

BIOL 1301-002 or HEED 1301-002, Nutrition, Fall 2015
Monday, Wednesday and Friday 11:00 pm-11:50 pm, Room LS 118

Instructor: Dr. Malgosia Wilk, M.D., Ph.D. (M.A. Wilk-Blaszczak)
Office: LS 353
Office Hours: MW 12:00 -1:00pm or **by appointment**
Phone: (817) 272-7424
Email: wilk@uta.edu
Web site: Use <http://www.masteringnutrition.pearson.com>, course ID: **WILKFALL2015** to sign up. Detailed instructions will be given in first class. Check Mastering Nutrition website for homework, grades, due days and announcements each day.

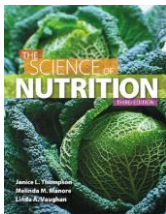
All correspondence for the class will be through the email you sign up with on Mastering Nutrition. It is your responsibility to check the email in which you provide whether or not it is your school email.

ECHO: This class is recorded with UTA's classroom capture system ClassRev (also known as Echo360). You can access the recordings at *link will be given here when the semester starts*. Please use the recordings when preparing for exams or if you miss the class for emergency. This does not replace the attendance. Attendance counts for 30% of the grade. You need to come to class every time. In case of missed class listen to ECHO first before emailing me "what you missed"

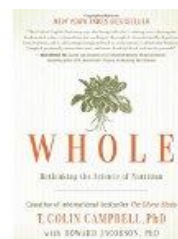
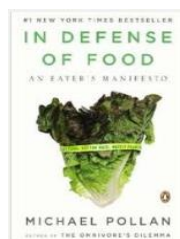
TA: Deborah Shorrock deborah.shorrock@mavs.uta.edu

Office Hours: MW: 12:00-1:00 pm or by appointment
TA will be available during class and via email. Out of courtesy please check the syllabus first then email a TA if you still can't find the answer.

Required Textbook: **The Science of Nutrition, 3/E** (2014) by Thompson & Manore & Vaughan, with MyNutritionLab® Student Access Code ISBN 9780321901835
You can also buy access code to the MasteringNutrition and choose the book listed above in e-book format.



Required reading: In addition to the textbook, every student needs to read **one** of the assigned books: **In Defense of Food: An Eater's Manifesto** by Michael Pollan or **Whole: Rethinking the Science of Nutrition** by T. Collin Campbell and Howard Jacobson in order to be able to complete the Book Report assignment.



This course introduces general nutritional concepts and points out practical applications of that knowledge. The class starts with discussion of basic nutrients required for healthy life. Lots of emphasis is placed on understanding current landscape of food, including industrial foods and advertising in food industry. There are many cultural and sociological influences on diets; these will be explored by employing the scientific method of inquiry. Emphasis is placed on dispelling common nutrition myths. You will be surprised! The course is more about understanding nutrition than memorizing facts.

Following topics will be discussed:

- Nutrients and their role in maintenance of health
- How to read and use nutritional information
- Designing a healthy diet and diets for special conditions including weight loss
- Nutrient deficiency diseases and diseases influenced by nutrition
- Herbs, antioxidants and other bioactive substances

Although the pace of this course will be fast, my approach will be to cover information with less detail but in more illustrative, engaging and active ways so you experience and hopefully become fascinated with the course content.

Student learning outcomes: After completing this course you should possess, and therefore will be tested for, following knowledge/skills and attitudes. You will be able to

1. Describe chemical nature of all macronutrients and selected micronutrients.
2. Analyze the importance of chemical components of food in human physiology.
3. Explain the significance of the different sections of a food label.
4. Analyze various diets for selected nutrients and fluids, including evaluation of your own lifestyle
5. Creatively present knowledge acquired in class in form of infographics, sketches, graphs or other forms of creative expression.
6. Do your own reading and studying.

Expectations for Out-of-Class Study: Beyond the time required to attend each class meeting, students enrolled in this course should expect to spend at least an additional 9 hours per week of out-of-class time in course-related activities. As a rule, for every credit hour earned, a student should spend 3 hours per week working outside of class. Hence, a 3-credit course will have a minimum expectation of 9 hours of out-of-class work in form of homework and reading assignments.

Grades:

The table below outlines the breakdown of the grade.

In-class quizzes (<i>de facto</i> attendance)	30%
Homework	20%
Book report – Book report due Monday October 5th	10%
Two exams (Multiple Choice 50% and Short Answer/calculations 50%) 1st exam – Friday Oct 9th 2nd exam – Friday Nov 20th There is no Final exam during finals week	40%
Total	100%

As the instructor for this course, I reserve the right to adjust this schedule in any way that serves the educational needs of the students enrolled in this course.

Grades: A = 90-100; B = 80-89; C = 70-79; D = 60-69; F = below 60. Make-up exams will be given only in exceptional circumstances. No makeups for pop-quizzes. Zeros might be excluded from the grade with proper documentation at instructor discretion. You are expected in class each time.

Pop-quizzes will count for 30% of the grade. If you miss a pop-up quiz because you are late for class or leave early you will receive a ZERO for that quiz. Quizzes are your attendance for the day. Quizzes will be short EASY questions from homework or lecture that day.

Homework assignments are expected to be done in a professional manner, not scribbled on the wrinkled piece of paper. **There is zero tolerance for copy and paste** and if caught you will receive a ZERO and will be reported for plagiarism to the Department of Biology and then UTA Academic Integrity Board. Use all the resources you need but make it your own work. Exam questions are drawn from the homework.

This class also includes a large amount of independent work. You are expected to **read at least one of the popular science books on the subject of food/nutrition.** List of approved books will be posted on the class website. You can also request a book of your choosing if you have special interests but the book has to be approved by me. Handbooks or self-help books about food (diet books, Skinny Bitch books etc.) do not qualify.

Students are expected to keep track of their performance throughout the semester and seek guidance from available sources (including the instructor) if their performance drops below satisfactory levels.

Incomplete grades may be assigned for a course if, in the opinion of the instructor, there are extenuating documented circumstances which prevent the student from completing the required work. The incomplete must be removed by the end of the final examination period of the following semester, excluding the summer session, for the student to receive credit for the course. If the incomplete is not removed during the allotted time it will revert automatically to an F.

Grade Grievances: Any appeal of a grade in this course must follow the procedures and deadlines for grade-related grievances as published in the current undergraduate catalog.

http://wweb.uta.edu/catalog/content/general/academic_regulations.aspx#10

Attendance and Drop Policy:

30% of the final grade comes from in-class quizzes aka. **ATTENDANCE.** If you miss a quiz for any reason you will receive a ZERO. **There is ZERO tolerance for missed classes.**

All submitted attendance quizzes will be kept in the Dr. Wilk's office and serve as proof that you attended and listened in class that day. Only serious illness of you or your children counts as an excuse. Regular doctors's appointments for you, kids or parents do not count as excused absences. Most offices are open from 8-5pm, Nutrition class takes just one hour, schedule your other activities around class time.

Per university policy, students may drop or swap (adding and dropping a class concurrently) classes through self-service in MyMav from the beginning of the registration period through the late registration period. After the late registration period, students must see their academic advisor to drop a class or withdraw. Undeclared students must see an advisor in the University Advising Center. Drops can continue through a point two-thirds of the way through the term or session. It is the student's responsibility to officially withdraw if they do not plan to attend after registering. **Students will not be automatically dropped for non-attendance.** Repayment of certain types of financial aid administered through the University may be required as the result of dropping classes or withdrawing. For more information, contact the Office of Financial Aid and Scholarships (<http://wweb.uta.edu/ses/fao>).

Electronic communication: Students **must** use their **official** UT Arlington e-mail address for all university-related business. All students are assigned a MavMail account and are responsible for checking the inbox regularly. MavMail is available at <http://www.uta.edu/oit/cs/email/mavmail.php>.

Grade Grievances

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Drop Policy

Per university policy, students may drop or swap (adding and dropping a class concurrently) classes through self-service in MyMav from the beginning of the registration period through the late registration period. After the late registration period, students must see their academic advisor to drop a class or withdraw. Undeclared students must see an advisor in the University Advising Center. Drops can continue through a point two-thirds of the way through the term or session. It is the student's responsibility to officially withdraw if they do not plan to attend after registering. Students will not be automatically dropped for non-attendance. Repayment of certain types of financial aid administered through the University may be required as the result of dropping classes or withdrawing. For more information, contact the Office of Financial Aid and Scholarships (<http://www.uta.edu/ses/fao>).

Disability Accommodations

The University of Texas at Arlington is on record as being committed to both the spirit and letter of all federal equal opportunity legislation, including The Americans with Disabilities Act (ADA), The Americans with Disabilities Amendments Act (ADAA), and Section 504 of the Rehabilitation Act. All instructors at UT Arlington are required by law to provide "reasonable accommodations" to students with disabilities, so as not to discriminate on the basis of that disability. Any student requiring an accommodation for this course must provide the instructor with official documentation in the form of a letter certified by the staff in the Office for Students with Disabilities (OSD). Students experiencing a range of conditions (physical, learning, chronic health, mental health, and sensory) that may cause diminished performance or other barriers to learning may seek services and of accommodations by contacting:

The Office for Students with Disabilities (OSD) www.uta.edu/disability 817.272.3364
Counseling and Psychological Services (CAPS) www.uta.edu/caps 817.272.3671

Only those students who have officially documented a need for an accommodation will have their request honored. Information regarding diagnostic criteria and policies for obtaining disability-based academic accommodations can be found at www.uta.edu/disability, or by calling the Office for Students with Disabilities at 817.272.3364.

Title IX

The University of Texas at Arlington does not discriminate on the basis of race, color, national origin, religion, age, gender, sexual orientation, disabilities, genetic information, and/or veteran status in its educational programs or activities it operates. For more information, visit www.uta.edu/eos. For information regarding Title IX, visit www.uta.edu/titleIX.

Academic Integrity

It is the philosophy of The University of Texas at Arlington that academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form. All persons involved in academic

dishonesty will be disciplined in accordance with University regulations and procedures. Discipline may include suspension or expulsion from the University. "Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts." (Regents' Rules and Regulations, Series 50101, Section 2.2).

All students enrolled in this course are expected to adhere to the UT Arlington Honor Code:

I pledge, on my honor, to uphold UT Arlington's tradition of academic integrity, a tradition that values hard work and honest effort in the pursuit of academic excellence.

I promise that I will submit only work that I personally create or contribute to group collaborations, and I will appropriately reference any work from other sources. I will follow the highest standards of integrity and uphold the spirit of the Honor Code.

Instructors may employ the Honor Code as they see fit in their courses, including (but not limited to) having students acknowledge the honor code as part of an examination or requiring students to incorporate the honor code into any work submitted. Per UT System Regents' Rule 50101, §2.2, suspected violations of university's standards for academic integrity (including the Honor Code) will be referred to the Office of Student Conduct.

Students who violate the academic integrity policy will automatically receive a grade of "0" in the course.

Student Feedback Survey

At the end of each term, students enrolled in classes categorized as lecture, seminar, or laboratory shall be directed to complete a Student Feedback Survey (SFS). Instructions on how to access the SFS for this course will be sent directly to each student through MavMail, approximately 10 days before the end of the term. Each student's feedback enters the SFS database anonymously and is aggregated with that of other students enrolled in the course. UT Arlington's effort to solicit, gather, tabulate, and publish student feedback is required by state law; students are strongly urged to participate. For more information, visit <http://www.uta.edu/sfs>.

Final Review Week

A period of five class days prior to the first day of final examinations in the long sessions shall be designated as Final Review Week. The purpose of this week is to allow students sufficient time to prepare for final examinations. During this week, there shall be no scheduled activities such as required field trips or performances, and no instructor shall assign any themes, research problems, or exercises of similar scope that have a completion date during or following this week, unless specified in the class syllabus. During Final Review Week, an instructor shall not give any examinations constituting 10% or more of the final grade, except makeup tests and laboratory examinations. In addition, no instructor shall give any portion of the final examination during Final Review Week. During this week, classes are held as scheduled. In addition, instructors are not required to limit content to topics that have been previously covered; they may introduce new concepts as appropriate.

Emergency Exit Procedures

Should we experience an emergency event that requires us to vacate the building, students should exit the room by moving toward the nearest exit. When exiting the building during an emergency, one should never take an elevator but should use the stairwells. Faculty members and instructional staff will assist students in selecting the safest route for evacuation, and will make arrangements to assist handicapped individuals.

Student Support Services

UT Arlington provides a variety of resources and programs designed to help students develop academic skills, deal with personal situations, and better understand concepts and information related to their courses. Resources include tutoring, major-based learning centers, developmental education, advising and mentoring, personal counseling, and federally funded programs. For individualized referrals, students may visit the reception desk at University College (Ransom Hall), call the Maverick Resource Hotline at 817-272-6107, send a message to resources@uta.edu, or view the information at <http://www.uta.edu/universitycollege/resources/index.php>.