



Course Number, Title and Credits

FSNU 200 - Human Nutrition - 3 credits

Course Description

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

Course Learning Outcomes

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

- Analyze basic concepts and principles of nutrition as a science.
- Evaluate the major nutrients, their food sources and their importance to the human body.
- Analyze the functions of macronutrients, vitamins, and minerals in the human body.
- Evaluate digestion and absorption of food in the human body and their influences on metabolic processes.
- Compare and distinguish between true and false nutrition claims in the media.

Required Textbooks

Course pack document will be provided by the course instructor.

Letter Grade/Percentage Equivalents

Grades are determined on a straight-scale basis using the following scales.					
A	94% to 100%	A-	90% to 93%	B+	87% to 89%
B	84% to 86%	B-	80% to 83%	C+	77% to 79%
C	74% to 76%	C-	70% to 73%	D+	67% to 69%
D	64% to 66%	D-	60% to 63%	F	59% and below

Methods of Evaluation for Determining Grades

Assignment Detail for Course:

Assignments/quizzes/exams	Possible Points
Diet analysis assignment	100
Quizzes	400
Exams	500
Total Points Possible in Course	1000

Course outline

Module	Topics	Teaching tools	Assignments
Module 1	Introduction to nutrition and nutrients	Course pack reading chapter 1 Instructor's lectures 1-3	Quiz 1
Module 2	Planning a healthy diet	Course pack reading chapter 2 Instructor's lectures 4, 5, 8, 9	Quiz 2
Module 3	Diets that should not be recommended	Course pack reading chapter 3 Instructor's lectures 6, 7	1. Quiz 3 2. Exam 1
Module 4	Macronutrients	Course pack reading chapter 4 Instructor's lectures 10-15, 17-20	Quiz 4
Module 5	Water and alcohol. Weight management. Eating disorders	Course pack reading chapters 5 Instructor's lectures 16, 21-23	1. Quiz 5 2. Exam 2

Module 6	Vitamins	Course pack reading chapter 6 Instructor's lectures 24-32	Quiz 6
Module 7	Minerals	Course pack reading chapter 7 Instructor's lectures 38-41	Quiz 7
Module 8	Dietary supplements. Energy metabolism. Vegetarian diets. Food safety. Nutrition in physical performance	Course pack reading chapter 8 Instructor's lectures 33-37	1. Quiz 8 2. Exam 3
Module 9	Nutrition in childhood through adolescence	Course pack reading chapter 9 Instructor's lectures 42-50	Quiz 9
Module 10	Demographic of aging. Age-related anatomical and physiological changes.	Course pack reading chapter 10 Instructor's lectures 51-52	Quiz 10
Module 11	Nutritional considerations for older adults and elderly. Prevention of common health conditions in older adults and elderly. Malnutrition around the world	Course pack reading chapter 11 Instructor's lectures 53-60	1. Quiz 11 2. Diet analysis assignment 3. Final Exam

Academic Integrity

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

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

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

- The [Academic Integrity and Plagiarism Avoidance](#) page provides guidance to help students better understand academic integrity and includes tips on how to avoid plagiarism.
- The [Citing Sources](#) page offers guidance on how to properly cite using APA, MLA, and Chicago

styles.

- The [Artificial Intelligence Resource Guide for Students](#) provides advice for understanding and appropriately using generative artificial intelligence tools such as ChatGPT and Bard.

UMass Global's Office of Accessible Education

Students who require disability-related services or accommodations to access their educational experience can register with the Office of Accessible Education (OAE). The Office of Accessible Education (OAE) is committed to ensuring equal educational access and opportunity for all members of our academic community. Students will be provided equitable and reasonable accommodations and services that are in compliance with Section 504 of the Federal Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990 (ADA)/Americans with Disabilities Act Amendments Act of 2008 (ADAA). Registration with OAE is on a voluntary, self-identifying basis. Please visit the Office of Accessible Education (OAE) website for more information about how to register for services, eligibility requirements, and information about potential academic accommodations and services.

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

UMass Global's CARES Team

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

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

UMass Global's Title IX Statement

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

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

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

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