

University of Texas in El Paso  
**HSCI 2302 16556 FUNDAMENTALS OF NUTRITION**  
 August 24<sup>th</sup> – Dec 3<sup>rd</sup>

**Fall 2009**

Instructor: **Maria Isabel Acosta, MS,**  
 Email: Web-CT  
 Office Hours: After class, and by appointment

Class period: M&W 7:30 - 8:50 am  
 Location: CBA #301

**Course description:** This course introduces the student to the study of nutrients, their sources, their metabolic functions and the effects on well-being and health problems. It also emphasizes nutrition behaviors that students can identify and integrate into their lifestyles by exploring the health consequences of several nutrition practices. The knowledge of nutrition obtained during this course allows the student to become critical consumers of food and nutrition information.

**Class format:** Lecture, discussion, and assignments

**Learning Objectives:**

The student will be able to:

- Describe the physiological functions and sources of carbohydrates, proteins, fats, vitamins, minerals, water, and fiber.
- Explain the functions of the major organs involved in the digestion and absorption of food.
- Identify and explain the basis of the metabolic processes of the six nutrients.
- Become familiar with the Dietary Guidelines.
- Identify nutrition practices related to a healthy lifestyle
- Identify the association of malnutrition practices and chronic diseases

**Text(s) and Materials**

Required Text: **Wardlaw's Perspectives in Nutrition, 8<sup>th</sup> Edition.** Bredbenner Carol B, Moe Gaile, Beshgetoor Donna & Berning Jacqueline.

**Required Materials:** (responsibility of the student)

Number 2 pencil for taking exams

4 Pink Scantrons (Letter Size - 6 columns- 150)

WebCT Instructor Assignments

Calculator

**Planned Classes, tentative schedule**

Date	Discussion Topics	Reading
M- Aug 24	-Review Syllabus, Book, WebCT, Assignments, and Quizzes -The Sciences of Nutrition	Syllabus Chapter 1
W- Aug 26	-Tools of a Healthy Diet -My Pyramid.gov Tracker -instructions for assignment # 1	Chapter 2
M- Aug 31	-My Pyramid.gov Tracker & instructions for quizzes -instructions for quizzes <b>Work Session- Diet Analysis</b>	Chapter 2
W- Sep 02	-Carbohydrates	Chapter 5
Friday 04	<b>ONLINE QUIZ #1</b> (Ch 1& 2) Due Sunday 8:00 PM-WebCT	

M- Sep 07	-No Class	
W- Sep 09	-Carbohydrates <b>Assignment #1 Due</b>	Chapter 5
M- Sep 14	<b>-EXAM 1 (Ch 1, &amp; 2)</b> Bring your own Pink Scantron	
W- Sep 16	-Lipids	Chapter 6
Friday 18	<b>ONLINE QUIZ #2</b> (Ch 5) Due Sunday 8:00 PM-WebCT	
M- Sep 21	-Lipids	Chapter 6
W-Sep 23	-Proteins	Chapter 7
Friday 25	<b>ONLINE QUIZ #3</b> (Ch 6 Due Sunday 8:00 PM-WebCT	
M- Sep 28	-Proteins	Chapter 7
W- Sep 30	-Metabolism	Chapter 9
Friday 02	<b>ONLINE QUIZ #4</b> (Ch 7) Due Sunday 8:00 PM-WebCT	
M- Oct 05	<b>EXAM 2 (Ch 5, 6 &amp; 7)</b> Bring your own Pink Scantron	
W- Oct 07	-Fat Soluble Vitamins& instructions for assignment # 2	Chapter 12
M- Oct 12	-Fat Soluble Vitamins & Water Soluble Vitamins	Chapter 12 &13
W- Oct 14	-Water Soluble Vitamins	
Friday 16	<b>ONLINE QUIZ #5</b> (Ch 12 & 13) Due Sunday 8:00 PM-WebC	
M- Oct 19	-Water and Major Minerals	Chapter 14
W- Oct 21	-Trace Minerals	Chapter 15
M- Oct 26	-Trace Minerals. <b>Assignment #2 Due</b>	Chapter 15
W- Oct 28	-Energy Balance, Weight Control and Eating Disorders	Chapter 10
Friday 30	<b>ONLINE QUIZ #6</b> (Ch 14 & 15) Due Sunday 8:00 PM-WebCT	
M- Nov 02	<b>EXAM 3 (Ch 12,13,14 &amp;,15)</b> Bring your own Pink Scantron	
W- Nov 04	-Energy Balance, Weight Control and Eating Disorders	Chapter 10
M- Nov 09	-Energy Balance, Weight Control and Eating Disorders	Chapter 10
W- Nov 11	-Nutrition, exercise, and sports	Chapter 11
M- Nov 16	-Nutrition, exercise, and sports	Chapter 11
W- Nov 18	-Pregnancy and Breastfeeding	Chapter 16
M- Nov 23	-Pregnancy and Breastfeeding	Chapter 16
W- Nov 25	-Nutrition during Adulthood	Chapter 18
M- Nov 30	<b>Make-up exams: only if the student HAS MISSED an exam or needs to take the final exam early</b>	
Dec 7-11 <sup>th</sup>	<b>FINAL EXAM</b> Bring your Pink Scantron Check WebCT for time and location confirmation. -Extra credit hard copy (optional)	Chapters 10, 11, 16 & 18

## COURSE REQUIERIMENTS

### ATTENDANCE

Tardiness is unacceptable behavior. The instructor reserves the right to refuse a tardy student admission to the classroom. Make prior arrangements with the instructor if you have special circumstances that may require you to be tardy to class.

**If the student decides not to attend class**, the student is still responsible for the examinations and assignments as listed in the course syllabus schedule and/or announced in class. The student is also responsible for finding out of any changes in the course syllabus, assignments and/or schedule.

## STUDENT PARTICIPATION

Students are encouraged to actively participate in the learning process. This includes attentive listening. A respectful behavior is expected for the instructor and the classmates who are serious about the learning process of this course. Disruptive students will be asked to leave the lecture at instructor's discretion. Withdrawal from the course for any reason is the RESPONSIBILITY OF THE STUDENT.

## WEBCT: Lectures and communication

PLEASE CHECK WEBCT BEFORE EVERY CLASS FOR ANNOUNCEMENTS. Power-point presentations designed for each lecture will be posted in WebCT. Directions to complete the assignments and additional instructions required can be also found in WebCT. If you need to communicate with the instructor, please use the WebCT email. You may use it any time you have a question or need to clarify a course issue.

## ONLINE QUIZZES

There will be *six online quizzes* that can be found in WebCT. They are meant to reinforce the material covered in class, in addition to the class notes and the textbook. **You have a time limit to take the online quiz, and you can only take it once.** You may use your textbook to work on the online quizzes. **Please study the material before you open the quiz.** THERE WILL BE NO MAKE-UP FOR QUIZZES.

## WRITTEN EXAMINATIONS

There will be *four unit examinations*, comprised of text chapters and lecture notes. The format of the examination will be multiple choices and true/false answers.

## ASSIGNMENTS:

There will be two out-class activities. Specific instructions to complete each assignment will be posted at WebCT.

## EXTRA CREDIT

You will need to talk with the instructor if you are considering present this assignment. The instructions will be posted in WebCT. Only up to 5 points will be added to your final grade.

## GRADING CRITERIA:

Course grade will be determinate by:

➤ Average of the four exams	50%	> 90%	= A
➤ Average of six online quizzes	25%	80 – 89.4%	= B
➤ Assignment # 1	15%	70 – 79.4%	= C
➤ Assignment # 2	10%	60 – 69.4%	= D
		< 59%	= F

## POLICY ON EXAMINATIONS

If a student misses an exam, a make-up exam may be taken only if the student has informed the instructor of the absence prior the beginning of the examination. Documentation for having missed an exam is required. Make-up exams may be in ESSAY format and *10 points will be deducted from the exam grade.* Make-up exams will cover the same course material. **Cellular phones are not permitted to be used as calculators.** THERE WILL BE NO MAKE UP for THE FINAL EXAM. If the student needs to take the final exam at different time, because of conflict with other exams, you will need to talk with the instructor to make necessary arrangement. There is a chance that the final will be taken at in a different classroom.

**NOTICE OF POLICY ON CHEATING:**

Students are expected to be above reproach in all scholastic activities. Students who engage in scholastic dishonesty are subjects to disciplinary penalty, including the possibility of failure in the course and dismissal from the university. *“Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts”*. Regents, Rules and Regulation. Part One, Chapter IV, Section 3.2, Subdivision 3.22.

**IMPORTANT DAYS IN THE SEMESTER**

- Labor day                      Sep 7<sup>th</sup>
- Census day                     Sep 9<sup>th</sup>
- Thanksgiving                Nov 26-27<sup>th</sup>
- Last day of classes        Dec 3<sup>rd</sup>
- Final Exams week        Dec 7<sup>th</sup> to Dec 11<sup>th</sup>