DHN 101 – HUMAN NUTRITION & WELLNESS

Distance Learning Course

COURSE SYLLABUS – SPRING 2014

Instructor: Aaron Schwartz, R.D., L.D.

**Office Hours:** Mondays 11:00-11:30, Wednesdays 2:30-3:15, or by appointment

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*With over 300 students enrolled in DHN 101 this Spring teaching the course is truly a team effort. Please make note of the e-mail addresses below. The instructional assistant you have been assigned to will be contacting you directly to welcome you to class and with their individual contact information.*

Undergraduate Instructional Assistants:

The undergraduate instructional assistants will be assisting the Course Instructor in course management. You will be assigned to an instructional assistant who will work with you during the course of the semester. Their specific duties include:

1. Monitoring and grading the discussion board.

2. Monitoring Connect assignments (Learn Smart Modules, Homework Assignments, Quizzes)

3. Assisting the Instructor in grading case studies and the project.

4. Monitoring the exams and supporting students if problems arise while they are taking the exam.

*If you have any questions about your grade, please contact the INSTRUCTIONAL ASSISTANT DIRECTLY, not the INSTRUCTOR. The instructional assistants will be your first line of support with any such issues.*

Kaitlyn Adams [kaitlyn.adams@uky.edu](mailto:kaitlyn.adams@uky.edu)

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Required Materials

Textbook: Schiff, Wendy J: Nutrition for Healthy Living, 3rd edition. McGraw-Hill Publishing, 2013.

Connect-Plus: Connect-Plus online access (can purchase card with code or purchase directly online)

Technology: Computer with high speed internet access

Options for purchasing the required materials:

1. Purchase a new textbook bundled with Connect Plus (approximately $150)
2. Purchase a used textbook and then purchase Connect online. \* (Connect $55 + cost of used/new book)
3. Purchase Connect Plus online and use the e-textbook incorporated within Connect Plus. (Connect Plus $85)

\*Connect Plus includes the e-textbook and Connect does not.

Connect and Connect Plus can be purchased directly online by accessing our course Connect site through BLACKBOARD.

Course Description

Food composition, digestion, absorption and metabolism as related to selection of nutrients essential for human life, growth, reproduction, lactation, wellness, and physical activity. Not open to DHN majors.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

1. Describe the relationship between diet and chronic disease.
2. Describe the relationship between physical activity and chronic disease.
3. Identify the six major classes of nutrients and the caloric density of each.
4. Plan a healthy diet.
5. Read and understand a food label.
6. Describe the digestion and absorption of the six major classes of nutrients, from entry to exit, through the human body.
7. Identify the dietary needs of an average person for carbohydrates, lipids, and proteins.
8. Identify the dietary needs of an average person for water, minerals, and vitamins.
9. Differentiate between the fat-soluble and water-soluble vitamins.
10. Identify each of the vitamins and describe their food sources, primary functions, deficiency symptoms, toxicity symptoms, and desirable intake levels.
11. Explain the concept of water balance and provide recommendations for daily water intake.
12. Explain how the minerals calcium, phosphorus, potassium, sodium, zinc, and iron are important to human health.
13. Express the concept of energy balance and the importance of nutrition and physical activity in maintaining a healthy body weight.
14. Describe the dietary considerations for an athlete.
15. Differentiate among anorexia nervosa, bulimia nervosa, and binge eating disorder.
16. Prepare food using proper food safety standards, including proper cooking times and temperatures, safety precautions, and good personal hygiene.
17. Understand that nutritional needs vary throughout the life-cycle and to be able to list general recommendations for pregnant and lactating women, newborn infants, and the elderly.

Instructional Strategies

This course will be delivered entirely by distance learning. Students will need to access Blackboard (<http://www.elearning.uky.edu>) for use of the DHN 101 course website. Please check the website *at least four times per week* for any announcements and grades that may be posted. As well, use the website for links to important course documents and assignments. Integrated into Blackboard is McGraw-Hill’s “Connect” learning environment. They are leaders in developing online teaching tools so we are fortunate to have access to several of the really cutting edge, unique, tools they have available. All quizzes, exams, and assignments will be completed online. Please let the Instructor know by January 20th if you are having difficulties logging on and have already contacted the Blackboard Help Desk ([BBSupport@lsv.uky.edu](mailto:BBSupport@lsv.uky.edu) or go directly to McVey Hall).

Student Responsibilities & Criteria for Evaluation

*Class Readings:* Students will be working independently to read and study the chapter content. PowerPoint slides for each chapter, and video lectures for select topics, are posted online. It is important to keep up with the reading and lectures for the class; you should be working on approximately one chapter per week. The course content and exams will be difficult if you wait until right before the exams to study the chapters together. Students are encouraged to ask the Instructor questions on any confusing material.

***Exams****:* There will be four exams for this course, there is not a traditional “final exam.” The “final exam” is really just a fourth exam over new material. Each exam will be worth 100 possible points. Exams will have 50 questions, each worth 2 points. Exam questions will include multiple choice, matching, true-false, and labeling. Exams will be completed online. Students have between 6 am and 11 pm to take the exam. Students will have exactly 75 minutes to complete each exam. Keep in mind you may NOT use the back arrow when taking an exam or the entire exam will lock-up. If you lock-up the computer while taking an exam please contact the Instructor immediately. Those students not completing the exam during the required 18 hour period will automatically receive a 0 on the exam. Make-up exams can only be given for those students with University-approved excuses. Students must contact the Instructor within 3 days of the exam to schedule a make-up. Online exam reviews will be posted before each exam. Students will have the opportunity to ask any questions they have about the material before the exam.

***Project:*** Each student will be responsible for completing a three day dietary analysis project**.** For this project you will first write down everything, YES EVERYTHING, you eat or drink over a three-day period. It is best to chose 3 consecutive days, preferably 2 week days and 1 weekend day. After keeping a food record you will enter that information into Supertracker at [www.choosemyplate.gov](http://www.choosemyplate.gov). The software will tell you how many calories, how much of each of your nutrients, and how much of each of your food groups you are consuming per day. It should be interesting! Based on your dietary analysis you will then write a 1-2 page paper analyzing your diet. The most important part of this project is that you are being graded solely on completing the assignment, and NOT on what you do or do not eat. Therefore, be honest and use the information gained to better your health :-) Projects will be graded on content, accuracy, completeness, organization, and writing skills. Details of the project are provided online. Projectsare submitted online as **one single PDF file**. Each student must take the responsibility of knowing when assignments are due.

*Late Policy for projects -*

*There will be a 10-point decrease (out of 50 possible points) in the grade assignment for each academic calendar day late. No assignment will be accepted that is turned in 5 academic days after the due date.*

*Case Studies:* Each student will be responsible for completing two case studies. The case studies are an important tool to assess your knowledge of the course material, and your ability to apply that knowledge to real-life situations. Case studies must be typed and submitted on Connect as PDF files. NO late case studies will be accepted.

Case Study 1:Planning Your Snacks and Meals

We will be reviewing the USDA Dietary Guidelines in class. While the guidelines seem simple enough, they are often times more difficult to put into practice with an actual meal plan. For this assignment you will visit the ChooseMyPlate.gov website to determine your individual calorie and food group needs. Based on that information, you will then plan out meals and snacks for one day. This is not necessarily what you are currently eating, but an ideal one day plan. You will be surprised by how much food you can eat when you focus on fruits, veggies, and whole grains in the plan! Details of case study are available on online.

Case Study 2: Nutrition in the News

Nutrition is a popular topic in American media, both print and video. Use your knowledge of nutrition to evaluate one nutrition-related article or video clip from popular magazines, such as Time, Newsweek, Prevention, Redbook, Mademoiselle, or Better Homes & Gardens, or internet sites, such as WebMD, MSNBC, or any other wellness or nutrition-related site (excluding the American Dietetic Association site, www.eatright.org). You may also chose a video clip from any one of a variety of sources, except for homemade clips from YouTube and such. You may choose any article or video clip from past six months. Read or watch the article or clip carefully and evaluate it critically for reliability of information, soundness of scientific principles, interest to the public, false or misleading claims, credentials of the authors, etc. Assignments should be 2-3 pages in length, typed in 12-font with standard margins, and double-spaced. Grammar, spelling, and punctuation will be considered in grading. Details of case study are available on online.

*Learn Smart Modules:* 13 online learn smart modules (they have the picture of the brain next to them) will be completed, 1 module for each chapter in the textbook. These specially designed study tools tailor your studying and assessment of knowledge to how well you are answering questions. If you are getting the questions correct, you start to get more difficult questions. If you are struggling with questions, the questions go back and get easier before moving forward. I think you will enjoy completing them! There is no time limit on the modules so work at your own pace. You receive full credit just for completing the modules. NO late learn smart modules will be accepted. I encourage you to complete the modules one chapter at a time, preferably right after you have read the material.

*Online Homework:* 13 online homework assignments will be completed, 1 homework for each chapter in the textbook. The homework assignments are fully completed online and are an additional tool to help you study for the exams. Each homework assignment consists of 10 questions, each question worth 1 point. You can *redo* the assignments as many times as you would like before the due date. Therefore, there is no reason not to have a perfect score for each homework assignment. If you miss a question, the system will provide feedback on how to correctly answer the question. NO late homework assignments will be accepted. As with the learning modules and quizzes, it is best to spread them out and not complete all of them at once.

*Quizzes:* 13 online quizzes will be completed, 1 quiz for each chapter in the textbook. Quizzes will consist of 10 multiple-choice questions. Each question is worth one point. You will have 30 minutes to complete each quiz. Quizzes will be completed by 8 pm the night before the exam that will cover that particular chapter of the textbook. NO late quizzes will be accepted. The quizzes will be an excellent tool to study for exams. I encourage you to not take all of the quizzes at the same time. Spread the quizzes out and allow yourself plenty of time to learn the material from each chapter.

*Discussion Board:* Students will participate in online discussions of current topics in nutrition and health. Topics are identified at the end of the syllabus in the Course Schedule. Students are expected to participate in the discussion throughout the course of the post period. Discussion on any given topic will end on the dates and times identified at the end of the syllabus. Active participation of all students is encouraged and expected. Topics have been chosen to reflect current trends and/or controversial topics relevant to the class. Please be creative in your responses and feel free to express any new ideas that you may have. Nutrition is a rapidly developing field so there are no wrong answers on the discussion board! Students can earn up to 10 points for participation in each of the 7 discussions. Grading will be determined by (1.) frequency of posting (2.) content of posts and (3.) ingenuity in responses.

Grading of Discussion Board: 6 pts for your original post

2 pts for responding to one other person’s post

2 pts for responding to a second person’s post

*Course Evaluation:*

Possible Points To Be Earned

Exams (4 @ 100 pts) 400

Project (1 @ 50 pts) 50

Case Studies (2 @ 25 pts) 50 TOTAL POSSIBLE POINTS = 1025

Learn Smart Modules (13 @ 15 pts) 195

Online Homework (13@ 10 pts) 130

Quizzes (13 @ 10 pts) 130

Discussion board (7 @ 10 pts) 70

*Grading Distribution:*

Total Points Earned Percentage Earned Grade

917-1025 90 – 100 % A 610-711 60 – 69 % D

814-916 80 – 89 % B < 610 below 60 % E

712-813 70 – 79 % C

“I” and “W” grades: Please see policy in UK Catalog, UK Spring Schedule of Classes, and the Student Rights and Responsibilities (Part II, Section 1.3.4)

Midterm grades will be posted in mid-March per University of Kentucky regulations.

Academic Dishonesty

Scholastic dishonesty is not tolerated. Forms of scholastic dishonesty include, but are not limited to: plagiarism (copying or using someone else's work as your own – intellectual theft), utilization of unauthorized materials during academic evaluations, and giving or receiving unauthorized assistance during evaluations. Even evidence of inadvertent improper use of materials can result in a charge of academic dishonesty.

Penalties for academic dishonesty vary depending on the severity of the offense and any previous offenses. The minimum penalty for a first offense is a zero on the assignment in question and a final grade reduction of one letter grade. Serious or repeat offenses will result in an E or XE grade for the course.

For more information, see Part II, Section 6.3.0 of “The Code of Student Conduct” which can be viewed online at http://www.uky.edu/StudentAffairs/Code/part2.html. You may also want to visit the Academic Ombud’s website: http://www.uky.edu/Ombud. There you will find a paper “Plagiarism: What is it?” and an online tutorial entitled “How to avoid plagiarism.”

Excused Absences (from the UK Handbook)

S.R. 5.2.4.2 defines the following as acceptable reasons for excused absences:

1. Serious illness
2. Illness or death of family member
3. University-related trips
4. Major religious holidays
5. Other circumstances you find to be “reasonable cause for nonattendance”

Senate Rule 5.2.4.2 states that faculty have the right to request “appropriate verification” when students claim an excused absence because of illness or death in the family.

Policy on academic accommodations due to disability

If you have a documented disability that requires academic accommodations, please see me as soon as possible during scheduled office hours. In order to receive accommodations in this course, you must provide me with a Letter of Accommodation from the Disability Resource Center (Room 2, Alumni Gym, 257‐2754, email address [jkarnes@email.uky.edu](mailto:jkarnes@email.uky.edu)) for coordination of campus disability services available to students with disabilities. If you are not on campus please send that letter via email.

DHN 101 HUMAN NUTRITION & WELLNESS SPRING 2014 SCHEDULE

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| WEEK | DISCUSSION BOARD | CASE STUDIES & PROJECTS \* | LEARN SMART MODULES | HOMEWORK ASSIGNMENTS | QUIZZES | EXAMS | TEXTBOOK READING |
| Jan 15-17 |  |  |  |  |  |  | Chapters 1-4 |
| Jan 20-24 | Jan 21st by 10 pm – Introduce yourself |  |  |  |  |  |
| Jan 27-31 |  |  |  |  |  |  |
| Feb 3-7 | Feb 4th by 10 pm – Eating right when money is tight | Feb 4th by 10 pm  Case Study 1 submitted |  |  |  |  |
| Feb 10-14 |  |  | Modules for Chs 1-4 due by Feb 11th at 8 pm | Homework for Chs 1-4 due by Feb 11th at 8 pm | Quizzes for Chs 1-4 due by Feb 11th at 8 pm | EXAM 1  Feb 12th – take online between 6 am and 11 pm  *(covers Chapters 1->4)* |
| Feb 17-21 | Feb 18th by 10 pm – High fructose corn syrup |  |  |  |  |  | Chapters 5-7 |
| Feb 24-28 |  | Feb 25th by 10 pm  Project submitted |  |  |  |  |
| Mar 3-7 | Mar 4th by 10 pm – What is gluten and why do I keep hearing about it from others? |  |  |  |  |  |
| Mar 10-14 |  |  | Modules for Chs 5-7 due by Mar 11th at 8 pm | Homework for Chs 5-7 due by Mar 11th at 8 pm | Quizzes for Chs 5-7 due by Mar 11th at 8 pm | EXAM 2  Mar 12th – take online between 6 am and 11 pm  *(Covers Chapters 5->7)* |
| Mar 17-21 | SPRING BREAK | | | | | | |
| Mar 31-Apr 4 | Apr 1st by 10 pm – Vitamin Water |  |  |  |  |  | Chapters 8-10 |
| WEEK | DISCUSSION BOARD | CASE STUDIES & PROJECTS \* | LEARN SMART MODULES | HOMEWORK ASSIGNMENTS | QUIZZES | EXAMS | Chapters 8-10 |
| Apr 7-11 | Apr 8th by 10 pm – Popular weight loss diets | Apr 8th by 10 pm  Case Study 2 submitted |  |  |  |  |
| Apr 14-18 |  |  | Modules for Chs 8-10 due by Apr 15th at 8 pm | Homework for Chs 8-10 due by Apr 15th at 8 pm | Quizzes for Chs 8-10 due by Apr 15th at 8 pm | EXAM 3  Apr. 16th – take online between 6 am and 11 pm  *(Covers Chapters 8->10)* |
| Apr 21-25 | Apr 22nd 10 pm – Arsenic in foods – a special look at rice and apple juice and regulations concerning arsenic |  |  |  |  |  | Chapters 11-13 |
| Apr 28-May 2 |  |  |  |  |  |  |
| May 5-9 |  |  | Modules for Chs 11-13 due by May 5th at 8 pm | Homework for Chs 11-13 due by May 5th at 8 pm | Quizzes for Chs 11-13 due by May 5th at 8 pm | EXAM 4  May 6th OR 7th – take online between 6 am May 6th and 11 pm May 7th  *(covers Chapters 11->13)* |

\*Note that all assignments are submitted online.