



The Department of Counseling, Health and Kinesiology

EDKN 1322 Nutrition

Fall 2024

COURSE INSTRUCTOR

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Please start the subject line with [EDKN 5336] e.g., "[EDKN 5336] Presentation

COURSE INFORMATION:

- Course: EDKN 1322 600 (12276)
- Format: Fully Asynchronous Online
- Class Time: Asynchronous
- Learning Resources:
 1. A copy of the journals will be provided by the instructor.
 2. REQUIRED TEXTBOOK: **MindTap Program** (not e-book) forSizer & Whitney, Nutrition: Concepts and Controversies 15th Edition. [Cengage Learning](#)

Catalog Description: The course addresses principals and concepts associated with nutrition science. Emphasis will be placed on developing an understanding of nutrition factors and prevention of chronic illness. Students will be expected to journal and assess their personal dietary behaviors and develop a plan to improve or maintain their eating patterns. Nutritional concepts in health and disease with special emphasis on nutrients and nutritional processes that include digestion, absorption, and metabolism. Food safety, availability, and nutritional information are addressed.

Course Objective: To introduce general nutritional concepts in health and disease and to include practical application of that knowledge. Special emphasis is given to nutrients and nutritional processes including functions, food sources, digestion, absorption, and metabolism. Also to be addressed are food safety, availability, and nutritional information including food labels, advertising, and nationally established guidelines.



Student Learner Outcomes: Upon completion of this course, each student will be able to:

1. Apply nutritional knowledge to analyze personal dietary intakes, to plan nutritious meals using nationally established criteria to meet recommended goals, and to evaluate food labels and the validity of nutritional claims.
2. Trace the pathways and processes that occur in the body to handle nutrients and alcohol through consumption, digestion, absorption, transport, metabolism, storage and waste excretion.
3. Discuss functions, sources, deficiencies, and toxicities of macro- and micronutrients, including carbohydrates, lipids, proteins, water, vitamins, and minerals.
4. Apply the concept of energy balance and its influences at the physical, emotional, societal, and cellular level to evaluate advantages and disadvantages of various methods used to correct energy imbalances.
5. Utilize concepts of aerobic and anaerobic energy systems, and knowledge about macronutrients, vitamins, minerals, ergogenics, and supplements and relate them to fitness and health.
6. Describe health and disease issues related to nutrition throughout the life cycle, including food safety, corrective dietary modifications, and the influence of specific nutrients on diseases.

Undergraduate Class Policies:

A student has the right to expect competent, well-organized instruction for the full number of clock hours allotted for a course; to sufficient written assignments, graded fairly and with reasonable promptness to show the student's academic standing in the course at least before mid-semester; to have ample opportunity to confer with the instructor at published office hours and to review graded written work; to freedom from ridicule, discrimination, harassment or accusations in the presence of other students or faculty members; and to an avenue for appealing to higher academic authority in case of alleged unfairness by an instructor. See the [Student Handbook](#).

Academic Dishonesty:

Students are expected to do their own course work. Academic dishonesty is a violation of the Student Code of Conduct; therefore, the instructor may report any form of academic dishonesty to the Office of Student Rights and Responsibilities. Please review the [Student Handbook](#) for a complete description of the process.

Forms of academic dishonesty:

- a. Cheating - A student can be accused of academic dishonesty if he/she uses, or attempts to use, unauthorized assistance (e.g., asking someone else for an answer during a test, copying answers from another person's paper during a test, etc.), uses unauthorized study aids in examinations or other academic work (i.e., "cheat sheets" or textbooks/notes when that use has been disallowed by the faculty), or submits the work of another as his/her own.
- b. Plagiarism - A student can be accused of academic dishonesty if he/she uses the ideas, data or language of another without specific or proper acknowledgment.
- c. Fabrication - A student can be accused of academic dishonesty if he/she submits, or attempts to submit material that is contrived or altered (e.g., making up data for an experiment, misrepresenting data, citing nonexistent articles, contriving sources, falsifying design and/or troubleshooting data, or padding estimates with intent to defraud customers, etc.).



- d. Multiple submission - A student can be accused of academic dishonesty if he/she submits, without prior permission, any work previously submitted to fulfill another academic requirement (e.g., the unauthorized submission of a pre-existing paper or project).
- e. Lying - Deliberate falsification with the intent to deceive in written or verbal form as it applies to an academic submission.
- f. Bribery - Providing, offering or taking rewards in exchange for a grade, an assignment or the aid of academic dishonesty.
- g. Threat - An attempt to intimidate a student, staff, or faculty member for the purpose of receiving an unearned grade or in an effort to prevent the reporting of an Honor Code violation.
- h. Misrepresentation of academic records - A student may be accused of academic dishonesty if he/she misrepresents, tampers with or attempts to tamper with any portion of a student's transcripts or academic record (e.g., changing one's grade, altering computer records, falsifying academic information on one's resume, etc.).
- i. Facilitating Academic Dishonesty - A student may be accused of academic dishonesty if he/she knowingly helps or attempts to help another violate the principles of academic integrity (e.g., working together on a take-home exam without instructor permission, providing another student with a pre-written paper or test, unauthorized collaboration of any kind, including online testing, giving answers to lab projects with the intent to help students take practical exams, etc.).

Plagiarism: The University recognizes plagiarism as a serious academic offense. Plagiarism, the act of representing the work of another as one's own, may take two forms. It may consist of copying, paraphrasing or otherwise using the written or oral work of another without acknowledging the source or it may consist of presenting oral or written course work prepared by another as one's own.

Unless an assignment is designated as a group project, assignments should be completed by the student. I encourage group learning and problem solving with assignments, but when you write up the assignment, it should be in your words. I need to know what YOU know, not what the group knows.

Normally a student who plagiarizes shall receive a grade of "F" in the course in which the act occurs. Students are expected to follow A&M-SA's policies as defined in the Academic Catalog. Anyone caught cheating (including plagiarizing) will receive an automatic failure in the course. The instructor may decide to reduce this penalty to an F for the assignment or other appropriate consequence. If you have any questions about the meaning of plagiarizing, how to properly cite material from a source, or about any of the other forms of cheating listed above, do not hesitate to contact your instructor.

Any student caught using the work of another student and/or giving work to another student, or caught cheating in any of the forms listed above, will be reported to student affairs for academic sanctions.

Information on plagiarism is available at the following websites: [University of Indiana Plagiarism.org](http://UniversityofIndianaPlagiarism.org)

All students who have enrolled for audit are expected to complete all course requirements. These requirements include: regular class attendance and participation; completion of all assignments and other class work; quizzes and exams are optional at the discretion of the instructor



Non-Academic Misconduct: (See the [Student Handbook](#)). The University respects the rights of instructors to teach and students to learn. Maintenance of these rights requires campus conditions that do not impede their exercise. Campus behavior that interferes with either (1) the instructor's ability to conduct the class, (2) the inability of other students to profit from the instructional program, or (3) campus behavior that interferes with the rights of others will not be tolerated. An individual engaging in such disruptive behavior may be subject to disciplinary action. Such incidents will be adjudicated under nonacademic procedures by the Dean of Students. This includes but is not limited to:

1. Sleeping in class: Students sleeping in class are a distraction to the professor and to the students in class who have a sincere desire to learn.
2. Side Conversation: Students engaging in side conversations during class are a distraction to the professor and to the students in class who have a sincere desire to learn. Therefore, this behavior is deemed to be a form of nonacademic misconduct and will not be tolerated.
3. Cellular phones and other electronic devices: Cellular phones are to be turned off during class. A student's cellular phone ringing is a distraction to the professor and to the students in class who have a sincere desire to learn.

Sexual Misconduct: (See the [Student Handbook](#)). Sexual harassment of students and employers at Texas A&M University-San Antonio is unacceptable and will not be tolerated. Any member of the University community violating this policy will be subject to disciplinary action.

Message for pregnant and parenting students: Title IX of the Education Amendments of 1972 ("Title IX"), 20 U.S.C. §1681 *et seq.*, protects students in all of the academic, educational, extracurricular, athletic, and other programs or activities of universities. This includes prohibiting discrimination against pregnant and parenting students. A student who is pregnant or parenting is entitled to special services. Texas A&M University-San Antonio is committed to implementing all provisions of Title IX. For availing of special services available to students whose curricular and co-curricular work is impacted by pregnancy and parenting related issues visit the [Title IX homepage](#).

Incompletes: The spirit of the "Incomplete" is to give a student an opportunity to complete a course after the end of the semester. An Incomplete will only be considered under specific circumstances: 1) 70% of the class has been completed and student is passing with a "C" or better, 2) The circumstance for which the "I" is requested is supported with documentation, and 3) Student has been attending class on a regular basis. Incompletes are not to be used to remedy excessive absences. Unforeseen circumstances precipitating the request for an "I" should occur near the end of the semester. Students who are experiencing difficulties at the beginning or midway through the course should contact their professor immediately to discuss options. When a professor agrees to grant an "I", a contract between the student and professor that outlines a specific timeline for completion of the course will be generated. Topics such as highest possible grade will also be outlined. If the contract is not fulfilled, the professor will submit a change of grade form with earned letter grade. All "I"s will automatically revert to an "F" after one year.

Dropping a Course: A course may be dropped by a student without approval from his/her academic advisor or other university official. Students who have been readmitted on academic/scholastic



probation must also consult with their advisors prior to dropping or withdrawing. It is highly recommended that a student consult his/her academic advisor because of the impact on financial aid, graduation, veteran benefits, etc. After the online registration system is closed, all drops must be processed by the Office of the Registrar. A student who, by dropping a course, becomes registered for less than a normal load will be reclassified as a part-time student. Freshmen students who intend to drop a course must first visit their Academic Success Coach. If dropping a course after the last date for an automatic "W," the drop will be assigned either a passing (P) or failing (F).

Administrative Drops for Non-Attendance: A faculty member may drop an undergraduate student for non-attendance at any time prior to the mid-point of a long semester. A drop processed by a faculty member for non-attendance will be treated as a non-punitive grade unless the undergraduate student is subject to the requirements of Senate Bill 1231. The Office of the Registrar will treat all drops processed by a faculty member in accordance with the requirements of Senate Bill 1231 and may change a grade of W to a grade of WS or an F, depending on the student's status.

Grading Policy & Course Requirements: To achieve the course objectives, the class will involve: Video lectures, Individual assignments, and Exams.

REQUIREMENTS	PTS
Weekly MindTap Activities 3 Activities/week = 30 pts x 13 weeks	390
Semester Project Part 1 Three Day Food Log Part 2 Improving Your Diet Document	100 150
Exams Exam 1 (Chapters 1-5) Exam 2 (Chapters 6-10) Exam 3 (Chapters 11-14)	120 120 120
TOTAL	1000

Criteria	
900-1000	A
800-899	B
700-799	C
600-699	D
0-599	F

A grade of "C" or better must be earned in this course to satisfy Kinesiology requirements. Majors who do not earn a grade of "C" or better will be required to repeat the course.

No changes to your final grade will occur once class has ended unless I have made a mistake. You are given the opportunity to follow your grade throughout the semester thus you should not be surprised with the grade you earn. There are no exceptions (eligibility, financial aid, etc.)

Students are expected to submit all assignments on time in the manner outlined by the instructor on Blackboard. No MindTap assignments will be accepted late. Assignments submitted within Blackboard will



receive **half** credit for up to 24-hours after the due date and **no** credit thereafter.

Weekly MindTap Assignments (13 weeks @ 30 pts each; 390 points total)

Each week will include three assigned interactives to complete within the Cengage MindTap program, due on Friday nights at 11:59 pm.

Diet Analysis Project (250 points total):

Throughout the course, you will be encouraged to evaluate your personal eating habits, your personal dietary needs, and create a plan towards making healthier substitutions towards your personal goal.

Part 1: 3-Day Food Log (100 pts): will include recording and logging everything you eat/drink for 3 days into a diet analysis software program within Cengage MindTap.

Part 2: Improving Your Diet Document (150 pts): gives you the opportunity to evaluate your current dietary habits and make specific goals for improvement moving forward, based on what you learn throughout the course.

3 Exams (3 @ 120 points each; 360 points total)

Exams are non-cumulative and will be administered covering information based on the lectures, assigned readings, interactive assignments, and videos. Exams may include multiple-choice and short answer.

Exams will be timed and scheduled on Fridays. You will have 75 minutes to complete the exams. You will be required to install and utilize the Respondus LockDown Browser and Monitor during all exams.

EXAMS WILL BE GRADED FOR HALF-CREDIT if an ID is not provided and/or a thorough environment scan is not completed. Further, no one is permitted in the area when you are taking the exam.

On-line tests will be taken on Blackboard and these are also intended for you to work INDIVIDUALLY. If you are caught collaborating with others during on-line testing, you will be [reprimanded](#). Use of electronic equipment during exams will result in a score of 0% for the test and may result in further discipline.

EDKN 1322 Nutrition
FALL 2023 Online Tentative Schedule

Date	Chapter	Topics	Assignments
Week 1 8/26-8/30	1	Food Choices and Human Health	Syllabus Acknowledgement: 8/28 MindTap Assignments: 8/30
Week 2 9/2-9/6	2	Nutrition Tools: Standards and Guidelines	MindTap Assignments: 9/6
Week 3 9/9-9/13	3	The Remarkable Body	MindTap Assignments: 9/13
Week 4 9/16-9/20	4	The Carbohydrates: Sugar, Starch, Glycogen, and Fiber	MindTap Assignments: 9/20
Week 5 9/23-9/27	5	The Lipids: Fats, Oils, Phospholipids, and Sterols	MindTap Assignments: 9/27
Week 6 9/30-10/4	1-5	Exam 1 Review Week FRIDAY 10/4: EXAM 1 (Chapters 1-5)	
Week 7 10/7-10/11	6	The Proteins and Amino Acids	MindTap Assignments: 10/11
Week 8 10/14-10/18	7 & 8	7: The Vitamins 8: Water and Minerals	MindTap Assignments: 10/18
Week 9 10/21-10/25	9	Energy Balance and Healthy Body Weight	MindTap Assignments: 10/25 *Due Sunday* 3-Day Food Log: 10/27
Week 10 10/28-11/1	10	Performance Nutrition	MindTap Assignments: 11/1
Week 11 11/4-11/8	6-10	Exam 2 Review Week FRIDAY 11/8: EXAM 2 (Chapters 6-10)	
Week 12 11/11-11/15	11	Diet and Health	MindTap Assignments: 11/15
Week 13 11/18-11/22	12	Food Safety and Food Technology	MindTap Assignments: 11/22
Week 14 11/25-11/27*	13	13: Life Cycle Nutrition: Mother and Infant	MindTap Assignments: 11/27*
Week 15 12/2-12/6	14	14: Child, Teen, and Older Adult	MindTap Assignments: 12/6 *Due Sunday* Improving Diet Document: 12/8
	11-14	Exam 3 Review TUESDAY 12/10: EXAM 3 (Chapters 11-14)	

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.