



UNIVERSITY OF NEVADA, LAS VEGAS
SCHOOL OF INTEGRATED HEALTH SCIENCES
DEPARTMENT OF KINESIOLOGY AND NUTRITION SCIENCES

NUTR 370 Course Syllabus

Course Information

Course Title: Lifecycle Nutrition

Course Number: NUTR 370

Session: Fall 2021

Date: August 23rd, 2021 – December 10th, 2021

Course Format: Online (*asynchronous, remote learning*)

Course Description: This course examines nutritional need and changing requirements based on normal physiology and pathophysiology of various conditions common among each life stage group, (pregnancy, lactation, infancy, preschool years, middle childhood, adolescence, adulthood, and later maturity,) as well as psychological and environmental factors that may impact these groups.

For NUTR Majors; 3 credits

Instructor Information

Instructor: Tara Laguerta, MS, RDN, LD

Email Address: Please use WebCampus mail. This is the only mail I will respond to.

Online Office Hours: Tuesday's 10am-12pm via Google Meet Web Conferencing

- Please use this [Calendly link](#) to reserve a spot and to receive a web conferencing link.

NOTE: you must schedule in Calendly at least **12 hours in advance** of your desired meeting time.

Nutrition Sciences Main Office: 702-895-4328. Location: BHS 319.

[All communication must take place through WebCampus mail.](#)

Course Text & Materials

This course requires the purchase of a [Cengage Unlimited Subscription](#) in order to get access to our custom UNLV textbook "Nutrition Through the Lifecycle," plus access to the required MindTap platform. There is no other way to gain access to our textbook and online assignments without a subscription. Follow these steps:

1. Read/watch all the resources in WebCampus under the module MindTap Link and Overview
2. Click on the MindTap link that will prompt you to login or create a Cengage account.
 - You will ALWAYS use this link to get to MindTap
3. Enter the textbook ISBN into the search tab: 1-337-91933-0 then click Add to My Home

- Note: there is NOT a Course Code to enter, just the ISBN
4. You now have access to the course eBook and MindTap platform.
 5. You can choose to rent the hardcopy textbook for an additional \$7⁹⁹.

How to Do Well in this Course

- Check WebCampus DAILY
- Use the syllabus, textbook, study guides, videos, PowerPoint slides, and support media
- Complete work on time or before the due date
- Read all emails and announcements
- Ask questions when you need assistance
- Try out MindTap access EARLY on in the course to avoid last minute problems
- Work ahead!

Course Goals and Objectives

Upon completion of the course the student will:

- Will be able to identify specific nutrient requirements and guidelines for each stage of the life cycle
- Will have a basic understanding of the biological, physiological, and biochemical fundamentals for variations in the nutrient requirements of each stage of the lifecycle
- Will have a basic understanding of the influence of nutrition on development and maintenance of processes and functions appropriate to each stage of the lifecycle
- Will be able to describe the importance of psychosocial and environmental situations and factors to nutritional status at each stage of the lifecycle
- Will gain knowledge of various available community/state/federal nutrition programs for individuals at each stage of the lifecycle
- Will be able to describe the critical role of the nutrition professional in promoting adequate nutrition and health for each stage of the lifecycle

ACEND Learning Outcomes

At the completion of the course students will have met the following ACEND Foundation Knowledge Requirements and Learning Outcomes: Core Knowledge for the RDN

- KRDN 2.7 Demonstrate identification with the nutrition and dietetics profession through activities such as participation in professional organizations and defending a position on issues impacting the nutrition and dietetics profession
- KRDN 3.2 Develop an educational session or program/educational strategy for a target population
- KRDN 3.3 Demonstrate counseling and education methods to facilitate behavior change and enhance wellness for diverse individuals and groups

Course Evaluation

Item	Total Points
Syllabus and Academic Misconduct Quiz	5
Introduction Post	5
DPND Handbook	5
MindTap Chapter Activities	95
MindTap Chapter Quizzes (<i>"Post Tests"</i>)	120
Module Discussions (8 Posts x 65 points each)	520
Preschool Project	150
Debate Project	100
Total Score:	1000

Grading Scale

A	95 – 100
A-	90 – 94
B+	87 – 89
B	84 – 86
B-	80 – 83
C+	77 – 79
C	74 – 76
C-	70 – 73
D+	67 – 69
D	64 – 66
D-	60 – 63
F	00 - 59

NOTE: Final course grades in letter format are NOT provided by the instructor. Letter grades are reported to the Registrar, where students will access them electronically. To calculate your final grade, note that it will be out of 1000 possible points.

Course Policies

- You must complete your own work on all assignments and projects. You may NOT work with another student. Violating this could result in zero points for the assignment, a failing grade in the course, suspension, and a report to the UNLV Office of Student Conduct.
- You must complete the Syllabus and Academic Misconduct Quiz which serve as the course contract between students and instructor in terms of academic misconduct policies and procedures, and serves as your first, and final, warning for academic integrity within this course.
- All due dates and times are Pacific Standard Time – be aware of this and plan accordingly if you are in a different time zone.
- Extra credit is NOT available
- Once points are issued via WebCampus for an exam, assignment, or project, students have 72 hours to ask questions about earned points. After that, points cannot be changed.
- WebCampus will NOT notify you if you miss an assignment/exam. It is your responsibility to keep track of your points earned versus the total possible for the course.
- [It is your responsibility to know all Due Dates.](#)
- Assignments are available starting at the beginning of the course and close on the Due Date

Late Submissions

Late work is not accepted in this course. However, in the event of a legitimate emergency, the instructor must be contacted within a reasonable amount of time (preferably prior to a deadline, BUT no later than 72 hours after the assignment/exam due date) and written documentation, such as a doctor's note, is required for any consideration. The note must excuse the student for the duration of the time that the assignment or exam was available. Failure to comply will result in a zero. Situations that are not considered an emergency include but are not limited to: a work conflict, thinking the assignment was due at midnight not noon, forgetting about a due date and/or an undocumented computer/IT issues/internet connectivity issues that cannot be confirmed by the OIT Helpdesk.

Modules

- At the start of the class you will only be able to view the "Welcome to Nutrition 370" Module
- After completing the *Syllabus and Academic Misconduct Quiz* + viewing the resources under the "MindTap Link and Overview," module ALL other modules will become available.

Discussion Posts

- Students will respond to a variety of questions throughout the semester via the WebCampus Discussions tab.
- You may be directed to use your textbook, video clips, or outside resources to help you answer these questions.
- Answers must be thorough, grammatically correct and with proper citations to be awarded full points.
- Some discussion posts will have the additional criteria of reading and responding to a number of your classmates' posts.
- All responses to these posts must be professional and courteous or you will be deducted points.

Assignments and Post Tests

- Always use the MindTap link from your WebCampus Modules: MindTap Link and Resources to access your MindTap homepage
- Graded assignments are indicated within MindTap. There are tons of ungraded practice assignments and quizzes that are great study tools. Make sure to utilize them!
- Most graded activities you have multiple attempts (anywhere from 3-10 depending on the style of question) to answer but there are several graded activities like Post Tests where you only have 1 attempt. It is your responsibility to read all instructions and prepare for those activities.
- Detailed instructions for the Preschool Project and Debate available on WebCampus
- **Asking Your Instructor Questions via Inbox:** make sure to include pictures or screen shots to better communicate your exact question. The instructor cannot answer technical support issues. Those should be directed to the Cengage Help resources here: <https://cengage.force.com/s/>

Computer Issues

The instructor cannot help with computer issues. Contact OIT Help Desk for assistance with passwords and access issues or visit the [OIT website](#) for helpful information regarding Web Campus computer labs, software, and browser problems.

It is your responsibility to be sure that you have a reliable internet connection and computer operating at an appropriate speed. It is suggested that you do not use a wireless connection.

Laptops can be borrowed for 4-hour increments from Lied Library. Short term borrows are available at the Front Desk. A Rebel Card is required to borrow a laptop. Note that resources are limited.

Also, UNLV has established a Technology Loan Program for students. Please go to the [Technology Loan Program website](#) to inquire about borrowing a laptop for the entire semester. Note that resources are limited.

Holidays and Furlough Days

Please note that during any official UNLV holidays or furlough days, your instructor is not expected to be grading, working on course content or available to students by email, phone, or web conferencing. Your instructor is also responsible to set the course schedule so that no due dates fall on an official UNLV holiday, thereby giving the students “time off” which they can decide whether or not to work on coursework.

UNLV Policies

Academic Misconduct

Academic integrity is a legitimate concern for every member of the University community. We all share in upholding the fundamental values of honesty, trust, respect, fairness, responsibility, and professionalism. By choosing to join the UNLV community, students accept the expectations of the Student Academic Misconduct Policy, and are encouraged to always take the ethical path whenever faced with choices. Students enrolling at UNLV assume the obligation to conduct themselves in a manner compatible with UNLV's educational mission. An example of academic misconduct is plagiarism. Plagiarism is using the words or ideas of another person, from the Internet or any other source without proper citation of the source(s). See the [Student Conduct Code](https://www.unlv.edu/studentconduct/student-conduct), <https://www.unlv.edu/studentconduct/student-conduct>.

Auditing a Course

Auditing a course allows a student to continue attending the lectures and/or laboratories and discussion sessions associated with the course, but the student will not earn a grade for any component of the course. Students who audit a course receive the same educational experience as students taking the course for a grade, but will be excused from exams, assessments, and other evaluative measures that serve the primary purpose of assigning a grade.

Classroom Conduct

Students have a responsibility to conduct themselves in class and in the libraries in ways that do not interfere with the rights of other students to learn, or of instructors to teach. Use of devices such as cellular phones and pagers, or other potentially disruptive activities are only permitted with the prior explicit consent of the instructor. Students are specifically prohibited to record classes without instructor authorization, including online/remote classes (either audio only, or video and audio). The instructor may rescind permission at any time during the class. If a student does not comply with established requirements or obstructs the functioning of the class, the instructor may initiate an administrative withdrawal of the student from the course.

Since the COVID-19 pandemic forced some instruction to be delivered remotely starting in Spring 2020, numerous students have asked instructors to record their synchronous classes, so that they can access them at their convenience. Instructors who agree to record their classes (audio only, or video and audio) should inform students in advance. Recorded lectures may not be broadly released to anyone, but made available exclusively to those students enrolled in the class during the particular academic term. Recorded lectures must be stored securely, and are subject to the Nevada System of Higher Education's Records Retention Policy, meaning that the recordings can only be deleted 120 days after the end of class (i.e., after grades are posted). Once this requirement is met, the recordings should be deleted. Class recordings are protected from disclosure, as they are deemed part of an educational record under the Family Educational Rights and Privacy Act (FERPA).

Copyright

The University requires all members of the University Community to familiarize themselves with, and to follow copyright and fair use requirements. You are individually and solely responsible for violations of copyright and fair use laws. The University will neither protect nor defend you, nor assume any responsibility for student or employee violations of fair use laws. Violations of copyright laws could subject you to federal and state civil penalties and criminal liability, as well as disciplinary action under University policies. Additional [copyright policy information](#) is available

at <https://www.unlv.edu/provost/copyright>.

Disability Resource Center (DRC)

The [UNLV Disability Resource Center](https://www.unlv.edu/drc) (Student Services Complex, SSC-A, Room 143, <https://www.unlv.edu/drc>, telephone 702-895-0866) provides resources for students with disabilities. Students who believe that they may need academic accommodations due to a permanent disability, temporary or permanent medical need, or academic support due to pregnancy are encouraged to contact the DRC as early as possible in the academic term. A Disabilities Specialist will discuss what options may be available to you. Students who are already registered with the DRC should request their accommodations online each semester, and make an appointment to discuss their accommodations with their instructors.

Final Examinations

The University requires that final exams given at the end of a course occur on the date and at the time specified in the Final Exam schedule. The Final Exam schedule is typically available at the start of the semester, and the classroom locations are available approximately one month before the end of the semester. See the [Final Exam Schedule](https://www.unlv.edu/registrar/calendars), <https://www.unlv.edu/registrar/calendars>.

Identity Verification in Online Courses

All UNLV students must use their Campus-issued ACE ID and password to log in to WebCampus-Canvas.

UNLV students enrolled in online or hybrid courses are expected to read and adhere to the [Student Academic Misconduct Policy](https://www.unlv.edu/studentconduct/misconduct/policy), <https://www.unlv.edu/studentconduct/misconduct/policy>, which states that “acting or attempting to act as a substitute for another, or using or attempting to use a substitute, in any academic evaluation or assignment” is a form of academic misconduct. Intentionally sharing ACE login credentials with another person may be considered an attempt to use a substitute, and could result in investigation and sanctions, as outlined in the Student Academic Misconduct Policy.

UNLV students enrolled in online courses are also expected to read and adhere to the [Acceptable Use of Computing and Information Technology Resources Policy](https://www.it.unlv.edu/policies/acceptable-use-computing-and-information-technology-resources-policy), <https://www.it.unlv.edu/policies/acceptable-use-computing-and-information-technology-resources-policy>, which prohibits sharing university accounts with other persons without authorization.

To the greatest extent possible, all graded assignments and assessments in UNLV online courses should be hosted in WebCampus-Canvas or another UNLV-managed platform that requires ACE login credentials for access.

Incomplete Grades

The grade of “I” (Incomplete) may be granted when a student has satisfactorily completed three-fourths of course work for that semester/session, but cannot complete the last part of the course for reason(s) beyond the student’s control and acceptable to the instructor, and the instructor believes that the student can finish the course without repeating it. For undergraduate courses, the incomplete work must be made up before the end of the following regular semester. Graduate students receiving “I” grades in 500-, 600-, or 700-level courses have up to one calendar year to complete the work, at the discretion of the instructor. If course requirements are not completed within the period indicated, a grade of “F” will be recorded, and the student’s GPA will

be adjusted accordingly. Students who are fulfilling an Incomplete grade do not register for the course, but make individual arrangements with the instructor who assigned the "I" grade.

Library Resources

Librarians are available to consult with students on research needs, including developing research topics, finding information, and evaluating sources. To make an appointment with a subject expert for this class, please visit the [Libraries' Research Consultation](https://guides.library.unlv.edu/appointments/librarian) website, <https://guides.library.unlv.edu/appointments/librarian>. You can also [ask the library staff](https://ask.library.unlv.edu/) questions via chat and text message at <https://ask.library.unlv.edu/>.

Missed Classwork

Any student missing class, quizzes, examinations, or any other class or laboratory work because of observance of religious holidays will be given an opportunity during that semester to make up the missed work. The make-up opportunity will apply to the religious holiday absence only. It is the responsibility of the student to notify the instructor within the first 14 calendar days of the course for Fall and Spring courses (except for modular courses), or within the first 7 calendar days of the course for Summer and modular courses, of their intention to participate in religious holidays which do not fall on state holidays or periods of class recess. For additional information, please visit the Missed Classwork policy, under Registration Policies, on the [Academic Policies](https://catalog.unlv.edu/content.php?catoid=32&navoid=8271&hl=) webpage, <https://catalog.unlv.edu/content.php?catoid=32&navoid=8271&hl=>.

In accordance with the policy approved by the Faculty Senate regarding missed class time and assignments, students who represent UNLV in any official extracurricular activity will also have the opportunity to make up assignments, provided that the student submits official written notification to the instructor no less than one week prior to the missed class(es).

The spirit and intent of the policy for missed classwork is to offer fair and equitable assessment opportunities to all students, including those representing the University in extracurricular activities. Instructors should consider, for example, that in courses which offer a "Drop one" option for the lowest assignment, quiz, or exam, assigning the student a grade of zero for an excused absence for extracurricular activity is both contrary to the intent of the Faculty Senate's policy, and an infringement on the student's right to complete all work for the course.

This policy will not apply in the event that completing the assignment or administering the examination at an alternate time would impose an undue hardship on the instructor or the University that could be reasonably avoided. There should be a good faith effort by both the instructor and the student to agree to a reasonable resolution. When disagreements regarding this policy arise, decisions can be appealed to the Department Chair/School Director, College/School Dean, and/or the Faculty Senate Academic Standards Committee.

For purposes of definition, extracurricular activities may include, but are not limited to academic recruitment activities, competitive intercollegiate athletics, fine arts activities, liberal arts competitions, science and engineering competitions, and any other event or activity sanctioned by a College/School Dean, and/or by the Executive Vice President and Provost.

Rebelmail

Rebelmail is UNLV's official email system for students and by University policy, instructors and staff should only send emails to students' Rebelmail accounts. Rebelmail is one of the primary ways in which students receive official University communications, information about deadlines,

major Campus events, and announcements. All UNLV students receive a Rebelmail account after they have been admitted to the University. Sending emails within WebCampus-Canvas is also acceptable.

Tutoring and Coaching

The Academic Success Center (ASC), at the Claude I. Howard Building, provides tutoring, academic success coaching, and other academic assistance for all UNLV undergraduate students. For information regarding tutoring subjects, tutoring times, and other ASC programs and services, please visit the [ASC website](https://www.unlv.edu/asc), <https://www.unlv.edu/asc>, or call 702-895-3177. The ASC is located across from the Student Services Complex (SSC). Academic success coaching is located on the second floor of SSC A, Room 254. Drop-in tutoring is located on the second floor of the Lied Library, and on the second floor of the College of Engineering building (TBE A 207).

UNLV Writing Center

One-on-one or small group assistance with writing is available free of charge to UNLV students at the [Writing Center](https://writingcenter.unlv.edu/), <https://writingcenter.unlv.edu/>, located in the Central Desert Complex, Building 3, Room 301 (CDC 3–301). Walk-in consultations are sometimes available, but students with appointments receive priority assistance. Students may make appointments in person or by calling the Center, telephone 702-895-3908. Students are requested to bring to their appointments their Rebel ID Card, a copy of the instructions for their assignment, and two copies of any writing they have completed on their assignment.

Diversity Statement

As an institution of higher learning, UNLV represents a rich diversity of human beings among its faculty, staff, and students, and is committed to aspiring to maintain a Campus environment that values that diversity. Accordingly, the University supports understanding and appreciation of all members of its community, regardless of race, sex, age, color, national origin, ethnicity, creed, religion, disability, sexual orientation, gender, gender identity, marital status, pregnancy, genetic information, veteran status, or political affiliation. Please see [University Statements and Compliance](https://www.unlv.edu/about/statements-compliance), <https://www.unlv.edu/about/statements-compliance>.

A successful learning experience requires mutual respect and trust between the students and the instructor. Accordingly, the instructor asks that students be willing to listen to one another's points of view, acknowledging that there may be disagreements, keep discussion and comments on topic, and use first person, positive language when expressing their perspectives.

Contract

This syllabus is a contract between the student and the instructor. By enrolling in this course, it is assumed and implied that the student understands that they are obliged to follow all of the requirements and rules set forth in this document.

Final Note

The instructor reserves the right to modify this syllabus at any point during the semester.

**Ask questions, use the materials that have been provided and complete work on time!
Good luck and enjoy!**

TENTATIVE COURSE OUTLINE FOR NUTR 370

This course is considered *asynchronous* meaning that you are not required to login at any particular time during the week to complete your work. The work for each module must be completed by the due date.

Weekly WebEx meetings will take place every Thursday at 1:30am and are **optional**. They will be recorded and posted within 48 hours of the meeting time.

All Assignments are open to work on starting the first day of class. No late work is accepted.

Module	Dates	Topic	Activities/Assessments Due
1	<i>Course Opens Aug 23rd</i> 8/23 – 9/5	Introduction to the Course Read/watch all WebCampus Intro materials 2-3: Preconception Nutrition	Thu, Aug 26 th , 1pm: Introduction Discussion Post Syllabus/Academic Misconduct Quiz Sign/submit your Student Handbook Thu, Sept 2 nd , 1pm: Module 1 Discussion All MindTap Assignments
2	9/6 – 9/19	Ch. 4-5: Nutrition During Pregnancy	Thu, Sept 9 th , 1pm: Module 2 Discussion Thu, Sept 16 th , 1pm: All MindTap Assignments
3	9/20 – 10/3	Ch. 6-7: Nutrition During Lactation	Thu, Sept 23 rd , 1pm: Module 3 Discussion Thu, Sept 30 th , 1pm: All MindTap Assignments
4	10/4 – 10/17	Ch. 8-9: Infant Nutrition	Thu, Oct 7 th , 1pm: Module 4 Discussion Thu, Oct 14 th , 1pm: All MindTap Assignments
5	10/18 – 10/31	Ch. 10-11: Toddler and Preschool Nutrition	Thu, Oct 21 st , 1pm: Module 5 Discussion Thu, Oct 28 th , 1pm: All MindTap Assignments

6	11/1 – 11/14	Ch. 12-13: Child and Preadolescent Nutrition	<p>Thu, Nov 4th, 1pm: Module 6 Discussion</p> <p>Thu, Nov 11th, 1pm: Preschool Project All MindTap Assignments</p>
7	11/15 – 11/28	Ch. 14-15: Adolescent Nutrition	<p>Thu, Nov 18th, 1pm: Module 7 Discussion</p> <p>Wed, Nov 24th, 1pm: All MindTap Assignments</p>
8	11/29 – 12/10	Ch. 18-19: Nutrition and Older Adults	<p>Thu, Dec 2nd, 1pm: Module 8 Discussion Debate: Research Paper & Brochure</p> <p>Thu, Dec 9th, 1pm All MindTap Assignments Debate: Review & Class Vote</p>