

Course Information

HMGT 1450 Principles of Nutrition  
INET Blackboard Learn

Instructor Information

Priscilla Connors, PhD, RDN, Associate Professor  
343 H Chilton Hall – See me during my face-to-face office hours MWF 1-3 pm  
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Emails are routinely answered during regular business hours M-TH

Readings & Supplemental Materials

Lessons on nutrients and links to federal nutrition resources are available in your Blackboard Learn class. If you'd like to read the lessons in print you can purchase the *Nutrition Lesson Book* by Connors from the UNT bookstore. A printed version is not required. A reading book, *Water 4.0* by David Sedlak is required. It is available at the UNT bookstore and online at Amazon and other outlets.

Course Description

This course is an introduction to human nutrition in health from an examination of nutrients and body function to food choice and healthful eating behaviors. Energy needs are calculated, nutrient information is analyzed, and national food and nutrition reports are reviewed. The connection between nutrition and risk of chronic disease is described with nutrition practices that promote health emphasized. The food environment is examined from the perspective of making informed food choices in a complex marketplace. This is a 3 credit-hour course that satisfies the Discovery requirement of the University Core Curriculum.

Learning Outcomes

1. Describe the energy nutrients (carbohydrate, protein, fat) and their function
2. Explore the role of water, vitamins & minerals in health
3. Examine federal health policies as they relate to nutrition and disease avoidance
4. Plan informed food choices based in nutrition science
5. Demonstrate ways to keep food safe and secure

Interesting Facts About This Class

This is a large enrollment class. You have at least 300 classmates! Despite this class size I hope to get to know each and everyone of you through your group discussion, water report, and messages. To improve our communication I've created groups and you'll find that you are randomly assigned to a group by Blackboard. Your group is your #1 communication link. Share ideas, work together, and solve problems.

The reading book for this year is *Water 4.0* by David Sedlak. Why a reading book on management of water resources? Water is an essential nutrient and how we use water affects both its availability and purity. While the book has technical details that you might find challenging, you'll never forget the author's discussion of something we take for granted – clean potable water.

The Lessons

I wrote the Nutrients & the Body lessons. I enjoy feedback on the topics covered, any typos that you might find (!) and suggestions for new material or ways to improve the clarity of the writing. I also created all the quiz and exam questions. Let me know if you see a problem with a multiple-choice question. I'll check it out and get back to you. Just send me a message at [priscilla.connors@unt.edu](mailto:priscilla.connors@unt.edu).

Organization of the Class

There are four sections with readings and quizzes:

- Water 4.0
- Nutrients & the Body
- Dietary Guidelines for Americans
- MyPlate

There are two major exams:

- Nutrients & the Body
- Dietary Guidelines for Americans

There is a team report:

- Team responses to questions and problems based on readings in Water 4.0

Completion of Quizzes, Exams & Report

A Table of Dates is provided that lists the dates when quizzes and exams open and close, as well as when the Team Water Report is due. Once quizzes and exams close they are not re-opened. Each of the following sections – Nutrients & the Body, Dietary Guidelines for Americans, and MyPlate – has an *all-in-one quiz* that is a substitute for one missing quiz. There are late exams that substitute for a missed exam, however, there is a 5-point late penalty. The Team Water Report must be submitted by 5 pm on the due date. Late submissions are not accepted or graded.

Team Survey

There is a team survey designed in compliance with assessment requirements of the UNT Faculty Senate Oversight Committee on the Core Curriculum and the Texas Higher Education Coordinating Board Team Experience Goal: To evaluate the ability of team members to consider different points of view and to work effectively with others to support a shared purpose.

[https://facultysenate.unt.edu/sites/default/files/UNT\\_Provisional\\_Teamwork\\_Rubric\\_Spring\\_2014\\_1.pdf](https://facultysenate.unt.edu/sites/default/files/UNT_Provisional_Teamwork_Rubric_Spring_2014_1.pdf)

## HMGT 1450 NUTRITION PRINCIPLES - TABLE OF DATES FALL 2015

| Grade Distribution             |  | Each   | Total Points | Grade Scale    |
|--------------------------------|--|--------|--------------|----------------|
| Water 4.0 Quizzes              |  | 9 @ 5  | 45           |                |
| <b>Water 4.0 Team Report</b>   |  | 1 @ 20 | 20           |                |
| Nutrients Quizzes              |  | 6 @ 5  | 30           | A = $\geq 180$ |
| <b>Nutrients Exam</b>          |  | 1 @ 20 | 20           | B = 160-179    |
| Dietary Guidelines Quizzes     |  | 6 @ 5  | 30           | C = 140-159    |
| <b>Dietary Guidelines Exam</b> |  | 1 @ 20 | 20           | D = 120-139    |
| MyPlate Quizzes                |  | 6 @ 5  | 30           | F = $\leq 119$ |
| Team Survey                    |  | 1 @ 5  | 5            |                |
| <b>Total Points</b>            |  |        | <b>200</b>   |                |

  

| <b>Water 4.0</b> | <b>Open</b>   | <b>Close</b>  | <b>Water 4.0 Quizzes and Report</b>  |
|------------------|---------------|---------------|--------------------------------------|
|                  | <b>Aug 24</b> | Sept 1        | Quiz Chapter 1 Water in Rome         |
|                  | *             | Sept 8        | Quiz Chapter 2 Bucket era            |
|                  | *             | Sept 22       | Quiz Chapter 3 Sewage crisis         |
|                  | *             | Sept 29       | Quiz Chapter 4 Growing old           |
|                  | *             | Oct 6         | Quiz Chapter 5 Burning rivers        |
|                  | *             | Oct 27        | Quiz Chapter 6 Chlorine              |
|                  | *             | Nov 3         | Quiz Chapter 7 Drains to the bay     |
|                  | *             | Nov 10        | Quiz Chapter 8 Traces of trouble     |
|                  | *             | Nov 17        | Quiz Chapter 12 A different tomorrow |
| <b>Water 4.0</b> | <b>Aug 24</b> | <b>Nov 24</b> | <b>Water 4.0 TEAM REPORT DUE</b>     |

  

| <b>Nutrients</b> | <b>Open</b>    | <b>Close</b>   | <b>Lesson Quizzes &amp; Exam</b>          |
|------------------|----------------|----------------|---|
|                  | <b>Aug. 24</b> | Sept 1         | Quiz 1 Digestion & Quiz 2 Carbohydrate    |
|                  | *              | Sept 8         | Quiz 3 Lipid & Quiz 4 Protein             |
|                  | *              | Sept 15        | Quiz 5 Vitamins & Quiz 6 Minerals & Water |
|                  | Sept 16        | Sept 16        | All-In-One Quiz (one day only)            |
|                  | <b>Sept 18</b> | <b>Sept 17</b> | <b>Nutrient Exam (one day only)</b>       |

  

| <b>Guidelines</b> | <b>Open</b>    | <b>Close</b>  | <b>Dietary Guidelines Quizzes &amp; Exam</b> |
|-------------------|----------------|---------------|--|
|                   | <b>Sept 21</b> | Sept 29       | Quiz Chapter 1 & Quiz Chapter 2              |
|                   | *              | Oct 6         | Quiz Chapter 3 & Quiz Chapter 4              |
|                   | *              | Oct 13        | Quiz Chapter 5 & Quiz Chapter 6              |
|                   | Oct 13         | Oct 14        | Guidelines All-In-One quiz (one day only)    |
|                   | <b>Oct 15</b>  | <b>Oct 15</b> | <b>Guidelines Exam (one day only)</b>        |

  

| <b>MyPlate</b> | <b>Open</b>   | <b>Close</b> | <b>My Plate Quizzes and Exam</b>            |
|----------------|---------------|--------------|---|
|                | <b>Oct 19</b> | Oct 27       | Quiz Group 1 Grains & Quiz Group 2 Fruit    |
|                | *             | Nov 3        | Quiz Group 3 Vegetable & Quiz Group Protein |
|                | *             | Nov 10       | Quiz Group 5 Dairy & Quiz Group 6 Oils      |
|                | Nov 11        | Nov 11       | MyPlate All-In-One Quiz (one day only)      |

  

| <b>Late Exams</b>                                    | <b>Open</b> | <b>Close</b> | <b>Exam</b>                |
|--|-------------|--------------|----------------------------|
|  | Nov 30      | Nov 30       | Nutrient Exam (Monday)*    |
|  | Dec 1       | Dec 1        | Guidelines Exam (Tuesday)* |
| * There is a 10-point penalty for taking a late exam |             |              |                            |

  

| <b>Team Survey</b> | <b>Dec 5</b> | <b>Dec 8</b> | <b>Team Survey</b> |
|--------------------|--------------|--------------|--------------------|
|--------------------|--------------|--------------|--------------------|

**NOTICE FROM THE COLLEGE OF MERCHANDISING HOSPITALITY & TOURISM****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.

**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.unl.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.

**Student Evaluation of Teaching**

*The Provost's Office asks that you complete a survey that the University provides for all organized classes. This short survey will be made available during the last weeks of the semester, providing you a chance to comment on how this class is taught. 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.

**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.

**IMPORTANT NOTICE FOR F-1 STUDENTS TAKING DISTANCE EDUCATION COURSES**

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 multiple 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, students should contact the UNT International Advising Office (telephone 940-565-2195 or email [international@unt.edu](mailto:international@unt.edu)) to get clarification before the one-week deadline.**