

SMHM 1450 PRINCIPLES OF NUTRITION
SCHOOL OF MERCHANDISING AND HOSPITALITY MANAGEMENT
UNIVERSITY OF NORTH TEXAS

PAYMENT STATEMENT

To attend class, you must be paid in full. Check your online schedule daily through the 12th day of classes to make sure that you are not dropped from any class for non-payment. You may be unaware of a drop that occurred for an unexpected reason, such as unapplied financial aid or schedule change fees. The School of Merchandising and Hospitality Management does not reinstate anyone after the 12th class day regardless of cause. It is your responsibility to confirm that all your payments are made and that you are eligible to attend as of 12th class day.

The Provost's Office asks that you complete the SETE survey that the University provides for all organized classes. This short survey will be made available at the end of the semester, providing you a chance to comment on how this class is taught. I am very interested in the feedback I get from students, as I work to continually improve my teaching. I consider the SETE to be an important part of your participation in this class. Your answers are confidential and you are not identified in any report.

LEARNING OUTCOMES

In this course you are introduced to the basic scientific concepts of human nutrition and the relationship between nourishment, lifestyle, choices, and long-term health. In this class you learn about the influence of nutrition on physical as well as emotional health. After successfully completing the course, you are able to:

1. Describe the energy nutrients and how they are used by your body (As discussed in the following lessons-Digestion & Absorption, Carbohydrate, Protein, Lipid).
2. Recognize the role that vitamins, minerals, and water play in good health (As discussed in the following lessons-Vitamins, and Minerals & Water).
3. Outline federal health policies as they relate to nutrition and discuss the role of nutrition in fitness (As discussed in the following lessons-Nutrition in Health, Nutrition Recommendations, and Nutrition in Weight Management).
4. Demonstrate ways to keep food safe and secure (As discussed in the lesson-Food Safety).

ATTENDANCE, DISABILITY ACCOMMODATION, COPYRIGHT, ACADEMIC DISHONESTY & PRIVACY

Disability Accommodation

The School of Merchandising and Hospitality Management cooperates with the Office of Disability Accommodation ([ODA](#)) to make reasonable accommodations for qualified students with disabilities. If you have a disability for which you require accommodation under the terms of the Americans with Disabilities Act of the Rehabilitation Act of 1973 or Section 504 of the Rehabilitation Act of 1973, please contact the ODA office and your Instructor. Scan and email your ODA written accommodation request to your Instructor by the end of the first week of classes.

Copyright Statement

State common law and federal copyright law protects the materials provided in this class. They are the creator's own original expression. Whereas you are authorized to use all information provided to create a derivative work for the purpose of study, this authorization extends only to making one set for your own personal use and no other. You are not authorized to provide your notes or any rendition of this class to anyone who is not enrolled in the class, or to make any commercial use of it without the creator's expressed written permission.

Privacy Statement

The Family Educational Rights and Privacy Act states that upon the 18th birthday, rights regarding an individual's education transfer from the parent to the student. As a result, information concerning your progress in class or your grades cannot be released to family members. If you would like your parents to have access to your educational record, please go to the following link and complete the Parental Affidavit for Academic Information or contact the UNT Registrar's Office. <http://www.unt.edu/ferpa/parents.htm>

Academic Dishonesty

Academic dishonesty includes, but is not limited to, the use of any unauthorized assistance in taking quizzes, tests, or exams; dependence upon the aid of sources beyond those authorized by the instructor, the acquisition of tests or other material belonging to a faculty member, dual submission of a paper or project, resubmission of a paper or project to a different class without express permission from the instructors, or any other act designed to give a student an unfair advantage. Plagiarism includes the paraphrase or direct quotation of published or unpublished works without full and clear acknowledgment of the author/source. Academic dishonesty will bring about disciplinary action that may include expulsion from the university. This is explained in the UNT Student Handbook.

See the last page of the syllabus for an Important Notice for F-1 Students taking Distance Education Courses

CONTACT INFORMATION FOR YOUR INSTRUCTOR

Your instructor answers emails on Monday, Wednesday and Friday. Email your Instructor within your blackboard class. You will be answered as soon as possible on email days (Monday, Wednesday and Friday).

RESOLUTION OF CLASS-RELATED PROBLEMS

When a class-related problem arises, contact your Instructor before the Hospitality Management Department Chair, Associate Dean, or Dean of the School of Merchandising and Hospitality Management. It is important that you first discuss issues with your Instructor and attempt to resolve any problems at this level before you contact others in the academic hierarchy.

TEXTBOOK

Connors. (2010). SMHM 1450 Principles of Nutrition Workbook. UNT Press, Denton, TX

SMHM 1450 PRINCIPLES OF NUTRITON

GRADE DETERMINATION

	ACTIVITY	POSSIBLE POINTS
✓	Lesson quizzes (10 @ 10 pt each)	100
✓	Lesson activities (10 @ 10 pt each)	100
✓	Unit exams (2 @ 40; 2 @ 60 pts)	200
✓	Orientation quizzes	20
	Total Points	420

THIS COURSE HAS A TOTAL OF 420 POINTS

A	378-420 points
B	336-377
C	294-335
D	252-293
F	251 or below

Lesson Quizzes

There are ten (10) lessons in this course. Each lesson has a quiz worth 10 points. Lesson quizzes are available for a limited period of time. Once a quiz has closed it is not reopened.

If you miss a quiz, plan to take the make-up quiz that is open for one day at the end of each unit (just before the unit exam). The make-up quiz covers all the lessons in the unit, not just the one that you missed. If you take the make-up, your total for unit quiz points is the higher of two possible scores: Either your grade on the make-up quiz or your total points on the lesson quizzes in that unit. In calculating your final points, do not add your score on the make-up quiz to your points on individual quizzes.

Lesson Activities

There are ten activities related to concepts covered in lessons. To successfully complete an activity click on provided links to practical applications found online or a worksheet (pdf file) found on the ACTIVITIES homepage, or the e-textbook. Specific information concerning sources is found in the description of each activity.

Unit Exams

There are four units in this course. Unit exams 1 & 4 are worth 40 points (they each cover two lessons) and Unit exams 2 & 3 are worth 60 points (they each cover three lessons). The exams are multiple-choice and include questions based on the Lesson Book, Nutrition Concepts & Controversies e-textbook, quizzes, and activities. If you miss an exam you may qualify to take a make-up exam prior to the last day of class. There is a 10-point penalty for taking an exam late. No exceptions. There are no make-ups for exams that you have already taken.

SMHM 1450 Principles of Nutrition

Course Topics

Chapter in Workbook

(1) Nutrition in Health	Chapter 1
(2) Nutrition Recommendations for Healthy Living	Chapter 2
(3) Digestion, Absorption, and Transportation of Nutrients	Chapter 3
(4) Carbohydrate	Chapter 4
(5) Lipid	Chapter 5
(6) Protein	Chapter 6
(7) Vitamins	Chapter 7
(8) Minerals	Chapter 8
(9) Weight Management	Chapter 9
(10) Food Safety and Security	Chapter 10

Important Notice for F-1 Students taking Distance Education Courses

Federal Regulation

To read detailed Immigration and Customs Enforcement regulations for F-1 students taking online courses, please go to the Electronic Code of Federal Regulations website at <http://ecfr.gpoaccess.gov>. The specific portion concerning distance education courses is located at "Title 8 CFR 214.2 Paragraph (f)(6)(i)(G)" and can be found buried within this document: <http://frwebgate.access.gpo.gov/cgi-bin/get-cfr.cgi?TITLE=8&PART=214&SECTION=2&TYPE=TEXT>

The paragraph reads:

(G) For F–1 students enrolled in classes for credit or classroom hours, no more than the equivalent of one class or three credits per session, term, semester, trimester, or quarter may be counted toward the full course of study requirement if the class is taken on-line or through distance education and does not require the student's physical attendance for classes, examination or other purposes integral to completion of the class. An on-line or distance education course is a course that is offered principally through the use of television, audio, or computer transmission including open broadcast, closed circuit, cable, microwave, or satellite, audio conferencing, or computer conferencing. If the F–1 student's course of study is in a language study program, no on-line or distance education classes may be considered to count toward a student's full course of study requirement.

A Final Rule with clarifications on the restriction can be found at:

http://www.ice.gov/pi/news/factsheets/0212FINALRU_FS.htm

University of North Texas Compliance

To comply with immigration regulations, an F-1 visa holder within the United States may need to engage in an on-campus experiential component for this course. This component (which must be approved in advance by the instructor) can include activities such as taking an on-campus exam, participating in an on-campus lecture or lab activity, or other on-campus experience integral to the completion of this course.

If such an on-campus activity is required, it is the student's responsibility to do the following:

- (1) Submit a written request to the instructor for an on-campus experiential component within one week of the start of the course.
- (2) Ensure that the activity on campus takes place and the instructor documents it in writing with a notice sent to the International Advising Office. The UNT International Advising Office has a form available that you may use for this purpose.

Because the decision may have serious immigration consequences, if an F-1 student is unsure about his or her need to participate in an on-campus experiential component for this course, s/he should contact the UNT International Advising Office (telephone 940-565-2195 or email international@unt.edu) to get clarification before the one-week deadline.