



The mission of Concord University is to provide quality, liberal arts based education, to foster scholarly and creative activities and to serve the regional community (<http://www.concord.edu/academics/>).

Instructor Information

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Course Title	HED 304 Nutrition and Weight Management
CRN/Section/Credit Hours	20439/1AS/2
Semester	Spring 2019
Room #	Online
Time	Online
Course Management System	Blackboard CIPCourses
Prerequisites	None
Text	James, DCS. (2015). <i>Human Nutrition: A Consumer Approach</i> . Gainesville, FL: Caduceus International Publishing, Inc.

Course Description/Rationale:

This basic nutrition science online course introduces students to the relationship of food, its nutrients, and other components to health promotion and disease prevention. Topics covered include the biological functions and food sources of each nutrient; nutrition guidelines and standards; digestion and absorption of nutrients; nutrition throughout the lifecycle; food safety and technology; energy balance and weight management; eating disorders and disturbances; and physical activity.

Concord University Educational Goal(s)

1.4	An ability to analyze, synthesize, and integrate elements, information and ideas.
1.5	An ability to evaluate elements, information, and ideas on the basis of appropriate criteria.

National Standards (NCATE)

Key Element A: Candidates describe the theoretical foundations of health behavior and principles of learning.

Key Element C: Candidates describe practices that promote health or safety

Key Element D: Candidates describe behaviors that might compromise health or safety

Key Element E: Candidates describe disease etiology and prevention practices.

Key Element F: Candidates demonstrate the health literacy skills of an informed consumer of health products and services.

Learning Outcomes/Course Objectives

The course uniquely bridges the gaps between nutrition science and consumer education in a way that students can easily apply the information to fit their lifestyles and achieve personal health goals. It also aims to make students savvy consumers of both food and nutrition information.

At the end of the course, students will be able to do the following:

1. Outline the role of food and nutrition in health promotion and disease prevention.
2. Interpret nutrition food guides and dietary guidelines and standards.
3. List the nutrients that are essential for normal functioning of the body and outline the functions of each of these nutrients as they interrelate for achieving good health and preventing diseases.
4. Outline how food and food components are digested, absorbed, transported, and metabolized.
5. Outline the nutritional needs for each phase of the lifecycle and evaluate diets for nutrition adequacy and deficiency.
6. Articulate consumer concerns and trends related to nutrition and food (e.g., food safety and technology, food labeling, health claims, dietary supplements, and weight loss myths).

Course Requirements

Online learning requires students to be disciplined, self-motivated, and good managers of their time. This 2-hour credit course will require approximately four to six hours of commitment each week. Some weeks may require less. Time will be spent reading course materials, completing assignments, and engaging with classmates on discussion posts.

Grading Policy and Scale, Make-up Policy, Late Work

Activity Grade Percentage

Exams 42.8%

Weekly graded quizzes 17.1%

View lectures 14.3%

Diet Record and Analysis 14.3%

Download of documents/resources 7.1%

Blackboard Discussion posts 4.3%

Ungraded practice quizzes (Extra Credit)

Total Points 700

Grading Scale

90-100% = A

80-89% = B

70-79% = C

60-69% = D

<60 = F

Exams (3 @ 100 points each = 300 total possible points)

Students are expected to synthesize and integrate the information presented in the lectures, readings, class discussions, and videos. Exams are not cumulative. All exams will consist of multiple choice, true/false,

matching, and fill-in-the-blank questions. Online exams will be proctored through Proctor U. Students are required to register with Proctor U for a time slot at least 72 hours in advance of the exam date to avoid the late fee. No make-up exams are given unless arrangements have been made prior to the exam day.

Weekly Quizzes (12 @ 10 points each= 120 total possible points)

Students will complete a weekly graded quiz. Quizzes are worth 10 points each, depending on the week. The quizzes are open book.

View Lectures (100 points)

Students must view all lectures. Failing to view any lectures will result in the student **losing of all points** for this category.

Diet Record and Analysis: (1 @ 100 points=100 total possible points)

Students are to keep a record of their daily food intake for the three weeks. Students should use SparkPeople.com to keep their records. This information must be turned in through blackboard.

Download all Documents/Resources: (50 points)

Students should download all material from the website. Failing to download any material will result in the student losing **ALL POINTS** for this assignment.

Blackboard Discussion posts (2 @ 15points each= 30 total possible points)

Students are to write two discussion posts about two articles that will be posted to blackboard. Students must write a paragraph responding to the article. Students must discuss what and “WHY” liked, disliked, and found helpful about the article. In addition students must respond to two other classmates’ posts.

- Step 1: Discuss likes, dislikes, helpfulness, and “WHY”
- Step 2: Respond to “2” classmates posts. (Responses must be more than a few sentences to be counted.)

Module Quizzes (ungraded)

Students will complete an ungraded self-quiz after each module. The quizzes are open book. If you **complete all** ungraded quizzes you will get 2 extra credit points added to your final grade.

Class Policies

- Emails. Emails will be returned within 24-48 hours during regular business hours (9 am to 5 pm) Monday through Friday.
- Assignment Submission: Late assignments will not be accepted. Assignments can always be turned in before the due date. Always check the assignment link for the due date and time.
- Special Accommodations: Students who are registered with the Disability Student Center are asked to email their accommodation letter and sent up an online appointment with the instructor as early in the semester as possible, but ideally by the second week. This will allow the instructor and student to have an action plan as soon as possible.
- Academic Honesty: Students are required to abide by the school’s honor code. Cheating in any form will not be tolerated.

Course Timeline (Schedule of Assignments/Assessments/Presentations)

TENTATIVE CLASS SCHEDULE

Week 1		
Readings	Week Activities	Due Dates
Ch1 Module: 1.1 Ch 2 Module: 2.1 & 2.2	<ul style="list-style-type: none">• Read the syllabus and familiarize yourself with the links on the class website• Complete assigned course materials<ul style="list-style-type: none">○ Orientation○ Introduction○ Food Habits○ Overview of Nutrients• Complete weekly quiz	Sun 1/27
Week 2		
Readings	Week Activities	Sun 1/27
Ch 2 Modules 2.3	<ul style="list-style-type: none">• Complete assigned course materials<ul style="list-style-type: none">○ Energy○ Healthy People 2020○ Nutrition Standards and Guidelines and Scientific Studies• Complete weekly quiz	

Week 3		
Readings Ch 3 Modules 3.1, 3.2, 3.3, & 3.4	Week Activities <ul style="list-style-type: none"> • Complete assigned course materials <ul style="list-style-type: none"> ○ Dietary Guidelines for Americans ○ Food Labels ○ Food Safety and Technology ○ Digestion ○ Absorption and Circulation • Complete weekly quiz 	Sun 1/27
Week 4		
Readings Ch 4 Modules 4.1 & 4.2	Week Activities <ul style="list-style-type: none"> • Complete assigned course materials <ul style="list-style-type: none"> ○ Carbohydrates Part 1 ○ Carbohydrates Part 2 • Complete weekly quiz 	Sun 2/3
Week 5		
Readings Ch 5 Modules 5.1 & 5.2	Week Activities <ul style="list-style-type: none"> • Complete assigned course materials <ul style="list-style-type: none"> ○ Lipids Part 1 ○ Lipids Part 2 • Complete weekly quiz • Exam 1 	Sun 2/10 Exam 1
Week 6		
Readings Ch 6 Modules 6.1 & 6.2	Week Activities <ul style="list-style-type: none"> • Complete assigned course materials <ul style="list-style-type: none"> ○ Proteins Part 1 ○ Proteins Part 2 • Complete weekly quiz 	Sun 2/17
Week 7		
Readings Ch 7 & 8 Module 7.1, 7.2 & 8.1	Week Activities <ul style="list-style-type: none"> • Complete assigned course materials <ul style="list-style-type: none"> ○ Alcohol ○ Fat-soluble Vitamins ○ Water-soluble Vitamins • Complete weekly quiz 	Sun 2/24
Week 8		
Readings Ch 9 & 10 Modules 9.1 & 9.2 Modules 10.1-10.3	Week Activities <ul style="list-style-type: none"> • Complete assigned course materials <ul style="list-style-type: none"> ○ Major Minerals ○ Minor Minerals ○ Water • Complete weekly quiz 	Sun 3/3
Week 9		
Readings Ch 11 Module 11.1 & 11.2	Week Activities <ul style="list-style-type: none"> • Complete assigned course materials <ul style="list-style-type: none"> ○ Pregnancy ○ Breastfeeding ○ Infants • Complete weekly quiz • Exam 2 	Sun 3/10 Exam 2
Week 10 SPRING BREAK		
Week 11		

Readings Ch 12 Modules 12.1--12.4	Week Activities <ul style="list-style-type: none"> • Complete assigned course materials <ul style="list-style-type: none"> ○ Infants and Adolescents • Complete weekly quiz 	Sun 3/24
Week 12		
Readings Ch 13 Modules 13.1--13.2	Week Activities <ul style="list-style-type: none"> • Complete assigned course materials <ul style="list-style-type: none"> ○ Adults ○ Elderly ○ Obesity • Complete weekly quiz 	Sun 3/31
Week 13		
Readings Ch 14 Modules 14.1--14.2	Week Activities <ul style="list-style-type: none"> • Complete assigned course materials <ul style="list-style-type: none"> ○ Weight Management ○ Eating Disorders and Disturbances • Complete weekly quiz 	Sun 4/7
Week 14		
Readings Ch 15 Module 15.1--15.2	Week Activities <ul style="list-style-type: none"> • Complete assigned course materials <ul style="list-style-type: none"> ○ Physical Fitness ○ Athletic Performance • Complete weekly quiz 	Sun 4/14
Week 15		
	<ul style="list-style-type: none"> • Diet Record and Analysis Due 	Sun 4/21
Week 16		
	Week Activities <ul style="list-style-type: none"> • Exam 3 	Sun 4/28 Exam 3

Part 3:

Accessibility/Accommodations:

Concord University is committed to responding to the needs of students with disabilities as defined by the Americans with Disabilities Act. Please inform your instructor at the beginning of the class semester if you have a disability and are requesting accommodations. It is your responsibility to self-disclose that you are requesting accommodations. The University and instructor will provide you with a reasonable accommodation. You should register with CU's Disability Services Office, located in the Athens campus Jerry and Jean Beasley Student Center, Bottom Floor, across from the Campus Post Office. The Disability Services Office phone is 304-384-6086 or you can email the Director, Nancy Ellison, at nellison@concord.edu for assistance.

Academic Dishonesty

Academic dishonesty is morally unacceptable as well as destructive to the learning and teaching atmosphere. Academic dishonesty includes the giving or receiving of improper help on examinations or assignments, falsifying documents, and plagiarism (the act of stealing and using, as one's own, the ideas or the expression of the ideas of another). Such dishonesty can lead to a variety of penalties — including but not limited to failure of assignment, failure of course, loss of institutional privileges, or dismissal from the University. (See University Catalog Academic Policies and Procedures.)

Concord University Honor Code

A Concord University Honor Code was approved by students, staff, faculty, administration, and the CU Board of Governors. The Code states:

"As a member of the Concord University Community I will act with honesty and integrity in accordance with our fundamental principles and I will respect myself and others while challenging them to do the same."

The Honor Code is intended to unite the Concord community behind a culture of honesty, integrity, and civility.

Class/Online Attendance Policy

Regular class attendance is part of a student's academic obligation at Concord. Irregular attendance may affect academic performance adversely and is detrimental to the atmosphere of a class. (See University Catalog Academic Policies and Procedures.) • Class attendance is **REQUIRED**. **After two absences, each occurring absence will result in a 5% grade deduction from your final grade.** Be on time. Tardiness is not professional!

Emergency Alert System

In an effort to increase safety and security on our campus, Concord University encourages everyone to register for instant text message alerts. Alerts will only be used for security and safety notices. All students, faculty, and staff are eligible to receive text message alerts on their cell phones or email alerts. Please contact the IT Help Desk for further assistance (304-384-5291).

Emergency Information

Emergency/courtesy telephones are located at the main entrance of each residence hall and at various other locations on campus. Emergency telephones can be identified by the flashing blue light and will provide the user with a direct link to Public Safety at the press of a button. To report an on-campus emergency, call 304-384-5357 or 911. The Office of Public Safety is located on the bottom floor of the Rahall Technology Center. For further emergency information go to: <http://www.concord.edu/administration/office-public-safety>.

Inclement Weather Policy

As a general policy, the University will remain in normal operations during adverse weather conditions. In the event of severe weather conditions, the following may occur:

University Closure

No students or employees are to report.

Classes Cancelled

Students do NOT report BUT employees are expected to report to work at their normal time.

Operating on an Inclement Weather Delay

Under this schedule, all 8 a.m. classes will start at 10 a.m. Students and faculty will follow the Inclement Weather Schedule. (See <http://www.concord.edu/emergency-alerts> for Athens/Beckley Inclement Weather Schedules.)

**Announcements invoking the late schedule or other options referenced above are aired on area radio and television stations and are sent as text and email messages to those enrolled for this service.*

Student Conduct

In classrooms, online, laboratories, and during any activities that are part of course requirements, students are expected to observe reasonable rules of conduct.

Technology Services

Contact the CU Help Desk at extension 5291 from campus or 304-384-5291 off campus. You may also e-mail cuhelpdesk@concord.edu.

Syllabus Disclaimer

"This syllabus is subject to change based on the needs of the class. Please check it regularly."