

Sul Ross State University
PE 5303 – Advanced Human Nutrition
Fall 2015
Syllabus

Instructor: Stefanie A. Latham, Ph.D.

Class location: ALL online via Blackboard

Contact: 405-659-9770 cell; text or leave message DO NOT CONTACT AFTER 7pm

E-mail address: Stefanie.latham@sulross.edu or stefanielatham@yahoo.com

Please ONLY use Firefox or Chrome browsers. Internet Explorer is not compatible.

For Blackboard Technical Help Contact:

techassist.sulross.edu

432-837-8888

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For Blackboard Instructions to help you navigate this online course please see Appendix A at the end of the Syllabus

Course Description: The content of this course will be focused on the metabolism of food by various tissues of the body and its relation to exercise. The role of diet in the development and treatment of some chronic diseases will be discussed along with the application of nutritional principles to enhance overall lifestyles. This course provides an integrated overview of the physiological requirements and functions of energy and the major vitamins and minerals that are determinants of health and diseases in human populations.

Southern Association of Colleges and Schools (SACS)

Student Learning Outcomes: Degree candidates in the M.S. program in Health and Human Performance program will demonstrate content knowledge in physiology, nutrition, sports law, test and measurements, motor learning, group dynamics and health and human behavior necessary for successful performance in their field.

Recommended Text: Williams, M.H. Nutrition for Health, Fitness & Sport, 12th Edition 2008, McGraw Hill

Attendance: This course is a graduate course that meets completely online. Absences are not allowed.

Academic Honesty:

Each student is expected to do his or her own work. Suspected cheating will be given the rightful due process, but will be subjected to an “F” given for the assignment/exam. Plagiarized work will receive an "F" for that assignment. All written work is subject to inspection for plagiarism. The university’s academic honesty policy is published in the graduate catalog.

Statement regarding ADA accommodations:

Sul Ross State University is committed to equal access in compliance with the Americans with Disabilities Act of 1973. It is the student’s responsibility to initiate a request for accessibility services. Students seeking accessibility services must contact Mary Schwartz, M. Ed., L.P.C., in Counseling and Accessibility Services, Ferguson Hall, Room 112. The mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas 79832. Telephone: 432-837-8691. E-mail: mschwartz@sulross.edu

Course Objectives:

- A. The student will understand the metabolism of foods and the role of nutrients in various tissues of the human body.
- B. The student will understand the changes in the metabolism of foods due to acute and chronic exercise, and the role of nutrition as an ergogenic aid for athletic performance.
- C. The student will be able to interpret food labels and grams/servings.
- D. The student will understand ACSM recommendations for energy nutrients.
- E. The student will understand the changes in body composition as a result of some dietary regimens.
- F. The student will understand the role of diet in the development and treatment of some chronic diseases.

Methods of Evaluation:

5 discussions questions (40 points each)	200 points
5 responses to others work (20 points each)	100 points
4 Weekly Assignments (40 points each)	400 points
Final Exam	200 points
<u>Nutrition Literature Review</u>	<u>100 points</u>
Total	1000 points

1000-900 points = A; 899-800 = B; 799-700 = C

Description of Assignments:

Discussion questions: There will be a discussion question posted under the discussion tab for you to respond to with a posted due date. To respond to the discussion you click on the hyperlink to the discussion and then click on create new thread. Put your last name and the week in the subject line (eg. HectorWeek1). You can respond directly in the message area, however, I suggest you type your response in a word document, spell check, then copy and paste it into the message area. You can upload your response as an

attachment, but please **ALSO copy and paste it into the message area so we do not have to open an attachment to read your post.** Each discussion post is worth 40 points. 20 points will be deducted for not following the instructions above, or for not following all instructions in the directions of the discussion.

Responses to others: Under each discussion post you must respond to another classmate's original discussion post. The response is worth 20 points. The response must be more than "good job", "I like what you said", etc., it must be a substantial response that would be as if you were having a discussion on the topic in class. A substantial response would include, but not limited to: adding to the discussion with further information you find (cite your source), asking relevant questions, as well as critiquing in a positive way the post. ALWAYS spell check and edit your responses. These should be academic responses and not chat room or informal language. Do be respectful of others, do use proper language – do NOT hurt others feelings. To respond to another's post, click on their post and reply. Title the subject of your response with your last name and "response to _____ week 1 post" (eg. Hector's response to Henderson's Week 1 post).

Assignments: Under the assignment tab you have a weekly assignment. Click on the hyperlink (title of the assignment), read the directions completely, you will do the assignment in a Word (***MUST BE MICROSOFT WORD...no other format is accepted***) document and attach the file in the assignment submission section, then click submit. Follow all instructions and mind the due dates. Literature Review Assignment will also be found in course materials and assignment tab.

APPENDIX A Blackboard Instructions

1. Login to the blackboard course
2. Most things are "clickable". Once in click on every tab and read everything.
3. Announcements – click on this tab and check those daily. A copy is always sent to your email. So check your email often as well.
4. Syllabus & Course Materials tab – has everything in attachments for you to download that you need for the course. Read the Syllabus first day you log in. All other course materials are referenced to you in discussions and assignments for you to download and refer to. I suggest saving everything to a flash drive, hard drive, cloud database (i.e. drop box) so you have them forever.
5. Assignments – click on the assignment tab. Click on the Name of the assignment (usually named by week). Read all of the assignment information. If the assignment refers you to materials in the course materials tab be sure to use/read all of those. Due dates are always mentioned in the assignment information. When you are ready to submit (turn in) your assignment go to the "Assignment Submission" area, click on browse my computer, search your computer for wherever you saved your finished/completed assignment, upload it to attach the file in the assignment submission area. **YOU MUST checkmark the box "I agree to submit mypaper(s) to the GRD" where the plagiarism tools are.** This ensures you did not copy/paste from the internet or from another student you may have had the course before. You can be kicked out of the university, and/or fail a class for plagiarizing. The add comments are optional, but a place for you to leave me a comment. Ps. I like jokes when I am grading!!!! ☺ Click the SUBMIT button to actually turn in your assignment.

6. Discussions – click on discussions tab. Each week there are discussions (these are formal discussions not chat room type discussions) you must respond to as well as respond to at least one other classmate (see syllabus). Click on the Forum/Discussion Name (e.g. Week 1). To post your discussion post = click on create thread. Put your First and last name in the Subject line followed by 1-2 words describing your post/thread, e.g., StefanieLatham_Week1 Discussion. Type your response to the discussion/forum in the message. **I highly, highly, really really, highly recommend that you first type your response in a Word Doc spell check and grammar check (read it yourself as spell check doesn't fix grammar) and then copy/paste it into the message area. DO NOT attach a file for discussions. You will only use the browse my computer/attach file feature for assignments.** Click Submit to submit your work. If you need to edit whatever you turned in for some reason, find your thread in the discussion area, click on it, move your cursor around near the “reply” button, you will see an option to delete, edit, or email yourself. To respond to a classmate: click on the thread of a classmate you want to read his/her post then click reply. Type your response in the message area (again recommend using word to edit first...plus if you have a computer issue you can save your word doc...you can't save your message until you submit it). **Please Check your thread so read what others have said to you. If classmates or if I ask you a question in your thread and you never respond...points will be deducted from your weekly discussion points. It is also recommended for you to scan all the threads and read any feedback I am giving other students as that feedback may help you as well.**
7. MY Grades tab – you should be able to view your numerical grade here as well as written feedback. I will always provide written feedback. If you cannot view the written feedback please check your email as it is always emailed to you as well. If you do not see a numerical grade either I haven't graded it (I will grade all previous week's work by Wed of the week after it is due if not sooner). If you feel you turned it in and still see not grade email or text me and I will look into it.
 - a. Feedback comment bubbles are in any papers in word docs that you turn into to me. To view those double click on the thing in the right hand margin that looks like a bubble OR go to the review tab at the top and click on VIEW COMMENTS.
 - b. **READ AND APPLY ALL FEEDBACK I GIVE YOU IN YOUR COMMENT BUBBLES, IN YOUR BLACKBOARD FEEDBACK AREA, AND READ ALL ANNOUNCEMENTS.**
8. Late work. Despite what the syllabus says if you are taking a Senior Level undergraduate course or a Graduate Level course with me....as long as you are in communication with me I will NOT deduct points for things that are 1 week late. Anything one week late or longer you MUST CALL/TEXT ME for approval and let me know what is going on in your life. I am a fair and reasonable person and will most likely work something out with you as I want everyone to be successful in the least “stressful” way. This being said, if you are just lazy and waiting to do things last minute, most likely your work will reflect that and so will your grade that you earn. Communication is the key to online learning. As long as the technology is working I will NOT be MIA (missing in action). There are multiple ways to communicate with me (cell phone text, call, Sul Ross email, personal email, and in blackboard under the questions forum in the discussion tab).