

Course Information

HMG 1450 Principles of Nutrition (3 credit hours)
INET Canvas (100% online)

Instructor Information

Priscilla Connors PhD, RDN, Associate Professor
Communicate with me via email at priscilla.connors@unt.edu
Emails are routinely answered during regular business hours M-F

Getting in Touch: Post general questions on the [Ask Your Questions!](#) Discussion board. If you have questions about the course or assignments, please post them there. Either one of your classmates or I will answer it. This way we can all benefit from questions asked, and they can be answered in a venue that the whole class can see. If you have a private question, contact via email Priscilla.Connors@unt.edu and I will respond within 24 hours on weekdays. Normally, all assignments are graded within 1 week of due date. If I am unable to grade that quickly I will let everyone know when to expect to see their scores.

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 3 credit-hour course satisfies the Component 1 of the University Core Curriculum.

Learning Outcomes

- LO 1: Analyze the context of nutrition recommendations & personal choices
- LO 2: Examine the nutrients and describe their metabolic function
- LO 3: Relate nutritional status to disease risk & outcomes of eating patterns
- LO 4: Illustrate healthy, economical & socially responsible food choices

Prerequisites

There are no required formal prerequisites for this course. Be curious, see applications of what you have learned, and become an informed consumer in our food marketplace.

Textbook

There is NO required textbook! All the readings and materials that you need are available in your Canvas class. You do not need to purchase a text or any materials to be successful.

Assessments

All nutrient unit quizzes are open and available on the first day of class. Subsequently each set of unit quizzes closes in a cascading fashion with Unit 1 Food Safety & Security quizzes closing first followed by Unit 2 Nutrition Recommendations and so forth through all the units. Quizzes open at 12:01 am and close at 11:59 pm. You have two opportunities to take a quiz with only the highest score recorded in Grades. Once quizzes close, they are not reopened! Activities and Quizzes in our News Literacy module open one at a time with subsequent activities opening and closing throughout the session.

You complete this course by reading content pages in nutrition units, taking a quiz after each page, participating in discussions, and completing News Literacy activities and quizzes. There is a final exam that covers Nutrition Units 1-10.

Late Policy

Once quizzes close, they are not reopened! You have two opportunities to take a quiz with only the highest score recorded in Grades. Activities and quizzes in the News Literacy module on fact checking open one at a time with subsequent activities opening and closing throughout the session and are not re-opened.

Discussions are open for a set period (7-10 days) and are not re-opened. If you miss any class activity contact me within 24 hours at Priscilla.Connors@unt.edu to discuss alternative assignments.

Turn Around Time, Grade Questions & Extra Credit

I aim to return graded work to you within one week of the due date. When this is not possible, I will send an announcement to the class. I am happy to review any work that you feel was incorrectly graded. I often learn useful information about both the design of the class and the effectiveness of the assessments through conversations with students. My goal is that each student successfully completes the course and discussions about grades are determined is a part of how we achieve that goal together. Earn extra credit with student feedback on discussions. Canvas automatically assigns two feedback for each discussion. Provide feedback for all three discussions and earn 10 bonus points.

Grading

Assignment groups like Discussions or Food Safety & Security (Assignment group names are based on modules or units) are weighted in CANVAS GRADES. Your final grade (a percentage) is based upon the distribution of weight (or percent out 100%) assigned to each assignment group and your scores on assessments in that group. Check SYLLABUS in Canvas to see the percentage for each assignment group.

Table 1 Assignment Dates, Group, and Weights: Fall 2020

Dates	Assignment Group	Weight (%)
April 27	Final Exam	3.5
Varies	Discussions	10.5
Varies	News Literacy	14.0
Jan 11-Jan 19	Unit 1 Food Safety & Security	8.8
Jan 11-Jan 25	Unit 2 Nutrition Recommendations	7.0
Jan 11-Feb 1	Unit 3 Digestion & Absorption	7.0
Jan 11-Feb 15	Unit 4 Carbohydrate	8.8
Jan 11-Feb 22	Unit 5 Lipid	7.0
Jan 11-Mar 1	Unit 6 Protein	7.0
Jan 11-Mar 15	Unit 7 Vitamin	8.8
Jan 11-Mar 22	Unit 8 Mineral	5.3
Jan 11-Mar 29	Unit 9 Water	5.3
Jan 11-Apr 12	Unit 10 Nutrition in Health	7.0
TOTAL		100%

Technical Requirements

Internet access

Computer or mobile device

Check the Student Toolkit in our Canvas class for details

College of Merchandising, Hospitality & Tourism
Syllabus Statements Spring, 2021
Advising and Degree Progression

Advising

ALL students are expected to meet with their Academic Advisor **each semester** to update your degree plan and to stay on track for a timely graduation. Advising information for CMHT majors is provided here.

- ***Advising Contact Information (Chilton Hall 385 – 940.565.4635)***
- ***SCHEDULE APPOINTMENTS HERE: appointments.unt.edu***

Prerequisites

- Ultimately, it is a student's responsibility to ensure they have met all prerequisites before enrolling in a class.
- A prerequisite is a course or other preparation that must be successfully completed (a grade of C or better) before enrollment in another course. All prerequisites are included in catalog course descriptions.
- Students that lack prerequisites for a course are not allowed to remain in the course.

Transfer Courses

Any transfer course(s) from another institution must receive *prior approval* from your CMHT Academic Advisor to ensure that the course(s) will be applicable to your degree plan at UNT.

Dropped for Non-payment

- Students will be dropped for nonpayment for enrolled courses, parking fees, schedule change fees, etc. Please check your account daily through the 12th class day to ensure you have not been dropped for non-payment of any amount. It is the student's responsibility to make all payments on time.
- ***Students cannot be reinstated for any reason after the 12th class day regardless of situation.***

Dropping a Course

- **A decision to drop a course may affect your current and future financial aid eligibility.** Talk to your academic advisor or Student Financial Aid if you are thinking about dropping a course.
- Speak with the course instructor to discuss any possible options to be successful in the course before dropping.
- Meeting deadlines for dropping a course are the student's responsibility.
- **After the 12th class day, students cannot drop a course online** through your my.UNT Student Portal. Please see the instructions for dropping a class here: <https://registrar.unt.edu/registration/dropping-class>

Financial Aid Requirements

- A student must maintain Satisfactory Academic Progress (SAP) to continue receiving financial aid by maintaining a minimum 2.0 cumulative GPA and successfully completing the 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. Visit

<https://financialaid.unt.edu/sap> for more information about financial aid Satisfactory Academic Progress.

What if You Are In Distress?

The University has a number of resources that can be useful if you find yourself in need of help. Faculty and advisors can help direct you to resources; please note that any reports of sexual harassment, sexual assault, dating violence, or stalking must be reported to the UNT Dean of Students, per Texas law. Some resources you might consult are:

UNT Police	940-565-3000
Dean of Students	940-565-2648 or 940-565-2039
Counseling and Testing	940-565-2741
Student Health and Wellness Center	940-565-2333
Office of Disability Access	940-565-2333
Housing and Residence Life	940-565-2610
Substance Use and Resource Education Center	940-565-3177
Veterans Center	940-369-8021
Denton County Friends of the Family	940-387-5131
National Suicide Hotline	1-800-273-TALK

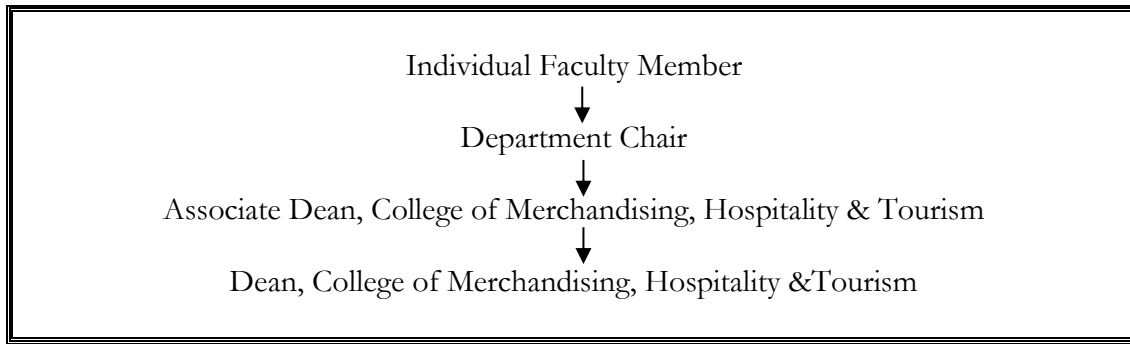
Dates and Deadlines

January 11	First day of class
January 15	Last day for change of schedule other than a drop. (Last day to add a class.)
January 18	MLK Day – No classes; University is closed
January 25	Census date –Students cannot be added to a course for any reason after this date.
April 2	No Classes
April 2	Last day for a student to drop a course and receive a W. Also last day to withdraw from the semester.
April 21-22	Pre-final days
April 22	Last class day
April 23	Reading day (no classes)
April 24-30	Final exams (Exams begin on Saturday)
May 6-9	Graduation ceremonies

Grade and Class Concerns

Do you know who to contact for a course-related issue?

Understanding the academic organizational structure is important when resolving class-related or advising issues. When you need problems resolved, please follow the steps outlined below:

**Do you require special accommodations?**

The University of North Texas and the College of Merchandising, Hospitality and Tourism make reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with an accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. Students are strongly encouraged to deliver letters of accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student. For additional information see the Office of Disability Accommodation website at <http://www.unt.edu/oda>. You may also contact them by phone at 940.565.4323.

Are you aware of safety regulations?

Students are urged to use proper safety procedures and guidelines. In lab 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.

Do you know the penalties of 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 which may include expulsion from the university. This is explained in the UNT Student Handbook. Your teacher should have a syllabus policy describing penalties for academic dishonesty.

Do you meet ALL expectations for being enrolled in a course?

- CMHT students are expected to meet all prerequisites for the courses in which they are registered.
- Student are expected to be respectful of other students, guests, and faculty. 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 may be referred to the Dean of Students for possible violation of the Code of Student Conduct.
- UNT'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.

The College of Merchandising, Hospitality and Tourism requires that students respect and maintain all university property. Students are 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).

Feedback and Communications

Image Release

The College actively posts images and descriptions of class and student accomplishments. If you do not want your image posted on the CMHT website and/or social media sites, (1) you should avoid being in group photographs or in photographs taken by your teachers or the IT staff and (2) send an email to TKinley@unt.edu and request that your name and image not be shared. Dr. Kinley will share this information with the IT staff and the faculty who post to social media. Faculty and staff are asked to honor your wishes without question.

What is SPOT?

The Student Perceptions of Teaching (SPOT) is a requirement for all organized classes at UNT. This short survey at the end of the semester gives students the opportunity to comment on the course. Student feedback is important and is essential as we strive for excellence.

Do you know the date/time of the final exam in this course?

Final exams or other appropriate end of semester evaluations are administered at the designated times during the final week of each long semester and during the specified day of each summer term. *Please check the calendar early in the semester to avoid any schedule conflicts.*

Do you know what you may be missing?

Your access point for ALL business and academic services at UNT occurs within the <https://my.unt.edu> site, and EagleConnect is the official method of communication for UNT. If you do not regularly check EagleConnect or forward it to your favorite e-mail account, please do so to learn about job and internship opportunities, CMHT events, scholarships, and other important

information. The website that explains EagleConnect and how to forward your email is:
<https://it.unt.edu/eagleconnect>.

Do you know what to do in an emergency or UNT closure?

- UNT uses a system called Eagle Alert to quickly notify you with critical information in an event of emergency (i.e., severe weather, campus closing, and health and public safety emergencies like chemical spills, fires, or violence). The system sends voice messages (and text messages upon permission) to the phones of all active faculty staff, and students. Please make certain to update your phone numbers at <https://my.unt.edu>.
- Some helpful emergency preparedness actions include: 1) ensuring you know the evacuation routes and severe weather shelter areas, determining how you will contact family and friends if phones are temporarily unavailable, and identifying where you will go if you need to evacuate the Denton area suddenly.
- In the event of a university closure, your instructor will communicate with you through Canvas regarding assignments, exams, field trips, and other items that may be impacted by the closure.

Sexual Assault Prevention

UNT is committed to providing a safe learning environment free of all forms of sexual misconduct, including sexual harassment sexual assault, domestic violence, dating violence, and stalking. Federal laws (Title IX and the Violence Against Women Act) and UNT policies prohibit discrimination on the basis of sex, and therefore prohibit sexual misconduct. If you or someone you know is experiencing sexual harassment, relationship violence, stalking, and/or sexual assault, there are campus resources available to provide support and assistance. UNT's Survivor Advocates can assist a student who has been impacted by violence by filing protective orders, completing crime victim's compensation applications, contacting professors for absences related to an assault, working with housing to facilitate a room change where appropriate, and connecting students to other resources available both on and off campus. The Survivor Advocates can be reached at SurvivorAdvocate@unt.edu or by calling the Dean of Students Office at 940-565- 2648. Additionally, alleged sexual misconduct can be non-confidentially reported to the Title IX Coordinator at oco@unt.edu or at (940) 565 2759.

Career Resources

Resume Help

For one-on-one help with your resume or other job-search skills, Ms. Janice Lader (Janice.Lader@unt.edu) is our Career Center advisor. Contact her for an appointment.

Career Center

The Career Center is currently located in Sage Hall. They provide *free* help with resumes, interview skills, business cards, professional portraits, etc. They also host several recruiters throughout the year and host job fairs. Learn more about their services here:

<https://careercenter.unt.edu/>.

Internship / Career Industry Contact Opportunities

- In the fall semester, watch for information about the **Executive in Residence (EIR) Lecture**. This is an opportunity to hear about innovative industry and network with CMHT Board members and speakers.
- Also in fall, look for the **MDR Career Expo**, which provides opportunities to talk with recruiters and maybe interview on the spot! There may also be an opportunity to have lunch with recruiters.
- In the spring semester, watch for information about the **Consumer Experience Symposium**. The format will be similar to the EIR in that it affords you an opportunity to hear directly from industry and network with Board members and speakers.
- Spring semester also brings the **HTM Career Expo**, where our industry recruiters come to campus to visit with you!
- **CMHT Student organizations** bring industry opportunities to campus in their monthly or bi-monthly meetings. Join them and participate!
- We sometimes have an **Industry Partner of the Day** set up in the hallway near the advising offices when we are on campus, and available via Zoom when we are not. These events may be publicized in your classes and on the CMHT social media sites.

Online Job Board and Social Media Sites

- <https://cmht.unt.edu/jobs>
- Facebook CMHT Careers Group - <https://www.facebook.com/groups/CMHTCareers/>
- LinkedIn - <https://www.linkedin.com/in/unt-cmht-2023b8173/>
- Twitter - @UNTCMHT
- Facebook Social Site - @UNTCMHT and @UNTHTM
- Instagram - @untcmht

IT Resources

CMHT-IT Services Student Laptop Checkout Information

The CMHT-IT Services desk located on the 3rd floor of Chilton Hall outside room **386** will have Dell laptops available for checkout for all UNT students. These laptops and the CMHT-IT Services desk will be available during the following hours:

Monday: 8:00AM – 9:00PM
Tuesday: 8:00AM – 9:00PM
Wednesday: 8:00AM – 9:00PM
Thursday: 8:00AM – 9:00PM
Friday: 8:00AM – 5:00PM

These Dell laptops can be checked out at any point during the above hours and must be returned on the same business day to the CMHT-IT Services personnel. These laptops must remain on campus and will **not** save your data. So be sure to use a USB or email yourself to save your work! For more information, please stop by the CMHT-IT Services desk in Chilton Hall 386 or visit us on Zoom helpdesk at unt.zoom.us/j/268838628 or give us a call at (940) 565-4227.

CMHT Virtual Lab

UNT Students currently enrolled in a CMHT course have access to the CMHT Virtual Lab provided by VMware Horizon View virtual desktop system. This is useful if your course requires specific software and you need access to the software on your personal machine. You can find

more information and installation steps here: <https://cmht.unt.edu/vmware-virtual-lab>.

The CMHT-IT Services desk can assist you with installing the VMware client on your personal machine. Please see above hours of operation for our IT services desk.

Additional Information

Are You An F-1 Visa Holder?

- 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 must be approved in advance by the instructor and 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) to get clarification before the one-week deadline.