

UC 12362 13F

CBM003 ADD/CHANGE FORM

Undergraduate Council
 New Course Course Change
 Core Category: Life/Phys Sci Effective Fall 2014

or
 Graduate/Professional Studies Council
 New Course Course Change
 Effective Fall 2014

1. Department: Health and Human Performance College: CLASS

APPROVED OCT 02 2013
M.M.

2. Faculty Contact Person: Dr. Lisa Alastuey Telephone: 3-0456 Email: lalastuey@uh.edu

3. Course Information on New/Revised course:

- Instructional Area / Course Number / Long Course Title:
NUTR / 2332 / Introduction To Human Nutrition
- Instructional Area / Course Number / Short Course Title (30 characters max.)
NUTR / 2332 / INTRO TO HUMAN NUTRITION
- SCH: 3.00 Level: SO CIP Code: 19.0505.00 16 Lect Hrs: 3 Lab Hrs: 0

RECEIVED SEP -9 2013
JH

4. Justification for adding/changing course: To meet core curriculum requirements

5. Was the proposed/revised course previously offered as a special topics course? Yes No

If Yes, please complete:

- Instructional Area / Course Number / Long Course Title:
____ / ____ / ____
- Course ID: _____ Effective Date (currently active row): _____

6. Authorized Degree Program(s): BA, BS

- Does this course affect major/minor requirements in the College/Department? Yes No
- Does this course affect major/minor requirements in other Colleges/Departments? Yes No
- Can the course be repeated for credit? Yes No (if yes, include in course description)

7. Grade Option: Letter (A, B, C ...) Instruction Type: lecture ONLY (Note: Lect/Lab info. must match item 3, above.)

8. If this form involves a change to an existing course, please obtain the following information from the course inventory: Instructional Area / Course Number / Long Course Title

- NUTR / 2332 / Introduction To Human Nutrition
- Course ID: 35363 Effective Date (currently active row): 1182011

9. Proposed Catalog Description: (If there are no prerequisites, type in "none".)

Cr: 3. (3-0). Prerequisites: MATH 1310 and either BIOL 1334, or 1344 , and CHEM 1301 or 1331
Description (30 words max.): Principles of human nutrition, with emphasis on the nutrient composition of foods, nutrient absorption, and metabolic and physiological processes. Evaluate nutrition claims.

10. Dean's Signature: _____ Date: 9/6/13

Print/Type Name: Sarah Fishman

REQUEST FOR COURSES IN THE CORE CURRICULUM

Originating Department or College: Health and Human Performance

Person Making Request: Claudia Scott /

Telephone: 713.743.4025

Email: cwscott@uh.edu

Dean's Signature: _____

Date: September 4, 2013

Course Number and Title: NUTR 2332 Intro To Human Nutrition

Please attach in separate documents:

- Completed CBM003 Add/Change Form with Catalog Description
- Syllabus

List the student learning outcomes for the course (Statements of what students will know and be able to do as a result of taking this course. See appended hints for constructing these statements):

Upon completion of the course, students should be able to:

- 1) Demonstrate lay and technical writing.
- 2) Explain how nutritional status is assessed.
- 3) Identify research methodologies, interpretation of research literature and integration of research principles into evidence-based practice.
- 4) Describe the influence of age, growth, and normal development on nutritional requirements.
- 5) Identify current dietary guideline.
- 6) Explain the connection between nutrition and health.
- 7) Identify fluid and electrolyte requirements.
- 8) Describe the role of metabolism.
- 9) Describe the influence of socioeconomic, cultural, and psychological factors on food and nutrition behavior.
- 10) Demonstrate the ability to use current information technologies.
- 11) Calculate and interpret nutrient composition of foods.
- 12) Apply critical thinking skills to solve nutritional problems.

Component Area for which the course is being proposed (check one):

- | | |
|--|---|
| <input type="checkbox"/> Communication | <input type="checkbox"/> American History |
| <input type="checkbox"/> Mathematics | <input type="checkbox"/> Government/Political Science |
| <input type="checkbox"/> Language, Philosophy, & Culture | <input type="checkbox"/> Social & Behavioral Science |
| <input type="checkbox"/> Creative Arts | <input type="checkbox"/> Component Area Option |
| <input checked="" type="checkbox"/> Life & Physical Sciences | |

Competency areas addressed by the course (refer to appended chart for competencies that are required and optional in each component area):

- | | |
|---|--|
| <input checked="" type="checkbox"/> Critical Thinking | <input checked="" type="checkbox"/> Teamwork |
| <input checked="" type="checkbox"/> Communication Skills | <input type="checkbox"/> Social Responsibility |
| <input checked="" type="checkbox"/> Empirical & Quantitative Skills | <input type="checkbox"/> Personal Responsibility |

Because we will be assessing student learning outcomes across multiple core courses, assessments assigned in your course must include assessments of the core competencies. For each competency checked above, indicated the specific course assignment(s) which, when completed by students, will provide evidence of the competency. Provide detailed information, such as copies of the paper or project assignment, copies of individual test items, etc. A single assignment may be used to provide data for multiple competencies.

Critical Thinking:

There will be exam questions uploaded online for assessment that will demonstrate CT skills. Examples include:

What are the major health-related nutrition issues in the U.S., and what actions could individuals take to improve the situation?

Describe in detail how to use the MyPlate plan released by the USDA.

Communication Skills:

Students will need to complete one nutrition service work assignment during the semester. When volunteering, a minimum of one-hour volunteer time must be completed. At the conclusion of the event, students will need to turn in a 1-2 page typed summary (double-spaced, 10-12 pt font) about their experience and involvement, along with proof of attendance/participation. Options for volunteer work include:

- *Interview (in person or by email) – Registered Dietician; Community Nutrition Director
- *Health Charity event - fun run, 5K, 10K, half marathon....
- *Attending at Least “5” Campus activities - school supply drive; food drive, trading cards <http://www.uh.edu/tradingcards/Events.html> <<http://www.uh.edu/tradingcards/Events.html>>
- *Donations and volunteer time to community health centers
- *Volunteer - Food Bank, Meals on Wheels, Recipe for Success, Salvation Army
- *Working in the UH community garden or city community garden
- *Volunteer for a local Health Fair

Empirical & Quantitative Skills:

There will be exam questions uploaded online for assessment that demonstrate the E&Q skills.

Examples include:

For questions 85-87, refer to the Bran Flakes with Raisins Nutrition Facts label.

Nutrition Facts	
Serving Size 1 cup (59g)	
Servings Per Container ~10	
Amount Per Serving	
Calories 190	

85. If you ate a large bowl (~1.5 cups) of the Bran Flakes with Raisins cereal, how many Calories did you consume from the cereal (not including the milk)?

- a. 190 Calories
- b. 270 Calories
- c. 285 Calories
- d. 380 Calories

86. If you ate a large bowl (~1.5 cups) of the Bran Flakes with Raisins cereal, how many grams of fiber did you consume from the cereal?

- a. 4 grams
- b. 8 grams
- c. 12 grams
- d. 16 grams

87. If you ate a large bowl (~1.5 cups) of the Bran Flakes with Raisins cereal, what % of the Daily Value (%DV) of fiber is being provided based on a 2000-kcal diet?

- a. 12
- b. 32
- c. 48
- d. 64

Teamwork:

In the same paper as above, students will demonstrate their teamwork ability by working with others during a service event.

Social Responsibility:

Click here to enter text.

Personal Responsibility:

Click here to enter text.

Will the syllabus vary across multiple section of the course? Yes No

If yes, list the assignments that will be constant across sections:

Click here to enter text.

Inclusion in the core is contingent upon the course being offered and taught at least once every other academic year. Courses will be reviewed for renewal every 5 years.

The department understands that instructors will be expected to provide student work and to participate in university-wide assessments of student work. This could include, but may not be limited to, designing instruments such as rubrics, and scoring work by students in this or other courses. In addition, instructors of core courses may be asked to include brief assessment activities in their course.

Dept. Signature: _____

Health & Human Performance

Course Syllabus
NUTR 2332 INTRODUCTION TO HUMAN NUTRITION
Online
Fall 2012

Instructor: Dr. Alastuey, CHES
Office: Mel 139
Email: Please use the Blackboard Learn Course Email tool; Use lalastuey@uh.edu for emergencies only (include NUTR 2332 in subject line)
Office Hours: 10:00 am - 12:00 pm Tuesday and Thursday or by appointment
Text: Nutritional Sciences from Fundamentals to Food, 2nd Edition; McGuire, Michelle & Beerman, Kathy; Copyright 2007, ISBN #0-324-59864-5. Note: The chapters will not match up if you do not have the second edition of the book (Pomegranate or Asparagus on the front).

Website for Course

Available via Blackboard Learn: You will need a valid UH PeopleSoft ID number in order to log on to Blackboard Learn. PowerPoint, exams, assignments and online quizzes will be located on Blackboard Learn. Correspondence concerning this course will be posted as an announcement on Blackboard Learn; however, emails sent to the instructor can be sent above to the listed email address.

Objective:

Upon completion of the course, students should be able to:

- 1) Demonstrate lay and technical writing.
- 2) Explain how nutritional status is assessed.
- 3) Identify research methodologies, interpretation of research literature and integration of research principles into evidence-based practice.
- 4) Describe the influence of age, growth, and normal development on nutritional requirements.
- 5) Identify current dietary guidelines.
- 6) Explain the connection between nutrition and health.
- 7) Identify fluid and electrolyte requirements.
- 8) Describe the role of metabolism.
- 9) Describe the influence of socioeconomic, cultural, and psychological factors on food and nutrition behavior.
- 10) Demonstrate the ability to use current information technologies.
- 11) Calculate and interpret nutrient composition of foods.
- 12) Apply critical thinking skills to solve nutritional problems.

Course Requirements/Assessments and Evaluation will be based on 816 points as follows:

1) Syllabus Quiz and Academic Dishonesty Quiz

16 points

Quizzes are mandatory (the first quiz covers the class orientation/syllabus and the second quiz covers the academic dishonesty policy) and. Quizzes may be taken from any location and will be multiple choice, or True/False. You must complete these two quizzes with a 100% in order to unlock the discussion board, Ch. 1 and then proceeding chapters.

2) Exams (100 points each)

700 points

ASSESSMENTS/EXAMS: Students will have exams to complete throughout the semester. Please review the tentative calendar attached to the syllabus. Exams are only open during the 24-hour time period designated for the exam. Students must use the lockdown browser when accessing exams. The exams will be based on the chapter readings, PowerPoint's, and learning modules and will include multiple choice and True/False questions. CAUTION: STUDENTS ARE TO WORK INDIVIDUALLY ON ALL EXAMS. Students can contact Blackboard 713-743-1411, if they experience

technical difficulties. Please note their hours are from 8 am – 8 pm. Monitor exam dates closely. You will be held accountable to meet exam deadlines. You will not receive another opportunity to complete assignments/exams except for the following reasons:

- a. Natural disasters
- b. Death in immediate family (parents, grandparents, siblings)

Due to this class being online, you are responsible for completing exams from a reliable computer (personal, pc lab, library, etc.).

3) Final (Optional)

100 points

The OPTIONAL Comprehensive Finals is for students who would like to improve their overall final grade. I will use the **best 7 out of 8 exam** scores for your final grade in this class. The final will contain multiple choice and true/false. Students are expected to take the final at the assigned date and time.

Additional Materials to help you study for your exams can be found on the homepage of blackboard. They will be:

- Revised PowerPoint's
- Videos of screen casts, the screen cast is the PowerPoint with a voiced over lecture (narrated)
- Crossword puzzles
- Review questions

These materials will not be graded. They are available in addition to this course as study materials only. Please feel free to review them at your leisure and utilize them to help you study for your exams.

4) Discussion Board Questions

60 points

For the purposes of the topics in this class, it is useful to have regular class discussions on Blackboard. On the date assigned on the syllabus, a topic will be posted to start the discussion. Students in the course are expected to post responses to the original post and posts of other students in the class. During the discussion process, you should treat you peers and the instructor in a respectful manner. **Students who do not observe this rule will be banned from the discussion forum without notice and receive a zero for the assignment.** Discussions will be available beginning at 6:00 am and expire by 11:59 pm on the dates shown below. In order to receive full credit for a discussion, you need to answer my initial question and make at least three additional substantial responses to classmate's posts. At the conclusion of "each" discussion question, the top 5 students in the class who made the most "substantial posts" will receive 5 points extra credit. **If you miss a discussion, NO make-up will be offered. Do not wait till the last day to post.**

Discussion Question (DQ) Dates

Discussion Question One: 9/01/2012 – 9/21/2012
Discussion Question Two: 10/01/2012 – 10/21/2012
Discussion Question Three: 11/01/2012 – 11/21/2012

5) Nutrition Service Work Assignment

Students will need to complete one nutrition service work assignment during the semester. If volunteering for one of the events below, a minimum of one-hour volunteer time must be completed. At the conclusion of the event, student will need to turn in a 1-2 page typed summary (double spaced, 10-12 font) about their experience and involvement in one of the options below, along with proof of attendance/participation. Proof can be in the form of a letter, email, picture, registration form, etc. Do not email your assignment – it must be submitted under the "Assignments" tab in Blackboard Learn for credit. Once the due date has passed you cannot make it up or submit it late.

Options:

- Interview (in person or by email) – Registered Dietician; Community Nutrition Director
- Health Charity event - fun run, 5K, 10K, half marathon....
- Attending at Least "5" Campus activities - school supply drive; food drive, trading cards
<http://www.uh.edu/tradingcards/Events.html>
- Donations and volunteer time to community health centers
- Volunteer - Food Bank, Meals on Wheels, Recipe for Success, Salvation Army
- Working in the UH community garden or city community garden
- Volunteer for a local Health Fair

Grade Summary

Discussion Board	60 points (3 @ 20 points each)
7 Exams/Final	700 points total (7 @ 100 points each)
Nutrition Service Work Assignment	40 points
Academic Honesty Quiz	15 points
Review of Syllabus Quiz	<u>1 point</u>
GRAND TOTAL	816 Points

OPTIONAL

1 Final Comprehensive Exam 100 points total

NOTE: This final exam can *ONLY* be used to replace 1 previously taken exam low score and is at the discretion of the instructor.

Academic Honesty

Students are expected to abide by the university's **academic honesty policy** in all matters concerning this course (http://www.uh.edu/provost/policies/uhhonesty_policy.html). In particular, plagiarism, "Representing as one's own work the work of another without acknowledging the source," whether intentional or unintentional, will not be tolerated. Also, any points lost due to academic dishonesty will be used to calculate your final grade for this course. .

Academic dishonesty of any kind will result in automatic failure of the course. This includes cheating during exams/quizzes, theft of materials etc. You will be required to download and read the academic honesty policy before course material will appear on Blackboard.

Grade Assignment: Based on percentage of 816 points as follows:

A	93 - 100%	B+	87 - 89.9	C+	77 - 79.9	D+	67 - 69.9
A-	90 - 92.9	B	83 - 86.9	C	73 - 76.9	D	63 - 66.9
		B-	80 - 82.9	C-	70 - 72.9	D-	60 - 62.9
F	≤ 59.9						

Notes:

1. The course calendar and procedures in this course are subject to change in the event of extenuating circumstances.
2. The prerequisites are a necessary foundation for the successful completion of this course. If you have not completed any portion of the prerequisites, you are taking this course at your own risk.
3. **If you have a problem logging on** to take your exam, **you must** notify UH tech support at <http://www.uh.edu/webct/help/index.html> or call 713-743-1411 as soon as possible. Please be certain that you give yourself adequate time within the testing window to allot for unexpected surprises. Please keep in mind that WebCT rarely malfunctions and that most problems associated with exam taking are usually related to examinee error. This is why the exam window is available to you. **Please do not wait until the last hour of the exam window to take your exam.**
4. Students will not be allowed to receive an '**Incomplete**' for this course due to 'poor planning' on their part. If you have a legitimate reason for an 'Incomplete', please talk with your instructor as soon as possible to discuss the situation and to identify the documentation that will be required to support your request. Please review the University of Houston catalog to review conditions under which an 'incomplete' may be granted.
5. It is the student's responsibility to keep track of exam dates. If you forget to take an exam on the given date, you will receive a '**zero**' for the exam. Please do not contact the instructor after the exam time has passed to ask for an extension.

Outline of Course, Readings, and Assignments

Readings should be completed for each chapter. All readings, power points, and additional posted material will be fair game for exams.

ADA Statement:

When possible, and in accordance with 504/ADA guidelines, we will attempt to provide reasonable academic accommodations to students who request and require them. Please call the Center for Students with Disabilities at ext. 3-5400 for more assistance.

For Technical Problems in this Course

Blackboard Student Help Index - Please visit this webpage for a list of the most common blackboard problems and how to solve them, You can also find links to an online support form and links to online chat support.

UH Technical Support

- * By Phone: - Call 713-743-1411, 24 hours a day, 7 days a week (except during University holidays)
- * In Person at Main Campus - 116-PGH Monday-Friday, 8 am to 8 pm (except during University holidays)
- * By email - support@uh.edu

Issues with the course

- * Contact the instructor of the course and try to resolve the issue.
- * Be proactive and provide all relevant information and follow up to resolve the issue.
- * If the issue is not resolved to your satisfaction and you wish to follow it up you can contact the program director:
Dr. Sharon Bode Didactic Program Director, Rm 233 Cameron Bldg Email: sbode@uh.edu

Exam Dates:

Day	Date	Exam	Chapters Covered	Points
M- F	8/27-8/31	Syllabus quiz		1
M-F	8/27-8/31	Academic dishonesty quiz		15
Tuesday	9/11	Exam 1	1 and 2	100
Tuesday	9/25	Exam 2	3 and 4	100
Tuesday	10/09	Exam 3	5 and 6	100
Tuesday	10/23	Exam 4	7 and 8	100
Tuesday	11/06	Exam 5	9 and 10	100
Tuesday	11/20	Exam 6	11 and 12	100
Monday	12/03	Exam 7	13 and 14	100
Wednesday	12/05	OPTIONAL FINAL EXAM	COMPREHENSIVE (all chapters)	100 (to replace lowest grade)

Discussion Question (DQ) Dates

- Discussion Question One: 9/01/2012 - 9/21/2012
- Discussion Question Two: 10/01/2012 - 10/21/2012
- Discussion Question Three: 11/01/2012 - 11/21/2012

Once a Discussion Question, Assignment, and Exam due date has past you CANNOT make it up. Please watch your dates carefully and plan accordingly.

TENTATIVE COURSE CALENDAR

Week 1 Quizzes	8/27/2012	Syllabus Quiz & Academic Dishonesty Quiz
Week 2	9/03/2012	Ch. 1 The Science of Nutrition Ch. 2 Nutritional Assessment & Dietary Planning DQ 1 Begins
Week 3 Exam 1	9/10/2012 9/11/2012	Chapters 1 & 2
Week 4	9/17/2012	Ch. 3 Chemical, Biological, & Physiological Aspects of Nutrition Ch. 4 Carbohydrates
Week 5 Exam 2	9/24/2012 9/25/2012	Chapters 3 & 4
Week 6	10/01/2012	Ch. 5 Protein Ch. 6 Lipids DQ 2 Begins
Week 7 Exam 3	10/8/2012 10/09/2012	Chapters 5 & 6
Week 8	10/15/2012	Ch. 7 Energy Metabolism Ch. 8 Energy Balance & Body Weight Regulation
Week 9 Exam 4	10/22/2012 10/23/2012	Chapters 7 & 8
Week 10	10/29/2012	Ch. 9 Physical Activity, Health, and Sports Nutrition Ch. 10 Water Soluble Vitamins DQ 3 Begins
Week 11 Exam 5	11/05/2012 11/6/2012	Chapters 9 & 10
Week 12	11/12/2012	Ch. 11 Fat Soluble Vitamins Ch. 12 Major Minerals <i>Nutrition Service Assignment Due November 15th</i>
Week 13 Exam 6	11/19/2012 11/20/2012	Chapters 11 & 12 Happy Thanksgiving November 22 nd ! =)
Week 14	11/26/2012	Ch. 13 Trace Minerals Ch. 14 Life Cycle Nutrition
Week 15 Exam 7	12/03/2012 12/03/2012 12/5/2012	Chapters 13 & 14 Make-Up Comprehensive Final Exam (<i>OPTIONAL</i>)

Discussion Question (DQ) Dates

Discussion Question One: 9/01/2012 - 9/21/2012

Discussion Question Two: 10/01/2012 - 10/21/2012

Discussion Question Three: 11/01/2012 - 11/21/2012

Once a Discussion Question, Assignment, and Exam due date has past you CANNOT make it up. Please watch your dates carefully and plan accordingly.