**Course Outline:** This course is about a holistic approach to nutrition and well-being. It will include the integration of physiology, socio-economic, ethnic practices, fitness practices, and spiritual beliefs with nutrition. It also gives introductory level information on nutritional interventions for certain medical conditions.

**Students Learning Objectives:**

**On completion of this course, students will be able to**

CO1. Identify appropriately the interaction of different metabolic functions within the body to macro and micro nutrients and its implication in health and disease.

CO2. Comprehend a holistic approach to manage health and well being.

CO3. Identify the different socio economic conditions related to nutritional choices and healthy living choices.

CO4. Examine different traditional medicines and their influence in health and disease.

CO5. Identify different herbal and alternative medicines and their influence in health and disease.

CO6. Recognize different fitness practices and demonstrate two forms of fitness activities.

CO7. Identify Real Food and their health benefits.

CO8. Identify different spiritual beliefs from a nutritional point of view.

**Required textbooks:**

2. Integrative nutrition by Joshua Rosenthal. [www.integrativenutrition.com](http://www.integrativenutrition.com) - ebook

**Other resources:**

Information related to the technical aspects of this course please refer to Blackboard support.

1. Journal: Alternative and Complementary Therapies, Clinical Editor: Robert Rountree, MD. ISSN: 1076-2809 • Online ISSN: 1557-9085 • Published Bimonthly
Grading Policies
Your course grade will be determined as follows:

- Participation quizzes: 15 pts
- End of week Exam: 175 pts
- Final Exam: 150 pts
- Assignments: 150 pts
- Discussion: 10 pts
- Total: 500 pts

The point range for each grade is given below:

- 90-100 (450-500) A
- 80-89 (400-449) B
- 70-79 (350-399) C
- $ 70 F

You need to get 75% to pass

Participation: There will be quizzes at the end of the PowerPoint presentation and/or viewing video clips and/or after the reading activity and sofchalk lessons assigned for the week.

Quizzes and final exams will be online and will be open for 23 hrs, beginning at 1:00 AM noon till 11:59 PM on the day of the quiz or exams.

**Respondus lockdown browser** should be downloaded in your computer to take the tests online. The instructions for downloading Respondus is in Blackboard. You can also get help from COLTT –

**Office Hours** Monday - Friday, 7:30 a.m. - 6:00 p.m.

**Location**
- Brownsville Campus: Rusteberg 108. (956) 882-6792

Submit a Ticket: utrgv.edu/colthelp

Website: www.utrgv.edu/online

**Quiz:** Each quiz will have 20 questions to be answered in 20 minutes. There will be 7 quizzes for 10 pts each.

**Exams:** Final exam will be comprehensive. There will be 100 questions and 100 minutes to answer them.

**Discussions:** will be posted every week. Participating in the discussion will count towards the grade.

**Assignments:** There will be six assignments to be submitted. Have to be submitted at due date and time.

QUESTIONS FOR THE QUIZ AND EXAMS WILL INCLUDE MULTIPLE CHOICE, TRUE OR FALSE AND MATCH THE FOLLOWING.
**Calendar of Activities (Tentative)**

<table>
<thead>
<tr>
<th>Weeks</th>
<th>Topic/Activities</th>
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| **Week 1**  
(Jan 3rd – Jan 9th) | Interaction of different metabolic functions within the body to macro and micro nutrients and their implication in health  
Jan 8th | Quiz 1 to be completed by 11:59 PM  
Jan 9th | Exam 1 to be completed by 11:59 PM  
Assignment 1 due at 11:59 PM  |
| **Week 2**  
(Jan 10th – Jan 16th) | Different socio economic conditions that are related to nutritional choices  
Jan 15th | Quiz 2 to be completed by 11:59 PM  
Jan 16th | Exam 2 to be completed by 11:59 PM  
Assignment 2 due at 11:59 PM  |
| **Week 3**  
(Jan 17th – Jan 23rd) | Different traditional medicines and their influence in health and disease  
Jan 23rd | Quiz 3 to be completed by 11:59 PM  
Jan 24th | Exam 3 to be completed by 11:59 PM  
Assignment 3 due at 11:59 PM  |
| **Week 4**  
(Jan 24th – Jan 30th) | Different herbal medicines and their influence in health and disease.  
Jan 29th | Quiz 4 to be completed by 11:59 PM  
Jan 30th | Exam 4 to be completed by 11:59 PM  
Assignment 4 due at 11:59 PM  |
| **Week 5**  
(Jan 31st – Feb 6th) | Introduction to different fitness and alternative practices  
Feb 5th | Quiz 5 to be completed by 11:59 PM  
Feb 6th | Exam 5 to be completed by 11:59 PM  
Assignment 5 due at 11:59 PM  |
| **Week 6**  
(Feb 7th – Feb 13th) | Real food and physical activity  
Feb 15th | Assignment 6 (submit videos) due by 11:59 PM  |
| **Week 7**  
(Feb 14th – Feb 20th) | Spiritual beliefs and nutrition  
Feb 19th | Quiz 7 to be completed by 11:59 PM  
Feb 20th | Exam 7 to be completed by 11:59 PM  |

**FEB 21st**  
FINAL EXAM to be completed by 11:59 PM
Procedures:
1. Participation and completion of reviewing materials is expected of you.
2. Netiquette is internet etiquette, or a set of expectations that describe appropriate behaviors when interacting online. It is important to understand that you will be held to the exact same standards of students taking a face-to-face course. In fact, for 100% online courses, your online classroom behavior may be the only interaction you have with your faculty and classmates, therefore making your netiquette even more important. Remember, you only get to make a first impression once, irrespective of the course delivery method.
3. Be professional: Maintain a high level of professionalism with your classmates and the Instructor.
4. Be courteous: You only get one chance for an online first impression. Make it count. Do not say or do anything in an online classroom that you would not do in a face-to-face classroom. This includes not “YELLING” (typing in all caps), not “flaming” (attacking someone, such as insults and name-calling), and/or not dominating the discussion.
5. Be a good classmate: Remember your own role as a student. Follow your instructor's directions at all times. Be authentic and collaborative with fellow students. Be aware of cyberbullying and make every attempt to eliminate it. Appreciate the diversity and different communication styles of your peers. Remember, since this class is online, you may have classmates from all over the world.
6. Cheating of any kind will not be tolerated.
7. Plagiarism is a serious form of academic dishonesty which may result in severe penalties. Plagiarism occurs when a person passes off someone’s work as his or her own. This can range from failing to cite an author from different sources (publications of all kinds including websites) to handing in paper downloaded from the internet. More information about this is available in the ‘UTPA Handbook of Operating Procedures Section 5.5.2 Student Conduct Code’.
8. Any student who misses 2 quizzes or more will be dropped from the course.
9. Please pay close attention to the announcements for the course. Complete the tests, discussion and assignments on time.

Inappropriate communication (online, offline or personal), cheating or plagiarism will not be tolerated and will be referred to the Dean of Students.

Other Course Information:

a) Policy for makeup exams/quiz:
   i) If you know you will be absent for a test, you must contact me at least one week in advance to make arrangements to take the test at another time.
   ii) If you can provide written documentation of a medical or other emergency, on the day of the test, I will consider a make-up test.
   iii) If there is a problem with the quizzes and exams, you need to contact me immediately. I will not entertain any complaints after the quiz or exam time.
   iv) A grade of zero will be entered for missed tests/assignments/discussion board.

Suggestions for success:
- Read and view all the materials for the week.
- Attend and submit all the tests, discussion and assignment.
UTRGV Policy Statements

STUDENTS WITH DISABILITIES:
If you have a documented disability (physical, psychological, learning, or other disability which affects your academic performance) and would like to receive academic accommodations, please inform your instructor and contact Student Accessibility Services to schedule an appointment to initiate services. It is recommended that you schedule an appointment with Student Accessibility Services before classes start. However, accommodations can be provided at any time. **Brownsville Campus**: Student Accessibility Services is located in Cortez Hall Room 129 and can be contacted by phone at (956) 882-7374 (Voice) or via email at accessibility@utrgv.edu. **Edinburg Campus**: Student Accessibility Services is located in 108 University Center and can be contacted by phone at (956) 665-7005 (Voice), (956) 665-3840 (Fax), or via email at accessibility@utrgv.edu.

MANDATORY COURSE EVALUATION PERIOD:
Students are required to complete an ONLINE evaluation of this course, accessed through your UTRGV account (http://my.utrgv.edu); you will be contacted through email with further instructions. Email notifications will be sent to students when online evaluations are open. Students who complete their evaluations will have priority access to their grades.

ATTENDANCE:
Students are expected to attend all scheduled classes and may be dropped from the course for excessive absences. UTRGV’s attendance policy excuses students from attending class if they are participating in officially sponsored university activities, such as athletics; for observance of religious holy days; or for military service. Students should contact the instructor in advance of the excused absence and arrange to make up missed work or examinations.

SCHOLASTIC INTEGRITY:
As members of a community dedicated to Honesty, Integrity and Respect, students are reminded that those who engage in scholastic dishonesty are subject to disciplinary penalties, including the possibility of failure in the course and expulsion from the University. Scholastic dishonesty includes but is not limited to: cheating, plagiarism, and collusion; submission for credit of any work or materials that are attributable in whole or in part to another person; taking an examination for another person; any act designed to give unfair advantage to a student; or the attempt to commit such acts. Since scholastic dishonesty harms the individual, all students and the integrity of the University, policies on scholastic dishonesty will be strictly enforced (Board of Regents Rules and Regulations and UTRGV Academic Integrity Guidelines). All scholastic dishonesty incidents will be reported to the Dean of Students.

SEXUAL HARASSMENT, DISCRIMINATION, and VIOLENCE:
In accordance with UT System regulations, your instructor is a “responsible employee” for reporting purposes under Title IX regulations and so must report any instance, occurring during a student’s time in college, of sexual assault, stalking, dating violence, domestic violence, or sexual harassment about which she/he becomes aware during this course through writing, discussion, or personal disclosure. More information can be found at www.utrgv.edu/equity, including confidential resources available on campus. The faculty and staff of UTRGV actively strive to provide a learning, working, and living environment that promotes personal integrity, civility, and mutual respect in an environment free from sexual misconduct and discrimination.

COURSE DROPS:
According to UTRGV policy, students may drop any class without penalty earning a grade of DR until the official drop date. Following that date, students must be assigned a letter grade and can no longer drop the class. Students considering dropping the class should be aware of the “3-peat rule” and the “6-drop” rule so they can recognize how dropped classes may affect their academic success. The 6-drop rule refers to Texas law that dictates that undergraduate students may not drop more than six courses during their undergraduate career. Courses dropped at other Texas public higher education institutions will count toward the six-course drop limit. The 3-peat rule refers to additional fees charged to students who take the same class for the third time.