



**HUNF 1343-P01: Nutrition and Wellness  
Fall 2018**

**Instructor:** Dr. Kwaku Addo  
**Section # and CRN:** P04 11802  
**Office Location:** Agriculture and Business Building: Room 305  
**Office Phone:** 936-261-2513  
**Email Address:** [kwaddo@pvamu.edu](mailto:kwaddo@pvamu.edu)  
**Office Hours:** Tuesdays/Thursday 1:00pm – 3:00pm  
**Mode of Instruction:** Face to Face  
**Course Location:** Agriculture Business Bldg. Room 217  
**Class Days & Times:** MWF: 1:00am-1:50am Lecture

**Catalog Description:** **HUNF 1343 Nutrition and Wellness: 3 Semester Hours**

The introduction to human nutrition and food. A study of human nutritional needs and problems encountered in providing food for the satisfaction of physiological and socio-cultural system's needs, and the significance of these interrelationships to health. A discussion of current nutritional issues.

**Prerequisites:** None

**Required Texts:** Nutrition, Concepts and Controversies  
 Authors: FrancesSizer & Ellie Whitney, Wadsworth Cengage Learning – Publishing:  
 ISBN- 9781305627994

**Communications**     **Remind101:** Text @NW201804 to 81010

**Student Learning Outcomes:** The goal of this course is to introduce the concept of human behavior and diversity on food choices with emphasis on lifestyle alternatives that either positively impact or harm overall health and provide guidance on steps to make successful long-term changes in the diet to meet the physical, biological and nutritional needs of the individuals.

**Knowledge Requirement:**

**KRDN 5.3b: A variety of educational approaches necessary for delivery of curriculum content, to meet learner needs and to facilitate learning objectives**

	Upon successful completion of this course, students will be able to:	Program Learning Outcome # Alignment	Core Curriculum Outcome Alignment
1	Understand the role of major nutrients, vitamins and minerals in providing energy and other components needed to sustain life and wellbeing.	PL01	COM CT

2	Understand the basic knowledge of human nutrition and how it can be used to develop interventions to promote health and prevent disease.	PL01 PL02	COM CT
3	Apply the knowledge of the role of the environment, food and lifestyle choices, and how it can be used to affect change in individuals.	PL01 PL02	COM CT
4	Calculate calorie content from a given food label and measure it against the standard requirement.	PL04	EQS
5	Record, analyze and calculate dietary intake on a 3-day food record and compare it to reference standards.	PL04	EQS

### Course Outline

*The course outline may change as the course move along.*

<b>Week - 1</b>	<b>August 27</b>	<b>Introduction/Class Orientation</b>
		<b>Chapter 1: Food Choices and Human Health</b>
	MindTap Assignments	Chapter 1 Case Study, Video Quiz, Diet & Wellness Skill Builder
<b>Week - 2</b>	<b>September 3</b> Labor Day- (No Class)	<b>Chapter 2: Nutrition Tools – Standards and Guidelines</b>
	MindTap Assignment	Chapter 2 Case Study, Video Quiz, Diet & Wellness Skill Builder
<b>Week - 3</b>	<b>September 10</b>	<b>Chapter 12: Food Safety and Food Technology</b> <b>Chapter 15: Hunger and the Global Environment</b>
	MindTap Assignment	Chapter 12 Case Study, Video Quiz Chapter 15 Case Study, Video Quiz, Diet and Wellness Skill Builder
<b>Week - 4</b>	<b>September 17</b>	<b>EXAM 1: Chapters 1, 2, 12, &amp; 15</b> <b>Chapter 3: The Remarkable Body</b>
	MindTap Assignments	Chapter 3 Case Study, Video Quiz
<b>Week - 5</b>	<b>September 24</b>	<b>Chapter 4: Carbohydrates, Sugar, Starch, Glycogen, and Fiber</b>
	MindTap Assignments	Chapter 4 Case Study, Video Quiz
<b>Week- 6</b>	<b>October 1</b>	<b>Chapter 5: Lipids: Fats, Oils, Phospholipids, and Sterols</b>
	<b>Assignment</b>	Chapter 5 Case Study, Video Quiz
<b>Week - 7</b>	<b>October 8</b>	<b>Chapter 6: The Proteins and Amino Acids</b>
	MindTap Assignments	Chapter 6 Case Study, Video Quiz
<b>Week – 8</b>	<b>October 15</b>	<b>MID-TERM Review: EXAM 2: Chapters 3-6</b>
<b>Week – 9</b>	<b>October 22</b>	<b>Chapter 7: The Vitamins</b> <b>Groups 1 &amp; 2 Presentations</b>

	MindTap Assignments	Chapter 7 Case Study, Video Quiz, A Closer Look Activity
<b>Week -10</b>	<b>October 29</b>	<b>Chapter 8: Water and Minerals</b> <b>Groups 3 &amp; 4 Presentations</b>
	MindTap Assignments	Chapter 8 Case Study, Video Quiz
<b>Week -11</b>	<b>November 5</b>	<b>Chapter 9: Energy Balance and Healthy Body Weight</b> <b>Groups 5 &amp; 6 Presentations</b>
	MindTap Assignments	Chapter 9 Case Study, Video Quiz
<b>Week - 12</b>	<b>November 12</b>	<b>Chapter 10: Nutrients, Physical Activity, and the Body's Responses</b> <b>Group 7 Presentation</b> <b>Exam 3: Chapters 7-10</b> <b>Individual Project Due</b>
	MindTap Assignments	Chapter 10 Case Study, Video Quiz
<b>Week- 13</b>	<b>November 19</b>	<b>Chapter 11: Diet and Health</b> <b>Group 8 &amp; 9 Presentation</b>
	MindTap Assignments	Chapter 11 Case Study, Video Quiz
<b>Week-14</b>	<b>November 26</b>	<b>Chapter 13: Lifecycle Nutrition: Mother and Infant</b> <b>Chapter 14: Child, Teen and Older Adult</b>
	MindTap Assignments	Chapter 13 Case Study, Video Quiz, Diet and Wellness Skill Builder, Global Nutrition Activity Chapter 14 Case Study, Video Quiz, Diet and Wellness Skill Builder
<b>Week 15</b>	<b>December 3</b>	<b>Course Review Day/Last Day of Class</b>
<b>Week- 16</b>	<b>Dec 5<sup>th</sup>- 12<sup>th</sup></b>	<b>EXAM 4-Final Exam</b>

### Course Evaluation Matrix:

This course will utilize the following instruments to determine student grades and proficiency of the learning outcomes for the course:

**Exams** – Written/Online tests designed to measure knowledge of presented course material

**MindTap Assignment/Activities** – Computer based and outside the classroom assignments designed to supplement and reinforce course material

**Projects** – Web development assignments designed to measure ability to apply presented course material and **Group Presentation** designed to show team work and the experience of working with peers and presenting in front of others.

**Class Participation** – Daily attendance and participation in class discussions; a total of 1000 pts.

Activity	Value (points or percentage)	Total
MindTap Assignments	Various Assignments	360
Individual Project	1 at 100 points	100
Group Presentation	1 @ 100 points each	100

Quizzes	4 @ 15 points each	60
Exams (Includes Mid-term & Final)	4 at 100 points each	400
<b>Total</b>		<b>1020</b>

## GRADE DETERMINATION

A = 918 – 1020 or above

B = 816– 917

C = 714 – 815

D = 612 – 713

F = 611 or below

## Instructor Course Policies and Universal Procedures

**Tardies/Cellphone Use:** Attendance is very important in the classroom. If you are more than 15 minutes late you will receive a tardy for that day. All class updates will be given at the beginning of class. All students' questions will also be answered at the beginning of class. If you come to class late, please wait to see me after class unless another opportunity has arrived for more questions.

Cellphone should be put on vibrate once you enter the class and put away. Students are not allowed to be scrolling social media platforms or texting during class, unless it is a part of the class discussion or activity. If you need to take an important call, or respond to a text, please do so quietly by stepping out of the class, as to not disrupt the other students. If you are not following classroom rules, you will be asked to leave the classroom.

### **Project Grades:**

**Late projects (for any reason) will have a 10-point deduction and will not be accepted after one week past the due date.**

### **Task stream**

Task stream is a tool that Prairie View A&M University uses for assessment purposes. At this time, none of your assignments are **REQUIRED** to be submitted as an "artifact," an item of coursework that serves as evidence that course objectives are met. For general information, you can visit Task stream via the link in eCourses.

### **Student Support and Success**

#### **John B. Coleman Library**

The library and its partners have as their mission to provide resources and instructional material in support of the evolving curriculum, as a partner in Prairie View A&M University's mission of teaching, research, and service and to support the University's core values of access and quality, diversity, leadership, relevance, and social responsibility through emphasis on ten key areas of service. It maintains library collections and access both on campus, online, and through local agreements to further the educational goals of students and faculty.

<https://www.pvamu.edu/library/> Phone: 936-261-1500

### **The Learning Curve (Center for Academic Support)**

The Learning Curve offers Tutoring via peer tutoring. The services include workshops (i.e., Save My Semester, Recalculate Your Route), seminars (i.e., Tools You Can Use: TI-84), group review sessions (i.e., College Algebra Topic Reviews, GRE Preparation), group study opportunities (i.e., TSIA, HESI, Study Break, Exam Cram), and test-taking strategies (How to take Notes, Study Buddy, 5 Day Study Guide). The Learning Curve is a nationally certified tutoring program through the National Tutoring Association. The peer tutors are trained and certified by the coordinator each semester. Location: J.B. Coleman Library Rm. 207F. Phone: 936-2611561

### **The Center for the Oversight and Management of Personalized Academic Student Success**

**(COMPASS)** The Center for the Oversight and Management of Personalized Academic Student Success (COMPASS) is designed to help Prairie View students in their second year and beyond navigate towards graduation by providing the following services: Academic Advisement, Targeted Tutorials for Personalized Learning,

Campus-Wide Referrals, and Academic & Social Workshops. Location: J.B. Coleman Library Rm. 306. Phone: 936-261-1040

### **Writing Center**

The Writing Center provides student consultants on all aspects of the writing process and a variety of writing assignments. Writing Center consultations assist students in such areas as prewriting, brainstorming, audience awareness, organization, research, and citation. Students taking on-line courses or courses at the Northwest Houston Center or College of Nursing may consult remotely or by email. Location: Hilliard Hall Rm. 121. Phone: 936-261-3724.

### **Student Counseling Services**

The Student Counseling Services unit offers a range of services and programs to assist students in maximizing their potential for success: short-term individual, couples, and group counseling, as well as crisis intervention, outreach, consultation, and referral services. The staff is licensed by the State of Texas and provides assistance to students who are dealing with academic skills concerns, situational crises, adjustment problems, and emotional difficulties. Information shared with the staff is treated confidentially and in accordance with Texas State Law. Location: Owens-Franklin Health Center Rm. 226. Phone: 936-261-3564

### **Testing**

The Department of Testing administers College Board CLEP examinations, the HESI A2 for pre-nursing majors, LSAT for law school applicants and MPRE for second-year law students, the Experiential Learning Portfolio option, the Texas Success Initiative (TSI) Assessment, which determines college readiness in the state, and exam proctoring, among other service such as SAT and ACT for high school students. Location: Delco Rm. 141. Phone: 936-261-4286

### **Office of Diagnostic Testing and Disability Services**

As a federally-mandated educational support unit, the Office of Disability Services serves as the repository for confidential disability files for faculty, staff, and students. For persons with a disability, the Office develops individualized ADA letters of request for accommodations. Other services include: learning style inventories, awareness workshops, accessibility pathways, webinars, computer laboratory with adapted hard and software, adapted furniture, proctoring of non-standardized test administrations, ASL interpreters, ALDs, digital recorders, livescribe, Kurtzweil, and a comprehensive referral network across campus and the broader community. Location: Evans Hall Rm. 317. Phone: 936-261-3585

## **Veteran Affairs**

Veterans Services works with student veterans, current military and military dependents to support their transition to the college environment and continued persistence to graduation. The Office coordinates and certifies benefits for both the G.I. Bill and the Texas Hazelwood Act. Location: Evans Hall Rm. 323. Phone: 936-261-3563

## **Office for Student Engagement**

The Office for Student Engagement delivers comprehensive programs and services designed to meet the cocurricular needs of students. The Office implements inclusive and accessible programs and services that enhance student development through exposure to and participation in diverse and relevant social, cultural, intellectual, recreational, community service, leadership development and campus governance. Location: Memorial Student Center Rm. 221. Phone: 936-261-1340

## **Career Services**

Career Services supports students through professional development, career readiness, and placement and employment assistance. The Office provides one-on-one career coaching, interview preparation, resume and letter writing, and career exploration workshops and seminars. Services are provided for students at the Northwest Houston Center and College of Nursing in the Medical Center twice a month or on a requested basis. Distance Learning students are encouraged to visit the Career Services website for information regarding services provided. Location: Evans Hall Rm. 217. Phone: 936-261-3570

## **University Rules and Procedures**

### **Disability Statement (Also See Student Handbook):**

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please contact Disability Services, in Evans Hall, Room 317, or call 936-261-3585/3.

### **Academic Misconduct (See Student Handbook):**

You are expected to practice academic honesty in every aspect of this course and all other courses. Make sure you are familiar with your Student Handbook, especially the section on academic misconduct. Students who engage in academic misconduct are subject to university disciplinary procedures.

### **Forms of Academic Dishonesty:**

1. Cheating: deception in which a student misrepresents that he/she has mastered information on an academic exercise that he/she has not mastered; giving or receiving aid unauthorized by the instructor on assignments or examinations.
2. Academic misconduct: tampering with grades or taking part in obtaining or distributing any part of a scheduled test.
3. Fabrication: use of invented information or falsified research.

4. Plagiarism: unacknowledged quotation and/or paraphrase of someone else's words, ideas, or data as one's own in work submitted for credit. Failure to identify information or essays from the Internet and submitting them as one's own work also constitutes plagiarism.

### **Nonacademic Misconduct (See Student Handbook)**

The university respects the rights of instructors to teach and students to learn. Maintenance of these rights requires campus conditions that do not impede their exercise. Campus behavior that interferes with either (1) the instructor's ability to conduct the class, (2) the inability of other students to profit from the instructional program, or (3) campus behavior that interferes with the rights of others will not be tolerated. An individual engaging in such disruptive behavior may be subject to disciplinary action. Such incidents will be adjudicated by the Dean of Students under nonacademic procedures.

### **Sexual Misconduct (See Student Handbook):**

Sexual harassment of students and employers at Prairie View A&M University is unacceptable and will not be tolerated. Any member of the university community violating this policy will be subject to disciplinary action.

### **Title IX Statement**

Prairie View A&M University (PVAMU) is committed to supporting students and complying with the Texas A&M University System non-discrimination policy. It seeks to establish an environment that is free of bias, discrimination, and harassment. If you experience an incident of sex- or gender-based discrimination, including sexual harassment, sexual assault or attempted sexual assault, we encourage you to report it. While you may talk to a faculty member about an incident of misconduct, the faculty member must report the basic facts of your experience to Ms. Alexia Taylor, PVAMU's Title IX Coordinator. If you would like to speak with someone who may be able to afford you privacy or confidentiality, there are individuals who can meet with you. The Title IX Coordinator is designated to handle inquiries regarding non-discrimination policies and can assist you with understanding your options and connect you with on- and off-campus resources. The Title IX Coordinator can be reached by phone at 936-261-2123 or in Suite 013 in the A.I. Thomas Administration Building.

### **Class Attendance Policy (See Catalog for Full Attendance Policy)**

Prairie View A&M University requires regular class attendance. Attending all classes supports full academic development of each learner whether classes are taught with the instructor physically present or via distance learning technologies such as interactive video and/or internet. Excessive absenteeism, whether excused or unexcused, may result in a student's course grade being reduced or in assignment of a grade of "F". Absences are accumulated beginning with the first day of class during regular semesters and summer terms. Each faculty member will include the University's attendance policy in each course syllabus.

### **Student Academic Appeals Process**

Authority and responsibility for assigning grades to students rest with the faculty. However, in those instances where students believe that miscommunication, errors, or unfairness of any kind may have adversely affected the instructor's assessment of their academic performance, the student has a right to appeal by the procedure listed in the Undergraduate Catalog and by doing so within thirty days of receiving the grade or experiencing any other problematic academic event that prompted the complaint.

### **TECHNICAL CONSIDERATIONS**

#### **Minimum Recommended Hardware and Software:**

- Intel PC or Laptop with Windows 7; Mac with OS X; Smartphone or iPad/Tablet with Wi-Fi □ High speed Internet access
- 8 GB Memory

- Hard drive with 320 GB storage space
- 15” monitor, 800x600, color or 16 bit
- Sound card w/speakers
- Microphone and recording software
- Keyboard & mouse
- Most current version of Google Chrome, Safari, Internet Explorer or Firefox **Note:** Be sure to enable Java & pop-ups in the Web browser preferences

**Participants should have a basic proficiency of the following computer skills:**

- Sending and receiving email
- A working knowledge of the Internet
- Proficiency in Microsoft Word (or a program convertible to Word) □ Proficiency in the Acrobat PDF Reader □ Basic knowledge of Windows or Mac O.S.

***Netiquette (online etiquette):***

Students are expected to participate in all discussions and virtual classroom chats as directed. Students are to be respectful and courteous to others on discussions boards. Foul or abusive language will not be tolerated.

***Technical Support:***

Students should go to <https://mypassword.pvamu.edu/> if they have password issues. The page will provide instructions for resetting passwords and contact information if login issues persist. For other technical questions regarding eCourses, call the Office of Distance Learning at 936-261-3283

***Communication Expectations and Standards:***

Emails or discussion postings will receive a response from the instructor, usually in less than 48 hours. Urgent emails should be marked as such. Check regularly for responses.

***Discussion Requirement:***

Online courses often require minimal to no face-to-face meetings. However, conversations about the readings, lectures, materials, and other aspects of the course can take place in a seminar fashion. This will be accomplished by the use of the discussion board. The exact use of discussion will be determined by the instructor.