SMHM 2460 INTRODCTION TO NUTRITION SCIENCE

Instructor:
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Office Hours: MW 11:00 am – 12:30 pm; 3:00 pm-4:00 pm

Course Description
This course is an introduction to the relationship between nourishment, lifestyle choices, and long-term health. Topics include classes, sources, and functions of nutrients; and their digestion, absorption, and metabolism. Investigation of eating patterns using database technology demonstrates the relationship between food consumption and nutrient adequacy. The economic, cultural, and psychological implications of food choices and eating behaviors are studied.

UNT Over Arching Objectives (OAO)

1. Gain an awareness of fundamental areas of knowledge and the interrelationships among them
2. Gain the skills required to explore and test ideas
3. Have the ability to read intelligently, write clearly and speak well
4. Value different ideas, perspectives, cultures and viewpoints
5. Demonstrate personal and social responsibility

UNT Exemplary Educational Objectives for Natural Sciences (EEO)

1. To understand and apply the scientific method and appropriate technology to the study of natural sciences.
2. To recognize scientific and quantitative methods of inquiry, and to be able to communicate findings, analyses, and interpretations based upon these methods.
3. To identify and recognize the differences among competing scientific theories.

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
After successfully completing this course you are able to:

1. Describe the process by which the body obtains nutrients from food
2. Identify the macronutrients and outline their relationship to energy production
3. Explain the role of electrolytes in maintaining fluid balance
4. Describe health implications edible plant phytochemicals
5. List nutrients important to bone health and explain their function
6. Describe the scientific method and its application to research in nutrition science
7. Write hypotheses and discuss procedures for accepting or rejecting hypotheses
8. Use reliable methods for data collection and analysis, and interpretation of results
9. Demonstrate how to form and communication conclusions

Textbook
Thompson JL, Manore MM & Vaughn L. *Nutrition, An Applied Approach.* San Francisco, CA; Pearson.
Connors, P. *Discovering the Science of Nutrition*. Denton, TX: UNT Press; 2009.

Grade Determination (This is a 3-credit hour course with 3 hours of lecture and 2 hours of lab)

Component	**Points**	
Lesson/Lecture quizzes	50	A = 450-500 points
Lab quizzes	50	B = 400-449
Lesson/lecture exams	225	C = 350-399
Labs reports	150	D = 300-349
Lab final	25	F = < 299
Total Points	**500**	

Online Quizzes: There are 11 online quizzes, each is worth 5 points and the lowest grade is dropped.
Lab Quizzes: There are 11 lab quizzes, each is worth 5 points and the lowest grade is dropped.
Lab Reports: There are 11 lab reports, each is worth 15 points and the lowest grade is dropped.

Lecture Outline
1. Global sustainable nutrition
2. Nutrition basics
3. Nutrition recommendations
4. Human body, digestion and absorption of nutrients
5. Macronutrient: carbohydrate
6. Macronutrient: lipid
7. Macronutrient: protein
8. An review of vitamins & minerals
9. Nutrients involved in fluid and electrolyte balance
10. Nutrients and antioxidant function
11. Nutrients and bone function

Lab Outline
1. Scientific method and measurement
2. Food groups and buffets
3. Meeting Dietary Reference Intakes
4. Wheat free for a week
5. Sweetened/non-sweetened breakfast cereals
6. Dietary fats
7. Vegetarian for a week and protein adequacy
8. Dietary calcium and vitamin D
9. Sensory evaluation of water
10. Plant phytochemicals and pH, time, and temperature
11. Dietary balance

Contact Your Instructor
Use your Blackboard class at ecampus.unt.edu to contact your Instructor. Click on Blackboard mail and send a message. Messages are answered on Monday and Wednesday.

Payment 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.

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 Law 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 a paraphrase or direct quotation of published or unpublished works without full and clear acknowledgment of the author/source. Academic dishonesty brings about disciplinary action that may include expulsion from the university as explained in the UNT Student Handbook.