



COURSE SYLLABUS
 HSES 330 – Principles of Nutrition and Health
 Fall 2014; Wednesday 4:30-7:00 pm; Regnier Hall 251
 Online course material at courseware.ku.edu



Instructor – Ashley A. Herda, Ph.D.

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Office hours – Tues: 3:00-4:00 pm, Thurs: 10:00-11:00 am, or by appointment

Required Text–

Byrd-Bredbenner, C., G. Moe, D. Beshgetoor, J Berning. Wardlaw’s *Perspectives in Nutrition*, 9th edition. McGraw Hill, New Your, NY, 2013. (older version is OK)

Course Description – This course will provide an introduction to the basic principles of nutrition, with an emphasis on application of these principles to improve overall health. Topics include: guidelines for a balanced diet, index of nutritional quality, energy requirements and balance, weight management and obesity, nutritional quackery, sports nutrition, nutrition for children and elderly, and eating disorders.

Course Objectives – As a result of participating in this course, the student will be able to:

1. Understand the basic principles of nutrition, and nutrition’s relationship to physical and mental health.
2. Understand how to apply nutritional concepts to improve personal food choices & eating behaviors.

TENTATIVE SCHEDULE

Date	Topic	Chapters
27-Aug	Intro, Healthy Diets	1,2
3-Sep	Digestion, Food Safety	3,4
10-Sep	Exam 1 (Chapters 1-4)	
17-Sep	FATS/Recipe Evaluation	6
24-Sep	CHO	5
1-Oct	PRO	7
8-Oct	Exam 2 (Chapters 5-7)	
15-Oct	Reviewing Food Labels/Life Cycle Nutrition	16-18
22-Oct	Fad Diet Discussion/ Food Label Assignment	
29-Oct	Exam 3 (Chapters 16-18)	
5-Nov	Metabolism & Energy Balance	9,10
12-Nov	Vitamins, Minerals, and Water	12-14
19-Nov	Fad Diet Presentations + Potluck	
26-Nov	No CLASS-Thanksgiving Break	
3-Dec	Exam 4 (Chapters 9, 10, 12-15)	
10-Dec	Final Review	
17-Dec	Final (Cumulative)	

Sept 15-Last day to drop without a "W"

Nov 19-Last day to Drop/Withdraw

Evaluation –Grades will be based on the following criteria:

1. Mid-Term Exams—**100 pts**—50 questions; multiple choice
2. Food Label—**50 pts**—Students will bring in a nutrition panel from their food of choice and evaluate the contents for nutritional composition.
3. Diet Presentation—**50 pts**—Students will create small groups (2-3 people) and will present pros, cons, and considerations for different popular diets
4. Final Exam—**100 pts**—50 questions; multiple choice

In Summary

Graded Item	Date Due	Possible Points	Actual Points
Exam 1	9/10	100	
Exam 2	10/8	100	
Exam 3	10/29	100	
Exam 4	12/3	100	
Food Label	10/22	50	
Diet Assign.	11/19	50	
Total		500	

Grading

A	B	C	D	F
≥ 448	398-447	348-397	298-347	≤297

COURSE POLICIES

Course Attendance Policy – Attendance is strongly encouraged since most questions selected for quizzes and examinations will be based on lecture material with text readings serving as excellent resource information and complimentary knowledge for the lectures. Examinations may be made up only under special circumstances; e.g. prior announcement of a university event in which the student is a participant, or a personal or family illness or problem that can be documented.

1. Students participating in KU sponsored events (sports, choir, band, etc.) are responsible for turning in a schedule of event times and places within one-week of the first day of class. The instructor should be again reminded of the event immediately before the absence. These individuals will be responsible for all make-up work. Work not turned in by a date specified by the instructor will not be graded and will be given a zero. Late assignments will not be accepted unless prior arrangements are made with the instructor.
2. Any student who plans to observe a religious holiday which conflicts in any way with the course schedule or requirements should contact the instructor within one-week of the first day of class to discuss alternative accommodations.

For further information, see www.catalogs.ku.edu/undergraduate/contents//CGeneralRegulationsUG.pdf.

Academic Misconduct – As per University Senate Rules and Regulations, Article II, Section 2.6.1, “Academic misconduct by a student shall include, but not be limited to, disruption of classes; threatening an instructor or fellow student in an academic setting; giving or receiving of unauthorized aide on examinations or in the preparation of notebooks, themes, reports, or other assignments; knowingly misrepresenting the source of any academic work; unauthorized changing of grades; unauthorized use of University approvals or forging of signatures; falsification of research results; plagiarizing of another’s work; violation of regulations or ethical codes for the treatment of human and animal subjects; or otherwise acting dishonestly in research. An instructor may, with due notice to the student, treat as unsatisfactory any student work that is a product of academic misconduct. An instructor also may, with due notice to the student, treat a student’s performance for a course as unsatisfactory when there are severe or repeated instances of academic misconduct.”

Plagiarism and Cheating – The issue of plagiarism will be taken very seriously. Beyond the moral and ethical issues, it severely limits the opportunities students have to develop their own knowledge, expertise, writing skill, and it depreciates others efforts and ideas of the plagiarized.

The issue of plagiarism has raised concerns about ethics, student writing experiences, and academic integrity. The University of Kansas subscribes to a digital plagiarism detection program called Turnitin.com, which may be used to check papers submitted in this course. You may be asked to submit your papers in a digital format so that your paper can be checked against web pages and databases of existing papers. It is the students’ responsibility to familiarize them with what is considered plagiarism. I suggest that students consult an online resource (http://plagiarism.org/research_site/e_home.html) for students that provide adequate guidelines on preventing plagiarism. Consider this portion of the syllabus to be your warning. It is my policy that any student caught cheating on an exam will result in automatic failure of the course.

Students with Disabilities –The Academic Achievement & Access Center (AAAC) coordinates accommodations and services for all KU students who are eligible. If you have a disability for which you wish to request accommodations and have not contacted the AAAC, please do so as soon as possible. Their office is located in 22 Strong Hall; their phone number is 785-864-4064 (V/TTY). Information about their services can be found at <http://disability.ku.edu>. Please contact me privately in regard to your needs in this course.

Nondiscrimination, Equal Opportunity, and Affirmative Action Policies – The Institutional Opportunity and Access Office hosts the following policy: “The University of Kansas is also proud of its goal to help all individuals realize their potential. To this end, the university is committed to providing an equal opportunity for all qualified individuals to be considered for employment, benefits and conditions of employment, educational programs and activities, regardless of race, religion, color, sex, disability, national origin, ancestry, age, veteran status, sexual orientation, marital status, parental status, gender identity, or gender expression. University leaders and supervisory personnel shall recruit, hire, train and promote persons in all job titles utilizing only valid requirements related to the position functions. A university community that provides equal opportunity in hiring and all conditions of employment will make significant strides towards the elimination of discrimination. Thus, the University of Kansas applauds every effort to create a positive working and learning environment for all individuals.” More information can be found at: www.ioa.ku.edu.