Welcome to KES 207, Basic Human Nutrition!

Fall, 2015

With Stefanie Basso, CPT, SNS, MS, UH Hilo

Office – Virtual online by appt.

Email – sbasso3@hawaii.edu - I will return email feedback within 24-48 hours, except on weekends or holidays.

Office Hours – Tuesday/Thursdays 8-10a & 12-2p HST via email, phone, Skype, and/or Facetime. Video conferencing must be by scheduled appointments only.

Course website located at https://laulima.hawaii.edu/portal

NOTE: All time references and due dates with time requirements for this course (within syllabus and outline) are based on Hawaii-Aleutian Standard (HST) time.

Nutrition has never been more exciting or important than it is today. In this course, we have the opportunity to explore new discoveries about nutrition and its importance in overall health.

Basic Human Nutrition

This course introduces the student to the basic scientific principles of “normal” nutrition as well as the physiological processes related to digestion, absorption, and metabolism of nutrients. An emphasis will be placed upon practical applications for nutrition, including:

• how to read and analyze food labels.
• how to analyze personal eating habits.
• how to distinguish between nutrition fact and fiction.
• how to identify relationships between nutrition and disease.

Additionally, this course is designed to teach the tools to logically interpret the nutrition information provided in news, media & government agencies. Students will be better equipped to be a sophisticated consumer of both nutrients and nutritional information. It is also aimed for students to learn enough about their nutritional & health status and apply it to their personal life as well as that of a future kinesiology/sport medicine professional.
Course Learning Objectives

Upon successful completion of the course the student will be able to:

• Identify consumer concerns about food and nutrition.
• Relate nutrition to maintenance of good health and prevention of chronic disease.
• Describe the process of digestion and metabolism.
• Identify and describe the 6 major classes of nutrients.
• Describe the metabolism of food in energy production.
• Identify food sources for nutrients.
• Explain the important and changing roles of nutrition throughout the life cycle.

Required Texts & Materials


2. Calculator

Overall Course Grading

100 points = 100% A
95 points = 95% A
90 points = 90% A-
89 points = 89% B+
85 points = 85% B
81 points = 81% B-
79 points = 79% C+
75 points = 75% C
71 points = 71% C-
69 points = 69% D
46 points = 46% F

Throughout this course, students will be graded in completing all of the following:

1. Weekly DISCUSSION TOPIC Thread Contribution. A minimum of 1 post per week (except on Test weeks) are required (see below on how to fulfill requirements and ensure maximum points)
   30 POINTS

2. ASSIGNMENTS – as outlined on the syllabus. Must be submitted to Basso in the Assignment tool. Due dates are on Thursday of that week by 12p HST. NO late assignments accepted. *Schedule these due dates in your calendar now.
   20 POINTS (5 total assignments at 4 points each)
Overall Course Grading (cont’d)

3. **POWERPOINT PROJECT**: CURRENT EVENTS IN NUTRITION – Due Nov 16 by 12p HST.
   This course project gives students the opportunity to explore and discover current, controversial & environmental events, & advancements in the field of nutrition. Students will research in depth and present clear knowledge, pro’s and cons of the topic, and realistic approaches and application to classmates. Upload your completed project into the Discussion and Private Messages tool. We want all of your peers to have access to your enlightening project.

   Requirements:
   - PowerPoint – 15-20 slides
   - Meaningful & relevant visuals
   - 1 Video (YouTube or other) with a maximum of 5 min. in length
   - Discussion of your topic:
     - What is your topic? Why is it important for us to understand?
     - Issues raised
     - Pros & Cons
     - How your topic affects everybody
     - Give us tools for effective personal application
     - Sample Meal Plans if required relative to your topic
     - Conclusions

   **10 POINTS**

4. **TESTS** – There are a total of 4 Tests required to complete at the scheduled date and time (see syllabus). NO late exams accepted. *Schedule these due dates in your calendar now.

   **40 POINTS** (10 points each)

   **Test Policy**

   By enrolling in this course, you have made a pledge to avoid dishonest practices while taking these Tests. All chapter quizzes are open notes and will assist you in scheduled tests. However, when taking each of the 4 Tests, you must rely exclusively upon your own internal resources, and cannot use books, notes, the Internet, cheat sheets, or other people. Use only a calculator that is not on your data phone, scratch paper & pencil if needed. Please see the Academic Dishonesty regulations at: [http://hilo.hawaii.edu/catalog/academic-dishonesty.html](http://hilo.hawaii.edu/catalog/academic-dishonesty.html)

   See syllabus for scheduled dates & times of each Test. Each Test will be released in Laulima’s Tests & Quizzes tool as scheduled and will cover material from the topics listed on the syllabus. Tests will be predominately Multiple Choice with a few Matching and True/False questions & must be completed in one timed 75-minute session.

   NO makeup dates for exams. DO NOT wait until the last minute to complete the exam!

   There is no separate final or cumulative exam for this course.
Online Course Format

This course is cohort-based, meaning that there is a **specified beginning and end date**, and that you will **interact with other students** constantly during the semester.

Course resources include a **textbook**, calculator, PowerPoints, online resources and our **website** in Laulima ([https://laulima.hawaii.edu/portal](https://laulima.hawaii.edu/portal)). Our interactions will be **asynchronous**, meaning that we will **not** necessarily be online simultaneously. Nevertheless, you must log in to the course website at **least two to three (2-3) different times each week**. Because of the amount of material that will be covered, you must be sure to carefully track the timeframes in which online discussion topics, lectures, projects and tests are made available.

Some students are under the impression that online courses involve less work. That is **not** necessarily the case at all. Anticipate spending 5-10 hours per week on this course, which includes time participating in online class discussions, required course text & additional reading/study, viewing any online documentaries assigned, conducting research, completing projects, studying for tests, and making a positive contribution to the environment.

**Timing**

Just like a face-to-face course, this online course opens on the first day of the semester, **August 24, 2015**. The course runs continuously until **December 10, 2015**. Although our course content is organized for a Monday-to-Friday schedule, course content remains accessible over the weekends and other non-instructional days. One of the advantages of an online course is the relative flexibility in timing it allows students. For this course, students may log in at the most convenient times of day (or night).

**Location**

Although this course has been created, and is maintained and administered in San Diego, CA (Basso’s new work location), it can be taken in many different places – this is another chief advantage of an online course. It is something that we can capitalize on, in our course, as well, as students in different places can log in and share something about their current locations. If you take this course outside of Hawai‘i, be mindful of **time zone differences**, especially in terms of deadlines for test-taking, assignment submission, and discussion. Wherever you are, be sure you have regular and dependable Internet access. Try your best to find locations that are relaxing and not too distracting.

**Technical Requirements for Course**

To participate in this online course, you’ll need:

- Regular access to a computer.
- Internet connection.
- Microsoft Office Word or equivalent such as Google Docs.
- Microsoft Office PowerPoint or equivalent such as Google Slides.
- Adobe Reader.
- Adobe Flash.
- PC speakers or headphones.
Online Course Format (cont’d)

Technical Requirements for Course (cont’d)

You are responsible for maintaining your own computer system:

- Check to make sure that you have all the necessary software and audio components to access all components of the course online;
- Update your virus protection on a regular basis to protect your computer and classmates’;
- Finally, back-up your files daily!

If you need assistance with a computer or software problem you can:

- Contact the ITS Help Desk toll free at (800) 558-2669 or send an email to help@hawaii.edu.

Our Class Tools

- "Syllabus and Course Schedule" - where you will find the course syllabus, with the schedule of assignments and exams attached. Read each section carefully. The schedule is subject to modification as the semester progresses.

- "Announcements" - posted on this homepage, to the right of this welcome message.

- "Lessons" - where you will access the basic materials, presentations, videos, readings, details of assignments, etc.

- "Assignments" - where you will find instructions for the written assignments and due dates; this is also where you will submit these assignments, and where you will receive them back from the instructor.

- "Gradebook" – where you (and only you!) can view your grades, which are posted by me when I return your assignments on the Assignments page.

- "Discussion and Private Messages" - where you will participate in class discussions about issues and topics raised by the instructor and students.

- “Course Related Questions” - located within the Discussion and Private Messages tool, this is where all students can ask & be answered questions with regard to our course in one place and where everyone can benefit.

- “Tests & Quizzes” – where you will have access to weekly quizzes (non graded but will highly assist and prepare you for our 4 graded closed-notes Tests) & our 4 scheduled launched Tests.

- "Mailtool - where you can email me directly or individual classmates privately."
Online Course Format (cont’d)

Communication

Starting on August 24, 2015, communication between me, you, and all enrolled students can be done in our “Course Related Questions” in the Discussion and Private Messages tool (for public questions, thoughts or feedback) and in our Mailtool (for private questions between you and me only). Remember, you may have a question regarding our course that other students may also be inquiring about. So, don’t hesitate to utilize “Course Related Questions.”

For vital assistance, questions, or to schedule a live virtual appointment, students can contact me via UH email sbasso3@hawaii.edu. I am passionately here to help you gain a lot of insight & knowledge from this course!

If an email is received during the week (Monday -Thursday), a reply will be given within 24 hours. If an email is received in the afternoon on Friday or over the weekend, a reply will be given the following Monday before noon. Please include your full name & KES course # on the subject line in ALL email correspondence. If you do not receive an email within these time frames, please send the email again.

Online Discussions & Netiquette

You must log in to Laulima to engage in online class discussions at least twice a week. To access the discussion area, click on the Discussion and Private Messages link in the Menu bar on the left-hand side of our course homepage. I will introduce the topic of discussion relating to our course material on Monday of every week. Interaction with each other and responding to the issues and questions posed is a vital part of our course, and accounts for a whopping 30% of your course grade. By Thurs 6p HST, each discussion will be locked, meaning students can no longer post, although they can read. Please offer information that is relevant, substantive and insightful. To optimize your Discussion points, below are guidelines about netiquette and considerations specific to our online Nutrition course:

• Engage in discussion; in other words, post your own comments, and also respond to your classmates' postings. Posting a reply as simple as ‘Yes, I agree’, or ‘No, I do not agree’ will not be counted as your required counted post.

• Write to each other with the utmost respect. There may be times and instances when controversial topics come up for discussion and students will have different points of view. Even if you passionately disagree with others, treat your peers and their perspectives with great consideration.

• Although many of the online discussions will relate to your personal opinions, engage in these discussions in an informed manner: investigate and think things through before writing, to best demonstrate your knowledge and opinions; also demonstrate that you have accessed resources (textbook, lectures, peer-reviewed/scholarly research) that have enhanced your knowledge about the topic. Brownie points!!!
Online Course Format (cont’d)

Online Discussions & Netiquette (cont’d)

- Write in sentences & in proper grammar, and feel confident about your spelling before posting comments online. Writing in all capital letters gives the impression of shouting, so please refrain from that. Longer messages are easier to read if they are presented in a series of paragraphs.

- Hawaiian is an official language of the State of Hawai‘i (together with English), and you may use Hawaiian in your postings. If you believe your peers may not be clear about Hawaiian words or phrases you use, please offer English language translations for classmates, simply to facilitate collective understanding, unless you have a strong reason not to offer the translation.

- Please refrain from using words and phrases you believe will offend classmates, such as ones that are widely recognized as racist, sexist, etc.

- Read and re-read your online comments before you post them. You will be graded on them!

- Feel free to add a personal profile, resourceful web links, reasonably-sized images, etc. to your postings; this is a space that will allow you to get to know each other, and share your knowledge and opinions.


University Policies

Advising

Advising is a very important resource! Consult with your advisor at least once a semester to decide on courses, check progress towards graduation, and discuss career options and other educational opportunities provided by UH-Hilo. Advising is a shared responsibility, but students have final responsibility for meeting degree requirements.

Sexual Assault

UH Hilo provides confidential assistance for victims of sexual assault. Counseling Services on-campus and the YWCA Sexual Support Services off-campus offer guidance regarding medical assistance and emotional help and can discuss options for reporting sexual assaults to law enforcement. All conversations are private and confidential. The UH Hilo Sexual Assault Policy can be found at:


For assistance during the day, contact UH Hilo Counseling Services at (808) 932-7465; or, after hours and on weekends, contact the YWCA Sexual Assault Support Services at (808) 935-0677.
University Policies (cont’d)

Special Needs

Any student with a documented disability who would like to request for accommodations should contact the Disability Services Office located in Hale Ikena A101. Call us at 932-7623 (Voice), or 933-3334 (TTY), or email uds@hawaii.edu as early in the semester as possible.
**APPROXIMATE COURSE SCHEDULE**

*All due dates for graded material are in **Bold. Due by Thurs of that week** no later than **12p HST** unless otherwise stated.*

<table>
<thead>
<tr>
<th>Date</th>
<th>Assigned Readings &amp; Quizzes</th>
<th>Activities, Assignments, &amp; Tests</th>
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<tbody>
<tr>
<td>Week of Aug 24</td>
<td>Syllabus, Course Outline</td>
<td>Intro Nutrition Activity</td>
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<td><strong>Assignment 1: Syllabus Test</strong></td>
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<td><strong>Discussion Topic 1</strong></td>
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<td>Week of Aug 31</td>
<td>Chapter 1, Nutrients &amp; Nourishment Quiz</td>
<td><strong>Assignment 2: 3 Day Food Journal</strong></td>
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<td>Online Apps</td>
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<td><strong>Discussion Topic 2</strong></td>
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<td>Week of Sept 7</td>
<td>Chapter 2, Nutrition &amp; Health Quiz</td>
<td><strong>Assignment 3: BMR Worksheet</strong></td>
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<td><strong>Discussion Topic 3</strong></td>
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<td>Week of Sept 14</td>
<td>Chapter 3, Functional Foods Quiz</td>
<td>Chapter 3, Dietary Supplements</td>
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<td><strong>Discussion Topic 4</strong></td>
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<td>Week of Sept 21</td>
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<td><strong>TEST 1: Ch. 1-3, Open TUES Sept 22 - THURS Sept 24</strong></td>
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<td>Week of Sept 28</td>
<td>Chapter 4, Digestive System Quiz</td>
<td>Assignment 4: Digestive System Anatomy</td>
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<td>Discussion Topic 5</td>
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<td>Week of Oct 5</td>
<td>Chapter 5, Carbohydrates Quiz</td>
<td><strong>Discussion Topic 6</strong></td>
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<td>Week of Oct 12</td>
<td>Chapter 6, Lipids Quiz</td>
<td><strong>Discussion Topic 7</strong></td>
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<td>Week of Oct 19</td>
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<td><strong>TEST 2: Ch. 4-6, Open TUES Oct 20 - THURS Oct 22</strong></td>
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<td>Week of Oct 26</td>
<td>Chapter 7, Protein Quiz</td>
<td><strong>Discussion Topic 8</strong></td>
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**APPROXIMATE COURSE SCHEDULE**

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<tr>
<th>Week of Nov 2</th>
<th>Chapter 9, Vitamins</th>
<th>Discussion Topic 9</th>
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<td>Quiz</td>
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<th>Week of Nov 9</th>
<th>Chapter 10, Water &amp; Minerals</th>
<th>Discussion Topic 10</th>
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<td>Quiz</td>
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<tr>
<th>Week of Nov 16</th>
<th>TEST 3: Ch 7, 9 &amp; 10, Open TUES Nov 17 - THURS Nov 19</th>
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<td>Big Assignment: COURSE PROJECT PPT DUE – Current Events in Nutrition, Nov 16, MON 12p HST</td>
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<th>Week of Nov 23</th>
<th>Chapter 11, Sport Nutrition</th>
<th>Assignment 5: COURSE DOCUMENTARY MOVIE</th>
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<td>Quiz</td>
<td>Discussion Topic 11</td>
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<th>Week of Nov 30</th>
<th>Chapter 12-13, Lifespan Nutrition</th>
<th>Chapter 14-15, Food Safety &amp; Global Nutrition</th>
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<td>Quiz</td>
<td>Discussion Topic 12</td>
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<tr>
<th>Week of Dec 7</th>
<th>TEST 4: Ch. 11-15, Open TUES Dec 08 - THURS Dec 10</th>
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Last day for this course: **Dec. 10.**