

Grading and Course Requirements for APSM Nutrition 3351, Spring 2012

Annette Caldwell Simmons School of Education and Human Development

Department of Applied Physiology and Wellness

Spring 2012, Mondays and Wednesdays at 12:30-1:50 p.m., 2nd floor of Simmons Hall, Room #225

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Office hours: by appointment only

Required Texts:

1. *Nutrition-An Applied Approach* (Thompson and Manore), Third Edition, 2012. Publishers Pearson, Benjamin Cummings, ISBN13:978-0-321-69664-9 (student edition). Must purchase current edition, we use it in class.
2. "My Diet Analysis 5.0". It is a software program to analyze your diet. They will be on the Barnes and Noble SMU bookstore shelf under APSM 3351.

Course Description:

This course provides an examination of the role that nutrition plays in health and optimal functioning. The impact of nutrition on obesity, heart disease, stroke, certain cancer, and specific populations are considered. The existing evidence based research will be explored along with directions for the future.

Course Objectives:

The students will:

- identify the central role that nutrition plays in health and function.
- explain the increasing rate of nutrition-related discoveries.
- analyze one's own individual eating plan in regards to macro and micronutrient distributions and requirements.
- understand the related research to be able to critically judge the validity of any nutritional claim.
- prescribe effective nutritional and dietary plans
- identify evidence-based practices in the area of nutrition.

Grading Criteria:

15%- three reports. Everyone will be assigned a ***journal research article report**, you might be presenting this report to the class related to the chapter we are covering from the text. The **other 2 reports** will include the following possibilities: a **Tuft's report**, a **website review**, a **nutrition debate**, a **healthy snack review** or an **In Depth analysis** from

the text. Everyone will be assigned 2 different ones out of the 4 possibilities. This will be instructor's pick! Each will be worth 5 points.

*Research article reports: contact Evelyn Day (214-768-3743) or eday@smu.edu. at the Fondren Library. She can help you to find these journals on line or in the library. She is a research librarian. If SMU doesn't have them, there is intra-library loan. She will explain.

10%-one report (worth 10 points) of My Diet Analysis- of one day, use online password from My diet Analysis packet. Turn in hard copy following rubric guidelines to Dr. Jacobs. **See due date on course schedule** .

75% = 4 tests

Test one= Chapters One, Two and Three, 10%

Test two = Chapters Four and Five, 20%

Test three = Chapters Six, Seven and Eight, 20 %

Test four = Chapters 9, 10,11,12,13, Final Exam Day 25 %

3 possible points added to final calculated grade, see attendance policy below!

(Official exam week) 4th test official exam week!

On time with assignments! For all assigned written homework and diet analysis print outs; **one point will be taken off every day it is late** and after five days, automatic 0 points off that specific assignment. This includes weekends. **Being absent or sick will not be excused** for late assignments. Arrange for someone to turn it in for you or turn it in ahead of time. All assignments must be turned in on the date listed in the syllabus. If an absence is unavoidable, the student is responsible making arrangements to have the assignment delivered on time by another student. Computer/printer failures are not acceptable reasons for late assignments.

Re-grade Policy

Students wishing to have the credit awarded on an assignment or test reconsidered, have the option to do so. Re-grade requests must be made within one class period of the return of the test or assignment to the student. The full assignment or test will be re-graded and results, either positive or negative will be binding. Requests not made within one class of student receipt will not be considered.

Grade Scale:

| | |
|------------|--------------|
| 94-100 = A | 90-93 = A- |
| 87-89 = B+ | 84-86 = B |
| 80-83 = B- | 77-79 = C + |
| 74-76 = C | 70-73 = C- |
| 67-69 = D+ | 64-66 = D |
| 60-63 = D- | Below 60 = F |

Attendance Policy:

For any missed class, including excused absences; students are required to submit a journal report (use only journals recommended) following the format required for journal reports required (see rubric). This journal report is to be completed within one week of returning to class following the absence. A counted/official absence will be accrued only for those classes missed without subsequent timely completion of the journal report. Deductions of points from the 3 possible points added to overall grade will occur in accordance with the following rubric:

Attendance: 0-2 absences = 0 points taken away from the possible 3 points; 3-4 absences= 2 points taken away from the 3; >4 absences = all 3 points taken away.

Professionalism: 100% punctual attendance is expected. Students are expected to be prepared for class. **All electronic devices are to be off during class.** Students are responsible for checking SMU e-mail on a daily basis for messages from the university or from professor. **E-mail responses are expected when professor sends you a personal e-mail!!!!**

Quality of Work: All written work must be typed and must meet the high quality standards expected of an outstanding student and future professional.

Requests for Help with Assignments: Students should feel free to talk to the instructor or teaching assistant, or email the instructor about any assignment. However, the student should always make an effort to begin the assignment before asking for help. **E-mailing the instructor the night before a long-term assignment or a major test is due is not an optimal time for questions.**

Requests for Grades of Incomplete: Consult the University Catalog for policies regarding grades of Incomplete.

- Disability Accommodations: Students needing academic accommodations for a disability must first be registered with Disability Accommodations & Success Strategies (DASS) to verify the disability and to establish eligibility for accommodations. Students may call 214-768-1470 or visit <http://www.smu.edu/alec/dass.asp> to begin the process. Once registered, students should then schedule an appointment with the professor to make appropriate arrangements. (See University Policy No. 2.4; an attachment describes the DASS procedures and relocated office.)
- Religious Observance: Religiously observant students wishing to be absent on holidays that require missing class should notify their professors in writing at the beginning of the semester, and should discuss with them, in advance, acceptable ways of making up any work missed because of the absence. (See University Policy No. 1.9.)
- Excused Absences for University Extracurricular Activities: Students participating in an officially sanctioned, scheduled University extracurricular activity should be given the opportunity to make up class assignments or other graded assignments missed as a result of their participation. It is the responsibility of the student to make arrangements with the instructor prior to any missed scheduled examination or other missed assignment for making up the work. (University Undergraduate Catalogue)

