

Biology 1301-002, HEED 1301-002

Fall 2017

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

Office: LS 353

Office Hours: MWF 12:00 - 1:00 or by appointment

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Faculty Profile: <https://mentis.uta.edu/explore/profile/malgorzata-wilk-blaszcza>

Time and Place of Class Meetings:

Monday, Wednesday, Friday

11:00 am-11:50 am UH 11

Description of Course Content: This course introduces general nutritional concepts and **points out practical applications of that knowledge**. The class starts with discussion of the basic nutrients required for healthy life. Lots of emphasis is placed on understanding current landscape of food, including industrial food and advertising in the 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. This course is more about understanding nutrition and applying it to life than it is about memorizing facts.

A lot of emphasis is placed in the class on teaching and honoring important skills necessary for college, graduate school, future careers, and life in general. We will move quickly through 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 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 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.

Required Textbooks and Other Course Materials:

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

ISBN: 978-0-802137-4. An e-book version of this book is also available.

In addition, every student needs to read:

In Defense of Food: An Eater's Manifesto by Michael Pollan

This book can be found online as an e-book, audio book, borrowed from the library, or resale stores like Half Priced Books. You need to read/listen to it, not necessarily buy it.

Descriptions of major assignments and examinations:

- Exams- three semester exams that will test comprehension of lecture topics and ability to apply the knowledge in new and practical contexts. Not much memorization, rather you will have to use your knowledge to build or critique diets, understand labels etc.
- In class activities~ you **MUST BE FAMILIAR WITH THE MATERIAL** before class. They are a part of your grade and will help contribute to your overall understanding of the material for the course. **If you miss the class that has the activity you will receive a ZERO, no exceptions, no make-ups**
- Homework~ there will be regular homework given to students to complete and return to class. The student is responsible for receiving, completing, and returning completed work to the TA before the due date.
- Book Report- rubric will be provided, and due date will be chosen by the student in class.
- Short Writing Assignments- the purpose of these assignments is for the student to demonstrate knowledge of the material and apply critical thinking skills. These are not going to be “copy and paste” assignments, rather they will be aimed at overall understanding of the material, and ability to construct an argument.

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 the learning will be occurring in class and a significant portion of that will be on quizzes attendance is vital for your success. However, with the exception of in-class activities the attendance is not going to be taken.

There is no ECHO recording in this classroom, so if you miss the class you will lose all the learning for that day. **Notes are going to be posted on blackboard but with flipped classroom, most of the class is going to be based on interactive discussions, examples etc.**

Email Policy. I will be using **blackboard to communicate with you. You are responsible to read all announcements at least daily.** Please do not email TAs or myself with frivolous questions.

Please utilize the following tools (in this order) to answer all logistics questions: We are NOT going to answer the questions that have the answer in the syllabus, like questions about the date of exam etc.

- 1) Ask in class! We are a learning community. Everyone wants to hear the answer to the questions!
- 2) Read the syllabus, schedule, announcements on blackboard.
- 3) Come to office hours immediately following class. We love to see you there.
- 4) Email a TA.
- 5) Email Dr. Wilk.

Most of the time I will be answering your “science” questions IN THE NEXT SCHEDULED CLASS. The only emails that really should be sent through email are the excuses for absences or long term illness. FOR PERSONAL ISSUES I WILL ASK YOU TO SEE ME DURING OFFICE HOURS ANYWAY.

When you email, please make the subject line “Bio 1301, Nutrition”.

The body of the email must also contain your full name.

Not following these simple requests will result in your questions not being answered in a timely manner.

Student grades will not be released or discussed through email, as per UTA policy, please come to office hours to discuss grades.

Grading

Below is the breakdown of grades for the class.

In-class activities	10%
Homework	25%

Writing Assignments (including Book Report)	20%
Three Exams (Multiple Choice and Short Answer), 3 x 15%	45%

Grades: A = 90-100; B = 80-89; C = 70-79; D = 60-69; F = below 60.

Make up Exams: Make-up exams will be given only in exceptional circumstances and with written proof. No makeups for in class activities. Zeros might be excluded from the grade with proper documentation at instructor discretion. You are expected in class each time. If you miss a in class activity because you are late for class or leave early you will receive a ZERO for that activity.

Only serious illness of you, your spouse, parents or your children counts as an excuse. Regular dr's appointments for you, kids, or parents do not count as excused absences. Most dr's offices are open from 8-5pm, Nutrition class just takes one hour. Please schedule accordingly.

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.

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 their own time in course-related activities, including reading required materials, completing assignments, preparing for exams, etc. **This class also includes a large amount of independent work. You are expected to read In Defense of Food on your own time outside of class. You will then complete a book report following the provided rubric.**

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

Conflict Resolution: If you are experiencing an issue in class, you should first arrange a meeting with your TA, and then the instructor. If the issue still requires attention, you may then consult the Associate Chair of the Department of Biology, Dr. Laura Mydlarz. To do this you can file a grievance at <https://www.uta.edu/php-lib/machform/view.php?id=3403>. You must file the online form in order to have your issue heard. None of the listed personnel will discuss the issue with you until you have first consulted all of those preceding him/her.

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. 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 selfservice 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: 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 through the doors in the back of the classroom and proceed to the right toward the building 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>.

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): Please utilize Writing Center for your book report. 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>

Emergency Phone Numbers: [Optional but strongly recommended] 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

Course Schedule

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. – Malgosia Wilk-Blaszczak, M.D.,Ph.D

Course Schedule Fall 2017					
Week	Date	Day	Lecture Topic	Chapter	Assignment
1	25-Aug	Friday	Intro to Nutrition	1,2	
2	28-Aug	Monday	Nutritional Science, Calculating kcal	1,2	
	30-Aug	Wednesday	Calculating kcal	1,2	Calculating kcal in class activity
	1-Sep	Friday	Dietary References	2	Calculating kcal homework due
3	4-Sep	Monday	NO SCHOOL		
	6-Sep	Wednesday	Dietary References	2	
	8-Sep	Friday	Human Body and Digestion	3	
4	11-Sep	Monday	Human Body and Digestion	3	
	13-Sep	Wednesday	GI Tract Activity	3	GI Tract Activity
	15-Sep	Friday	Food Labels	2	Digestion Homework Due
5	18-Sep	Monday	Food Labels	2	
	20-Sep	Wednesday	Food Labels	2	
	22-Sep	Friday	Hungry for Change		Food Label Homework Due
6	25-Sep	Monday	Hungry for Change		Conspiracy Writing Assignment Due
	27-Sep	Wednesday	Review for Exam/ catch up		
	29-Sep	Friday	Exam 1		
7	2-Oct	Monday	Lipids	5	Hungry for Change Writing Due
	4-Oct	Wednesday	Lipids	5	
	6-Oct	Friday	Lipids	5	Lipid Homework Due
8	9-Oct	Monday	NO SCHOOL		
	11-Oct	Wednesday	Proteins	6	Protein Homework Due
	13-Oct	Friday	Proteins	6	
9	16-Oct	Monday	TBD		
	18-Oct	Wednesday	Carbohydrates	4	Carbohydrate Homework Due
	20-Oct	Friday	Carbohydrates	4	
10	23-Oct	Monday	Carbohydrates	4	Article Comparison Writing Assignment Due
	25-Oct	Wednesday	Grains		
	27-Oct	Friday	Grains		
11	30-Oct	Monday	Exam Review/ catch up		
	1-Nov	Wednesday	Exam 2		
	2-Nov	Friday	Movie		
12	6-Nov	Monday	Movie		In Class Activity
	8-Nov	Wednesday	Metabolism	7	
	10-Nov	Friday	Metabolism	7	
13	13-Nov	Monday	Metabolism	7	
	15-Nov	Wednesday	Vitamins	8	Metabolism Homework Due
	17-Nov	Friday	Vitamins	8	
14	20-Nov	Monday	Vitamins & Minerals	8,9	Final day for Book Report
	22-Nov	Wednesday	NO SCHOOL		
	24-Nov	Friday	NO SCHOOL		
15	27-Nov	Monday	Sports and Fitness	10	Vitamin Homework Due
	29-Nov	Wednesday	Review for Exam 3/catch up day		
	1-Dec	Friday	Exam 3		
16	4-Dec	Monday	TBD		
	6-Dec	Wednesday	TBD		