

**OAKLAND UNIVERSITY**  
School of Health Sciences

**HS 3210: Herbs, Supplements, and Nutrition**  
**Winter 2018 Syllabus**

**DATES:** January 3 – April 25, 2018

**COURSE INSTRUCTOR:** Sarah Hojnacki, MS, RDN

**PREFERRED METHOD OF CONTACT:** Please use internal course email on Moodle

**COURSE DESCRIPTION**

Students will evaluate the scientific validity of dietary supplements and herbs. Focus will be placed on safety, dosage, and bioavailability of individual supplements and their uses for various conditions. Additional topics include governmental regulation of dietary supplements, legal, and ethical issues. This course replaces NH 403.

**CREDIT HOURS:** 2

**DELIVERY METHOD:** Online; no in-person meetings or exams are required.

**PREREQUISITE:** Students must have completed HS/AHS/NH 301 or HS 205.

**COURSE FORMAT**

This class is a fully online course. Therefore, it is essential for students to have a reliable computer and internet access. A combination of PowerPoint lectures, articles, online resources, and assignments will be utilized to enhance and evaluate learning. Students should expect to spend the same amount of time on this course as they would with traditional classroom delivery. As this a 2-credit course, students should expect to spend approximately 4-6 hours per week on the readings and assignments.

Moodle is Oakland University's learning management system. You will use Moodle to obtain supplemental learning material, participate in online activities, submit assignments, and to progress through the course. You can access Moodle at <http://moodle.oakland.edu> – login with your university supplied NETID username and password.

**TECHNOLOGY REQUIRED**

To fully participate in this course, you will need:

- An internet-connected computer with the most updated version of your favorite web browser installed. *Use of smartphones and tablets is not recommended.*
- If your computer crashes or internet goes down, it is essential to have a backup plan to be able to log in from another computer or another location as needed.

## **TECHNICAL ASSISTANCE**

If you have general questions about the course (such as due dates, content, etc.), please contact the course instructor. For Moodle technical issues that you cannot resolve on your own please contact the eLearning and Instructional Support office:

- Phone: (248) 805-1625
- Submit a help ticket: <http://www2.oakland.edu/elis/help.cfm?LMS=2>
- If you have any trouble accessing any of the content in this course, please contact the course instructor.

## **CONTACTING THE INSTRUCTOR & OFFICE HOURS**

Please contact me using the COURSE EMAIL tool in Moodle. You can access course email by logging into Moodle and then clicking on COURSE EMAIL, located on the top of the course home page. As this is an online course I will not have any office hours, but will be regularly available via Moodle and email. I typically respond to emails within 24-48 hours. Please do not wait until the last minute to communicate via email as I may not be able to respond immediately.

## **COURSE OUTCOMES**

By the end of the course, students will be able to:

- I. Demonstrate knowledge of governmental and industry control of dietary supplements by
  - a. Explaining the Dietary Supplement Health and Education Act of 1994 (DSHEA)
  - b. Listing Good Manufacturing Practices (GMPs) of dietary supplements
  - c. Identifying FDA rules of dietary supplement labeling requirements
- II. Understand types of dietary supplements and herbs, and their proposed medicinal and functional properties by
  - a. Describing various dietary supplements and herbs and their proposed uses
  - b. Articulating the efficacy, safety, dosage, and bioavailability of different dietary supplements and herbs
  - c. Evaluating the cost-benefit of taking or recommending dietary supplements and herbs
- III. Apply current research related to dietary supplements and herbs by
  - a. Illustrating research methods and design used in nutrition research
  - b. Critiquing strengths and weaknesses of nutrition research
  - c. Relating research-based findings to recommendations on the use of dietary supplements and herbs

## **REQUIRED TEXT, SUBSCRIPTION, & READINGS**

There is no required text for this course. However, a subscription to ConsumerLab.com is **required**. ConsumerLab.com is a third-party company that independently tests health and nutritional products for quality. A subscription to their website is mandatory for this course and membership can be obtained at: <https://www.consumerlab.com/NewSubscriber.asp>

Other readings and supplemental material will be required throughout the course. These items will be uploaded to Moodle or linked from Moodle to another site (such as YouTube or a webpage).

## **RECOMMENDED TEXTS**

For the midterm project, final paper, and your own reference these books are recommended but not required:

Jamison, J. (2003). *Clinical guide to nutrition & dietary supplements in disease management*. London, United Kingdom: Churchill Livingstone.

Johnson, R.L., Foster, S., Low Dog, T., and Kiefer, D. (2010). *Guide to medicinal herbs: The world's most effective healing plants*. Washington, D.C.: National Geographic.

Sarubin Fragakis, A. and Thomson, C. (2007). *The health professional's guide to popular dietary supplements (3<sup>rd</sup> ed.)*. Chicago, IL: American Dietetic Association.

## **COURSE POLICIES**

To facilitate learning in a safe, comfortable, and productive environment, students and faculty are expected to treat each other with respect and dignity. Students are expected to be familiar with and uphold the standards of academic honesty and integrity set by Oakland University. Academic integrity means representing oneself and one's work honestly. Students suspected of academic misconduct may be reported to the Academic Conduct Committee. For more information, see Academic Conduct Regulations: <https://oakland.edu/deanofstudents/conduct-regulations/>

The course schedule, including add and/or drop dates for the course follows the University's designated academic calendar. This information can be found at: <https://oakland.edu/registrar/important-dates/>

If needed, accommodations for disabilities can be made through the Office of Disability Support Services. For information and assistance, please contact the DSS office: <https://oakland.edu/dss/>

## **STUDENT & INSTRUCTOR EXPECTATIONS**

Students are expected to:

- Ensure that their computer is compatible with Moodle and they have reliable internet access
- Login 3-5 times per week (daily login is highly recommended)
- Follow the calendar of events and complete all assignments by their deadline
- Respond to emails within 2 days
- Participate in a thoughtful manner
- Respect rules of 'netiquette'
- Respect your peers and their privacy; refrain from engaging in inflammatory comments
- Use constructive criticism

The instructor will:

- Login to the course 6-7 days per week
- Moderate conversations in forums
- Respond to forum replies and email within 1-2 days
- Grade assignments within 5-7 days of the assignment deadline

## **COURSE GRADING**

Students will be graded based on the following assessments:

<b>Activity</b>	<b>Weight of Final Grade</b>
Weekly assignments/quizzes/forums	65%
Midterm assignment	15%
Final paper	20%
<b>Total:</b>	<b>100%</b>

Final grades for the course will be calculated using the above weight system allocated to discussion forums and weekly, midterm, and final assignments. The final percentage earned in the course defines the final grade for the course based on the following table:

<b>PERCENT</b>	<b>GRADE</b>	<b>PERCENT</b>	<b>GRADE</b>	<b>PERCENT</b>	<b>GRADE</b>	<b>PERCENT</b>	<b>GRADE</b>
98-100	4.0	84-85.99	3.2	74-74.99	2.4	66-66.99	1.6
96-97.99	3.9	82-83.99	3.1	73-73.99	2.3	65-65.99	1.5
94-95.99	3.8	80-81.99	3.0	72-72.99	2.2	64-64.99	1.4
92-93.99	3.7	79-79.99	2.9	71-71.99	2.1	63-63.99	1.3
90-91.99	3.6	78-78.99	2.8	70-70.99	2.0	62-62.99	1.2
89-89.99	3.5	77-77.99	2.7	69-69.99	1.9	61-61.99	1.1
88-88.99	3.4	76-76.99	2.6	68-68.99	1.8	60-60.99	1.0
86-87.99	3.3	75-75.99	2.5	67-67.99	1.7	≤59.99	0.0

## **WEEKLY ASSIGNMENTS/QUIZZES/FORUMS**

For this course, weeks run Monday through Sunday. Each week there will be required readings and/or self-study materials on the designated topic(s). Assignments and quizzes that are assigned to these topics are due by Sunday at 11:59pm, unless otherwise specified. The objective of these assignments and quizzes is to evaluate your comprehension of the topics covered. Detailed descriptions of weekly assignments will be posted on Moodle. Correct answers and grades on quizzes and assignments will be available after the quiz/assignment is closed (i.e., after the deadline).

In addition to assignments/quizzes you will be expected to participate in discussions in this course using the forums posted in various weeks. Please make sure that your posts are thoughtful and complete. Try to be creative with your posts, and don't just repeat what others have already said. Your participation in the discussion forum will be graded on the following:

- Posted on time with substantive content and length
- Responds to others' initial posts and replies to comments under your own initial post
- Properly formatted and proper writing

Note that other rules of netiquette apply – don't "flame," or provoke negative replies. Do not monopolize the discussion, or post much more than required (be concise). Act in a way that you would if the course was face-to-face.

## **MIDTERM ASSIGNMENT & FINAL PAPER**

The objective of the midterm and final assignments is to evaluate your overall understanding of the course material and your ability to apply the concepts. The midterm and final assignments are due per the course schedule. These assignments must be turned in by the appropriate due date to receive credit. Late submissions will not receive any credit. Detailed descriptions of the midterm and final assignments can be found on Moodle.

## **LATE ASSIGNMENTS/MISSED QUIZZES**

Late assignments are not accepted, and there is no make up for missed quizzes unless there are mitigating circumstances (i.e., grave personal illness, funeral of close family members) with appropriate written documentation (i.e., proof of admittance to a hospital). Technological problems (i.e., lost assignments, broken computer, lack of internet access) are NOT acceptable excuses and will not be entertained. As this is an entirely online class, it is expected that you will have consistent and reliable access to a working computer and the internet. Be sure to save your work in multiple places (i.e., on your hard drive, on a removable/flash drive, e-mail the assignment to yourself, get a DropBox or iCloud account). It is suggested to complete assignments early just in case you unexpectedly have a technological mishap, and have a backup plan for unforeseen technological issues.

## COURSE SCHEDULE

<b>Section:</b> <b>(Dates)</b>	<b>TOPIC(S):</b> See topic folder on Moodle for weekly readings and material requirements.	<b>ACTIVITIES, ASSIGNMENT(S) &amp; DUE DATE:</b> Directions and grading criteria for each assignment are available in the weekly topic folder on Moodle.  <i>**Note: weeks for this course run Monday to Sunday; all assignments are due by 11:59pm on the Sunday of each respective week, unless otherwise specified.</i>
<b>Section 1</b> <b>(Jan 3-7)</b>	-Syllabus -Course Introduction	-Familiarize yourself with the course layout -Read the course syllabus -Review all topic material -Assignments: -Introduction forum -Introduction & Syllabus quiz
<b>Section 2</b> <b>(Jan 8-14)</b>	-Regulations, Manufacturing, and Labeling of Dietary Supplements	-Review all topic material -Assignments: -Regulations, Manufacturing, & Labeling quiz
<b>Section 3</b> <b>(Jan 15-21)</b>	-Research Methods (review) -Ethical Issues related to Dietary Supplements	-Review all topic material -Assignments: -Research Methods Quiz -Forum: Ethical issues
<b>Section 4</b> <b>2 weeks</b> <b>(Jan 22-Feb 4)</b>	-Vitamins -Minerals	-Review all topic material -Assignments: -Forum: Topic discussion -Vitamins & Minerals Quiz
<b>Section 5</b> <b>2 weeks</b> <b>(Feb 5-Feb 18)</b>	-Fatty Acids -Amino Acids	-Review all topic material -Assignments: -FA & AA quiz  <b>Midterm assignment due Sunday February 18<sup>th</sup> by 11:59pm</b>
<b>Feb 18-25</b>	<b>**Winter Recess**</b>	<b>**No class or assignments**</b>
<b>Section 6</b> <b>(Feb 26-Mar 4)</b>	-Mood & Sleep Supplements	-Review all topic material -Assignments: -Midterm Evaluation
<b>Section 7</b> <b>(Mar 5-11)</b>	-General Health Supplements	-Review all topic material -Assignments: - Forum: Topic discussion
<b>Section 8</b> <b>(Mar 12-18)</b>	-Cardiovascular & Diabetes Supplements	-Review all topic material -Assignments: -Topic assignment
<b>Section 9</b> <b>(Mar 19-25)</b>	-GI & Reproductive Health Supplements	-Review all topic material -Assignments: - Forum: Topic discussion
<b>Section 10</b> <b>(Mar 26-Apr 1)</b>	-Miscellaneous Supplements	-Review all topic material -Assignments: -Topic assignment

<b>Section 11</b> <b>2 weeks</b> <b>(Apr 2-15)</b>	-Weight Management -Exercise Performance	-Review all topic material -Assignments: -Forum: Topic discussion -Topic assignment
<b>Final Exam Week</b> <b>(Apr 19-25)</b>	Complete the Final Paper Assignment	<b>Final Paper due by Sunday, April 22<sup>nd</sup> at 11:59pm</b>

*\*This schedule is tentative and subject to change. Students will be notified of any changes through Moodle in a timely manner\**