

OAKLAND UNIVERSITY
SCHOOL OF HEALTH SCIENCES

HS 2500 (formerly HS 205) – Human Nutrition and Health (4 Credits)
Winter Semester 2018
CRN: 13074

Tuesdays & Thursdays 10:00 am - 11:47 am
4050 Human Health Building

Professor:

Melissa Reznar, PhD, MPH
3102 Human Health Building
reznar@oakland.edu
248-364-8668

Office Hours: Tuesdays 4:00-5:30 and Thursdays 12pm -1:30pm. Put yourself in my office hour calendar by clicking this [link](#) (see Moodle if reading a hard copy). Email me or talk to me after class if you need to schedule an alternate time.

Prerequisite: None

Required Text:

1. Nutrition, An Applied Approach. Thompson & Manore, 4th edition. Pearson (textbook only – no access or extension code needed unless desired).
- 2a. iclicker REEF subscription. Enables students to use a laptop, tablet, or smart phone instead of a remote control. The company offers a 14-day free trial, but a subscription must be purchased after the trial period is over (currently \$14.99 for 6 months)
<https://www1.iclicker.com/pricing>

OR

- b. iClicker 2 or iClicker+ remote. Register your iClicker as soon as possible at <https://www1.iclicker.com/register-a-remote>, select “iClicker Classic” software, and then click on “register directly on our website.” **USE YOUR OAKLAND UNIVERSITY EMAIL AS YOUR STUDENT ID.** There will be a registration fee (currently \$6.99) if you are registering a used clicker.

Course Description: Chemical, biological, and physiological elements of human nutrition. Constituents of food and their functions in human health and disease.

Course Objectives: At the conclusion of this course, student will:

1. Identify nutrients and their characteristics:
 - a. functions
 - b. food sources
 - c. signs and symptoms of deficiencies and toxicities in the body
2. Articulate the process of digestion, absorption, and metabolism of nutrients
3. Describe relationships between diet, fitness, health, and disease
4. Use tools (including food labels, governmental nutrition recommendations, and label claims) to make informed food choices
5. Evaluate one’s diet and attempt one dietary change

Course Format: Course content will be delivered via a foundation of lectures, and lectures will be reinforced by interactive discussions, in-class exercises, and group discussions. Course lectures and activities are based on the readings – both from the textbook and supplemental articles provided by the instructor – as well as the instructor’s own experience. It is strongly recommended that students read materials before each class session.

Class Policies:

Class Attendance & Participation: Regular class attendance and active participation in class discussions are important. Students are encouraged to exchange ideas and to integrate personal experiences in class sessions. Students are expected to arrive for class on time and refrain from disturbing the flow of the class through conversation or distracting behavior. Class attendance will be taken using iclicker polling as described below in the grading section.

Electronic Device Usage: All communication and musical devices, particularly mobile phones, are to be muted and out of sight during the class, unless you are using your mobile phone for iClicker REEF polling. Computer use pertaining to class is allowed (i.e. to take notes or download materials from Moodle); however, the professor reserves the right to deduct attendance points if the student is not engaged and participating in class activities.

Academic Conduct: Cheating on examinations, quizzes, assignments, activities; plagiarism, fabrication, falsifying reports/records (including attendance); intentional misuse of equipment or materials, including photographing and recording of classified course materials; unauthorized collaboration, access, or modifying of computer programs; or aiding and abetting the perpetration of such acts are considered serious breaches of academic conduct. The preparation of reports, papers, and examinations, assigned on an individual basis, must represent each student’s own effort. The student must paraphrase sources and citations/references should be indicated clearly. The use of assistance from other students or aids of any kind during examinations, except when the use of aids such as electronic devices, books or notes has been approved by an instructor, is a violation of the standard of academic conduct expected in this course. The Oakland University policy on academic conduct will be strictly followed with no exceptions. See catalog under Academic Policies and Procedures.

Personal Conduct & Communication: The conduct of a student registered or taking courses in the School of Health Sciences should be consistent with that of a professional person. Students must demonstrate courtesy, honesty, and respect to faculty members, guest lecturers, administrative support staff, and fellow students. Similarly, faculty must demonstrate fair treatment and show respect for ideas and opinions so that students achieve maximum benefits from their experience in the School.

Email conversations must be courteous, professional, and adhere to the specifications described **or the professor will not respond.**

- Emails must contain, at minimum, a salutation (e.g. Hello Dr. Reznar) and grammatically correct language. Emails are not text messages; be aware that emails convey an impression of you as a person. It is best that the impression be one of a mature and well-spoken student.
- If the content of your email is about a topic that is difficult to explain or emotional (e.g. being upset about a grade), it is best to speak to the instructor directly during office hours.
- Emails that can be answered by reviewing this syllabus will not be returned.
- Emails regarding assignments will not be answered. Questions about assignments must be raised in class or during office hours.

- Emails about final grades – including questions about grade rounding, when grades will be posted, questions about grade calculations that are described in this syllabus, and other similar questions – will not be answered.
- It may take the professor 48 business hours to respond to emails and the professor will usually not respond during weekends.

Add/Drops: The University add/drop policy will be followed. It is the student’s responsibility to be aware of the University deadline dates for dropping the course.

Special Considerations: Students with disabilities who may require special considerations should make an appointment with campus Disability Support Services. Students should also bring their needs to my attention of the professor as soon as possible.

Incomplete Grade (“I” grade): Students who, for reasons beyond their control (illness, bereavement, accident) are unable to complete the course work by the end of the semester may request an "Incomplete" grade from the professor. The student and the professor must complete the form, “Request for an Incomplete Grade,” available from the professor. The “I” grade must be approved at least one day before the final examination. It is the Professor’s decision whether to allow an "Incomplete" grade. An Incomplete grade must be converted to a numerical grade within one year. Procedures for completing the work in the course are spelled out on the “Request for an Incomplete Grade” form.

Grading: Failure to pass any single component may result in failing the overall course. Final grades are based on an accumulation of 1000 points total distributed as follows:

Item	Points	Percent	Due Dates
a) Exams 1-3 (3 x 150 points each)	360 points	36%	Exam 1: Feb 6 Exam 2: Mar 13 Exam 3: Apr 10
b) Final exam	240 points	24%	Tues, Apr 19 @ 9am
c) Diet assessment assignments	200 points	20%	Assign 1: Jan 23 @ 10am Assign 2: Mar 1 @ 10am Assign 3: Apr 3 @ 10am
d) Moodle quizzes	100 points	10%	Weekly Tues at 10am
e) Class attendance	100 points	10%	Every class
Total	1000 points		

a) Exams 1-3 (120 points each; 360 points total)

Exams will be based on lectures, readings, and class activities/discussion. Exams will emphasize basic facts, concepts and relationships, and your ability to apply health information. Exams 1, 2, and 3 will be given in class; will have approximately 50-70 multiple-choice questions; and will test the material presented since the previous exam. Students will not be allowed to keep exams, but can view these and associated answer keys during appointed class time, regularly scheduled office hours, or by appointment.

Exam Materials

1. **ID number:** You must enter your 8-digit G number on the test form. Please memorize this number or have it with you during the exam period.

2. **Calculator.** Every exam will require calculations. You must bring a calculator. You may not use a cell phone or share calculators.
3. **Pencil and eraser.**

Makeup exams will only be offered under extreme circumstances. Extreme circumstances include grave personal illness, funerals of close family members, University sponsored activities that require your presence, or legal proceedings at which you must appear. **Written documentation is required** for a make-up exam to be considered. Make-up exams will likely be essay exams.

b) Final Exam (240 points)

The final exam will have approximately 75-100 multiple-choice questions. It is a **comprehensive** examination, covering all course readings and lectures. You must bring the same exam materials with you to the final exam as previous exams.

c) Dietary Assessment Assignments (DAA; 200 points)

The dietary assessment assignment will entail recording your diet for 3 non-consecutive days and entering the information into a diet analysis program (<https://www.supertracker.usda.gov/foodtracker.aspx>). Subsequent assignments will involve analyzing Supertracker reports; making a dietary change for 3 weeks; and reflecting on that change. Detailed instructions for all three assignments will be posted on Moodle.

The professor will only accept assignments electronically submitted through the Moodle website; **assignments will not be accepted via e-mail.** Give yourself enough time to learn how to upload documents in Moodle. For technical issues with Moodle submissions, you must contact the Help Desk to resolve your problem, by clicking the “Get Help” tab at the top of the course Moodle page. Assignments will be penalized when submitted after the due date, such that you will only obtain a percentage of your grade as described below:

- 0-24 hours (<1 day) late, 90% of earned grade
- 24-48 hours (1-2 days) late, 75% of earned grade
- 48-72 hours (2-3 days) late, 50% of earned grade
- 72-96 hours (3-4 days) late, 25% of earned grade
- 96+ hours late (4 days), 0% of earned grade

d) Moodle Quizzes (100 points)

Every week, a quiz will be posted on Moodle. Quizzes will consist of a combination of multiple choice and true/false questions. Typically, quizzes will be constructed of 10 questions randomly selected by Moodle from a pool of approximately 100 questions relevant to the readings and lectures for that week.

Quizzes should be completed after you have done the reading, reviewed videos and other course content, but you may also want to use the opportunity to test your knowledge and practice for exams. You are welcome to use your reading as a resource as you work through the quiz. You have two opportunities to complete each quiz (with new questions randomly selected each time), and the highest of the two grades will be counted. **Quizzes automatically close at the due date/time and no makeup quizzes are permitted. Your lowest quiz grade will be dropped.**

The professor is NOT notified of quiz questions that have been flagged in Moodle. The flag is intended to be a tool for you to mark things for yourself. Thus, flagging is not an acceptable method of identifying problem quiz items. Emailing the exact question using a

screenshot or copy/paste is the most effective way to notify the professor about quiz items of concern.

e) Class Attendance (100 points)

In order to receive attendance credit, you must register your iClicker remote or subscribe to an iclicker REEF polling account by the end of the second week of classes. A variable number of iClicker questions will be incorporated in every class. Questions will be used to gauge students' learning, assist with discussions, practice questions for exams, and reinforce lecture material. Students must participate in at least 75% of the questions during that class session to receive participation credit. 4 class sessions may be dropped for **any situation** resulting in lack of participation (i.e. this includes illness, pre-planned absences, emergencies, accidents, car trouble, clicker malfunction, forgetting a clicker or ANY other situation that results in a zero for that session). Students are responsible for bringing their clickers and for their clickers being in working order (HINT: have extra batteries with you if using a white clicker remote).

The professor will NOT accept clicker questions on paper or any other testimonial of being in class if a student forgets his or her clicker. Only iclicker data will be used to verify attendance. So, again, you MUST have your working clicker or mobile device with clicker account with you and answer at least 75% of the session's questions to receive attendance credit for that session.

Student must attend class in order to receive participation points. Bringing and using another students' clicker so that they can receive participation points constitutes as cheating; if caught, both the student who brings the clicker and the student who asked him or her to bring the clicker will be penalized 200 points (20%) off their final grades.

Corrections to Grading

The professor will make every effort to ensure that the exams, quizzes, and assignments are graded correctly and fairly.

For exams or quizzes:

Students are highly encouraged to bring items that appear questionable to the professor's attention, by email or in person. If mistakes are found, corrections will likely be made to all students' scores, so that no single student receives an advantage. Adjustments in grading can also result in lower student scores. Students have seven days after an exam or quiz score is posted to report issues.

For assignments:

Students must meet with the professor in person to discuss grading concerns. Students must attempt to schedule an appointment within seven days after assignment grades/feedback are posted in order for grade adjustments to be considered.

Grading Scale

A	100%	4.0	B	89%	3.5	C	79%	2.9	D	69%	1.9
	99%	4.0		88%	3.5		78%	2.8		68%	1.8
	98%	4.0		87%	3.4		77%	2.7		67%	1.7
	97%	3.9		86%	3.4		76%	2.6		66%	1.6
	96%	3.9		85%	3.3		75%	2.5		65%	1.5
	95%	3.8		84%	3.3		74%	2.4		64%	1.4
	94%	3.8		83%	3.2		73%	2.3		63%	1.3
	93%	3.7		82%	3.2		72%	2.2		62%	1.2
	92%	3.7		81%	3.1		71%	2.1		61%	1.1
	91%	3.6		80%	3.0		70%	2.0		60%	1.0
	90%	3.6									

HS 2500 (13074), TR 10am-11:47am, 4050 HHB

TENTATIVE COURSE SCHEDULE

The instructor reserves the right to make adjustments to this schedule as necessary. Schedule changes will be announced in class and reflected on Moodle. Thus, the student is responsible for attending class and checking Moodle more than once weekly to be consistent with the most current schedule.

	Date	Topic/Readings	What's Due
WEEK 1	Jan 04	Course introduction: syllabus, first assignment, iclicker syncing. SKIPPING THIS CLASS IS NOT A GOOD IDEA	
WEEK 2	Jan 09 Jan 11	Chapter 1 – Role of Nutrition in Our Health In Depth: New Frontiers in Nutrition Chapter 2 – Designing a Healthful Diet	Quiz 1 Jan 16 @ 10am
WEEK 3	Jan 16 Jan 18	Chapter 3 – The Human Body In Depth: Disorders Related to Food Chapter 3 continued	Assign 1 Jan 23 @ 10am Quiz 2 Jan 23 @ 10am
WEEK 4	Jan 23 Jan 25	Chapter 4 - Carbohydrates In Depth: Diabetes Chapter 4 continued	Quiz 3 Jan 30 @ 10am
WEEK 5	Jan 30 Feb 01	Chapter 5 – Fats In Depth: Cardiovascular disease Chapter 5 continued	Quiz 4 Feb 6 @ 10am
WEEK 6	Feb 06 Feb 08	EXAM 1 Chapter 6 – Proteins	Quiz 5 Feb 13 @ 10am
WEEK 7	Feb 13 Feb 15	Chapter 6 continued Chapter 6 continued	
WEEK 8	Feb 20 Feb 22	Winter Break - No Class Winter Break - No Class	
WEEK 9	Feb 27 Mar 01	Chapter 7 – Fluid & Electrolyte Balance Nutrients In Depth: Alcohol Chapter 7 continued	Assign 2 Mar 1 @ 10am Quiz 6 Mar 6 @ 10am
WEEK 10	Mar 06 Mar 08	Chapter 8 – Antioxidant Function Nutrients In Depth: Cancer Chapter 8 continued	Quiz 7 Mar 13 @ 10am
WEEK 11	Mar 13 Mar 15	EXAM 2 Chapter 9 – Bone Health Nutrients In Depth: Osteoporosis	Quiz 8 Mar 20 @ 10am
WEEK 12	Mar 20 Mar 22	Chapter 10 – Energy Metabolism & Blood Health Chapter 10 continued	Quiz 9 Mar 27 @ 10am
WEEK 13	Mar 27 Mar 29	Chapter 11 – Achieving & Maintaining a Healthful Body Weight Chapter 11 continued	Assign 3 Apr 3 @ 10am Quiz 10 Apr 3 @ 10am
WEEK 14	Apr 03 Apr 05	VIDEO: One Nation, Overweight Chapter 12 – Nutrition & Physical Activity	Quiz 11 Apr 10 @ 10am
WEEK 15	Apr 10 Apr 12	EXAM 3 TBD	
WEEK 16	Apr 17	Final Exam Review	
THURSDAY, APRIL 19 Final Exam @ 9am			