



Course Number, Title and Credits

FSNU 200 - Human Nutrition - 3 credits

Course Catalog Description

A study of food intake and utilization, nutrient sources, metabolism, and interactions. Human nutritional requirements and their relationship to various diseases are examined, as are facts and fiction about diets, health foods, etc. Students learn about nutrition, the elements of a balanced diet, and modern food technology. 3 credits.

Learning Outcomes and Assessment

Learning Outcomes are statements that specify what learners will know, understand, or be able to demonstrate at the end of a learning experience.

Types of Learning Outcomes include:

- Course Learning Outcome – Result of finishing a course.
- Program Learning Outcome – Result of finishing a program.
- Institutional Learning Outcome – Result of finishing a degree at an institution, reflecting the core learning values and experiences of all graduates.

A Signature Assignment is an assignment used to measure a student's mastery of a program or institutional learning outcome. If a course you are taking includes a Signature Assignment, it will be clearly marked (**SIGNATURE ASSIGNMENT**).

[Click here](#) to access information on the Program Learning Outcomes (PLOs) and/or Institutional Learning Outcomes (ILOs) and Curriculum Map related to this course.

Essential Equipment

All students must have reliable access to a working computer with Internet access throughout each week of the class. Each student will need to be able to access and work in the University's online Learning Management System, Blackboard. For more information about personal computer requirements [click here](#).

Academic Integrity

The University of Massachusetts Global is an academic community based on the principles of honesty, trust, fairness, respect, and responsibility. Academic integrity is a core University value, which ensures respect for the academic reputation of the University, its students, faculty and staff, and the degrees it confers. The University expects that students will conduct themselves in an honest and ethical manner and respect the intellectual work of others.

Submitting to faculty work completed by the use of any artificial intelligence tool without permission and/or when prohibited by class policy. When faculty require the use of technology, including artificial intelligence, as a part of an assignment for the course, there is no violation. Students are reminded to consult syllabi, assignment sheets/rubrics, program documents and their faculty. Use of artificial intelligence, when permitted, must be correctly cited in the assignment.

The [UMass Global online library](#) provides resources to support research, proper citation styles, and the safe and responsible use of generative artificial intelligence or Gen AI.

- The [Academic Integrity and Plagiarism Avoidance](#) page provides guidance to help students better understand academic integrity and includes tips on how to avoid plagiarism.
- The [Citing Sources](#) page offers guidance on how to properly cite using APA, MLA, and Chicago styles.
- The [Artificial Intelligence Resource Guide for Students](#) provides advice for understanding and appropriately using generative artificial intelligence tools such as ChatGPT and Bard.

University Policies

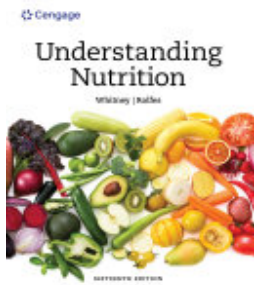
Students are responsible for complying with university policies including, but not limited to: incompletes, course drops, and student conduct. Information may be found in the [University Catalog](#).

Required Textbooks

Understanding Nutrition

978-0357447512

The bestselling UNDERSTANDING NUTRITION makes the science of nutrition meaningful and memorable. Updated with the latest research



and food and dietary guidelines, the 16th Edition emphasizes active learning and prepares students for their future careers. The narrative draws readers into the study of nutrition with lively and approachable writing--dispelling students' existing misconceptions and empowering them to make better nutrition choices and enact lasting behavior change. Vivid illustrations and quick-reference tables make even the most difficult concepts easy to understand. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Ellie Whitney, Sharon Rady Rolfes

Cengage Learning

2021-01-01 (NOTE: copyright listed in text is 2022)

16th Edition

816 pages

All student textbooks are available at the University of Massachusetts Global Bookstore:

<https://www.bkstr.com/umassglobalstore>

Course Learning Outcomes

By the end of the course, students should be able to:

1. Analyze basic concepts and principles of nutrition as a science.
2. Evaluate the major nutrients, their food sources and their importance to the human body.
3. Analyze the functions of macronutrients, vitamins, and minerals in the human body.
4. Evaluate digestion and absorption of food in the human body and their influences on metabolic processes.
5. Compare and distinguish between true and false nutrition claims in the media.
6. Assess the influence of nutrition on human health and disease.

Major Study Units

1. First Study Unit: Basics of a Healthy Diet, Dietary Guidelines and Recommendations, Food Labels and the Study of Nutritional Science
2. Second Study Unit: Digestion, Absorption and Transport of Nutrients and the Carbohydrates - Sugars, Starches and Fibers
3. Third Study Unit: Lipids - Triglycerides, Phospholipids, Sterols and Lipoproteins; and Proteins - amino acids
4. Fourth Study Unit: Metabolism and Energy Balance
5. Fifth Study Unit: Vitamins - Water Soluble and Fat Soluble
6. Sixth Study Unit: Water and Minerals - Major and Trace
7. Seventh Study Unit: Chronic Diseases, Weight Management, Diet, Physical Activity and Health

Instructional Strategies

This class includes readings, textual and video instruction, exercises, discussions, and projects. Instructional Strategies are further explained in the Blackboard course shell.

Attendance Policy

Requirements for student attendance and participation will be defined by each instructor based on the following policy:

- Monday of the first week of the session is the first day of class.
- Regular attendance/engagement is expected for student success. Online engagement is evident through posting to a discussion board, blog, completing assignments including journal entries, or taking quizzes and exams. If regular attendance/engagement are not evident, the student's grade may be adversely affected. If a student misses more than one week of engagement in an online class, the student may, at the discretion of the instructor, fail the course.
- Students in courses with required synchronous class sessions are expected to remain for the full duration. If a student misses more than one required synchronous online class, the student may, at the discretion of the instructor, fail the course.
- Students must submit an academically-related assignment through the Learning Management System (LMS) before the end of Week 2 (i.e., a quiz, test, course content-related Discussion Board post, or other course content-related assignment). Introduction posts do not count as an academically-related assignment. If a student does not submit an academically-related assignment, the student will be administratively dropped from the course. Students administratively dropped for non-attendance/participation will not be reinstated in the course. In infrequent cases, students in certain classes may be exempt from the requirement to submit an academically-related assignment before the end of Week 2; students may consult with their instructor for further information.
- Students should consider withdrawing from a course if they will be unable to participate each week. Instructors may, but are not obligated to, accommodate students under extraordinary circumstances, but the student must request accommodation and provide requested supporting documentation.
- Schools and programs may have different attendance policies. Refer to school and program specific information for additional attendance policies.

Letter Grade/Percentage Equivalent

Grade Point System

(Rounded up at .5 and up)

A = 94%-100%	B = 84%-86%	C = 74%-76%	D = 64%-66%
A- = 90%-93%	B- = 80%-83%	C- = 70%-73%	D- = 60%-63%

B+ = 87%-89% | C+ = 77%-79% | D+ = 67%-69% | F = 59% and below

Methods of Evaluation for Determining Grades

Assignment Detail for Fully Online Course:

Assignments for Fully Online course - Refer to Rubric(s) in Course Information on Blackboard	Possible Points
Threaded Discussions Each Week. Initial posts in response to discussion questions are due by Thursday and all other responses due by Sunday. 30 points possible each, Week 1-7. To maximize points, post early, substantively and often; all discussion posts will be graded per the Discussion Board Rubric.	210
Weekly Quizzes (Week 1, 2, 3, 5, 6, 7). Due Sunday for each of these weeks. 10 points possible on each quiz; 6 total quizzes. You will be expected to do the assigned weekly reading, and then take a quiz by Sunday of that week covering that material. Each quiz consists of multiple-choice questions with a 60-minute time limit.	60
Midterm Exam Due Sunday of Week 4 that covers all course material through Week 4. 40 multiple-choice questions worth 2.5 points each: 100 points total with a 3 hour time limit.	100
Final Paper Due Sunday of Week 7. Your culminating assignment for this course is a final paper using research methodology. Detailed instructions for this assignment are in the Blackboard (Bb) course. Various parts of this assignment are due in different weeks of the course.	150
Final Exam Due Friday of Week 8 that covers course material Weeks 1 through 8. 50 multiple-choice questions worth 2 points each: 100 points total with a 3 hour time limit.	100
Total	620

Class by Class Outline for Fully Online Course:

Week	Topics	Assignments
Week 1	Basics of a Healthy Diet, Dietary Guidelines and Recommendations, Food Labels and the Study of Nutritional Science	<ul style="list-style-type: none"> • Reading: Chapters 1 and 2 • Discussions • Quiz 1 • Final Paper: Begin searching for a Topic
Week 2	Digestion, Absorption and Transport of Nutrients and the Carbohydrates: Sugars, Starches and Fibers	<ul style="list-style-type: none"> • Reading: Chapter 3 and 4 • Discussions • Quiz 2

		<ul style="list-style-type: none"> • Final Paper: Submit Topic
Week 3	Lipids- Triglycerides, Phospholipids, Sterols and Lipoproteins; and Proteins: Amino Acids	<ul style="list-style-type: none"> • Reading: Chapter 5, 6 and 20 (Section 20.3 pp. 637-639) • Discussions • Quiz 3 • Final Paper: Submit Annotated Bibliography
Week 4	Metabolism and Energy Balance	<ul style="list-style-type: none"> • Reading: Chapter 7 and 8 • Discussions • Midterm Exam
Week 5	Vitamins - Water Soluble and Fat Soluble	<ul style="list-style-type: none"> • Reading: Chapter 10 and 11 • Discussions • Quiz 4 • Final Paper: Submit Outline
Week 6	Water and Minerals: Major and Trace	<ul style="list-style-type: none"> • Reading: Chapter 12 and 13 • Discussions • Quiz 5 • Final Paper: continue working for submission in week 7
Week 7	Chronic Diseases, Weight Management, Diet, Physical Activity and Health	<ul style="list-style-type: none"> • Reading: Chapter 9 and 18 • Discussions • Quiz 6 • Final Paper: Submit
Week 8	Reflections, Lessons learned, Farewells	<ul style="list-style-type: none"> • Course closing/recap • Good-byes • Final Exam

Methods of Evaluation for Determining Grades

Assignment Detail for Blended Course:

Assignments for Blended course - Refer to Rubric(s) in Course Information on Blackboard	Possible Points
Face to face/In-class Discussion Participation; 15 points possible each, Week 1-4 and 6-7. Week 5 has face to face/in-class discussion of 30 points total	120
Threaded Discussions Each Week (except week 5). 15 points possible each, Week 1, 2, 3,4, 6 and 7 (none in week 5).	90
Weekly Quizzes (Week 1, 2, 3, 5, 6, 7). Due Sunday for each of these weeks. 10 points possible on each quiz; 6 total quizzes	60
Online Midterm Exam Due Sunday of Week 4 that covers all course material through Week 4. 40 multiple-choice questions worth 2.5 points each: 100 points total with a 3 hour time limit.	100
Final Paper Due Sunday of Week 7. Your culminating assignment for this course is a final paper using research methodology. Detailed instructions for this assignment are in the Blackboard (Bb) course. Various parts of this assignment are due in different weeks of the course.	150
Online Final Exam Due Friday of Week 8 that covers course material Weeks 1 through 8. 50 multiple-choice questions worth 2 points each: 100 points total with a 3 hour time limit.	100
Total:	620

Class by Class Outline for Blended Course:

Week	Topics	Assignments
Week 1	Basics of a Healthy Diet, Dietary Guidelines and Recommendations, Food Labels and the Study of Nutritional Science	<ul style="list-style-type: none"> • Reading: Chapters 1 and 2 • Discussions • Quiz 1 • Final Paper: Begin searching for a Topic
Week 2	Digestion, Absorption and Transport of Nutrients and the Carbohydrates: Sugars, Starches and Fibers	<ul style="list-style-type: none"> • Reading: Chapter 3 and 4 • Discussions • Quiz 2 • Final Paper: Submit Topic
Week 3	Lipids - Triglycerides, Phospholipids, Sterols and Lipoproteins; and	<ul style="list-style-type: none"> • Reading: Chapter 5, 6 and 20 (Section 20.3 pp. 637-639)

	Proteins: Amino Acids	<ul style="list-style-type: none"> • Discussions • Quiz 3 • Final Paper: Submit Annotated Bibliography
Week 4	Metabolism and Energy Balance	<ul style="list-style-type: none"> • Reading: Chapter 7 and 8 • Discussions • Midterm Exam
Week 5	Vitamins - Water Soluble and Fat Soluble	<ul style="list-style-type: none"> • Reading: Chapter 10 and 11 • Discussions • Quiz 4
Week 6	Water and Minerals: Major and Trace	<ul style="list-style-type: none"> • Reading: Chapter 12 and 13 • Discussions • Quiz 5 • Final Paper: continue working for submission in week 7
Week 7	Chronic Diseases, Weight Management, Diet, Physical Activity and Health	<ul style="list-style-type: none"> • Reading: Chapter 9 and 18 • Discussions • Quiz 6 • Final Paper: Submit
Week 8	Reflections, Lessons learned, Farewells	<ul style="list-style-type: none"> • Course closing/recap • Goodbyes • Final Paper presentation • Final Exam

UMass Global's Office of Accessible Education

Students who require disability-related services or accommodations to access their educational experience can register with the Office of Accessible Education (OAE). The Office of Accessible Education (OAE) is committed to ensuring equal educational access and opportunity for all members of our academic community. Students will be provided equitable and reasonable accommodations and services that are in compliance with [Section 504 of the Federal Rehabilitation Act of 1973](#) and the [Americans with Disabilities Act of 1990 \(ADA\)/Americans with Disabilities Act Amendments Act of](#)

[2008 \(ADAA\)](#). Registration with OAE is on a voluntary, self-identifying basis. Please visit the [Office of Accessible Education \(OAE\) website](#) for more information about how to register for services, eligibility requirements, and information about potential academic accommodations and services.

Our university is committed to ensuring equal access for all students. Let us know about any accessibility barriers you encounter using any of our online systems or websites by submitting a [Feedback or Accessibility Concern Submission Form](#). We'll do our best to improve things and get you the information you need.

UMass Global's CARES Team

The [CARES team](#) is a campus-wide team of appointed staff and faculty responsible for identifying, assessing, and responding to concerns and/or disruptive behaviors by students, faculty/staff, and community members who struggle academically, emotionally, or psychologically, or who present a risk to the health or safety of the university or its members.

Individuals may refer themselves or other community members of concern by emailing cares@umassglobal.edu or by filling out a referral form [here](#). The CARES Team provides short term assessment, intervention, support, and recommendations of resources to those referred and engaged in the process.

UMass Global's Title IX Statement

The University of Massachusetts Global strives to maintain and foster a climate that promotes respect and human dignity. Sexual misconduct and relationship violence in any form is antithetical to the university's mission and core values, violates university policies, and may also violate federal and state law. The office of Title IX is primarily concerned for students' safety and well-being and is tasked with investigating all reports of sexual misconduct experienced by our community members. Title IX prohibits sex-based and gender-based discrimination and harassment, which includes discrimination based on pregnancy and/or pregnancy-related complications, parental status, and marital status. Students expecting or experiencing pregnancy-related complications, that may require educational accommodations, should contact the University's Title IX Coordinator and/or the Office of Accessible Education.

The University and Title IX's prohibition of sex discrimination also covers sexual harassment, sexual violence, and any other form of sexual misconduct. We offer options and resources to all students affected by these issues and are committed to providing a fair, thorough, and prompt investigation and adjudication process. If you or someone you know has been impacted by sexual assault, dating, and domestic violence, stalking, or sexual exploitation, please visit the [University's Title IX Resource Page](#) to access additional resources and information.

UMass Global's staff and faculty are tasked with reporting any possible sex or gender-based discrimination or Title IX violations to the University's Title IX Coordinator at civilrightscomplaints@umassglobal.edu.

[Click on this Link to our University Title IX Policy](#)