

UNIVERSITY OF ARKANSAS at MONTICELLO
School of Education
COURSE SYLLABUS
PE 2113 Nutrition Online
Spring 2012

Course Title: PE 2113 Nutrition Online Section 94
Credit Hours: 3
Instructor: Rebecca Newton
Office Hours: Virtual office hours are from 9:00 am 10:30 am and 1:30 pm until 3:00 pm Wednesday through Friday. This means I will be online to quickly respond to your email. I will do my best to respond to all other emails within 24 hours during the week and 72 hours on weekends and holidays.

Office hours are Tuesdays on the McGehee campus 9:00 am until 11:00 am and 12:30 pm until 2:00 pm; Thursdays on the McGehee campus 9:00 am until 11:00 am, 12:30 pm until 5:00 pm, and 7:45 pm until 8:45 pm.
Other times as arranged by the instructor and the student.

Office Location: McGehee campus
Office Number: 870-222-5360
Email Address: newtonr@uamont.edu

UAM TECHNICAL SUPPORT INFORMATION

- Issues with usernames, passwords, or UAM Email:
 - **Help Desk** at helpdesk@uamont.edu or phone 870-460-1036. Open Monday-Friday, 8 a.m.-4:30 p.m.
- Issues with BLACKBOARD:
`**Help Desk** at blackboard@uamont.edu or phone 870-460-1286

Fall and Spring		Summer	
Sunday	2:00PM - 10:00PM	Sunday	Closed
Monday - Thursday	8:00AM - 10:00PM	Monday - Friday	8:00AM - 4:30PM
Friday	8:00AM - 4:30PM	Saturday	Closed
Saturday	1:00PM - 4:00PM		

MINIMUM TECHNOLOGY REQUIREMENTS for Blackboard Online

Instruction

Access to a working computer with Internet capability. Operating System: Windows 2000, XP, Vista or Macintosh OS X

- Hardware: 256 MB of RAM, 1GB free hard disk space
- Microsoft Office 2007 recommended
- Connection to the Internet: (broadband connection, such as RoadRunner, Satellite Internet or DSL, is preferred). Broadband connections are recommended for assessments.

REQUIRED TEXTS & OTHER RESOURCES

Contemporary Nutrition, Eighth Edition, Wardlaw & Smith

Reliable Internet access either through a home connection or through one of UAM's computer labs. High speed internet is recommended for taking quizzes and exams.

Microsoft Office or similar word processing software.

Microsoft PowerPoint

Blackboard Account

UAM Email Account

USB storage device

COURSE DESCRIPTION

Nutritive need of the normal individual with emphasis of family nutrition and fitness. The periods of infancy, childhood, adolescence, and adulthood are included.

PURPOSE: To provide each student with meaningful information concerning nutritional concepts and problems by drawing information from the fields of food composition, economics, chemistry, physiology, and medicine. Nutrition 2113 will also provide the student with information to answer questions commonly asked in a health setting.

MISSION STATEMENT

The University of Arkansas at Monticello School of Education is committed to the development of highly qualified candidates. The School of Education embraces the responsibility to prepare candidates to live and work in a rapidly changing, diverse world. Candidates are challenged to achieve the highest level of proficiencies defined in the UAM School of Education's Conceptual Framework and as modeled by the UAM School of Education Faculty. The Conceptual Framework is comprised of five strands: knowledge, pedagogy, diversity, professionalism and technology. The candidates' understanding of the Conceptual Framework is progressively developed as they advance through the professional education programs. The UAM School of Education is dedicated to developing highly qualified professional educators as identified by the State of Arkansas and by the "No Child Left Behind" Act of 2001 through a partnership with the Southeast Educational Cooperative, area public schools, the university community, and supportive agencies in Arkansas's high-need geographical areas.

CONCEPTUAL FRAMEWORK

The Conceptual Framework of the School of Education is organized around five strands that promote the following: the acquisition of a knowledge base; development of pedagogical skills; promotion of diversity and social justice; the demonstration of professionalism, and technology skills. The core belief through all strands is that the diverse population of P-12 students can learn. This philosophy is shared by faculty and candidates alike and is infused throughout the curriculum and practice of faculty and candidates. The proficiencies identified either by indicators or standards within each strand define the performance of initial and advanced candidates in the undergraduate and graduate education programs. In the initial charts these indicators specify knowledge, skills, and dispositions for undergraduate candidates. However, in the advanced charts the indicators are represented by the standards and serve as a foundation to scaffold specific experiences, assessments, and learning opportunities.

GOALS AND OBJECTIVES AND CORRELATED STANDARDS:

Students will be able to:

- Identify the sections of the food guide pyramid
(CF: Knowledge; AAHPERD 7)
- Plan a healthy diet according to the food guide pyramid
(CF: Knowledge; AAHPERD 7)
- Identify behaviors concerning energy balance & body composition
(CF: Knowledge; AAHPERD 7)
- Identify eating disorders (CF: Knowledge; AAHPERD 7)
- Evaluate infancy and childhood nutrition
(CF: Knowledge; Diversity; AAHPERD 7)
- Evaluate nutrition in adulthood (CF: Knowledge; Diversity; AAHPERD 7)
- Identify ways of avoiding food-borne illnesses
(CF: Knowledge; AAHPERD 7)
- Summarize undernutrition concerns (CF: Knowledge; AAHPERD 7)

NETIQUETTE

"Cyberspeak" for etiquette on-line and in e-mail: manners, civility, and shared rules. The rules of netiquette apply to everyone who uses the internet or any kind of network to communicate to any other person in the world. A complete set of netiquette rules will be posted on Blackboard for student use.

INSTRUCTOR FEEDBACK SCHEDULE

All emails, discussion postings, assignments, etc. will be addressed within 24 hours Monday-Friday and within 72 hours Weekends and Holidays. The instructor will be available for chat, emails, video chat via web cam during the scheduled virtual office hours.

ATTENDANCE POLICY:

Students are expected to participate in group discussions based on the discussion guide lines posted on Blackboard. The instructor will report any non-participating student to the Office of the Registrar, School of Education and Financial Aid Office.

METHOD OF DELIVERING ASSIGNMENTS

Please submit work via the assignment link in Blackboard. Assignments hand delivered or submitted through email will not be accepted.

EMERGENCY OR INTERRUPTION IN COMPUTER SERVICE POLICY

Prepare for unexpected problems and emergencies. Understand that problems and glitches do occur in online learning, as they do in any learning environment. Have a back-up plan, such as using the computers at a local library, for submitting assignments in case your computer crashes or your service is interrupted.

METHODS OF INSTRUCTION

The method of instruction will be online asynchronous, cooperative/collaborative learning, presentations, observations, demonstrations, reflective teaching, recitation, discussions, research and use of technology. Methods of instruction will also include small group activities, use of technology, and assigned activities outside the classroom setting. Other methods of instruction may also be utilized as deemed appropriate by the instructor.

DISCUSSION BOARD FORUM REQUIREMENTS

The student will participate in six Discussion Board Forums intended for interactive reflection found under the Discussion Board link in the Blackboard course. Each forum assignment will be completed in two parts: 1) the student will post an original thread in response to the instructor's prompt and 2) the student will then post replies to the threads of two other classmates. Each thread should be at least 200 words and is due by Friday night of the assigned module/week; the two replies, 100 words each, are due by Friday night of the same module/week. Missing a discussion is much like missing a class activity in an on campus course. Like missing a class activity, there are no make-ups allowed. The discussion cannot be recreated.

COURSE REQUIREMENTS:

1. Students must have a Blackboard account and a UAMONT email address.
2. Read chapter before it is discussed on the class discussion board in Blackboard.
3. Participate in class discussion through the discussion board in Blackboard.
4. Participate in group projects using email, discussion board, and assignment page.
5. Create a presentation using PowerPoint and submit the presentation on the assignment page in Bb.
6. Be tested over textbook and course material covered.
7. Complete a food diary and chapter assignments. Submit all assignments through the assignment page in Bb.
8. Submit weekly chapter assignments on the assignment page in Bb.
9. Take a comprehensive final exam on Bb.

10. Assignments, discussion postings and exams cannot be made up and will not be accepted late in this course.

ASSIGNMENTS/ACTIVITIES

FOOD DIARY:

Candidates/students will keep a food record for 3 days and enter the information into a diet analysis software for interpretation. 100 points for the food diary. Instructions can be found under the assignment tab in Blackboard. Due February 29.

POWER POINT PRESENTATION:

During the semester each student will be responsible for submitting one Power Point presentation. The topic will be chosen by the student and approved by the instructor. It must cover a topic found in the text. A tutorial link can be found on the UAM homepage for PowerPoint. The presentation must be submitted under the assignment page in Bb. 100 points possible for presentation. The grading rubric can be found under the assignment tab in Blackboard. Due March 31.

GROUP PROJECT:

Students will participate in a group project this semester. The instructor will assign groups in which the students will work together to create an educational project. The project will provide nutritional information to a target audience. Students will be graded on group participation and quality of the project. Each group member will submit their portion of the project under the assignment page on Bb. 100 points possible for the project. The grading rubric can be found under the assignment tab in Blackboard. Due April 30.

TESTS:

The six tests will be multiple choice, short answer, fill-in-the-blank, and matching questions. Tests will cover more than one chapter and are open book. Tests are only open for one day and must be taken during that time period. Tests are found on the content page under the unit learning module. See page 8 of the syllabus for due dates. 50 points possible per test, 100 points possible for the comprehensive final exam. 350 total points for tests.

DISCUSSIONS:

The student will participate in six Discussion Board Forums intended for interactive reflection. Each forum assignment will be completed in two parts: 1) the student will post an original thread in response to the instructor's prompt and 2) the student will then post replies to the threads of two other classmates. Each thread should be at least 200 words and is due by Friday night of the assigned module/week; the two replies, 100 words each, are due by Friday night of the same module/week. See page 8 of the syllabus for due dates. 20 points for each original thread and 5 points for each response for a total of 30 points per discussion.

CHAPTER ASSIGNMENTS:

The student will complete an assignment per chapter that is covered in the course. Assignments include short answer questions, creating a brochure and a 1,000 word essay. Students must complete the assignments in the format requested by the instructor posted under the assignments tab in Blackboard.

Short answer question assignments are worth 20 to 22 points. Brochures and essays are worth 50 points. Due dates vary and can be found on page 8 of the syllabus. Please see the Content page in Blackboard for more information.

FIELD EXPERIENCE (Required for Course Completion):

None

SIGNATURE ASSESSMENT

None

GRADING SCALE:

A= 90—100

B= 80—89

C= 70—79

D= 60--69

F= 59 and below

UAM will no longer mail grade reports to all students. You may access your grades through Campus Connect on the UAM homepage, <http://www.uamont.edu/>. To have your grades mailed to you, complete the grade request form available in the Registrar's Office in Monticello or Student Services in Crossett and McGehee.

SPECIAL POLICIES AND INFORMATION

ATTENDANCE POLICY:

It is the policy of the UAM School of Education to strictly enforce attendance and punctuality requirements for all of its educational courses and activities. Absences will adversely affect the final grade. Regular and punctual attendance is required in class and any required field experiences. Candidates must participate in class to receive maximum benefit of learning. As future teachers, candidates are expected to maintain a professional demeanor at all times. Attendance in online instruction will be recorded throughout the semester using the discussion board. It is important that candidates participate in the class discussions. Late work will not be accepted. Makeup work will not be allowed. Missed work will receive a 0 score.

STUDENTS WITH DISABILITIES:

It is the policy of the University of Arkansas at Monticello to accommodate individuals with disabilities pursuant to federal law and the University's commitment to equal educational opportunities. It is the responsibility of the candidate to inform the instructor of any necessary accommodations at the beginning of the course. Any student requiring accommodations should contact the Office of Special Student Services located in Harris Hall Room 121; phone 870 460-1026; TDD 870 460-1626; Fax 870 460-1926.

McGehee: Office of Special Student Services representative on campus; phone 870 222-5360; fax 870 222-1105. Crossett: Office of Special Student Services representative on campus; phone 870 364-6414; fax 870 364-5707.

STUDENT CONDUCT STATEMENT:

Students at the University of Arkansas at Monticello are expected to conduct themselves appropriately, keeping in mind that they are subject to the laws of the community and standards of society. They must not conduct themselves in a manner that disrupts the academic community or breaches the freedom of other students to progress academically.

USE OF TECHNOLOGY:

Candidates will word-process all papers and class assignments. Candidates are responsible for obtaining an e-mail address at the Information Technology Center. Candidates will conduct internet research concerning class topics. Candidates will develop multi-media presentations using a variety of instructional resources. Candidates will communicate through email and the discussion board.

DIVERSITY:

Candidates will be provided opportunities through direct instruction and field experiences to gain the knowledge, skills, and dispositions to provide effective instruction in diverse classroom and communities. A wide variety of instructional methods will be modeled during the course to meet the needs of a diverse class. In addition, candidates will design curriculum (including goals, methods, and assessments) suitable for a wide range of students.

ACADEMIC DISHONESTY:

1. Cheating: Students shall not give, receive, offer, or solicit information on examinations, quizzes, etc. This includes but is not limited to the following classes of dishonesty:
 - a. Copying from another student's paper.
 - b. Use during the examination of prepared materials, notes, or texts other than those specifically permitted by the instructor.
 - c. Collaboration with another student during the examination.
 - d. Buying, selling, stealing, soliciting, or transmitting an examination or any material purported to be the unreleased contents of coming examinations or the use of any such material.
 - e. Substituting for another person during an examination or allowing such substitutions for oneself.
2. Collusion: Collusion is defined as obtaining from another party, without specific approval in advance by the instructor, assistance in the production of work offered for credit, to the extent that the work reflects the ideas of the party consulted rather than those of the person whose name is on the work submitted.
3. Duplicity: To offer for credit identical or substantially unchanged work in two or more courses, without specific advanced approval of the instructors involved.
4. Plagiarism: To adopt and reproduce as one's own, to appropriate to one's use, and to incorporate in one's own work without acknowledgement the ideas or passages from the writings or works of others.

For any instance of academic dishonesty that is discovered by the instructor, whether the dishonesty is found to be cheating, collusion, duplicity, or plagiarism, the result for the student or students involved will be that the instructor will assign a grade of F for the examination or assignment involved.

COURSE OUTLINE/CALENDAR:

Unit 1: A Key to Health

- Chapter 1 What You Eat and Why due January 27
- Chapter 2 Guidelines for Designing a Healthy Diet due January 27
- Chapter 3 The Human Body due February 3
- Exam and Discussion Unit 1 due February 3

Unit 2: The Energy Nutrients and Energy Balance

- Chapter 4 Carbohydrates due February 10
- Chapter 5 Lipids due February 17
- Chapter 6 Proteins due February 24
- Exam and Discussion Unit 2 due February 24

Unit 3: Vitamins, Minerals, and Water

- Chapter 8 Vitamins due March 2
- Chapter 9 Water and Minerals due March 9
- Exam and Discussion Unit 3 due March 9

Unit 4: Nutrition: Beyond the Nutrients

- Chapter 7 Energy Balance and Weight Control due March 16
- Chapter 11 Eating Disorders due March 30
- Exam and Discussion Unit 4 due March 30

Unit 5: Nutrition: A Life Focus on Life Stages

- Chapter 14 Pregnancy and Breastfeeding due April 6
- Chapter 15 Nutrition from Infancy through Adolescence due April 13
- Chapter 16 Nutrition During Adulthood due April 20
- Exam and Discussion Unit 5 due April 20

The course outline is subject to change. More details on due dates can be found on the content page of Bb.

FINAL EXAM SCHEDULE:

The final exam for this course will be open from 6:00 am until 11:59 pm Wednesday, May 2.

BIBLIOGRAPHY

ADA Reports: Position of the American Dietetic Association: Child and adolescent food and nutrition programs. *Journal of the American Dietetic Association* 106:1467, 2006.

ADA Reports: Position of the American Dietetic Association: Dietary guidance for healthy children ages 2 to 11 years. *Journal of the American Dietetic Association*. 104:660, 2004.

ADA Reports: Position of the American Dietetic Association: Nutrition and the lifestyle for a healthy pregnancy outcome. *Journal of the American Dietetic Association* 102:1479, 2002.

ADA Reports: Position of the American Dietetic Association: Promoting and supporting breastfeeding. *Journal of the American Dietetic Association* 105:810, 2005.

Food and Nutrition Board: *Dietary reference intakes for energy, carbohydrate, fiber, fat, fatty acids, cholesterol, protein, and amino acids*. Washing DC: The National Academy Press, 2002.

Zelman K, Kennedy E: Naturally nutrient rich...Putting more power on Americans' plates. *Nutrition Today* 40 (2):60, 2005.