M10	Unit 25, pages 25-1 to 25-10 Unit 20, pages 20-1 to 20-24 Unit 23, pages 23-1 to 23-28
M11	Unit 6, pages 6-1 to 6-22 Unit 8, pages 8-1 to 6-14
M12	Unit 9, pages 9-1 to 9-18 Unit 11, pages 11-1 to 11-16

Five criteria will be used to grade the meaningful contributions/participation to/in our Online Discussions (10 – the highest grade, 0 – the lowest grade).

ON-LINE DISCUSSION	10	8	4	2	0
Focus	Post directly addresses and thoroughly answers discussion prompt.	Post addresses and/or answers discussion prompt.	The topic/subject of post is somewhat vague, only partially answers discussion prompt.	The topic/subject of post is unclear or confusing and fails to answer discussion prompt.	Post is entirely illegible or otherwise unscorable: including blank responses, restatements of the prompt, responses that are off-topic or incoherent.
Content	Posts are well-developed and deeply insightful. The post considers both the text or question itself and its broader significance.	Posts contain well developed ideas that strongly contribute to the discussion. The post may consider the broader significance of the text or question.	Posts go beyond a summary of the text or cursory answer to the question, but could be better developed.	Ideas are poorly developed. Posts may be little more than summary of the text or question.	Post is entirely illegible or otherwise unscorable: including blank responses, restatements of the prompt, responses that are off-topic or incoherent.
Organization	Organizational structure establishes relationship between ideas.	Organizational structure establishes relationships between ideas, although minor lapses may be present.	Organizational structure establishes some relationship between some of the ideas. The structure is minimally complete.	Organizational structure does not establish connection between ideas. The overall structure is incomplete or confusing.	Post is entirely illegible or otherwise unscorable: including blank responses, restatements of the prompt, responses that are off-topic or incoherent.
Professional Language and Presentation	Professional vocabulary and writing style used consistently, punctual (before due date)	Professional vocabulary and writing style used frequently, punctual (on or before due date)	Professional vocabulary and writing style used occasionally, punctual (on or before due date)	Professional vocabulary and writing style not used, late (posted after due date)	Post is entirely illegible or otherwise unscorable: including blank responses, restatements of the prompt, responses that are off-topic or incoherent.
Learning Community Contribution	Consistently provides leadership in the community by engaging with peers' posts.	Frequently directs the discussion and interacts freely with other peers' posts.	Often participates in the learning community by responding to peers' posts.	Little effort is made to participate in the development of the community	No effort is made to participate in the development of the community