HSC 2577: Principles of Nutrition
Spring 2013

Instructor Information:
Heather Green, M.A., CHES
Bldg. 72, Room 255
850-473-7247 (phone)
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Office Hours:
Monday/Wednesday: 12:30pm-2:30pm
Please email for an appointment.
Emailing me is the fastest and best way to contact me.

Class Meets:
100% Online (Week begins Mondays at 12:01 am and ends Sundays at 11:59 pm)

About This Course:
This course is delivered completely online. To succeed in this course, you must have consistent
and reliable access to a personal or public computer and the Internet. You must complete session
components which include readings, quizzes, and other assignments on time. If learning at a
distance is a new experience for you, I suggest you consider these tips to help you get started:
• Be prepared to spend approximately 5 - 10 hours per week online completing readings,
activities, quizzes, and participating in class discussions.
• Within the first week, become familiar with the class eLearning site and how to use it. The
first quiz will assist you with this task.
• Check the course web site frequently throughout each session for updates (preferably daily).
• Ask questions when you need answers. See “Class Communication” below.
• If you have problems, contact me as early as possible.

Technical Assistance:
If you experience technical difficulties at any time during this course, PLEASE CALL
INSTRUCTIONAL TECHNOLOGY SERVICES (ITS) AT 850-474-2075. ITS is available 7
days a week and can be helpful in determining what may be causing the problem. In all cases of
technical issues, contact ITS before contacting me but email me if an issue cannot be resolved.

Course Description:
This course will explore the fundamentals of nutrition emphasizing the promotion of growth and
health. It provides students with an understanding of nutrients and their roles in the body while
examining current issues in food science.

Student Learning Outcomes:
Upon completion of the course, the student will be able to:
• Demonstrate an understanding of key nutritional concepts.
• Discuss the role nutrition plays in the promotion of health and the prevention of chronic
disease.
• Determine if new nutritional trends are scientifically based and accurate.
• Explain how nutritional needs differ among population subsets such as athletes, pregnant women, children, middle age individuals, and the elderly.
• Critically analyze and present nutrition information found in popular media.

Required Text:

**Understanding Nutrition, 12th Ed**  
By Ellie Whitney & Sharon Rady Rolfes  

Class Assignments:
Refer to the “Class Schedule & Assignments” document for a list of assignments and due dates. Detailed assignment instructions and deadlines can be accessed under each week.

Requirements:
Point distribution for course assignments is as follows:

<table>
<thead>
<tr>
<th>Assignment Type</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quizzes (1 x 10 pts, 11 x 20 pts. &amp; 3 x 30 pts)</td>
<td>320</td>
</tr>
<tr>
<td>Threaded Discussions (4 x 10 pts.)</td>
<td>40</td>
</tr>
<tr>
<td>Diet Analysis (25 pts.)</td>
<td>100</td>
</tr>
<tr>
<td>Dropbox Assignments (8 x 10 pts.)</td>
<td>80</td>
</tr>
<tr>
<td>Cumulative Final Exam</td>
<td>100</td>
</tr>
<tr>
<td><strong>Total Points</strong></td>
<td><strong>640</strong></td>
</tr>
</tbody>
</table>

Grading:
The correspondence between percentage and letter grades is as follows:

- 90-100 = A  
- 87-89 = B+  
- 83-86 = B  
- 80-82 = B-  
- 77-79 = C+  
- 73-76 = C  
- 70-72 = C-  
- 67-69 = D+  
- 63-66 = D  
- 60-62 = D-  
- < 60 = F

Class Assignments:

**Weekly Quizzes**
Each week you will have 45 minutes to complete an online quiz during a scheduled time period. Time limit is enforced. You will have only one (1) attempt to take the quiz. This means that you cannot go back and take the quiz once you open it. So it is important that you have reviewed the class material before taking the quiz. Quizzes are due no later than seven days from the start of the class session for which the quiz is associated with (i.e. quizzes will always be due NO LATER THAN SUNDAY at 11:59 PM). No make-up quizzes are given unless arrangements are made with the instructor PRIOR TO the scheduled quiz time. Quizzes are 20 questions consisting of multiple choice and True/False. All quizzes are worth 20 points. Except for the first quiz of 10 points with unlimited time and attempts; and 3 quizzes of 30 points (60 minutes to complete each one).
Threaded Discussions
Four (4) threaded discussions are planned during this semester. You can find the discussion topics in e-Learning under the heading “Discussions.” Each discussion assignment will be listed in a new forum. You are expected to respond in a thoughtful, educated manner. Points will be deducted if your responses do not address the prompt or clearly do not demonstrate knowledge of the topic at hand. To receive full credit for the assignment, you must not only post an original response but also provide a brief commentary on at least one other student’s posting. Each threaded discussion is worth 10 points. Grammar and spelling are important and are part of your grade!

Diet Analysis
You will keep a three (3) day food record and evaluate the adequacy of your diet using nutrition analysis software. Specific details to follow, worth (100 pts). Grammar and spelling are important and are part of your grade!

Other Weekly Assignments
Additional assignments will be based on topics from the units covered. There will be separate handouts for these assignments on eLearning under “Dropbox Assignments”. Some of these assignments may require you to download and read Microsoft Word or PDF files. Your completed assignments should be uploaded as Microsoft Word attachments and submitted to me no later than 11:59 pm on Sundays. See Weekly Assignments on the Class Schedule for homework assignment due dates. Each of these assignments is worth 10 points. Grammar and spelling are important and are part of your grade!

Final Comprehensive Exam
This exam will cover chapter learning objectives, class material/readings, threaded discussions and Internet exercises. The final exam is worth 100 points.

Quizzes/Grades:
Exams will be available at from Monday to Sunday each week on the dates indicated in the class schedule. Make-up quizzes will not be permitted unless scheduled in advance.

Class Culture/Policies:
1. It is expected that you will turn in your work on the assigned due dates. If there are unusual circumstances that require submitting an assignment late, it is important to communicate with me ahead of the due date. I will request a physician’s note or other evidence of a University approved absence before granting any extensions within a reasonable amount of time.

2. In case of weather-related or health-related emergencies, I will make the necessary arrangements to address these situations. The official UWF website dedicated to emergency announcements is: http://uwfemergency.org/

3. Because this course is delivered completely online, it is expected that you will have reliable Internet access and have a good working knowledge of eLearning. Home network Internet outages, lack of computer access, computer viruses, or limited technical proficiency are no excuses for late or incomplete work.

4. When there is no legitimate reason for a late assignment, you can submit the assignment but the grade will be reduced by 20% for each day late. Thus, after 5 days, your grade will be reduced by 100% and your assignment will NOT be graded.

5. Make-up quizzes are not permitted. Therefore, it is important that you plan ahead to ensure you will have Internet access.
6. If you are experiencing life problems that are affecting your academic performance, it is important to contact me **as soon as possible** (not at the end of the semester). While course requirements will not be altered for life problems, I will work with you during this time.

7. All dropbox assignments should be submitted in Microsoft Word (.doc or .docx), Adobe PDF (.pdf), or Rich Text (.rtf) formats. Please plan to use a computer allows you to produce documents in one of those formats. If you are unable to access a computer with the appropriate programs, free document conversion resources ([http://www.zamzar.com](http://www.zamzar.com) or [http://www.freepdfconvert.com](http://www.freepdfconvert.com)) are also available online for your use.

8. Please maintain appropriate standards of communication when contacting me. This includes using a greeting, and closing in e-mails and clearly stating your name and the course section to which you are referring in all communications. Under no circumstances are you to use “text slang” (e.g., b4, BTW, L8R, LOL, etc.) in e-mail communication or other written assignments including class discussions. If I have to read an email more than once to understand it, I will likely not reply to it.

**Expectations for Academic Conduct:**
Cheating, academic theft, plagiarism or any other type of academic dishonesty will **NOT** be tolerated. Unless otherwise instructed, all student assignments and quizzes are to be completed on an individual basis. If a student is caught turning in work other than their own or collaborates with others on individual work, they will automatically receive zero (0) points on the quiz or assignment. Violations of academic honesty shall be treated in accordance with the UWF Academic Misconduct Policy. The policy is available for your review at: [http://www.uwf.edu/academic/policies/misconduct/Academic_Misconduct_Policy_2007edition.pdf](http://www.uwf.edu/academic/policies/misconduct/Academic_Misconduct_Policy_2007edition.pdf)

**Assistance:**
Students with a documented disability who require specific examination or course related academic accommodations should contact the Student Disability Resource Center (SDRC) by e-mail at **sdrc@uwf.edu** or by phone at (850) 474-2387.