



COUGARS

Syllabus for NUTR 250-WS1

Intro to Human Nutrition – Online

Winter Session 2024-25

December 16, 2024-January 5, 2025

About the Instructor

Name: Cindi Inman, MS RD LD

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****Please note, there are 2 Cynthia Inmans. I am Cynthia L Inman and am listed second on the directory in email.**

Office Hours: Email me for an appointment. Here's the zoom meeting link: <https://siue.zoom.us/my/cynman>. If you are unfamiliar with Zoom, please visit <http://www.siue.edu/its/zoom/> for tutorials and how-to videos.

Welcome

Hello and welcome to the online NUTR 250 winter session course. This class is an introduction to nutrition. You will learn about basic nutrition science and how our diet plays a huge role in our overall health, wellness, and healing. I have taught this class since 2012 in person and online. I love teaching this class because 1.) It is the backbone to your future classes in nutrition or other health fields and 2.) Because it teaches you how to eat the healthiest diet for your own lifestyle. **If you are a nutrition major or minor, it is vitally important (and I cannot stress this enough) that you remember the basics because these will continue to come up in future classes as you will be applying that information to a variety of nutritional situations. You will use the basics when you are out of school and a professional in the field of nutrition/health.**

Sayings I like to remember and are good for you to think about on a daily basis:

“Be where you are”

Question and be a critical thinker

Bio

Hi there. Here is a little about myself: I am a Registered Dietitian and an Exercise Physiologist. I went to undergrad at Bowling Green State University (Ohio) and did my graduate work at Texas A&M University. I grew up in Colorado and knew I wanted to be a dietitian before I graduated high school. I was a competitive swimmer and wanted to do everything possible to help me be a better swimmer. One thing that was not discussed much back then was nutrition, although I knew it played a huge role. That is why I decided to study nutrition in college and become a dietitian. I have worked in many areas of nutrition and exercise physiology including clinical (working in hospitals), research, out-patient clinics, and teaching. I don't swim anymore as I prefer the bike. I ride competitively and for fun. I've been to France several times to ride my bike and I absolutely love it.

My number one goal is for you to have a good understanding of the basics of nutrition. Communication is extremely important so please email me with questions or concerns. I will reply as soon as possible. As many of you might be doing, I will be traveling (going back to Colorado) for part of this Winter term but will be as present as possible in order to help you learn this material.

Teaching Philosophy

My goals as a teacher are: 1) Teach students to think critically, apply knowledge, and solve problems, rather than memorize information; 2) Help students understand how the material is relevant to their future careers and personal lives; 3) Provide students with hands on experience and activities to allow them to learn by doing; 4) Teach information in a variety of methods (drawing, video clips, text on power point slides, physical activities, analogies) in order to reach a

broad audience with different preferred learning methods; 5) Utilize technology and innovative teaching methods to make the information appealing and attractive to the current generation; and 6) Incorporate data from peer-reviewed publications to keep information current and expose students to research.

Communicating with the instructor

You can contact me by email, cynman@siue.edu and allow 5-10 hours for a response. I check email often but there will be days I will be traveling, and it may mean longer response time.

About the Course

Course description

This course introduces the principal elements (e.g., carbohydrates, fats, protein, vitamins, minerals, and water) in nutrition and their primary role in body functions; explains the relationships between nutrition and health outcomes/conditions (e.g., diabetes, cardiovascular diseases, cancer, osteoporosis, and obesity); and emphasizes the impact of a diet on physical activity and weight control.

Keep in mind, this is a class that is an important foundation to all future classes, particularly if you are nutrition major/minor, exercise major, or any other health major/minor. What you learn in here WILL be used in future classes. My point is, don't learn topics simply to do well on an exam and forget about it. You need to build on your knowledge.

Prerequisite knowledge and credit hours

3 credit hours, no prerequisite.

Course goals and objectives:

1. Understand the general health impact of nutrition
2. Define the major concepts in nutrition
3. Describe the role of nutrients in body functions
4. Explain a relationship between a specific health outcome/condition and diet
5. Integrate nutrition into physical activity and weight control
6. Practice nutrition in health education
7. Locate, analyze, and utilize accurate and updated information from multiple resources

Course textbooks

Nutrition an Applied Approach by Janice Thompson and Melinda Manore. 5th Edition, ISBN: 0134516230

Obtain your textbook as soon as possible. See the [Winter Session web page](#) for Textbook Services holiday hours and other important information to help you succeed in this fast-paced winter session course.

Important Winter Term Dates

December 16 – Login for all Winter Session classes begins

December 17 – Last day a student may withdraw from a course and receive a full refund

December 27 – Last day a student may withdraw to receive a W on transcript. No refund will be issued.

Course requirements

Course activities/assessments:

The course is organized by the 3 weeks of the term in the left-hand navigation. The materials and assignments for each week are within each of these links. Become familiar with the layout and read the syllabus in full prior to beginning work. I encourage you to work ahead on the readings and quizzes. Some of the assignments are lengthier than others.

A detailed outline of activities and assignments are listed at the end of this syllabus. Specific directions for submission are located inside the course.

Submitting work:

All files should be submitted in a Word document to their corresponding link in Blackboard. The only exception is the Diet Analysis assignment which may be a PDF or image file (jpg, png, etc.).

Online class behavior/"netiquette":

- **Reflect** before you post an emotional response, reread what you have written to be sure it is professional. Communicate as if your comments are printed in a newspaper.
- **Communicate** effectively.
 - Do not use all caps or multiple punctuation marks (!!!, ???, etc.).
 - Be sure to define or explain acronyms, jargon or uncommon terms so everyone can understand and participate in the discussion.
- **Sign your name.** Take responsibility for your comments in order to build a strong classroom community.
- **Foster community.** Share your ideas and contribute to ongoing discussions. Make comments that add to, not detract from, a positive learning environment for the course.
- **Be constructive.** Challenge ideas and the course content, but do so in positive ways. It's fine to disagree, but when done politely you stimulate and encourage helpful discussion, and you maintain positive relationships with fellow students.
- **Keep the conversation on topic.** Online dialogue is like conversation. If there is a particular dialogue going on, please add to it, but if you have something new to say, start a new thread.

Technology requirements:

At a minimum, you will need the following software/hardware to participate in this course:

- Computer with an updated operating system (e.g. [Windows](#), [Mac](#), [Linux](#))
- Updated Internet browsers ([Apple Safari](#), [Google Chrome](#), [Mozilla Firefox](#)). See [Blackboard's Browser Checker page](#) to see if your browser and operating system are compatible with Blackboard.
- DSL or Cable Internet connection or a connection speed no less than 6 Mbps.
- Media player such as, QuickTime or Windows Media Player.
- [Adobe Reader or alternative PDF reader](#) (free)
- [Java plugin](#) (free)
- Any other specialized software or basic software (e.g., Microsoft Office, Adobe Photoshop). SIUE students can [download MS Office](#) at no charge

Technology capabilities:

Students in an online course should be able to:

- Use a word processor, such as MS Word, to compose assignments and communicate with others in class
- Attach files to emails or course areas
- Navigate websites and course materials
- Reach out to tech support staff when issues arise and troubleshoot to resolve problems

Since this is an online course, you are expected to have reliable Internet access on a regular basis. It is your responsibility to address any computer problems that might occur. Such problems are not an excuse for delays in meeting expectations or for missing course deadlines.

Since this is a course taught in a condensed, 3-week format, it is critical that you do not fall behind. Reach out as soon as possible with technical or other concerns - putting off a problem for even one day could cause you to lose more time than you can make up in this shortened semester.

During the Winter Session, Blackboard help will be available 24 hours a day, including on Christmas Eve, Christmas Day, New Years Eve, and New Years Day. Call 618-650-5500 for support. Please call rather than email if you encounter a technical problem.

Course and University policies

Academic integrity/plagiarism

Plagiarism is the use of another person's words or ideas without crediting that person. Plagiarism and cheating will not be tolerated and may lead to failure on an assignment, in the class, or dismissal from the University, per the [SIUE academic dishonesty policy](#). Students are responsible for complying with University policies about academic honesty as stated in the [University's Student Academic Conduct Code](#).

Grading

<u>Assignment</u>	<u>points</u>
Introduction	10
Exam 1	52
Exam 2	50
Exam 3	52
Exam 4	51
Food Journal	30
Journal reflection	10
Diet analysis	30
Diet analysis reflect	10
Food label discussion	20
Project	55
TOTAL	~370

90% and above	A
80-89.9%	B
70-79.9%	C
60-69.9%	D
<60%	F*
*percentages are based on total points earned divided by points available for the course.	
**Rounding up will not happen, for example, a score of 89.99999% is a 'B'	

Feedback and grading timeline

Discussion board grades with rubric feedback will be posted within 72 hours of the discussion due date. Other assignments may take longer to grade. You can find your grade by clicking the My Grades link on the left menu of the Blackboard course. If there is a blue comment bubble next to the score, click it to view my comments.

Late or Missed Assignments

Late work is... well, late and will not earn full credit.

Participation

It is vitally important that our classroom environment promote the respectful exchange of ideas, including being sensitive to the views and beliefs expressed during online discussions. Your success in this course will depend on your communication, consistent engagement and active participation in all course activities. Success in this course requires that adhere to the deadlines given below as you complete assignments, discussions, and other course activities. Timely participation in online discussions is very important and is not optional. You are expected to post and reply to discussions in a timely manner consistent with the requirements contained within the course syllabus and discussion rubric.

Accessibility - [Academic accommodations for Winter Session](#)

The Accessible Campus Community and Equitable Student Support (ACCESS) office is in the Student Success Center, Room 1203, and is open Monday-Friday, 8 a.m.-4:30 p.m. The ACCESS office will be closed 12/24/24-1/1/25 for the holiday break.

If you are requesting Academic Accommodations for SIUE Winter Term and are not yet approved for accommodations, you will need to submit the necessary application forms and documentation for review and determination of by noon on December 18, 2024, in order to facilitate reasonable, review time, approvals and to set up accommodations with the online instructor. To register, visit <http://siue.edu/access> and click the "Apply/Register" button under the "Students" tab.

For more information, contact us at 618-650-3726 or myaccess@siue.edu.

Additional Support

Academic and Other Student Services

As an enrolled SIUE student, you have a variety of support available to you, including: [library resources](#), [academic success sessions](#), [tutoring](#), [the writing center](#), [advising](#), [financial aid](#), [campus events](#), and [counseling](#). If you find that you need additional support, please reach out to me and let me know.

Technical Support

Since this is an online course, you are expected to have reliable Internet access on a regular basis. It is your responsibility to address any computer problems that might occur. Such problems are not an excuse for delays in meeting expectations or for missing course deadlines. Contact ITS at 618-650-5500 with any technical concerns.

Course Schedule:

Week	Read/Review	Assignment	Due Date & Time (all due at 11:59 PM)
Week 1 December 16-22	<ul style="list-style-type: none">– Intro to course video/welcome message– Review syllabus & schedule– Read Chapters 1-3– View Chapters 1-3 lecture summaries– It is recommended that you take the practice exam prior to the real exam– Review directions for nutrition quackery assignment and start researching	Introduction discussion board post	12/17
		Food label discussion	Initial, 12/18 Response, 12/20
		Exam 1 (Chapters 1-3)	12/19
		Food Journal	12/21
Week 2 December 23-29	<ul style="list-style-type: none">– Read Chapters 4-6– View Chapters 4-6 lecture summaries	Exam 2 (Chapters 4-6)	12/26
		Diet Analysis	12/28
Week 3 December 30- January 5	<ul style="list-style-type: none">– Read Chapters 7-9– View Chapters 7-9 lecture summaries– Read Chapters 10-12– View Chapters 10-12 lecture summaries– Complete course evaluation during this week	Exam 3 (Chapters 7-9)	1/2
		Project due	1/4
		Exam 4 (Chapters 10-12)	1/5

Subject to change notice

All material, assignments, and deadlines are subject to change with prior notice. It is your responsibility to stay in touch with your instructor, review the course site regularly, or communicate with other students, to adjust as needed if assignments or due dates change.