



College of Natural & Applied Sciences
AGRICULTURE & LIFE SCIENCES

AL 185-01: Human Nutrition (Online)

Fañomnåkan (Spring) 2022 January 19 – May 20, 2022

Instructor Information

Instructor: Michelle (Shelly) Blas Laguana, Adjunct Instructor

Virtual Office Hours: Monday & Tuesday 9:00 am – 10:00am or by appointment

Email: mlaguana@triton.uog.edu

Course website/link available at: <https://moodle.uog.edu>

Moodle Enrollment Key: AL185OLL22

If you wish to meet for an appointment, we can meet via zoom or Microsoft Teams. I do prefer that students contact me via the email address above. I check my email daily, and will typically respond to messages within 24 hours M-F. You can also contact me through our class site in the UOG Moodle website.

I have included a “*Questions & Clarification*” forum in the class where you can post any questions you might have regarding the class. I will post answers to your questions in this forum so that you, and anyone else with the same questions, can always refer back to the forum for answers. Students are also welcome to provide their own answers and feedback based on their own experience. Such sharing of information allows us all to help each other.

Course Information

Catalog Description

This course introduces the basic principles of human nutrition, including nutrients, food sources for nutrients, and the national recommendations for a healthy diet. Applied nutrition and the study of current nutrition issues in health, the environment, and the Pacific region are critically reviewed.

Rationale for the Course

This course will provide students with a nutrition background that gives basic working knowledge of the role of nutrition in human health.

Prerequisite

None

Credits

3 credit hours. This course must be completed with a grade of “C” or better before taking subsequent courses AL300, AL330, AL335.

Textbook & Course Materials

Required Textbook - Human Nutrition 2020 Textbook

Link here for [Human Nutrition Textbook](#)

This is a free open education resource (OER) textbook that we will be utilizing for this course. You have the option to download as a PDF or use via your web browser.

Recommended Text and Other Readings

Other readings will be made available on our Moodle course page and/or the UOG Library reserves.

Course Requirements

Required Skills, Materials, and other Resources

Taking online classes is very different from taking a traditional face-to-face class. There are certain skills and equipment needed as well as other resources such as Internet access. Here are some things you will need in order to take this class:

- Reliable access to a computer with broadband Internet access. Broadband Internet access is commonly available for residential customers. The UOG campus also has a few computer labs for student use. Many coffee shops and other public spaces also have WIFI hotspots. We strongly recommend that you use malware protection and a VPN app to protect yourself from infection or hacking on public Wi-Fi networks.

A desktop or laptop computer is highly recommended. Mobile devices such as iPads, Android tablets, and smart phones are not recommended as they may have compatibility issues. You may use them for convenience to view most content for this class, but you should use a full computer for the more important class activities.

- This computer should also have the following:
 - [Mozilla Firefox](#) browser with Cookies enabled and the Pop-up Blocker disabled so that you can access and work in this class. Firefox is the most compatible browser for use with UOG Moodle.
 - MS Word and PowerPoint so that you can read, edit, or create documents and presentations for this class. Contact the [UOG Computer Center](#) to ask about Office365 which includes these Microsoft products. It may be included with your official GoTriton email account.
 - [Adobe Acrobat Reader](#) so that you can open PDF documents provided in this class.
 - A media player such as Windows Media Player or [VLC Player Free](#) so that you can play audio and video files provided in this class.
 - Virus and spyware protection so that you can protect yourself and your classmates while you are working on the Internet.
- You need to be comfortable enough with computers to perform the following tasks without help from anyone:
 - Send and receive email messages as well as send a message with an attachment.
 - Be able to find files on your computer that you have saved or downloaded.
 - Be able to navigate through web pages.
 - Be able to search for items on the Internet by using a search engine.
- You need to be able to communicate clearly and effectively in writing to help avoid miscommunications. And, you will need a good understanding of online etiquette (also known as “netiquette”). You can find some netiquette guidelines below under “Course Policies”.

- You need to be self-motivated, disciplined, and you should have good time-management skills. Even though you can access this class at any time of the day on any day of the week, you still need to follow the set course schedule. You need to be able to manage your time and meet deadlines set for the class. **This is not a self-paced class.** For a typical class in a regular 16-week semester, you should be able to commit 6-10 hours per week to your course work. Remember that procrastination can cause you more problems online than in a face-to-face class. There are chances that your computer can crash; your Internet connection can drop; or the UOG Moodle system may become unavailable.
- **You will need an account with the UOG Moodle system.** For assistance with the UOG Moodle system, please contact the UOG Moodle Help team by email at moodlehelp@triton.uog.edu or call (671) 735-2620.
- You will be expected to carefully read and follow instructions.
- You will be expected to keep track of deadlines and due dates.
- You will be expected to have all the skills and resources listed above.
- You will be expected to ask for help if and when you need it.

Important Note:

This syllabus, along with course assignments and due dates, are subject to change. It is the student's responsibility to check UOG Moodle for corrections or updates to the syllabus. Any changes will be clearly noted in the course announcements and through email.

Course Learning Outcomes

AL185 Student Learning Outcomes (SLO)	Program Learning Outcomes (PLO)	Institutional Learning Outcomes (ILO)	Activities/Assessments
<input type="checkbox"/> Describe the chemical nature of nutrients (carbohydrate, protein, lipid, vitamin, mineral, water) and nutrient composition of foods.	<ul style="list-style-type: none"> • PLO-1,2 	<ul style="list-style-type: none"> • ILO-6 	<ul style="list-style-type: none"> • Group discussions and participation, assignment, quizzes, and exam
<input type="checkbox"/> Explain the anatomy and physiology of the digestive system and other supporting organ systems.	<ul style="list-style-type: none"> • PLO-1,5 	<ul style="list-style-type: none"> • ILO-6 	<ul style="list-style-type: none"> • Group discussions and participation, quizzes, and exam
<input type="checkbox"/> Describe the types of nutrient recommendations used in the United States and understand how these recommendations were developed (nutrition research and scientific method).	<ul style="list-style-type: none"> • PLO-1,4,7 	<ul style="list-style-type: none"> • ILO-1,6 	<ul style="list-style-type: none"> • Group discussions and participation, assignment, quizzes, and exam

<input type="checkbox"/> Interpret and apply information from a nutrition label from packaged food.	<ul style="list-style-type: none"> • PLO-1,3,7 	<ul style="list-style-type: none"> • ILO-1,2 	<ul style="list-style-type: none"> • Group discussions and participation, assignment, quizzes, and exam
<input type="checkbox"/> Assess a diet for adequacy based on macronutrient content and using a food guidance system.	<ul style="list-style-type: none"> • PLO-1,3,5,6,7 	<ul style="list-style-type: none"> • ILO-2-5,7 	<ul style="list-style-type: none"> • Group discussions and participation, assignment, quizzes, diet project, and exam
<input type="checkbox"/> Describe the function and essentiality of nutrients, consequences of over- or under-consumption, and the importance of maintaining homeostatic balance.	<ul style="list-style-type: none"> • PLO-1,2,6 	<ul style="list-style-type: none"> • ILO-6 	<ul style="list-style-type: none"> • Group discussions and participation, assignment, quizzes, and exam
<input type="checkbox"/> Explain components of energy expenditure and the principle of energy balance and describe how these concepts relate to weight management.	<ul style="list-style-type: none"> • PLO-1,2,3,4,7 	<ul style="list-style-type: none"> • ILO-2-5 	<ul style="list-style-type: none"> • Group discussions and participation, assignment, quizzes, and exam
<input type="checkbox"/> Describe the physiological basis for nutrient requirements during different life stages (pregnancy, lactation, infancy, childhood, adolescence, old age).	<ul style="list-style-type: none"> • PLO-1,6 	<ul style="list-style-type: none"> • ILO-1-5 	<ul style="list-style-type: none"> • Group discussions and participation, assignment, quizzes, and exam
<input type="checkbox"/> Discuss the causes of food borne illness and describe practices to minimize risk of food borne illness.	<ul style="list-style-type: none"> • PLO-1,6,7 	<ul style="list-style-type: none"> • ILO-4,6,7 	<ul style="list-style-type: none"> • Group discussions and participation, assignment, quizzes, and exam
<input type="checkbox"/> Identify global and local issues of under and over nutrition including food production.	<ul style="list-style-type: none"> • PLO-1,6,7 	<ul style="list-style-type: none"> • ILO-4,5,7 	<ul style="list-style-type: none"> • Group discussions and participation, assignment, quizzes, and exam

You may find the PLOs & ILOs in the Academic Year's catalog.

Teaching Methodology and Anticipated Class Size

Instructor relies heavily on lecture method to deliver information (via PowerPoint/PDF). However, the instructor will incorporate class discussions/reflections, application assignments, and other forms of active participation whenever possible. Anticipated class size is twenty five (25).

Graded Course Activities

Method of Evaluation

Below is a breakdown of the grade distribution for this course as well as how percentages translate to letter grades for the course:

<i>Item</i>	<i>Points</i>	<i>(Weighted) Percentage</i>
Assignments (4 x 25pts)	100	15%
Discussion Posts (12 x 20pts)	240	15%
Quizzes (10 x 10pts)	100	10%
Project (1 x 60pts)	60	20%
Exams (3 x 100 pts)	300	40%
TOTAL	800	100%

A+ = 98% - 100%	B+ = 87 – 89%	C+ = 77 – 79%	F = <60%
A = 93 – 97%	B = 83 – 86%	C = 70 – 76%	
A- = 90 – 92%	B- = 80 – 82%	D = 60 – 69%	

Assignments (15% of overall grade for the course)

Assignments allow you to demonstrate your writing skills and your ability to understand and use the information you are learning in class. Late assignments will **not** be accepted after more than one week. Always keep a copy of your assignments on your computer as a backup. There will be a total of 4 assignments throughout the course of this semester. Please save & submit your assignment as instructed for example: “LastName_FirstNameInitial_A1, LagunaM_A1” Only Microsoft Word and or PDF files will be allowed.

Discussions (15% of overall grade for the course)

Postings in discussion forums are demonstrations of your ability to communicate effectively and professionally as well as of your ability to understand and use the information you are learning in the class. Discussion posts are very important in evaluating your performance. There will be a total of 12 discussion posts throughout the semester. Make-up discussions will NOT be given. **Please note the dates listed on the calendar, there will a specified due date for your original (initial) discussion post and another due date if a response post is required!**

Discussions will be held each week throughout this course. Each week your discussion board postings will be graded on a 20-point scale:

Weekly Discussion Posts – worth 20 points

Original Post

your original posting each week should...

- Answer all questions posed by the instructor
- Be written in your own words
- Include your original thoughts
- Incorporate content from the lessons (textbook, lectures, etc.)
- Contain the URL's to any supporting resource(s)
- Include a question related to the topic for your classmate to respond to (if applicable)
- Be grammatically correct and proofread for spelling errors

Peer Response Post (some, not all weeks will have a peer response post)

Remember, this is part of your discussion grade, consider the following when composing a reply to your classmate and instructor:

- Provide an alternative perspective
- Share stories about your own experiences
- Ask questions to further the discussion
- Incorporate content from the lessons and/or provide additional resources (websites, books, articles)
- Discuss why you agree or disagree with something
- Be grammatically correct and proofread for spelling errors

Quizzes (10% of overall grade for the course)

Quizzes will help you get familiar with each topic and prepare you for the exams. Each quiz is worth 10 points. There will be a total of 11 quizzes throughout the semester, however only your top 10 quiz scores will count towards your final grade. Make-up quizzes will NOT be allowed.

Projects (20% of overall grade for the course)

Course project allows you to demonstrate your ability to not only process the concepts being presented in this course, but also to explain those concepts to others. Always keep a copy of your project as a backup. There will be one main project for this course, make up project and late submission is not allowed, please see Moodle/Project for further instructions on this project.

Exams (40% of overall grade for the course)

Each exam is an assessment to test your knowledge of the lessons and topics discussed. During the course of the semester, three (3) exams will be administered, the third exam will be cumulative. Make-up exams will NOT be given, unless you notify the instructor IN ADVANCE and you have a valid reason (to be determined at discretion of instructor). Exam questions may consist of multiple choice, matching, true or false, and short essay (answers).

Completed Work (Assignments, Quizzes, Discussions, Exams)

All completed work for this course will be submitted electronically through UOG Moodle unless otherwise instructed. Completed work must be submitted by the given deadline or special permission must be requested from the instructor *before the due date*. Extensions will not be given beyond the next assignment except under extreme circumstances. Late or missing work will affect your grade.

You are responsible for your learning! Take full advantage of the resources available, including the textbook, lectures, activities, assignments, and office hours. **It is the responsibility of the student to know when assignments/discussions/quizzes/exams/projects are due and have them submitted to the instructor on time.**

Student Workload

You should plan to spend an average of 2 hours studying for every hour of lecture class time. Since this is a 3 credit hour course, that equates to 6 hours of studying per week. I suggest you structure those 6 hours per week as follows:

- 2 hours pre-reading the textbook before class — assigned sections. Make note of new terms and key words, and write out the definitions. You may not be asked to memorize the terms for an exam, but you will be expected to know what the terms mean and be able to work with them.
- 2 hours re-reading the textbook and revising your notes after class — focus on the specific learning objectives for that particular topic. These will act as your study guide for the exams.
- 2 hours doing assignments and testing yourself on the specific learning objectives. The specific objectives can easily be converted to test questions.

Course Policies

Netiquette Guidelines

Netiquette is a set of rules for behaving properly online. Your instructor and fellow students wish to foster a safe online learning environment. All opinions and experiences, no matter how different or controversial they may be perceived, must be respected in the tolerant spirit of academic discourse. You are encouraged to comment, question, or critique an idea but you are not to attack an individual. Working as a community of learners, we can build a polite and respectful course community.

Virtual Classroom Interaction

There are a number of things to keep in mind with regards to interaction in the virtual classroom.

- Communicating with the Instructor
 - At any point during this course, you are welcome to contact me via email with questions regarding grades, instructions, advisement, or even for personal issues. I check my email daily, and will typically respond to messages within 24 hours M-F. You can also contact me through our class site in the UOG Moodle website.
- Communicating with classmates
 - In the virtual classroom, you will see a “Participants” list in the left column. This will include links to all students enrolled in the class. You will be able to send messages through this system or you can send them email messages directly.
- Online Etiquette (aka: Netiquette)
 - Do not SHOUT. Using All Caps when you type is considered to be “shouting” online. Remember to turn off your Caps Lock.
 - Be prompt. Follow class schedules and respond to email messages promptly.
 - Participate. Participation is part of your grade and also helps to move the class along. Especially for group activities, be sure to do your share of the work.
 - No flaming, trolling, or cyber bullying. You are all expected to be respectful and professional. If you have any concerns with classmates, please contact your instructor regarding the problem.
 - Stay on topic and try to back up any claims or statements that you make.
 - Do not dominate any discussion. Give other students the opportunity to join in the discussion.
 - Use and cite credible sources.
 - Do not plagiarize.
 - Avoid jokes and sarcasm as these are often misinterpreted online.
 - Use emoticons if they will help to convey the tone of your message.
 - Always re-read what you type before you send it. Remember that you cannot take back anything that you post. Also remember that people cannot see you or hear you. That means that they cannot see your body language or hear the tone of your voice. They can only rely on what you type. So, try to make sure that what you type cannot be misinterpreted. Be clear and brief.
 - Be patient and open-minded. Do not judge others or jump to conclusions. Remember that, just as others might misunderstand you... you might misunderstand them. If something sounds confusing or offensive, ask for clarification before you jump to conclusions. Never respond out of emotion because what you say online can stay online and may be used against you in the future. Also remember that other students may not be native English speakers and may have difficulty in saying what they really mean online.
 - Respect the privacy of others. Do not post or communicate personal or confidential information in the virtual classroom.
 - Remember that the UOG Moodle system keeps logs of all your activity inside of UOG Moodle.

Student Support

The following is a list of resources that students can turn to when they need support:

- Problems with the course instructions or other content?
Contact your Instructor for clarification and assistance.
- Technical problems with UOG Moodle system?
Contact the UOG Moodle Help team by email at moodlehelp@triton.uog.edu or by phone at (671) 735-2620.
- Problems with WebAdvisor or GoTritons student email service?
Contact the UOG Office of Information Technology (aka: the Computer Center) by email at helpdesk@uog.edu or by phone at (671) 735-2640.
- UOG Library Resources and Services
Go online to <https://www.uog.edu/student-services/rfk-library/>
- UOG Student Services
Go online to <https://www.uog.edu/student-services/enrollment-management-student-success/> to contact the Admissions and Records office, Financial Aid office, Student Life office, Housing and Residence, Counseling, Student Health, and other services.

COVID Statement

The University of Guam is experiencing continued disruption to delivery of instruction during the global coronavirus pandemic. The University will follow executive orders and may be forced to close again, causing more modifications as the semester progresses. All changes will be posted on the UOG website, www.uog.edu.

- Contact Office of Information Technology at 735-2630 or oit@triton.uog.edu
- Contact the Triton Advising Center at 735 – 2271 or tac@triton.uog.edu
- Contact Uplift Counseling Services at 787-7978 or uplift@westcare.com
- Contact Project Tulaika Mental Health Services at 647-5317; 647-1901; 647-5440; 647-8833/34 or care@gbhwc.guam.gov

In face to face courses, wearing masks and social distancing is required. Anyone who has a fever, or any other symptom, should stay home. If you do not comply with these directions, you will be asked to leave, and if you do not, class will be cancelled. Patience, respect, and cooperation are needed from all of us to persist through these uncomfortable times.

Family Educational Rights and Privacy Act (FERPA)

The Family Educational Rights and Privacy Act (FERPA) affords students certain rights with respect to their education records. These rights for students, parents and school officials can be viewed at: <http://www2.ed.gov/policy/gen/guid/fpco/ferpa/index.html>

Policy on Disability

In accordance with the Americans with Disabilities Act (ADA) of 1990 and the Rehabilitation Act of 1973, the University of Guam does not discriminate against students and applicants on the basis of disability in the administration of its educational and other programs. Please visit www.uog.edu/eo/PolicyDisability.pdf for more information.

Disability Support Services (DDS) Accommodation Services

If you are a student with a disability who will require an accommodation(s) to participate in this course, please contact the Disability Support Services office to discuss your specific accommodation needs confidentially. You will need to provide me with a Faculty Notification letter from the DSS counselor. If you are not registered, you should do so immediately at the Student Center, Rotunda office #6, ph/TTY: 671-735-2460, or uogdss@triton.uog.edu to coordinate your accommodation request.

To schedule an appointment on BOOK IT; <https://sssablan.youcanbook.me>

Office: Student Center Rotunda Office #6

Office Hours: Monday/Wednesday 9:00–noon and 1:00–3:30; Friday by appointment only
Office Phone Number/TTY: 671-735-2460
Email address: sssablan@triton.uog.edu

Withdrawal Dates

The deadline to ***‘drop class without transcript record’*** is **January 25, 2022**. The deadline for ***‘Voluntary Withdrawal’*** is **March 16, 2022**; you must withdraw at the UOG Records Office. If you want to withdraw after this date, you must file a ***‘Petition for Withdrawal’*** by **May 13, 2022**. Forms are available at the UOG Admissions and Records Office.

Tobacco-Free/Smoke Free Campus

UOG is a tobacco-free campus. Thank you for not using tobacco products on campus, and for helping make UOG a healthy learning and living environment. For more information visit: <http://www.uog.edu/smoke-free-uog>

Academic Dishonesty

Professional and ethical conduct is expected at all times. Unethical conduct includes any form of cheating, including plagiarism. The term **“cheating”** includes, but is not limited to: (1) use of any unauthorized assistance in taking quizzes, tests, or examinations, e.g., looking at other students’ answers, using crib notes (including electronic), getting information from another person via any kind of communication; (2) dependence upon the aid of sources beyond those authorized by the instructor in writing papers, preparing reports, solving problems, or carrying out other assignments; or (3) the acquisition, without permission, of tests or other academic material belonging to a member of the University faculty or staff. If you need to use an electronic translator, you must discuss this with me in advance. All assignments and tests must be your own work. Answers you write on the tests must come only from in your head or the information supplied in the test papers; anything else is cheating. Any evidence of cheating will result in a “0” for that assignment and/or exam or possibly an “F” for the entire course – final decision to be determined by me, the course instructor.

*Course Topic & Calendar Schedule

*Please review the course calendar schedule to ensure you are aware of all the due dates.

- Initial discussion post will be due **Wednesday, 11:59 pm** of each week, if a response post is required, your response posts will be due by **Friday, 11:59pm** of the same week.
- Exams will be due **Sunday, 11:59pm** of the week noted on calendar schedule
- Quizzes & Assignments will be due **Sunday, 11:59pm** of the week noted on calendar schedule
- Project will be due on the date noted on schedule
*unless otherwise noted by the Instructor

Week	Dates	Topic	Items Due	Reading (linked to textbook)
1 & 2	January 19	Introduction	Discussion Post 1 Quiz 1 – Syllabus	
	January 19 - 30	Chapter 1: Basic Concepts in Nutrition Chapter	Discussion Post 2	Basic Concepts in Nutrition
	January 19 - 30	Chapter 12: Nutrition Application	Quiz 2 – Ch. 1, 12	Nutrition Applications
3	January 31 – Feb. 06	Chapter 2: The Human Body	Discussion Post 3	The Human Body
		Chapter 3: Water & Electrolytes	Assignment 1 Part I & II	Water & Electrolytes
4	February 07 - 13	Chapter 4: Carbohydrates	Discussion Post 4 Quiz 3 – Carbs	Carbohydrates -
5	February 14 - 20	Chapter 5: Lipids	Discussion Post 5	Lipids
			Quiz 4 - Lipids	-
6	February 21 - 27	Chapter 6: Protein	Discussion Post 6	Protein
			Quiz 5 – Protein	-
			Assignment 2	-
7	February 28 – March 6	Chapter 7: Alcohol	E x a m 1 (Chapters 1 – 6, 12)	Alcohol
8	March 07 – March 13	Chapter 8: Energy Balance	Discussion Post 7	Energy
			Quiz 6 – Energy Balance	
9	March 14 - 20	Chapter 9: Vitamins	Quiz 7 – Vitamins	Vitamins
	March 21 – 27	Spring Break!		

10	March 28 – April 03	Chapter 10: Major Minerals	Discussion Post 8	Major Minerals
			Quiz 8 – Minerals	-
		Chapter 11: Trace Minerals	Assignment 3	Trace Minerals
11	April 04 - 10	Chapter 13: Lifespan Nutrition - Pregnancy to the Toddler Years	Discussion Post 9	Lifespan Nutrition - Pregnancy to the Toddler Years
12	April 11 - 17	Chapter 14: Lifespan Nutrition During Childhood	Discussion Post 10	Lifespan Nutrition During Childhood
			Quiz 9 – Chapters 13 & 14	
			Assignment 4	-
13	April 18 - 24	Chapter 15: Lifespan Nutrition in Adulthood	E x a m 2 (Chapters 7-11, 13 & 14)	Lifespan Nutrition In Adulthood
14	April 25 – May 01	Chapter 16: Sports Nutrition	Quiz 10 – Chapter 15 & 16	Performance Nutrition
			Discussion Post 11	-
15	May 02 - 08	Chapter 17: Food Safety	Diet Project Due	Food Safety
			Quiz - 11	-
16	May 09 - 13	Chapter 18: Nutritional Issues	Discussion Post 12	Nutritional Issues
17	May 16 – 18 Finals Week	Monday, May 16	E x a m 3 (Cumulative)	

This schedule is tentative, and subject to change. Any changes will be announced on our class Moodle page as well as via email.