

About the Instructor

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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 and we can set up a Zoom meeting. 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 327 winter session class. In this course we will examine human nutritional concerns, requirements, and metabolism from conception through the aging process. We will analyze cultural, environmental, psychosocial, physical, and economic factors affecting nutritional status through the life span. We will also examine different methods for assuring adequate nutrition through dietary selection and promotion of health throughout the life cycle. Methods of nutritional assessment for each stage of the life cycle will be examined. Recorded lectures, and projects will be used to disseminate course content.

I like to remember the following quotes, or sayings, and are good for all of us 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 in how I felt swimming and my overall health. 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 nutrition throughout life and how recommendations and requirements changes from pregnancy to old age. 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 do check email often but with the holidays I may be delayed on certain days.

About the Course

Course description

In this course we will examine human nutritional concerns, requirements, and metabolism from conception through the aging process. We will analyze cultural, environmental, psychosocial, physical, and economic factors affecting nutritional status through the life span. We will also examine different methods for assuring adequate nutrition through dietary selection and promotion of health throughout the life cycle. Methods of nutritional assessment for each stage of the life cycle will be examined. Lecture, discussion, and collaborative activities will be used to disseminate course content.

Course Objectives:

This course analyzes the changing nutritional requirements and relative dietary issues which are specific to the different stages of the life cycle. Expected student outcomes include the following:

1. The student will be able to identify specific nutrient requirements for each stage of the life cycle.
2. The student will be able to relate nutrient needs to developmental levels and plan diets which will adequately meet nutritional needs of given levels.
3. The student will be able to describe the importance of environment, feeding skills, psychosocial situations and other factors to total nutrition and the development of eating habits.
4. The student will be able to select, utilize and evaluate appropriate materials and methods for communication of nutrition information to a given audience.
5. The student will be able to evaluate dietary intakes and feeding programs for individuals throughout the life cycle.
6. The student will be able to describe the role of the nutrition professional in promoting adequate nutrition and health.
7. The student will be able to apply nutrition knowledge gained to real world scenarios in the different stages of life.

Prerequisite knowledge

NUTR 250 – Introduction to Human Nutrition

Course goals and objectives:

1. Understand the general health impact of nutrition, how nutrient needs change with aging and why
2. Define the major concepts in nutrition in all life stages
3. Describe the role of nutrients in body functions
4. Explain a relationship between a specific health outcome/condition and diet in all life stages
5. Connect the life stages, nutritionally – how does nutrition in younger years affect a person in older years?
6. Practice nutrition in health education

Course textbooks

Nutrition through the Life Cycle, 7th edition by Judith Brown, published by Cengage ISBN 978-1-337-91933-3

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

Click on this link for tips on online learning. [Online learning tips and help.](#)

Important Winter Term Dates

December 20 – Official login for all Winter Session classes begins

Students who find it necessary to drop a winter session class should email servicecenter@siue.edu to request to drop the course. The drop will be processed as of the day it is received. The email account will not be monitored over the break. Deadlines to drop are as follows:

December 19: Last day to drop the class and receive 100% credit of tuition and fees and no entry of the class on the transcript. Dropping the class after 12/19 will not reduce the amount of tuition and fees owed for the course.

December 30: Last day to drop the course with instructor authorization. You will receive a grade of W on the transcript.

January 4: Last day to drop the course and the instructor will assign a grade of WP or WF at the end of the class.

Course requirements

Course activities/assessments:

The course is organized by the 3 weeks of the term in the left-hand navigation on Blackboard. 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 Black board course.

Submitting work:

All files should be submitted in a Word document to their corresponding link in Blackboard. The growth chart can be a picture.

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.

Because 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 Year's Eve, and New Year's 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>	<u>due date</u>
Introduction video	20	Tues 12/20
Chapter quizzes	~80	throughout term
Exam 1	~ 50	Thurs 12/22
Journal article 1	65	Mon 12/26
Growth Chart	50	Wed 12/28
Exam 2	~ 50	Thurs 12/29
Exam 3	~ 50	Thurs 1/5
Journal article 2	65	Fri 1/6
Exam 4	~ 50	Sun 1/8
TOTAL	~480	

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 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 December 23, 2021-January 1, 2022 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 accommodations at least 3 working days prior to the start of Winter Term, 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 6:00 PM unless noted)
Week 1 December 19-25	<ul style="list-style-type: none"> Chapters 2, 3 (preconception) Chapters 4, 5 (nutrition during pregnancy) Journal article and fill in worksheet Growth chart assignment 	Intro video (flipgrid)	Tues (12/20) by midnight*
		2 Chapter quizzes (2,3 & 4,5)	Wednesday (12/21)
		Journal article 1 worksheet	Mon. (12/26 – week 2)
		Growth chart	Wed. (12/28 – week 2)
		Exam 1 (chapters 2-5)	Thurs (12/22)
Week 2 December 26-Jan 1	<ul style="list-style-type: none"> Chapters 8, 9 (Infant nutrition) Chapters 10, 11 (Toddler nutrition) Journal article and fill in worksheet 	2 Chapter quizzes (8,9 & 10,11)	Wed. (12/28)
		Exam 2 (chapters 8-11)	Thurs (12/29)
		Journal article 2 worksheet	Fri (1/6 – week 3)
Week 3 January 2-January 8	<ul style="list-style-type: none"> Chapters 12, 13 (Child nutrition) Chapters 14, 15 (Adolescent nutrition) Chapters 17-19 (Adult conditions and older adult) 	4 Chapter quizzes (12,13 & 14,15 & 17, 18, 19)	Chapter quizzes 12-15 (Wed 1/4) Chapter quizzes 17 & 18,19 (Sat. 1/7)
		Exam 3 (chapters 12-15)	Thurs (1/5)
		Exam 4 (chapters 17-19)	Sunday (1/8)

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.