



## **Syllabus for Nutrition**

**3 Credits**

**HS 2611**

### ***Instructor Contact Information:***

You can also always send your instructor a private message through the Moodle Messaging system. Once logged into your course, click your instructor's Moodle profile page to be provided the ways in which to communicate with your instructor. Your instructor's email will also be listed in their profile.

### ***Course Description***

This course provides a general background introducing the history of food, food preparation and food storage/preservation. Basic knowledge about food chemistry will be presented with respect to human energy balance and metabolism, macro- and micro-nutrient needs and food group functions, and the diseases of nutrient deficiency and excess intake. Particular emphasis will be placed on the role of diet in metabolic syndrome, the obesity epidemic in some societies, and the political and geophysical causes of famine in other contexts.

### ***Learning Objectives***

#### **Program Learning Objectives**

By the end of this program:

1. Students will be able to explain the social and biological causes of health and illness.
2. Students will be able to articulate a holistic view of the determinants of mental health and psychopathology.
3. Students will be able to cover the knowledge and skills needed to perform effectively within the context of disease prevention and the promotion of health.
4. Students will be able to utilize team building skills to lead and/or co-lead collaborative projects to accomplish group goals.
5. Students will be able to apply the basic principles of organizational theory to the relationship between health care and health.
6. Students will be able to develop an understanding of the role of policy, ethics and resources in the management of prevention programming and health service delivery.
7. Students will be able to analyze ethical issues encountered in fostering disease prevention and the promotion of health as they can affect individuals as well as communities.
8. Students will be able to formulate responses to ethical and legal concerns relating to health service provision as well as health and medical research.
9. Students will be able to communicate using well-organized arguments and credible supporting evidence.

#### **Course Learning Objectives**

By the end of this course, students will be able to:

1. Describe the components of a healthy diet required for optimal health through various life stages. (PLO 3)
2. Identify the major functions and food sources of each macronutrient (carbohydrate, protein, lipids) and micronutrient (vitamins and minerals).



3. Discuss the relationship between diet and chronic disease with a focus on the role of diet in the metabolic syndrome. (PLO 1 and PLO 3)
4. Compare the types of studies conducted in nutrition research. (PLO 9)
5. Assess the quality of nutrition information presented in the media. (PLO 9 and PLO 6)

## **Co/Prerequisites**

BIOL 1122 Biology 2 for Health Science Majors

## **Course Materials**

UoPeople courses use open educational resources (OER) and other materials specifically donated to the University with free permissions for educational use. Therefore, students are not required to purchase any textbooks or sign up for any websites that have a cost associated with them.

### ***This course contains a main textbook:***

University of Hawai'i (2020). *Human nutrition*. Human Nutrition: 2020 Edition – Simple Book Publishing (hawaii.edu). <http://pressbooks.oer.hawaii.edu/humannutrition2/>

There may be additional required/recommended readings, supplemental materials, or other resources and websites necessary for lessons; these will be provided for you in the course's General Information and Forums area, and throughout the term via the weekly course Unit areas and the Learning Guides.

## **Technology Requirements**

Students are required to have access to a computer with a reliable Internet connection in order to complete all requirements for a course. Students must also have the ability to save documents and files. Typically, University of the People learning materials are provided to students in either Adobe PDF or Microsoft Office-compatible formats. Therefore, students need to be able to open and save documents in these formats as well.

Campus Tech Support Email for English programs: [support@uopeople.edu](mailto:support@uopeople.edu)

## **Regular and Substantive Interaction**

As your instructor, they will interact and engage with each of you on a regular basis throughout the term to support your learning. They will provide direct instruction related to the course's learning objectives, respond to your questions, grade and/or provide feedback on your submitted coursework, post regular announcements, and engage in the course discussion areas regarding academic course content when appropriate.

## **Course Expectations and Learning Activities**

### **Class Introductions**

This section is your opportunity to introduce yourself to your classmates and create a vibrant learning community. By sharing your background, interests, and goals, you can create meaningful connections and discover commonalities with your peers.

### **Discussions & Response Posts/Ratings**

Some units in this course require that you complete a Discussion Assignment. You are required to develop and post a substantive response to the Discussion Assignment in the Discussion Forum. A substantive response is one that fully answers the question that has been posted by the instructor. In addition, you must extend the discussion by responding to at least two (2) of your peers' postings in the Discussion Forum



with comments or questions about their main post. Grading rubrics are provided inside the Discussion Forum page for each week. Discussion Forums are only active for each current and relevant learning week, so it is not possible to contribute to the forum once the learning week has come to an end. Failure to participate in the Discussion Assignment by posting in the Discussion Forum and responding to peers as required may result in failure of the course.

## **Assignment Activities**

The assignment activities are graded by your instructor. The grading rubric is listed under the assignment instructions. The grading rubric is a document that outlines the criteria that your instructor will use to grade your work. Failure to submit Assignment Activities may result in failure of the course.

## **Quizzes**

This course will contain three types of quizzes – the Self-Quiz, the Graded Quiz, and the Review Quiz. These quizzes may contain multiple-choice, true/false, or short answer questions. The results of the Self-Quiz will not count towards your final grade. However, it is highly recommended that you complete the Self-Quiz to ensure that you have adequately understood the course materials. Along with the Reading Assignments, the results of the Self-Quiz should be used as part of an iterative learning process, to thoroughly cover and test your understanding of course material. You should use the results of your Self-Quiz as a guide to go back and review relevant sections of the Reading Assignments. Likewise, the Review Quiz will not count towards your final grade but should also be used to assist you in a comprehensive review and full understanding of all course material, in preparation for your Final Exam. Lastly, the results of the Graded Quiz will count towards your final grade. Specific instructions on the format and content of the Graded Quiz will be provided by your instructor.

## **Final Exam**

The Final Exam will take place during the Thursday and Sunday of Week/Unit 9, following the completion of eight units of work. The format of the Final Exam is similar to that of the quizzes and may contain a combination of different question types. You will have one attempt to take the exam, and it will be graded electronically. Specific instructions on how to prepare for and take the Final Exam will be provided during Week 8 (located inside the Unit 9 Learning Guide). Final Exams must be taken without the use of course learning materials (both those inside and outside the course). If particular materials are allowed for use during the exam, these will be noted in the exam's instructions.

The Final Exam for this course must be done under the supervision of a proctor. Since you already secured your proctor before registering for this course, this is a reminder that you should coordinate with him/her before you take the exam. As a reminder, students are required to successfully complete proctored exams spaced throughout their program of study at UoPeople, to verify the student's identity in confirming a degree and diploma upon graduation.

## **Course Forum**

The Course Forum is the place to raise issues and questions relating to the course. Within the Course Forum students will find a dedicated 'Ask the Instructor' discussion thread where they are encouraged to post questions related to the course. It is regularly monitored by the instructors and is a good place to meet fellow students taking the same course. While it is not required to participate in the Course Forum, it is highly recommended.

## ***Participation Expectations***

- Be involved and active in your courses.
- Be highly motivated and disciplined.
- Check the course homepage, calendar and assignment page, the course syllabus, your UoPeople email, and the Moodle course discussion forums and announcements several times a week.
- Post the required comments and responses to the discussion forum for your course.



- Keep up with your assignments and online quizzes/exams (as applicable) and manage your time well. These quizzes test your knowledge and comprehension of new content.
- Participate actively in class discussions.
- Be polite and respectful.
- Use good grammar and correct spelling.
- Be honest and original. Plagiarism will not be tolerated in any online courses.

Non-participation is characterized by lack of any assignment submissions, inadequate contributions to the Discussion Forums, and/or lack of peer feedback to Discussion/Written Assignments. Also, please note the following important points about course participation:

- Assignments must be submitted on or before the specified deadline. A course timeline is provided in the course schedule, and the instructor will specify deadlines for each assignment.
- Occasionally there may be a legitimate reason for submitting an assignment late. Most of the time, late assignments will not be accepted and there will be no make-up assignments.
- All students are obligated to inform their instructor in advance of any known absences which may result in their non-participation.

## ***Feedback and Suggestions***

We value your input and would encourage you to complete the end of course survey to provide us with course feedback and suggestions, and report issues.

## ***Evaluation and Grading Scale***

### **Grading Weights:**

| Category                     | % of Grade  | Grade Items<br>(Learning Activities)                                                                                                                                                                           | Associated Learning<br>Objectives/Outcomes                                                                                                         |
|------------------------------|-------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Discussion Forums</b>     | 35%         | 1. Unit 2 – Discussion Forum<br>2. Unit 4 – Discussion Forum<br>3. Unit 5 – Discussion Forum<br>4. Unit 7 – Discussion Forum<br>5. Unit 8 – Discussion Forum                                                   | <ul style="list-style-type: none"><li>• CLO 1</li><li>• CLO 2, 3</li><li>• CLO 1</li><li>• CLO 1</li><li>• CLO 4, 5</li></ul>                      |
| <b>Assignment Activities</b> | 35%         | 1. Unit 1 – Assignment Activity<br>2. Unit 3 – Assignment Activity<br>3. Unit 4 – Assignment Activity<br>4. Unit 5 – Assignment Activity<br>5. Unit 6 – Assignment Activity<br>6. Unit 7 – Assignment Activity | <ul style="list-style-type: none"><li>• CLO 1, 2</li><li>• CLO 2,3</li><li>• CLO 2, 3</li><li>• CLO 1</li><li>• CLO 2, 3</li><li>• CLO 1</li></ul> |
| <b>Quizzes</b>               | 20%         | 1. Unit 4 – Graded Quiz<br>2. Unit 7 – Graded Quiz                                                                                                                                                             | <ul style="list-style-type: none"><li>• CLO 1, 2, 3</li><li>• CLO 1, 2, 3</li></ul>                                                                |
| <b>Final Exam</b>            | 10%         | 1. Unit 9 – Final Exam                                                                                                                                                                                         | <ul style="list-style-type: none"><li>• CLO 1,2,3,4, 5</li></ul>                                                                                   |
| <b>TOTAL</b>                 | <b>100%</b> |                                                                                                                                                                                                                |                                                                                                                                                    |



### Grading Scale:

| Letter Grade | % Grade  | Grade Points |
|--------------|----------|--------------|
| A+           | 98%-100% | 4.00         |
| A            | 93-97%   | 4.00         |
| A-           | 90%-92%  | 3.67         |
| B+           | 88%-89%  | 3.33         |
| B            | 83%-87%  | 3.00         |
| B-           | 80%-82%  | 2.67         |
| C+           | 78%-79%  | 2.33         |
| C            | 73%-77%  | 2.00         |
| C-           | 70%-72%  | 1.67         |
| D+           | 68-69%   | 1.33         |
| D            | 63%-67%  | 1.00         |
| D-           | 60%-62%  | 0.67         |
| F            | <60      | 0.00         |
| W            | N/A      | N/A          |

*Students may also be granted Withdrawal (W), if they withdraw from the course, or an Incomplete (I) should their circumstances permit.*

*A student who feels they were graded unfairly, or who seeks to dispute a grade, may initiate a grade appeal process. Refer to [University Policies](#) for more information on withdrawals and appeals.*

## Course Schedule

### UNIT 1: Introduction to Nutrition

- Watch/Read the reading assignments due Saturday – Sunday (recommended)
- Assignment activity due Wednesday
- Self-quiz submission

### UNIT 2: Nutrition and Healthy Diet

- Watch/Read the reading assignments due Saturday – Sunday (recommended)
- Discussion first response due Sunday
- Discussion replies due Wednesday
- Self-quiz submission

### UNIT 3: Macronutrients: Carbohydrates

- Watch/Read the reading assignments due Saturday – Sunday (recommended)
- Assignment activity due Wednesday
- Self-quiz submission

### UNIT 4: Macronutrients: Lipids and Proteins

- Watch/Read the reading assignments due Saturday – Sunday (recommended)
- Discussion first response due Sunday
- Discussion replies due Wednesday



- Assignment activity due Wednesday
- Self-quiz due Wednesday
- Graded quiz due Wednesday

#### **UNIT 5: Mastering Essential Balance: Water and Electrolyte**

- Watch/Read the reading assignments due Saturday – Sunday (recommended)
- Discussion first response due Sunday
- Discussion replies due Wednesday
- Self-quiz submission

#### **UNIT 6: Micronutrients: Vitamins, Major Minerals, Trace Minerals, and Energy Balance**

- Watch/Read the reading assignments due Saturday – Sunday (recommended)
- Assignment activity due Wednesday
- Self-quiz submission

#### **UNIT 7: Nutrition through the Life Cycle**

- Watch/Read the reading assignments due Saturday – Sunday (recommended)
- Discussion first response due Sunday
- Discussion replies due Wednesday
- Self-quiz submission

#### **UNIT 8: Nutrition Information Literacy: Research and Media Representation**

- Watch/Read the reading assignments due Saturday – Sunday (recommended)
- Discussion first response due Sunday
- Discussion replies due Wednesday
- Self-quiz submission
- Review quiz submission

#### **UNIT 9: Final Exam**

- Final exam due Wednesday



## ***University Policies & Processes***

### **Late Work/Make-up Policy**

Please review the [Late Work](#) policy in the University Catalog.

### **Code of Conduct**

University of the People expects that students conduct themselves in a respectful, collaborative, and honest manner at all times. Harassment, threatening behavior, or deliberate embarrassment of others will not be permitted. Any conduct that interferes with the quality of the educational experience is not allowed and may result in disciplinary action, such as course failure, probation, suspension, or dismissal. For more information on this topic, please review the [General Code of Conduct](#) in the University Catalog.

### **Procedures for Resolving Academic Grievances/Appeals**

If you believe that the final grade you received for a course is erroneous, unjust, or unfair, please contact your course instructor. This must be done within fourteen days of the last day of the term. For more information on this topic, please review the [Grievance Policy](#) and [Grade Appeals](#) Procedure in the University Catalog.

### **Withdrawal and Drop Date Policy**

Please review the [Course Drops and Withdrawals](#) policy of the University Catalog.

### **Academic Integrity and Plagiarism**

Please review the [Code of Academic Integrity](#) in the University catalog.

### **Intellectual Property**

UoPeople respects the intellectual property rights of others who seek to create, preserve, and disseminate knowledge through teaching, collective learning, and continued research at the University at large. For more information on this topic, please review the [Intellectual Property](#) policy in the University catalog.

### **Reasonable Accommodations**

Contact your Program Advisor to open a request for support.

## ***Student Support Services & Resources***

### **English Programs**

Academic Advising: [advising@uopeople.edu](mailto:advising@uopeople.edu)

Financial Aid: [financial.aid@uopeople.edu](mailto:financial.aid@uopeople.edu)

Library Resources: [library@uopeople.edu](mailto:library@uopeople.edu)

Payment Processing: [payments@uopeople.edu](mailto:payments@uopeople.edu)

Student Services: [student.services@uopeople.edu](mailto:student.services@uopeople.edu)

Technical Support: [support@uopeople.edu](mailto:support@uopeople.edu)