

# Mayville State University

## HPER 222, Nutrition

Spring 2025

3 credit hours

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### Course and Instructor Information

**Instructor Name:** Ryan Rodriguez

**Email:** ryan.rodriguez@mayvillestate.edu

**Phone:**

**Office Location:** FH 130

**Hours of Availability:** *meetings by appointment*

**Instruction Mode:** In-Person / Online

**Time Zone (Online Courses):** All times indicated throughout this syllabus reflect Central Time (CT).

**Meeting Times and Location:** 1pm – 1:50pm MWF, FH 111

### Course Description

Study the basic principles of nutrition and current nutritional facts. Examination will also include meeting nutritional needs in society and throughout the lifecycle.

No Pre-/Co-requisites are required.

To successfully complete this course, the learner will be expected to meet the following objectives, as aligned to Health Education Program Approval Standards through North Dakota's Education Standards and Practices Board ([ND ESPB](#)).

### Course Objectives

At the conclusion of this course, you will be able to:

1. Apply nutrition concepts to evaluate and improve the individual health and the nutritional health of communities.
2. Apply food principles to food and nutritional systems.
3. Summarize health promotion and disease prevention theories and guidelines and explain the role of food in promotion of a healthy lifestyle.
4. Define, explain, and apply nutritional concepts.

### Standards Alignment (Health Education Program Approval Standards-[ND ESPB](#)):

- 18015.1 Content Knowledge-Component 1.a: Candidates demonstrate knowledge acquisition in multiple health content areas.
- 18015.1 Content Knowledge-Component 1.b: Candidates describe the theoretical foundations of human development, learning and health behavior.

## Required/Recommended Materials and Technologies

Thompson, J. and Manore, M. (2018). *Nutrition: An Applied Approach 5<sup>th</sup> Edition*. San Francisco, CA: Pearson Education Inc.

## Course Expectations

### **Instructor/Student Communication**

Students are accountable for all academic communications sent to their MSU email address.

- 1) You are accountable for all academic communications sent to their MSU email address.
- 2) You will communicate with instructor via email or phone and scheduling meeting times if necessary. Check your email, DAILY.
- 3) Emails sent to the instructor are welcomed any weekday. Instructor will respond within 24 hours or sooner unless a weekend or holiday.
- 4) Check “announcements” sections, daily in blackboard, as I use that as a form of communication to the entire class.

### **Assignments and Assessments**

- Assignments
- Discussions
- Presentations
- Quizzes
- Exams

## Method of Evaluation/Grading

- All class activities should be completed by the listed due dates. If you are unable to complete an assignment or exam by the due date, please contact me immediately. We will work together to find a solution.
- You must complete all exams; an uncompleted exam will result in a full letter grade reduction in your final grade.

### **Grading Policies**

Late work accepted for partial credit.

### **Grading Scale**

A = 90%

B = 80%

C = 70%

D = 60%

F = below 60%

### **Breakdown of Grades**

Quizzes: 5 points each

Assignments/discussions: 50 points each

Exams: 100 points each

Final project: 100 points

## Enrollment Verification

### On-Campus Course Statement

The U.S. Department of Education requires instructors to conduct an activity which will validate student enrollment in this course. Class attendance will be used to verify enrollment in on-campus courses. If you do not attend, your enrollment in this course will be at risk.

### Online Course Statement

The U.S. Department of Education requires instructors of online courses to provide an activity which will validate student enrollment in this course. The only way to verify that a student has been in this course is if he or she takes an action in the LMS, such as completing an assignment or a taking a quiz. Logging into the LMS is **NOT** considered active course participation. Please complete the designated enrollment verification activity by the date indicated. If it is not complete your enrollment in this course will be at risk.

## Proctor Notification

No proctors are required for this course or this course will use YuJa Proctoring.

## Important Student Information

Navigate to Blackboard > MaSU tab > Student Resources tab to find a document entitled, "Important Student Information," which includes information about:

- ✓ Academic Grievance Concerns and Instructor English Proficiency
- ✓ Starfish - Student Success System
- ✓ Students with Documented Disabilities
- ✓ Student Learning Outcomes / Essential Learning Outcomes
- ✓ Academic Honesty
- ✓ Emergency Notification
- ✓ Continuity of Academic Instruction for a Pandemic or Emergency
- ✓ Family Educational Rights and Privacy Act of 1974 (FERPA)
- ✓ Diversity Statement (Title IX)

## Course Schedule: \*subject to change\*

| Date          | Schedule                          | Assignment    |
|---------------|-----------------------------------|---------------|
| 1/13/2025     | No Class                          |               |
| 1/15/2025     | Introduction / Syllabus Overview  |               |
| <b>Unit 1</b> |                                   |               |
| 1/17/2025     | Nutrition Basics                  |               |
| 1/20/2025     | NO Classes – MLK Day              | Quiz #1       |
| 1/22/2025     |                                   |               |
| 1/24/2025     |                                   |               |
| 1/27/2025     |                                   | Quiz #2       |
| 1/29/2025     | Digestion & Absorbtion            |               |
| 1/31/2025     | Digestion & Absorbtion - cont'd   | Quiz #3       |
| 2/3/2025      | Unit 1 Review                     |               |
| 2/5/2025      | Unit 1 Exam                       |               |
| 2/7/2025      | Exam Review                       |               |
| <b>Unit 2</b> |                                   |               |
| 2/10/2025     | Case Study                        | Assignment #1 |
| 2/12/2025     | Carbohydrates                     |               |
| 2/14/2025     | Carbohydrates - cont'd            | Quiz #4       |
| 2/17/2025     | Fats                              |               |
| 2/19/2025     | Fats - cont'd                     | Quiz #5       |
| 2/21/2025     | Protein                           |               |
| 2/24/2025     | Protein - cont'd                  | Quiz #6       |
| 2/26/2025     | Macronutrients Metabolism         |               |
| 2/28/2025     | Macro Metabolism - cont'd         | Quiz #7       |
| 3/3/2025      | Unit 2 Review                     |               |
| 3/5/2025      | Unit 2 Exam                       |               |
| 3/7/2025      | Exam Review                       |               |
| <b>Unit 3</b> |                                   |               |
| 3/10/2025     | Case Study                        | Assignment #2 |
| 3/12/2025     | Water & Alcohol                   | Quiz #8       |
| 3/14/2025     | Body Composition & Energy Balance | Quiz #9       |
| 3/17/2025     | Micronutrients (Vitamins)         |               |
| 3/19/2025     | Micronutrients (Minerals)         | Quiz#10       |
| 3/21/2025     | Unit 3 Review                     |               |
| 3/24/2025     | Unit 3 Exam                       |               |
| 3/26/2025     | Exam Review                       |               |
| 3/28/2025     | No Class                          |               |
| 3/31/2025     | No Class                          |               |
| <b>Unit 4</b> |                                   |               |
| 4/2/2025      | Case Study                        | Assignment #3 |
| 4/4/2025      | Sports Nutrition                  | Quiz #11      |
| 4/7/2025      | Pregnancy & Lactation             | Quiz #12      |
| 4/9/2025      | Food Systems & the Enviroment     | Quiz #13      |
| 4/11/2025     | Diets & Health                    | Quiz #14      |

|           |                                 |               |
|-----------|---------------------------------|---------------|
| 4/14/2025 | Unit 4 Review                   |               |
| 4/16/2025 | Unit 4 Exam                     |               |
| 4/18/2025 | Thanksgiving Break - No Classes |               |
| 4/21/2025 |                                 |               |
| 4/23/2025 | Exam Review                     |               |
| 4/25/2025 | Case Study                      | Assignment #4 |
| 4/28/2025 | Group Presentations             |               |
| 4/30/2025 | Group Presentations             |               |
| 5/2/2025  | Final exam Review               |               |
| 5/5/2025  | Final Exam Review               |               |
| 5/7/2025  |                                 |               |
| 5/9/2025  |                                 |               |
| 5/12/2025 | Finals Week                     |               |
| 5/14/2025 | Finals Week                     |               |
| 5/16/2025 | Finals Week                     |               |