

University of North Texas  
College of Merchandising, Hospitality & Tourism

**HMGT 2460 INTRODUCTION TO NUTRITION SCIENCE**

**Catalog 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.

**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 of 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. Detail the relationship between nutrition and physical exercise
8. Write hypotheses and discuss procedures for accepting or rejecting hypotheses
9. Use reliable methods for data collection and analysis, and interpretation of results
10. Demonstrate how to form and communicate conclusions

**CONTACT INFORMATION FOR YOUR INSTRUCTOR**

Your instructor answers emails on Monday, Wednesday & Friday. Email your Instructor within your Blackboard Learn class. You will be answered as soon as possible on email days.

**Textbook**

Thompson JL & Manore MM. *Nutrition: An Applied Approach*, 4<sup>th</sup> Edition. Pearson Publishing Co. ISBN: 13:978-0-321-91039-4 ISBN: 10:0-321-91039-7

**Organization of the Course**

This is a 100% Internet course. There are no mandatory on-campus meetings. There are three unit exams that are worth 50 points each and a total of ten textbook quizzes worth 10 points each. Each unit has an All-In-One quiz that is optional. You are not required to take it. The All-In-One quiz replaces one low or missing quiz score in the Unit.

There are five (5) lab quizzes worth 10 points each and five (5) lab reports submitted using Turnitin worth 10 points. There is a lab final worth 25 points.

Graded Work	Each	Points
Unit Exams	3 @ 50	150
Textbook quizzes	10 @ 10	100
Lab quizzes	5 @ 10	50
Lab reports	5 @ 10	50
Lab final	1 @ 25	25
<b>Total Points in Class</b>		<b>375</b>

**Grading Scale**

A =  $\geq$  337  
B = 300-336  
C = 262-299  
D = 225-261  
F =  $\leq$  224

A Table of Dates is provided in your syllabus folder in your BBLearn class. Check it often to see when online quizzes, exams, and Turnitin submission links open and close. It is your responsibility to be aware of all due dates. Print off and use the Figuring Your Grade form in the syllabus folder to keep track of your points and to calculate your percentage grade.

**Revisions**

The Instructor reserves the right to revise this syllabus and list of requirements when such revision benefits the objectives of the course and make effective use of class time.

**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 College of Merchandising, Hospitality and Tourism 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.

Understanding the academic organizational structure is important when resolving class-related or advising issues. When you need problems resolved, you should start with your individual faculty member and/or advisor who will then help you navigate the academic hierarchy.

**Payment Deadline**

It is imperative that students have paid for all enrolled classes. Please check your online schedule daily through the 12<sup>th</sup> class day to insure you have not been dropped for non-payment of any amount. Students unknowingly have been dropped from classes for various reasons such as financial aid, schedule change fees, parking fees, etc. CMHT will not be able to reinstate students for any reason after the 12<sup>th</sup> class day regardless of situation. It is the student's responsibility to ensure all payments have been made.

**SETE**

*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.*

**Disability Accommodation**

The College of Merchandising, Hospitality and Tourism Management cooperates with the UNT 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, email or deliver your ODA written accommodation request to your Instructor by the end of the first week of classes.

**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>

**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.

**Access to Information**

Your access point for business and academic services at UNT occurs within the my.unt.edu site [www.my.unt.edu](http://www.my.unt.edu). If you do not regularly check Eagle Connect or link it to your favorite e-mail account, please so do, as this is where you learn about job opportunities, CMHT events, scholarships, and other important information. The website that explains Eagle Connect and how to forward your email: <http://eagleconnect.unt.edu/>

**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.

### **Classroom Policies**

Student behavior that interferes with an instructor's ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom, and the instructor may refer the student to the Center for Student Rights and Responsibilities to consider whether the student's conduct violated the Code of Student Conduct. The University's expectations for student conduct apply to all instructional forums, including university and electronic classrooms, labs, discussion groups, field trips, etc. The Code of Student Conduct can be found at [http://www.unt.edu/csrr/student\\_conduct/index.html](http://www.unt.edu/csrr/student_conduct/index.html).

### **EXPECTED STUDENT BEHAVIOR**

Student behavior is expected to be respectful of both other students and faculty. Student behavior that interferes with an instructor's ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Dean of Students to consider whether the student's conduct violated the Code of Student Conduct. The university's expectations for student conduct apply to all instructional forums, including university and electronic classroom, labs, discussion groups, field trips, etc. The Code of Student Conduct can be found at [www.deanofstudents.unt.edu](http://www.deanofstudents.unt.edu) The College of Merchandising, Hospitality and Tourism requires that students respect and maintain all university property. Students will be held accountable through disciplinary action for any intentional damages they cause in classrooms. (e.g., writing on tables). Disruptive behavior is not tolerated (e.g., arriving late, leaving early, sleeping, talking on the phone, texting or game playing, making inappropriate comments, ringing cellular phones/beepers, dressing inappropriately).

### **Important UNT Academic Calendar Events**

Check the UNT Academic Calendar at [www.unt.edu](http://www.unt.edu) for up-to-date information on critical dates for course adds, drops, withdrawals, and incompletes. It is your responsibility to be informed about academic dates.

### **ACADEMIC ADVISING**

Beginning in Fall 2012, all first-time-in-college students at UNT are required to schedule an appointment with their Academic Advisor and receive an advising code to register for classes. ALL students should meet with their Academic Advisor at least one time per long semester (Fall & Spring). It is important to update your degree plan on a regular basis to ensure that you are on track for a timely graduation.

### **FINANCIAL AID SATISFACTORY ACADEMIC PROGRESS (SAP) UNDERGRADUATES**

A student must maintain Satisfactory Academic Progress (SAP) to continue to receive financial aid. Students must maintain a minimum 2.0 cumulative GPA in addition to successfully completing a required number of credit hours based on total registered hours per semester. Students cannot exceed attempted credit hours above 150% of their required degree plan. If a student does not maintain the required standards, the student may lose financial aid eligibility.

**If at any point you consider dropping this or any other course, please be advised that the decision to do so has the potential to affect your current and future financial aid eligibility.** Please visit <http://financial.aid.unt.edu/satisfactory-academic-progress-requirements> for more information about financial aid Satisfactory Academic Progress. It may be wise for you to schedule a meeting with your CMHT academic advisor or visit the Student Financial Aid and Scholarships office to discuss dropping a course before doing so.

### **COURSE SAFETY STATEMENTS**

Students in the College of Merchandising, Hospitality and Tourism are urged to use proper safety procedures and guidelines. While working in laboratory sessions, students are expected and required to identify and use property safety guidelines in all activities requiring lifting, climbing, walking on slippery surfaces, using equipment and tools, handling chemical solutions and hot and cold products. Students should be aware that the University of North Texas is not liable for injuries incurred while students are participating in class activities. All students are encouraged to secure adequate insurance coverage in the event of accidental injury. Students who do not have insurance coverage should consider obtaining Student Health Insurance for this insurance program. Brochures for this insurance are available in the UNT Health and Wellness Center on campus. Students who are injured during class activities may seek medical attention at the UNT Health and Wellness Center at rates that are reduced compared to other medical facilities. If you have an insurance plan other than Student Health Insurance at UNT, please be sure that your plan covers treatment at this facility. If you choose not to go to the UNT Health and Wellness Center, you may be transported to an emergency room at a local hospital. You are responsible for expenses incurred there.

## HMGT 2460 NUTRITION SCIENCE - TABLE OF DATES FALL 2014

Grade Distribution	Each	Total Possible	Grade Scale
Unit Exams	3 @ 50	150	A = 337
Textbook Quizzes	10 @ 10	100	B = 300-336
Lab Quizzes	5 @ 10	50	C = 262 -299
Lab Reports	5 @ 10	50	D = 225-261
Lab Final	1 @ 25	<u>25</u>	F = $\leq$ 224
<b>TOTAL POINTS IN CLASS</b>		<b>375</b>	

*All Quizzes and Exams open at 12:00 midnight and close at 11:59 pm.*

Unit	Open	Close	Text & Lab Quizzes and Unit Exam
<b>Unit 1</b>	<b>Aug. 25</b>	Sept. 2	Text quiz 1 chapter 1 Nutrition in health
	*	Sept. 8	Text quiz 2 - chapter 2 Designing a diet
	*	Sept. 15	Lab Exercise 1 Quiz & Report: Measurement and units
	*	Sept. 15	Text quiz 3 - chapter 3 Human body
	Sept. 16	Sept. 16	Text All-in-one quiz (Tuesday only)
	Sept. 17	Sept. 17	<b>Unit 1 Exam (Wednesday only)</b>
Unit 2	Open	Close	Text & Lab Quizzes and Unit Exam
	Sept. 15	Sept. 29	Text quiz 4 - chapter 4 Carbohydrate
	*	Oct. 6	<i>Lab 2 Quiz &amp; Report: Lipids in the diet</i>
	*	Oct. 6	Text quiz 5 - chapter 5 Fats
	*	Oct. 13	Text quiz 6 - chapter 6 Proteins
	*	Oct. 20	<i>Lab 3 Quiz &amp; Report: Food proteins &amp; calculating needs</i>
	*	Oct. 20	Text quiz 7 - Readings in vitamins & minerals
	Oct. 21	Oct. 21	Unit 2 all-in-one quiz (Tuesday only)
	<b>Oct. 22</b>	<b>Oct. 22</b>	<b>Unit 2 Exam (Wednesday only)</b>
Unit 3	Open	Close	Text & Lab Quizzes and Unit Exam
	<b>Oct. 20</b>	Oct. 27	Text quiz 8 - chapter 7 Fluid and electrolytes
	*	Nov. 3	<i>Lab 4 Quiz &amp; Report: Wheat gluten &amp; alternate grains</i>
	*	Nov. 3	Text quiz 9 - Chapter 8 Antioxidants
	*	Nov. 10	Text quiz 10 - Chapter 9 Bone health
	*	Nov. 17	<i>Lab 5 Quiz &amp; Report: Animal and plant based milk sources</i>
	Nov. 18	Nov. 18	Unit 3 all-in-one quiz (Tuesday only)
	<b>Nov. 19</b>	<b>Nov. 19</b>	<b>Unit 3 Exam (Wednesday only)</b>
	Open	Close	
<b>Make-Up Lab</b>	<b>Aug. 25</b>	<b>Nov. 26</b>	<b>Make-Up Lab Quiz 1 &amp; 2 Plant phytochemicals*</b>
	<i>* The make-up lab consists of two quizzes Quiz 1 replaces a Lab Quiz and Quiz 2 replaces a turnitin Lab Report. It is optional. You do not have to take it!</i>		
<b>Late Exams</b>	Dec. 1	Dec. 1	Unit 1 * (Monday)
	Dec. 2	Dec. 2	Unit 2 (Tuesday)
	Dec. 3	Dec. 3	Unit 3 (Wednesday)
	<i>* There is a 10-point penalty for taking a late exam</i>		
<b>Lab Final</b>	Dec. 6	Dec. 6	Saturday Option*
	Dec. 9	Dec. 9	Tuesday Option
	<i>* Take the lab final on Saturday or Tuesday but not on both days</i>		