

**UNIVERSITY OF ARKANSAS at MONTICELLO**  
**College of Technology at McGehee**  
**Face to Face COURSE SYLLABUS**  
**PE 2113 Nutrition**  
**Thursday evenings 5:10 pm until 7:45 pm**  
**Spring 2012**

**Course Title:** 2113 PE Nutrition  
Thursdays 5:10 pm-7:45 pm

**Credit Hours:** 3

**Instructor:** Rebecca Newton

**Email address:** [newtonr@uamont.edu](mailto:newtonr@uamont.edu)

**Office Hours:**

Tuesday 9:00 am- 11:00 am, 12:30 pm -2:00 pm

Thursday 9:00 am-11:00 am, 12:30 pm-5:00 pm, 7:45 pm-8:45 pm

Other times as arranged by the instructor and student. Please use email to contact the instructor. 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 Location:** McGehee campus

**Office Number:** 870-222-5360

**Email Address:** [newtonr@uamont.edu](mailto:newtonr@uamont.edu)

**REQUIRED TEXTS & OTHER RESOURCES**

Contemporary Nutrition, Eighth Edition, Wardlaw & Smith, McGraw Hill Publishing

Internet access either from a home connection or through an UAM computer lab

Microsoft Word or word processing software and Microsoft PowerPoint

UAMONT email account

Blackboard 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)

### **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.

### **METHOD OF DELIVERING ASSIGNMENTS**

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

### **ATTENDANCE POLICY:**

Students are expected to attend each class. The instructor will report all student attendance to the Office of the Registrar, UAM College of Technology-McGehee and Financial Aid Office. Attendance is taken at each class meeting. Any class participation points missed due to absence will not be made up. Class participation points will be taken during 6 random class periods throughout the semester.

### **COURSE REQUIREMENTS:**

1. Students must have a Blackboard account and an UAMONT email address.
2. Read chapter before it is discussed in class.
3. Participate in class discussion, activities, and projects.
4. Participate in creating a group project.
5. Create a presentation using PowerPoint.
6. Be tested over textbook and class material covered.
7. Complete a food diary and chapter assignments.
8. Attend each class ready to take a quiz over the material covered in the previous class period.

### **FOOD DIARY:**

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 five tests will be multiple choice, short answer, fill-in-the-blank, and matching questions. Tests will cover more than one chapter and will be online using Blackboard. Test dates will be announced during class. 100 points possible per test.

### QUIZZES, CLASS ACTIVITIES AND DISCUSSIONS:

Students are responsible for participating in class quizzes. Quizzes are given in the first 10 minutes of the class period. Late students will not be allowed to turn in a quiz.

Quizzes cannot be made up.

Class activities and discussions will be assigned throughout the semester for points.

Students must be present to receive credit for class activities and discussions. These points cannot be made up. Please note: missing class and in turn class activity points will lower your grade in this course.

Points will vary.

### **FIELD EXPERIENCE (Required for Course Completion):**

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 the Student Services in Crossett and McGehee.

### **SPECIAL POLICIES AND INFORMATION**

#### **ATTENDANCE POLICY:**

Regular and punctual attendance is required in class. Students must participate in class to receive maximum benefit of learning. As future professionals, students are expected to maintain a professional demeanor at all times. Attendance will be recorded throughout the semester. It is important that students participate in the class discussions and class activities. Late work will not be accepted. Makeup work will not be allowed. Students with perfect attendance (documented by the instructor) may be eligible for extra credit at the end of the semester. Class participation points cannot be made up. Please note: missing class and class activity points will lower your grade in this course.

#### **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. UAM COT McGehee Office of Special Student Services representative on campus; phone 870 222-5360; fax 870 222-1105. UAM COT 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 from the Information Technology Center. Students will conduct internet research concerning class topics. Students will develop multi-media presentations using a variety of instructional resources including Microsoft PowerPoint. Students are responsible for making time to visit the computer labs on campus to complete required assignments.

### **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.

### **CELL PHONE POLICY:**

UAM COT McGehee seeks to promote a teaching and learning environment free from classroom disruptions.

The following policy is intended to define acceptable classroom behavior with regard to cell phones, pagers, MP3 players, and similar electronic devices in order to preserve academic integrity and ensure that students have optimum environmental conditions for effective learning.

As a member of the learning community, each student has a responsibility to other students who are members of the community. UAM COT McGehee prohibits the use by students of cell phones, pagers, MP3 players, or similar electronic devices during scheduled classes. All such devices must be turned off or put in a silent mode and cannot be visible during class. At the discretion of the instructor, exception to this policy is possible in special circumstances. Cell phones may not be answered or utilized for text messages, instant messages, games, Facebook, MySpace, and other uses in a classroom. All MP3 players must be turned off prior to entering the classroom. Both ear buds and/or ear phones must be removed from ears. **If you decide to ignore the policy, you will be asked to leave and may be counted absent.**

In testing situations, use of cell phones or similar communication devices may lead also to a charge of academic dishonesty and additional sanctions under the *Academic Dishonesty Policy*

#### **COURSE OUTLINE/CALENDAR:**

##### Unit 1: A Key to Health

Week 1—What You Eat and Why

Week 2—Guidelines for Designing a Healthy Diet

Week 3—The Human Body

##### Unit 2: The Energy Nutrients and Energy Balance

Week 4—Carbohydrates

Week 5—Lipids

Week 6—Proteins

##### Unit 3: Vitamins, Minerals, and Water

Week 7—Vitamins

Week 8—Water and Minerals

##### Unit 4: Nutrition: Beyond the Nutrients

Week 9—Energy Balance and Weight Control

Week 10—Eating Disorders

##### Unit 5: Nutrition: A Life Focus on Life Stages

Week 11—Pregnancy and Breastfeeding

Week 12—Nutrition from Infancy through Adolescence

Week 13—Nutrition During Adulthood

The course outline is subject to change. A calendar can be found on Blackboard.



## **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.

US Department of Health and Human Services. *2008 Physical Activity Guidelines for Americans*. 2008.