



Syllabus for Nutrition

3 Credits

HS 4991

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

In the capstone course for Health Sciences, students will put their health science knowledge to practical use by designing a project or program intended to promote health, prevent disease, and reduce health disparities in their community. Successful completion of the capstone project will show evidence of the student's development and growth over the program through application of the biopsychosocial determinants of health to real-world issues. To meet proficiency in the capstone experience, a student must earn at least a C- in the course. If a student fails to meet proficiency in their first attempt, they must meet with the Department Chair to develop a plan for successful completion.

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. Apply the concepts of the biopsychosocial determinants of health to analyze health issues within their community. (PLO 1 and PLO 2)
2. Design and evaluate a capstone project to improve health outcomes in diverse populations within their community. (PLO 3)



3. Collaborate with peers using evidence-based approaches and technology for public health data collection and analysis to evaluate the capstone project. (PLO 4 and PLO 9)
4. Use ethical principles and reasoning to formulate ethical recommendations to support the capstone project. (PLO 7 and PLO 8)
5. Assess the impact of social, legal, ethical, economic, and regulatory policies on the capstone project. (PLO 6 and PLO 8)
6. Advocate for social, political, economic and/or environmental changes to promote public health and reduce health disparities within their communities. (PLO 3 and PLO 6)
7. Communicate using appropriate oral, written, and technology skills and credible sources. (PLO 9)

Co/Prerequisites

All the required 4000-level courses must be completed first before taking this course.

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 does not contain a main textbook; resources for all required reading will be provided in the course Learning Guide for each week. 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

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.

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 (Learning Activities)	Associated Learning Objectives/Outcomes
Discussion Forums	15%	1. Unit 2 – Discussion Forum 2. Unit 3 – Discussion Forum 3. Unit 8 – Discussion Forum	• CLO 1, 2, 7 • CLO 2, 3, 4 • CLO 2, 4, 5, 6, 7
Assignment Activities	55%	1. Unit 1 – Assignment Activity 2. Unit 2 – Assignment Activity 3. Unit 3 – Assignment Activity 4. Unit 4 – Assignment Activity 5. Unit 5 – Assignment Activity	• CLO 1, 2, 6 • CLO 1, 2, 7 • CLO 2, 3, 4 • CLO 2, 5 • CLO 2, 3
Assignment Activities	30%	1. Unit 6 – Assignment Activity 2. Unit 7 – Assignment Activity	• CLO 2, 7 • CLO 2, 4, 5, 6, 7
TOTAL	100%		

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 Capstone Project

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

UNIT 2: Literature Review and Project Rationale

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

UNIT 3: Research/Project Design and Methodology

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

UNIT 4: Project Framework

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

UNIT 5: Data Collection and Analysis

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

UNIT 6: Finalizing Capstone Project

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

UNIT 7: Presentation and Evaluation

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

UNIT 8: Capstone Project Reflection

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

Financial Aid: financial.aid@uopeople.edu

Library Resources: library@uopeople.edu

Payment Processing: payments@uopeople.edu

Student Services: student.services@uopeople.edu

Technical Support: support@uopeople.edu