

Texas State University-San Marcos  
School of Family & Consumer Sciences  
NUTR 3362: Nutrition and Health – Fall 2021  
Tue/Thu 2:00 pm-3:20 pm, Albert B. Alkek Library 250  
INSTRUCTION SYLLABUS



**Instructor:** Jie Zhu MD, PhD

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**Teaching Assistant:** Gale A Nelson

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**Office:** Family and Consumer Sciences (FCS) 287J

**Office Hours:** Tue/Thu 4:00 pm-5:00 pm in Dr. Zhu's office or via [Zoom](#) by appointment ([Book here](#))

*Please don't hesitate to schedule time to talk with me during office hours. I would like to talk with students and am available to discuss class content, study tips, and questions about your career goals.*

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### **Course Description:**

For non-science majors. Involves the study of the nutrients and their function in promoting health throughout the lifespan. Includes standards for consumer selection of a proper diet and analysis of nutrition related health problems.

**Prerequisites and Course Credit:** N/A

### **Course Objectives:**

After completing this course, the student will be able to:

- Describe the classification, functions, and requirements of nutrients.
- Explain how the nutrient needs of an individual and population groups can generally be met with adequate and appropriate food consumption.
- Explain the rationale for appropriate use of therapeutic diets and supplements.
- Explain why consuming a varied and balanced diet fosters health and describe how to choose whole foods to provide optimal nutrition.
- List and describe common diseases and health challenges that can be prevented through appropriate nutrition.
- Describe influences on dietary intake including socioeconomic status, culture, race/ethnicity, genetics, and life experience.

### **Texas State COVID-Specific Communication.**

Considering rising infection rates and recent [Centers for Disease Control and Prevention guidelines](#), Texas State is [requesting all students to take these additional steps](#):

1. **Get vaccinated and wear a face mask.** While Texas State cannot currently require you to be vaccinated or to wear a face mask, we strongly urge you get vaccinated and wear a mask indoors,

regardless of vaccination status. These prevention measures significantly reduce the risk of infection and transmission of COVID-19. Please schedule a vaccine appointment today.

2. **Get tested.** Regardless of vaccination status, get tested before the start of the fall semester and when selected to participate in Texas State's random COVID-19 testing program. Testing information can be found on the [Texas State's COVID-19 Testing, Reporting, and Response Steps webpage](#).
3. **Stay home and get tested if you develop cold-like or other COVID-19 symptoms**, regardless of vaccination status.
4. **Promptly Report to Bobcat Trace** if you test positive for COVID-19 or have had close contact with someone who received a positive test result. Reporting information can be found on the [Texas State's COVID-19 Testing, Reporting, and Response Steps webpage](#).
5. **Isolate if you test positive for COVID-19.** Stay home and away from others for 10 days from the start of symptoms or the positive test if you have no symptoms.
6. **Quarantine if you have been identified as a close contact** and stay home for the prescribed time period.
  - Fully vaccinated Bobcats who are asymptomatic are not required to quarantine but should get tested for COVID-19 three to five days after last exposure. They should also wear a face mask when indoors in public spaces for 14 days since the exposure or until a negative test result is obtained three to five days after exposure.
  - Unvaccinated Bobcats are required to quarantine for 10 days since the time of last exposure.

Please continue to follow the university's [Roadmap](#) for updates about more information regarding student support services, COVID-19 testing for students, and student conduct.

**Face Covering and Vaccination Protocol.** Per standing guidance from Governor Abbott's executive orders and confirmed by The Texas State University System's Office of the Vice Chancellor and General Counsel, the university is not able to require face coverings or vaccinations. **Every member of the university community is urged to get vaccinated and wear a mask indoors, regardless of vaccination status. Together, we can reduce the risk of infection and transmission of COVID-19 and live out our shared values of respect and compassion.**

**Please Note:** Whether remote learning and alternative strategies will be adopted is based on the updated infection rates of COVID-19 and the related Texas State University's policies.

### **Required Materials and Resources:**

1. Textbook – Schiff W. Nutrition for Healthy Living (w/Connect Access), 6<sup>th</sup> edition. McGraw-Hill.
2. CANVAS – Any additional resources (i.e., current literature pertaining to lecture topics, other journal articles and/or internet links) will be posted on CANVAS.
3. McGraw-Hill Connect Technology – This course heavily utilizes [Connect Online Technology](#). To utilize this required technology, you have the option of purchasing an online access code or a printed access card from the bookstore. Purchase directly from the online course page at: [https://connect.mheducation.com/class/j-zhu-fall-2021\\_1](https://connect.mheducation.com/class/j-zhu-fall-2021_1) Connect Online is typically half the price of the printed textbook bundle. During the registration process, you will be prompted to create a new account or login with an existing Connect username and password. At that time, you will need to do one of the following: 1) Enter your access code or 2) purchase access online. **IMPORTANT: Please ensure that you register with your [Texas State University email address](#) to ensure correct grade transfers over the course of the semester.**
4. Zoom – This course utilizes Zoom to let students answer all poll questions and record the lectures simultaneously delivered in the classroom. Additionally, those students who are allowed to attend the virtual class due to Covid-19 exposure, illness or any other reason by the Dean of Students and Dr. Zhu can use Zoom.
  - When you open [this Zoom link](#) (Meeting ID: 939 2553 6194), a message may prompt you to “Sign

In to Join”. Enter your Texas State email (or Net ID) and password.

- You may also be prompted to enter a pass code. Please use the following **PASS CODE: 698196**
- *Once you have entered our Zoom classroom, be sure that the name that appears on your screen MATCHES your name listed on CANVAS. Your name on Zoom will be used for tracking attendance and your answers to the poll questions.*

## Course Technology & Learning Support

**CANVAS.** This course is hosted on **CANVAS** (<https://itac.txstate.edu/support/canvas>), which performs optimally in Google Chrome or Mozilla Firefox.

- The CANVAS site will be updated throughout the semester. Students must access CANVAS regularly for updated lecture slides, assignments, exam reviews, and course-related announcements. Be sure to receive email notifications for announcements and materials posted to CANVAS.
- CANVAS information is available at: <https://canvas.txstate.edu/courses/1288098> Log in to CANVAS at: <https://discovery.canvas.txstate.edu> You are responsible for navigating CANVAS successfully.
- General help with accessing and using CANVAS can be found here: <https://itac.txstate.edu/support/canvas>
- If you need assistance with CANVAS, please search for it on Texas State **ITAC** (<https://itac.txstate.edu>) or contact the ITAC at (512) 245 4822 (ITAC).

**McGraw-Hill Connect.** If you need assistance with McGraw-Hill Connect, please contact CXG Team (Tech Support) at (800) 331-5094 or chat/email: <https://mhedu.force.com/CXG/s/ContactUs> This is available for instructors and students. They are available (all times in EST): Sunday 12PM – 12 AM, Monday – Thursday (24 hours), Friday 12 AM – 9 PM, and Saturday 10 AM – 8 PM.

Students must contact ITAC for any technical issues with Canvas or McGraw-Hill Connect BEFORE emailing the instructor. Any emails regarding technical issues must include a work order number provided by ITAC or McGraw-Hill Connect. *Any emails that do not include the work order number will not be answered.*

## Course Evaluation

You are expected to work independently on all assignments including, but not limited, to quizzes and exams, etc. unless otherwise instructed. Since you are asked to translate nutrition concepts in “your own words,” no two assignments should be alike. All work is due on the day indicated in the attached schedule.

### **Syllabus Quiz (10 points)**

There will be one (1) syllabus quiz worth 10 points. The quiz will cover information listed in the syllabus to ensure that students have thoroughly read the information provided. The syllabus quiz will be **open note** and will have a one (1) hour time limit for completion on CANVAS. The due date is listed on the following Tentative Course Schedule. *No extensions or makeup quiz will be offered.*

### **Connect Learn Smart Assignments (100 points)**

There will be 13 Connect Learn Smart Assignments worth 10 points each over the course of the semester. These assignments cover required readings and are meant to reinforce material covered in lectures. Each Learn Smart Assignment will be open one (1) week before their respective due dates to allow adequate time for completion. **Learn Smart Assignments will be due at 2:00 PM on their respective due dates** listed on the following Tentative Course Schedule. Your lowest three (3) Learn Smart Assignments grades will be dropped. *No extensions or makeup assignments will be offered.*

### **Connect Chapter Quizzes (100 points)**

There will be 13 quizzes administered on Connect worth 10 points each over the course of the semester. Quizzes will cover material from required readings and lectures. These quizzes are meant to reinforce information from your required readings and/or lectures and allow you to better grasp the topics we are covering in lecture. Quizzes will have a one (1) hour time limit for completion. **All quizzes will open right after the respective lecture and will close at 11:59 PM on their respective due dates** listed on the following Tentative Course Schedule. *Your lowest three (3) quizzes grades will be dropped. No extensions or makeup quizzes will be offered.*

### **Exams (300 points)**

There will be four (4) exams worth 100 points each. *Your lowest semester exam grade will be dropped.* Exam material will be based on lectures and readings from the tentative schedule. The instructor will announce the cut-off material for each exam. Exam questions may consist of multiple choice, matching, true or false, and fill-in-the-blank questions. Exams will be randomly generated so that no two exams are identical. **All exams will open at 9:00 AM on their respective exam dates and will close at 8 PM that same day.** Students will have **90 minutes to complete the exam.** *Please review exam procedures under course policies prior to your first exam.*

### **Comprehensive Final Exam (150 points)**

The final exam is virtual and will be administered via McGraw-Hill Connect according to the university's published final exam schedule. Students will have **2.5 hours to complete the exam.** The final will cover previously tested concepts and information. Additional information will be discussed online towards the end of the semester. **The final exam is mandatory and will not be dropped. There are no makeup final exams.**

### **Attendance (22 points):**

Full attendance is expected in undergraduate classes. You are expected to come to class with your reading and writing assignments completed, prepared to participate in discussion and class activities. I will be taking class attendance by roster or through class activities per class. Each attendance will be given 1 point (total 22 points). **More than 4 unexcused absences will result in a full letter grade deduction from your final course grade.**

### **Grading:**

Your grade in this course will be determined by your performance on each assignment, quiz, exams and attendance. Your grade will be calculated based on the percentage of possible points you earned for this class. This percentage will be converted to a numerical grade according to the conversions shown in the grading scale below.

$$\text{To determine your final grade: } \frac{\text{Total earned points} \times 100}{\text{Total points possible}}$$

*This course is not graded on a curve.* Grades of xx.5 and above will be rounded up; grades of less than xx.5 will be rounded down. No "free or gift" points will be given to students at the end of the semester for borderline grades. Changes to your grade will only be made if there is an incorrect grade assigned due to a mathematical error.

If you have concerns about your grade, please contact me early in the semester. **Do not wait until the last week of class.** I recommend that you access your grades weekly via CANVAS for this course to ensure there are no mathematical errors.

**IMPORTANT:** Please allow up to two (2) weeks for grades to be returned. If you feel there is an error with your grade on an assignment or exam, you will have five (5) days from the day you receive your grade to review your exam. After the five days, assignment or exam grades will no longer be up for review.

## Grade Calculation:

Syllabus Quiz.....	10 points
Connect LearnSmart Assignments (10 *10 pts each) .....	100 points
Connect Chapter Quizzes (10 *10 pts each) .....	100 points
Exams (3 * 100 pts each) .....	300 points
Comprehensive Final Exam .....	150 points
Attendance.....	22 points
<b>TOTAL.....</b>	<b>682 points</b>

**Grading Scale:** The final grade will be calculated by dividing total points earned by total points possible and multiplying by 100.

Letter Grade	Percentage
A	89.5-100
B	79.5-89.4
C	69.5-79.4
D	59.5-69.4
F	0-59.4

## **Course Policies**

**Class Attendance.** It is important that you attend every class. In content-heavy senior classes, the lectures and discussions are of critical importance.

- Assigned seats and attendance tracking must be used in all classroom learning spaces to benefit contact tracing should a positive COVID-19 case emerge.
- Please discuss with me if absences become excessive. **Students who wish to claim excused absences for Covid-19 exposure, illness or ANY OTHER REASON, MUST CONTACT the Dean of Students Office** (<http://www.dos.txstate.edu/>, 512-245-2124, dosoffice@txstate.edu, LBJ Student Center Suite 5-9.1) for assistance (UPPS No. 02.06.03 <http://www.txstate.edu/effective/upps/upps-02-06-03.html>). **Only absences noted through the Dean of Students (<http://www.dos.txstate.edu>) will be excused.**
- **In the case of COVID-19:**
  - Students who must isolate or quarantine due to Covid-19 should report to [Bobcat Trace](#) and contact their professors to make appropriate arrangements for completing assignments. Students can notify instructors directly or utilize [the absence notifications form](#).
  - For those who miss class, in the spirit of inclusiveness, I will make every effort to record and post lectures on CANVAS after class. I will do everything I can to facilitate your success in this class, and your grade will not be affected by your absences.

**Lectures and Recordings.** Lectures will be provided in the classroom. Meanwhile, all lectures will be recorded and posted to CANVAS.

## **Professionalism in the Classroom.**

- All activities that are inconsistent with classroom courtesy and thus interfere with learning, including using any electronic device (watch, phone, tablet, laptop), engaging in private discussion, working

on something unrelated to class, passing notes, sleeping, or exhibiting any unprofessional behavior, are not allowed.

- **Use of cell phones is prohibited in the classroom unless specified by Dr. Zhu.** Cell phones must be silenced *before* class and stowed. Electronic watches should be covered during class and removed during exams. I consider texting or other use of cell phones during class as disruptive behavior. If I see you using your phone without my permission, you may be asked to leave class. If I see you a second time, your final grade may be reduced by a letter grade. Please respect your own learning and the learning of those around you.
- Each student has the responsibility to maintain a learning environment. What you say and do matters very much. For example, disrespectful behavior (including use of rude language, criticizing classmates, conducting private chats during class, posting in all caps, engaging about the class in a separate forum such as GroupMe, Facebook, Twitter, Reddit, chatrooms, Instagram, etc.) can have a very negative effect on the learning experience of your peers. Such behaviors are not allowed and will result in deduction of points. On the other hand, positive input is a game-changer. For example, when a student engages in class with the intent of learning or sharing, the entire class benefits. It is actually impossible to describe how important this is. Please engage. You can make the world a better place, starting with this classroom.
- Always be respectful of the views of others, even if you disagree. When replying to a classmate with a different viewpoint, focus on describing your own thoughts using clear, well-reasoned arguments, rather than attacking.
- **Inappropriate images, names, language, disruptive, or disrespectful behavior will result in you being asked to leave the class and may result in a letter grade deduction from your final grade.**

**Late work.** No late assignments will be accepted. A grade of zero will be assigned for any assignment, quiz or other assignment that is not turned in on the day that it is due.

### **Extra Credit.**

- Over the course of the semester, there will be *46 in-class poll questions (23\*2/each lecture)* that will be collected at random by Dr. Zhu for a grade. *Each assignment will be worth 0.5 bonus points for a total of 23 possible points.* Failure to attend class on days when these assignments are given will result in no awarded points. No exceptions.
- There will be *a mid-term course survey* for you to submit, which will be worth *5 bonus points.*
- There is no other official extra credit offered in this course. Any additional extra credit points will be at the discretion of Dr. Zhu. The only ways to earn points in this course are outlined above. There are NO other extra credit possibilities or extra assignments. *Please do not contact me for extra credit.*

### **Exams**

- Exams will be timed and administered [via McGraw-Hill Connect](#) per the date indicated on the syllabus. Please ensure that you have a ***stable internet connection BEFORE*** you begin the exam. No makeup exams will be given for students due to lost connection or other internet-related errors.
- Students will have **90 minutes** to complete the exam. ***Exam questions will be randomly generated so that no two exams are the same. The clock will start as soon as you begin the exam.*** After 90 minutes have elapsed, you will be clocked out and unable to continue. All exams will **open at 9:00 am and closes at 8:00 pm on the specific days listed on the schedule below.** It is important to log in to Connect ahead of the exam and ensure you have access and stable connectivity. Failure to begin the exam at the scheduled time will result in less time for you to complete the exam.
- Exams are ***closed-note and closed-book. All exams will be monitored using Proctorio, a remote exam proctoring tool that uses recorded video and browser lockdown capabilities through Connect.*** Students are not to navigate away from the McGraw-Hill Connect page at any time during the exam. The exam page should be displayed for the entire duration of the exam.

- To avoid *being locked out of the exam*, all notes and written materials, phones, and open tabs on your computer should be closed and stowed away prior to beginning the exam.
- A non-graphing calculator may be used for calculations when applicable.
- Students may review their exam with Dr. Zhu by booking an appointment during office hours. If you have a question or would like to challenge a grade, you will have ONE WEEK after the exam to do so. No credit will be allotted for grading errors unless the exam is reviewed within this specified period.
- Missed exams. If an exam is missed for a valid reason (e.g. family emergency, documented illness, etc.) *you may be eligible to take a make-up if you contact me by email within 24 hours of missing the exam and provide documentation through the Dean of Students. Only absences documented with the Dean of Students will be accepted.* Failure to comply with this policy will result in a grade of zero for the missed exam.
- Makeup exams will be different from the original exam scheduled. *Makeup exams will not be provided earlier than the rescheduled exam date and must be taken within one week of the original scheduled exam date.*
- Virtual Comprehensive Final Exam: There will be an online comprehensive final exam administered according to the University final exam schedule([www.registrar.txstate.edu/](http://www.registrar.txstate.edu/)). The final will cover previously learned concepts and information. More specific details for the final exam will be discussed online closer to the end of semester. *The final exam is mandatory and cannot be dropped or missed. Students will have 2.5 hours to complete the exam. There is no make-up for the final exam.*

### Communicating with Dr. Zhu.

- If you need to speak with me, please don't hesitate to book an appointment during my office hours (Tue/Thu: 4 pm-5 pm). *If you want to have a meeting with me in my office, please wear a mask. I recommend you schedule an appointment to meet virtually during office hours by [this Zoom link](#) (Meeting ID: 939 2553 6194; Passcode: 698196).* If you cannot make office hours, please contact me by [BobcatMail](#) to make an appointment in advance. *I am dedicated to helping you learn and move forward with your career.* All questions are important.
- If email is needed, please include NUTR 3362 in the subject heading and include your name at the end of the email. All emails should be written professionally. Thank you!
- *Before you email me, check the syllabus and announcements on CANVAS for answers.*
- If you have a question about the exam or want advice with study preparation, I can answer your questions during office hours, at a scheduled appointment, or immediately before and after class. I will not answer e-mails regarding exam content.
- To the extent possible, I will respond to your email within 24 hours Monday through Friday.

### Code of Student Conduct.

- As clearly stated by [the code of student conduct at Texas State University](#), each student is expected to be fully acquainted with all published university policies, copies of which are available to each student for review in the Alkek Library's Secured Collections (3rd floor) or online at [policies.txstate.edu](http://policies.txstate.edu). The university will hold each student responsible for compliance with these published policies. A violation occurring off campus while participating in a university-sponsored program may be treated as if the violation occurred on campus.
- Students also are expected to comply with all federal, state and local laws. Any student who violates any provision of those laws is subject to disciplinary action, notwithstanding any action taken by civil authorities. This principle extends to conduct off campus that is likely to have an adverse effect on the university or the educational process.

### Academic Honesty.

- All work submitted for credit must be the student's original work and in accordance with The Honor Code (<http://www.txstate.edu/honorcodecouncil/Academic-Integrity.html>). Plagiarism may be penalized by a grade of zero on the assignment and/or a zero in the course.
- Any assignments, quizzes, exams, or behavior that are questionable will be investigated and subject to disciplinary actions recommended under the Texas State Honor Code (see UPPS No. 07.10.01 @ <http://www.txstate.edu/effective/upps/upps-07-10-01.html>.)
- Copying another student's work or cheating on exams will result in a grade of F in the course. To avoid suspicion, stow all notes and written documents and electronic devices prior to accepting examination materials.
- With all coursework becoming remote and online, there will unquestionably be additional opportunities for academic dishonesty in a variety of formats and settings. If you witness any instances of academic dishonesty (whether in class, outside the classroom, or via electronic means of communication [email, text, GroupMe, etc.]), it is your responsibility to inform the instructor. By reporting an incident of academic dishonesty you will assure you are graded fairly. Please use the "Course Chat" feature on CANVAS for open dialogue with other students and questions about the class. *To be clear, moving forward, GroupMe or any other electronic sharing space is **NOT** allowed. Violations will be investigated and likely result in a failing grade.*

**Multicultural Policy Statement.** Texas State believes that freedom of thought, innovation and creativity are fundamental characteristics of a community of scholars. To promote such a learning environment, the university has a special responsibility to seek diversity, to instill a global perspective in its students, and to nurture sensitivity, tolerance and mutual respect. Discrimination against or harassment of individuals on the basis of race, color, national origin, religion, sex, sexual orientation, age, or disability are inconsistent with the purposes of the university. Furthermore, I would like to create a learning environment for my students that supports a diversity of thoughts, perspectives and experiences, and honors your identities (including race, gender, class, sexuality, religion, ability, and others). To help accomplish this:

- If you have a name and/or set of pronouns that differ from those that appear in your official University records, please let me know so I can address you correctly.
- If you feel like your performance in the class is being impacted by your experiences outside of class, please come and talk with me. I want to be a resource for you. If you prefer to speak with someone outside of the course, the Office of Student Diversity and Inclusion is an excellent resource (<https://www.sdi.txstate.edu/DiversityConnections.html>).
- I (like many people) am still in the process of learning about diverse perspectives and identities. If something was said in class (by anyone, including me) that made you feel uncomfortable, please talk to me about it.
- As a participant in class discussions, you should also strive to honor the diversity of your classmates.

**Nondiscrimination Policy.** Texas State University is committed to an inclusive educational and work environment that provides equal opportunity and access to all qualified persons. Texas State, to the extent not in conflict with federal or state law, prohibits discrimination or harassment on the basis of race, color, national origin, age, sex, religion, disability, veterans' status, sexual orientation, gender identity, or expression. For additional information and to express concerns or complaints, please contact the Office of Equity and Access: Phone: 512.245.2539; Website: <http://www.txstate.edu/oea/related-policies.html>; Relay service for the hearing impaired 1-800-735-2988.

**Students with Disabilities.** If you are a student with a disability who will require accommodations for successful participation in this course, please contact me within the first week of the semester, providing documentation from the Office of Disability Services (ODS). Obtain contact information for ODS through <http://www.ods.txstate.edu/or> call (512) 245-3451 for assistance. It is your responsibility to make all alternate test-taking arrangement with both me and the ODS.

### **Miscellaneous.**

- Life can be hard, and college can be overwhelming. Contact Dr. Zhu *before* your grade is suffering so we can help you get back on track. Dr. Zhu cannot help you if you don't tell him you need help.

- All work Dr. Zhu produces for this course is under his copyright ownership. Sharing materials in any form, including publicly posting exams or assignments on the internet is forbidden and a violation of copyright law.
- A syllabus is a contract between the students and the instructor, and describes the course expectations and policies in detail. *To ensure fairness for all students, the expectations and policies of the class will not be changed for you.*

### Nutrition Science NUTR 3362 Tentative Course Schedule – Fall 2021

Please note that all dates are subject to change during the semester. This syllabus is intended to give the student guidance in what may be covered during the semester and will be followed as closely as possible. However, the instructor reserves the right to modify, supplement and make changes as the course needs arise. Changes will be announced in lecture and an updated syllabus will be posted.

Date(s)	Day	Topic(s)	Lecture Readings	Assignments due by 2:00 pm	Quizzes due by 11:59 pm
8/24	Tue	Introduction	Syllabus		
8/26	Thu	Basics of Nutrition	Chapter 1		
8/31 <i>(Attendance starts)</i>	Tue	Evaluating Nutrition Information	Chapter 2		<i>Syllabus Quiz</i>
9/2	Thu	Planning Nutritious Diets; Fad Diets	Chapter 3		
9/7	Tue	Body Basics	Chapter 4	<i>LearnSmart #1 (1a &amp; 1b), #2, and #3 (Chapter 1-3)</i>	<i>Quizzes 1, 2, and 3 (Chapter 1-3)</i>
9/9	Thu	Body Basics cont'd.			
9/14	Tue	<b>EXAM #1</b>			
9/16	Thu	Energy Balance & Weight Control	Chapter 10	<i>LearnSmart #4 (Chapter 4)</i>	<i>Quiz 4 (Chapter 4)</i>
9/21	Tue	Energy Balance & Weight Control	Chapter 10		
9/23	Thu	Carbohydrates	Chapter 5	<i>LearnSmart #5 (Chapter 10)</i>	<i>Quiz 5 (Chapter 10)</i>
9/28	Tue	Carbohydrates cont'd.			
9/30	Thu	Fats & other Lipids	Chapter 6.1 to 6.6		
10/5	Tue	Fats & other Lipids cont'd.		<i>LearnSmart #6 (Chapter 5)</i>	<i>Quiz 6 (Chapter 5)</i>

10/7	Thu	<b>EXAM #2</b>			
10/12	Tue	Proteins	Chapter 7		
10/14	Thu	Proteins cont'd	Chapter 7	LearnSmart #7 (Chapter 6)	Quiz 7 (Chapter 6)
10/19	Tue	Vitamins	Chapter 8		
10/21	Thu	Vitamins cont'd.		LearnSmart #8 (Chapter 7)	Quiz 8 (Chapter 7)
10/26	Tue	Alcohol	Chapter 6.7	LearnSmart #9 (Chapter 8)	Quiz 9 (Chapter 8)
10/28	Thu		<b>EXAM #3</b>		
11/2	Tue	Water & Minerals	Chapter 9		
11/4	Thu	Water & Minerals cont'd.			
11/9	Tue	Nutrition for Physically Active Lifestyles	Chapter 11	LearnSmart #10 (Chapter 9)	Quiz 10 (Chapter 9)
11/11	Thu	Nutrition for Physically Active Lifestyles cont'd.			
11/16	Tue		<b>EXAM #4</b>	LearnSmart #11 (Chapter 11)	Quiz 11 (Chapter 11)
11/18	Thu	Food Safety Concerns	Chapter 12		
11/23	Tue	<b>NO CLASS – THANKSGIVING BREAK</b>			
11/30	Tue	Food Safety Concerns cont'd.			
12/2	Thu	Nutrition for a Lifetime	Chapter 13	LearnSmart #12 (Chapter 12)	Quiz 12 (Chapter 12)
12/7	Tue	<b>FINAL COMPREHENSIVE EXAM</b>		LearnSmart #13 (Chapter 13)	Quiz #13 (Chapter 13)

**IMPORTANT:** If you already have access to Connect, I *highly recommend* that you complete the assignments once you have viewed the lecture and read its respective chapter. *Make note that all Connect LearnSmart assignments and quizzes for chapters 1, 2, and 3 will be due on a TUESDAY.*

## **Statement on Civility and Compliance in the Classroom.**

Civility in the classroom is very important for the educational process and it is everyone's responsibility. If you have questions about appropriate behavior in a particular class, please address them with your instructor first. Disciplinary procedures may be implemented for refusing to follow an instructor's directive, refusing to leave the classroom, not following the university's requirement to wear a cloth face covering, not complying with physical distancing or sneeze and cough etiquette, and refusing to implement other health and safety measures as required by the university. Additionally, the instructor, in consultation with the department chair/school director, may refer the student to the Dean of Students Office for further disciplinary review. Such reviews may result in consequences ranging from warnings to sanctions from the university. For more information regarding conduct in the classroom, please review the following policies at <https://policies.txstate.edu/division-policies/academic-affairs/02-03-02.html>, Section 03: Courteous and Civil Learning Environment, and <https://studenthandbook.txstate.edu/rules-and-policies/code-of-student-conduct.html>, number II, Responsibilities of Students, Section 02.02: Conduct Prohibited.

## **Black Lives Matter.**

The Nutrition and Foods faculty and the entire program stand in solidarity with Black students and all students of color across our campus community. Black Lives Matter. This is not debatable for the Nutrition and Foods Program at TXST. Black Lives matter in our classrooms, laboratories, campuses, health care systems, communities, and in all professions. We are committed to ensuring the dignity, rights, safety, and health of our students. There is no room for bigotry. We will continue to engage in critical self-reflection and examine our own biases and perspectives to better support our students. In addition, we will continue to do our part to address systems of power and privilege to ensure equitable treatment for everyone, especially Black students and all students of color.

## **Diversity and Inclusion Statement.**

Integrating a diverse set of experiences, thoughts, and ideas is essential in order to develop a comprehensive understanding of science. My primary objective is that students of all backgrounds and perspectives are supported and well-served by this course. It is also my intent that the learning needs of students are met both within and outside of class, and that the diversity of ideas and life experiences that students bring to this class is viewed as a valuable resource and benefit to all. It is my intent to introduce materials and provide activities that are respectful of diversity with respect to gender, sexuality, disability, age, socioeconomic status, ethnicity, race, and culture. To help accomplish this:

- Please let me know if there are ways that I can improve the effectiveness of the course for you, other students, or student groups. Any suggestions or feedback to improve the quality of the learning experience or the course materials is encouraged and appreciated.
- If you have a name and/or set of pronouns that differ from those that appear in your official records, please let me know!
- If you feel like your performance in the class is being impacted by your experiences outside of class, please come talk with me. I want to be a resource for you. If you prefer to speak with someone outside this course, the Associate Dean of the College for Diversity Programs is an excellent resource.
- I, like many people, am still in the process of learning about diverse perspectives and identities. If something was said in class that made you feel uncomfortable, please talk to me about it or let me know your feedback anonymously.

As a participant in course discussions, please also strive to honor the diversity of your classmates.

## **Texas State University's Mission and Shared Values.**

**Our Mission:** Texas State University is a doctoral-granting, student-centered institution dedicated to excellence and innovation in teaching, research, including creative expression, and service. The university strives to create new knowledge, to embrace a diversity of people and ideas, to foster cultural and economic

development, and to prepare its graduates to participate fully and freely as citizens of Texas, the nation, and the world.

**Our Shared Values:** In pursuing our mission, we, the faculty, staff, and students of Texas State University, are guided by a shared collection of values:

- Teaching and learning based on research, student involvement, and the free exchange of ideas in a supportive environment.
- Research and creative activities that encompass the full range of academic disciplines—research with relevance, from the sciences to the arts, from the theoretical to the applied.
- The cultivation of character, integrity, honesty, civility, compassion, fairness, respect, and ethical behavior in all members of our university community.
- A diversity of people and ideas, a spirit of inclusiveness, a global perspective, and a sense of community as essential conditions for campus life.
- A commitment to service and leadership for the public good.
- Responsible stewardship of our resources and environment; and
- Continued reflection and evaluation to ensure that our strengths as a community always benefit those we serve. It is helpful to know that in the event of an emergency, students, faculty, and staff should monitor <http://safety.txstate.edu/> for all safety and emergency communications. This page will be updated with the latest information available to the university, in addition to providing links to information concerning safety resources and emergency procedures. Faculty, students, and staff are encouraged to sign up for the [TXState Alert](#) system.

### **Emergency Management**

- In the event of an emergency, faculty, students, and staff should monitor the [Safety and Emergency Communications web page](#). This page will be updated with the latest information available to the university, in addition to providing links to information concerning safety resources and emergency procedures.
- Faculty, students, and staff are encouraged to sign up for the [TXState Alert](#) system.

### **Sexual Misconduct Reporting (SB 212)**

Effective January 2, 2020, state law (SB 212) requires all university employees, acting in the course and scope of employment, who witness or receive information concerning an incident of sexual misconduct involving an enrolled student or employee to report all relevant information known about the incident to the university's Title IX Coordinator or Deputy Title IX coordinator. According to SB 212, employees who knowingly fail to report or knowingly file a false report shall be terminated in accordance with university policy and The Texas State University System Rules and Regulations.