

BIOL 1301-001, HEED 1301-001
Nutrition, Spring 2017

Instructor(s): Dr. Malgosia Wilk, M.D., Ph.D. (M.A. Wilk-Blaszczak)

Office Number: LS 353

Office Telephone Number: (817)-272-7424

Email Address: wilk@uta.edu

TAs: Chinh Kieu Vuong chinh.vuong@mavs.uta.edu
Audrey Hendrickson audrey.micklin@mavs.uta.edu

Office Hours: MWF 12pm -1pm and M 2pm-3pm, LS 353 or by appointment.

Office hours for the TAs will be emailed out at the beginning of every week in order to have a flexible schedule throughout the semester that can accommodate more students.

Time and Place of Class Meetings: Monday, Wednesday, Friday
11:00 am - 11:50 am
SH 121

Description of Course Content: 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 and applying it to life than it is about memorizing facts.

A lot of emphasis is placed in this class on teaching and honing important skills necessary for college, graduate school, future careers, and life in general. We will move quickly through the course material; the better prepared you are, the better you will do. This course is structured in a "flipped" fashion, i.e., you will study and learn basic course material, at home, *before* coming to class, thus freeing lecture time to discuss real-life applications.

Although the pace of this course will be fast, research has shown that cramming large quantities of material has many detriments, and actually inhibits students from learning. My approach will be to cover information with less detail, but in more illustrative, engaging, and active ways, so that you experience - and hopefully become fascinated with - the course content on a more personal, meaningful level. I teach using modern pedagogy methods, including active learning, implementation of higher order thinking skills (HOTS), and the use of online resources to aid in the pursuit of HOTS and active learning.

Student Learning Outcomes: After completing this course you should possess, and therefore will be required to demonstrate the following knowledge/skills and attitudes:

1. Describe the chemical nature of all macronutrients and selected micronutrients
2. Analyze diets and change them according to existing nutritional advice
3. Use food labels to assess food safety and nutritional content as well as "worth for money"
4. Analyze various diets for selected nutrients and fluids, including evaluation of your own lifestyle
5. Become independent in doing your own reading and studying and establishing your own deadlines and adhering to them.
6. Learn to successfully communicate verbally, socially, and in written form

7. Think critically and analyze all information presented in books, documentaries, textbooks and any other informational format

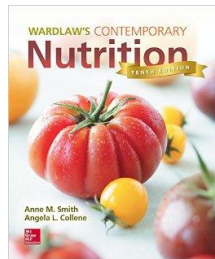
Required Textbooks and Other Course Materials:

Wardlaw's Contemporary Nutrition, 10th edition by Anne M. Smith and Angela L. Collene

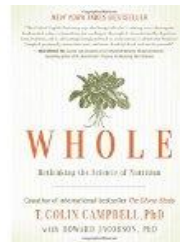
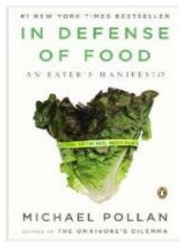
ISBN: 978-0-07-802137-4

*online access to McGrawHill Connect and an ebook is a requirement

** a physical copy of the textbook is optional



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. Colin Campbell and Howard Jacobson in order to be able to complete the Book Report assignment.



Descriptions of major assignments and examinations:

- Online reading - interactive reading with activities and assessments to be done prior to class to ensure understanding of topics to be discussed in class
- Online activities - online homework assignments assigned post lecture in order to provide extra practice with application of material and ensure comprehension
- In class activities - interactive and discussion-based, in-class activities in order to provide practice with application of the material and give students the opportunity to ask questions and clarify concepts in class, and ensure attendance
- Book report - provide students with supplemental material putting class topic in context and have students work on analytical and written communication skills
- Exams - to test comprehension of lecture topics and ability to apply the knowledge in new and practical contexts.

Attendance: I am conducting this class in a “flipped classroom” format where you study at home and discuss real life applications in class. Since a vital part of learning will be occurring in class and a significant portion of that will be on quizzes and test, 35% of your grade will come from **ATTENDANCE aka** in-class quizzes and assignments. If you are unable to attend a class session, you are late for class or need to leave early, you are responsible for getting notes from a classmate. Attendance verification will happen regularly throughout the

semester. Regular attendance is a strong indicator for student performance. If your grades begin to drop, look over your attendance.

All submitted attendance quizzes will be kept online or in 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' 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.

Email policy

In previous semesters, the vast majority of emails from students could be answered with one or more of the following responses:

- read your syllabus
- check the class schedule
- read the assignment instructions
- check Blackboard announcements

The other responses consisted of information mentioned multiple times in class or required a complex answer best delivered in person. To maximize the productivity of the instructors, students should **only email TAs at:** chinh.vuong@mavs.uta.edu, audrey.micklin@mavs.uta.edu for the following reasons:

1. as a tool to set up a one-on-one meeting with Dr. Wilk and/or one of your TAs, if the emailed office hours conflict with your schedule. Use the subject line "meeting request." Your message should include at least two times when you would be available to meet, and a brief, one-sentence description of the reason for the meeting.
2. to alert your TAs of exceptional circumstances that will prevent you from completing a major assignment or test. Exceptional circumstances must be communicated to the TA/instructor before the exam is taken, not after an unsatisfactory grade has been earned. There will be no exceptions to this policy. If you think you have exceptional circumstances, communicate with us first; do not attempt to take the exam.

Emails sent for any other reason will not be considered or acknowledged. Grades or student progress will not be released or discussed through email. Please come to office hours.

Include your full name and your class. Be professional and courteous; please, address any professor as "Professor" or "Dr." Be patient; do not send duplicate emails. Talk to us after class if your email is not responded to within a week.

Do not email Dr. Wilk via her personal email address. Only the TA. Unless it is a very personal issue that you feel better about communicating with Dr. Wilk directly, your best bet is to email the TA first and information will be passed on and shared accordingly. Dr. Wilk is teaching 3 different classes plus lab in addition to her other academic commitments. Therefore, any time that can be freed up for her results in a better academic environment for all students.

I strongly encourage you to ask questions about the syllabus and assignments during class time. For more in-depth discussions - - such as guidance on assignments - - please plan to meet in person. Our face-to-face conversations will both allow us to get to know each other better and foster a more collegial learning atmosphere.

Grading:

The table below outlines the breakdown of the grade.

Online activities	250 pts
In class activities (<i>de facto</i> attendance)	300 pts
Book report	150 pts
Exams	300 pts
Total	1000 pts

LETTER GRADE ASSIGNMENTS	
A	900-1000
B	800-899
C	700-799
D	600-699
F	<600

Make-up Exams and Other Grading Information:

Make-up exams will be given only in exceptional circumstances. No make-up grades for in class assignments. One assignment grade will be eligible to be dropped at the end of the semester (excluding all major assignments).

Late Work:

All assignments should be completed no later than the assigned due date. Late work will **not be accepted**. There will be no exceptions.

All assignments are expected to be done in a professional manner, not scribbled on the wrinkled piece of paper. **There is a zero tolerance for any shape or form of plagiarism. This includes but is not limited to: copy and paste, not using citations when using another person's written work or ideas, using a friends' old assignments from another semester.** If caught, you will receive a ZERO and will be reported for plagiarism to the Department of Biology and then the UTA Academic Integrity Board. Use all the resources you need but make it your own work. Exam questions are similar to homework and in class assignments in concept, but will focus more on real life application of the knowledge learned in class.

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** as stated in required reading above.

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.

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 6 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 work in form of homework and reading assignments. This class being a nutrition class will require food preparation and grocery store visits.

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 University Catalog. For undergraduate courses, see

<http://catalog.uta.edu/academicregulations/grades/#undergraduatetext>; for student complaints, see <http://www.uta.edu/deanofstudents/student-complaints/index.php>.

Drop 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/aao/fao/>).

Disability Accommodations: UT 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 (ADAAA)*, 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 disability. Students are responsible for providing the instructor with official notification in the form of a **letter certified** by the Office for Students with Disabilities (OSD). Only those students who have officially documented a need for an accommodation will have their request honored. Students experiencing a range of conditions (Physical, Learning, Chronic Health, Mental Health, and Sensory) that may cause diminished academic performance or other barriers to learning may seek services and/or accommodations by contacting:

The Office for Students with Disabilities, (OSD) www.uta.edu/disability or calling 817-272-3364. Information regarding diagnostic criteria and policies for obtaining disability-based academic accommodations can be found at www.uta.edu/disability.

Counseling and Psychological Services, (CAPS) www.uta.edu/caps/ or calling 817-272-3671 is also available to all students to help increase their understanding of personal issues, address mental and behavioral health problems and make positive changes in their lives.

Non-Discrimination Policy: *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 uta.edu/eos.*

Title IX Policy: The University of Texas at Arlington (“University”) is committed to maintaining a learning and working environment that is free from discrimination based on sex in accordance with Title IX of the Higher Education Amendments of 1972 (Title IX), which prohibits discrimination on the basis of sex in educational programs or activities; Title VII of the Civil Rights Act of 1964 (Title VII), which prohibits sex discrimination in employment; and the Campus Sexual Violence Elimination Act (SaVE Act). Sexual misconduct is a form of sex discrimination and will not be tolerated. *For information regarding Title IX, visit www.uta.edu/titleIX or contact Ms. Jean Hood, Vice President and Title IX Coordinator at (817) 272-7091 or jmhood@uta.edu.*

Academic Integrity: Students enrolled all UT Arlington courses 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.

UT Arlington faculty members may employ the Honor Code in their courses by 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. Violators will be disciplined in accordance with University policy, which may result in the student's suspension or expulsion from the University. Additional information is available at <https://www.uta.edu/conduct/>.

Electronic Communication: UT Arlington has adopted MavMail as its official means to communicate with students about important deadlines and events, as well as to transact university-related business regarding financial aid, tuition, grades, graduation, etc. All students are assigned a MavMail account and are responsible for checking the inbox regularly. There is no additional charge to students for using this account, which remains active even after graduation. Information about activating and using MavMail is available at <http://www.uta.edu/oit/cs/email/mavmail.php>.

Campus Carry: Effective August 1, 2016, the Campus Carry law (Senate Bill 11) allows those licensed individuals to carry a concealed handgun in buildings on public university campuses, except in locations the University establishes as prohibited. Under the new law, openly carrying handguns is not allowed on college campuses. For more information, visit <http://www.uta.edu/news/info/campus-carry/>

Student Feedback Survey: At the end of each term, students enrolled in face-to-face and online classes categorized as "lecture," "seminar," or "laboratory" are directed to complete an online 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 via the SFS database is aggregated with that of other students enrolled in the course. Students' anonymity will be protected to the extent that the law allows. UT Arlington's effort to solicit, gather, tabulate, and publish student feedback is required by state law and aggregate results are posted online. Data from SFS is also used for faculty and program evaluations. For more information, visit <http://www.uta.edu/sfs>.

Final Review Week: for semester-long courses, 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 and move toward the nearest exit, [which is located \[insert a description of the nearest exit/emergency exit\]](#). 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 individuals with disabilities.

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>.

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The IDEAS Center (2nd Floor of Central Library) offers **free** tutoring to all students with a focus on transfer students, sophomores, veterans and others undergoing a transition to UT Arlington. To schedule an appointment with a peer tutor or mentor email IDEAS@uta.edu or call (817) 272-6593.

The English Writing Center (411LIBR): The Writing Center Offers free tutoring in 20-, 40-, or 60-minute face-to-face and online sessions to all UTA students on any phase of their UTA coursework. Our hours are 9 am to 8 pm Mon.-Thurs., 9 am-3 pm Fri. and Noon-6 pm Sat. and Sun. Register and make appointments online at <http://uta.mywconline.com>. Classroom Visits, workshops, and specialized services for graduate students are also available. Please see www.uta.edu/owl for detailed information on all our programs and services.

The Library's 2nd floor Academic Plaza offers students a central hub of support services, including IDEAS Center, University Advising Services, Transfer UTA and various college/school advising hours. Services are available during the library's hours of operation. <http://library.uta.edu/academic-plaza>

Library Home Page library.uta.edu

Resources for Students

Academic Help

Academic Plaza Consultation Services library.uta.edu/academic-plaza

Ask Us ask.uta.edu/

Library Tutorials library.uta.edu/how-to

Subject and Course Research Guides libguides.uta.edu

Subject Librarians library.uta.edu/subject-librarians

Resources

A to Z List of Library Databases libguides.uta.edu/az.php

Course Reserves pulse.uta.edu/vwebv/enterCourseReserve.do

FabLab fablab.uta.edu/

Special Collections library.uta.edu/special-collections

Study Room Reservations openroom.uta.edu/

Teaching & Learning Services for Faculty

Copyright Consultation library-sc@listserv.uta.edu

Course Research Guide Development, Andy Herzog amherzog@uta.edu or your subject librarian

Data Visualization Instruction, Peace Ossom-Williamson peace@uta.edu

Digital Humanities Instruction, Rafia Mirza rafia@uta.edu

Graduate Student Research Skills Instruction, Andy Herzog amherzog@uta.edu or your subject librarian

Project or Problem-Based Instruction, Gretchen Trkay gtrkay@uta.edu

Undergraduate Research Skills Instruction, Gretchen Trkay gtrkay@uta.edu or your subject librarian.

<p>Emergency Phone Numbers: In case of an on-campus emergency, call the UT Arlington Police Department at 817-272-3003 (non-campus phone), 2-3003 (campus phone). You may also dial 911. Non-emergency number 817-272-3381</p>
