

UNIVERSITY OF ARKANSAS at MONTICELLO
College of Technology, McGehee
COURSE SYLLABUS
PE 2113 Nutrition Online
Spring 2012

Course Title: PE 2113 Nutrition Online Section 92 and 93

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

Sunday	2:00PM - 10:00PM
Monday - Thursday	8:00AM - 10:00PM
Friday	8:00AM - 4:30PM
Saturday	1:00PM - 4:00PM

Summer

Sunday	Closed
Monday - Friday	8:00AM - 4:30PM
Saturday	Closed

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 mission of UAM College of Technology at McGehee is to provide customized quality educational services to meet the needs of regional workforce development and enhance economic growth of the state.

Values

SERVICE: Our priority is to provide the finest instructional resources and support services to enhance the growth and development of students.

ACCOUNTABILITY: UAM College of Technology - McGehee's evaluation process is systematic and ongoing with an emphasis on strategic long-range planning, assessment and improvement programs for continuing institution effectiveness, and evaluation of administrators, faculty, staff, and students.

CREDIBILITY: We are committed to high standards which are demonstrated through quality educational programs and student-centered support services.

COMMITTED TO QUALITY: We recognize the importance of faculty and staff through open, honest communications, appropriate involvement in planning and decision making, encouragement of responsibilities, reward of exceptional performance, and the provision for professional development.

Vision

A life-long learning center composed of a highly professional team working to support customer needs and providing world-class quality workforce development.

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, UAM College of Technology-McGehee 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 lecture, cooperative/collaborative learning, presentations, observations, demonstrations, reflective teaching, recitation, discussions, research and use of technology. Methods of instruction will also include small group activities, field experiences, 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. 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.

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 class 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.

POWER POINT PRESENTATIONS:

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.

GROUP PROJECTS:

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.

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.

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.

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. Please see the assignment tab in Blackboard for more information.

GRADING ASSIGNMENT:

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 the Student Services in Crossett and McGehee.

SPECIAL POLICIES AND INFORMATION

ATTENDANCE POLICY:

It is the policy of UAM 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. Students must participate in class to receive maximum benefit of learning. Students are expected to maintain a professional demeanor at all times. Attendance will be recorded throughout the semester using the discussion board. It is important that students 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 120; 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:

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

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
- Chapter 2 Guidelines for Designing a Healthy Diet
- Chapter 3 The Human Body

Unit 2: The Energy Nutrients and Energy Balance

- Chapter 4 Carbohydrates
- Chapter 5 Lipids
- Chapter 6 Proteins

Unit 3: Vitamins, Minerals, and Water

- Chapter 8 Vitamins
- Chapter 9 Water and Minerals

Unit 4: Nutrition: Beyond the Nutrients

- Chapter 7 Energy Balance and Weight Control
- Chapter 11 Eating Disorders

Unit 5: Nutrition: A Life Focus on Life Stages

- Chapter 14 Pregnancy and Breastfeeding
- Chapter 15 Nutrition from Infancy through Adolescence
- Chapter 16 Nutrition During Adulthood

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.