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Online – eCollege (<http://onlinelearning.rutgers.edu/ecollege>)
Department of Nutritional Sciences

Fall 2015 Online
Index # 07233/10724
SEBS – Rutgers University

Instructor

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Office Hours: Virtual

All correspondence with the Instructor will be conducted online. Announcements with important information about the course and course deadlines will be posted on the course homepage frequently.

- It is important to check for new announcements each time you log onto the course.
- If you want to contact the instructor, you can do so through the online office or through direct email (abbot@dceo.rutgers.edu).
- The online office (located under the course home tab) is the ideal place to post general course questions. If you have a more personal concern/question please contact the instructor privately.
- If an email is received during the week (Monday -Thursday), a reply will be given within 24 hours. If an email is received in the afternoon on Friday or over the weekend, a reply will be given the following Monday before noon. Please include your full name in ALL email correspondence. *If you do not receive an email within these time frames, please send the email again.*

Prerequisites

None

Course Description

Introductory nutrition. Nutrients and their functions in the human body throughout the life cycle.

Required Text

Byrd-Bredbenner, Moe, Beshgetoor, Berning; Wardlaw's Perspectives in Nutrition. 9th Edition. McGraw-Hill, 2012. Available from online bookstores (Amazon, Barnes and Noble).

Learning objectives

After taking this course, students will:

1. Identify consumer concerns about food and nutrition.
2. Relate nutrition to maintenance of good health and prevention of chronic disease.
3. Describe the process of digestion and metabolism.
4. Identify and describe the 6 major classes of nutrients.
5. Understand the metabolism of food in energy production.
6. Demonstrate an awareness of the scientific basis of nutrition, emphasizing the role of the individual nutrients as integrated parts of the whole process.
7. Identify food sources for nutrients.
8. Understand the important and changing roles of nutrition throughout the life cycle.

Course Requirements

1. Participation in each of the three Unit Threaded Discussions (45 points)
2. Unit 1 examination (100 points), October 3-4, 2015
3. Unit 2 examination (100 points), November 7-8, 2015
4. Dietary assessment project (100 points), due November 19, 2015
5. Unit 3 examination (100 points), December 15-16, 2015

Course Policies

This course is delivered completely online. The course is divided into three Units. Each Unit is scheduled to last about five weeks and will cover 5-6 chapters of content. At the end of each Unit there will be a Unit exam. It is imperative to schedule time **daily** during the semester in order to stay on track to complete the course. If you have any questions about where you should be at any point during the session, contact the instructor directly and/or refer to the detailed Master Course Schedule at the end of the syllabus (a copy is also located in doc sharing under course documents, on the course website).

Exam Policy

All exams are completed online. Each exam will be available to complete online for two days during the dates listed on the course master schedule (included at the bottom of this syllabus). Each exam will cover material from the topics listed within the Unit associated with the exam. Exams will be predominately multiple choice with a few matching and True/False questions. Online exams must be completed in one 60-minute session and will be timed. You must download ExamGuard prior to taking the first exam. You can do so starting the first day of the Unit 1 exam by clicking on the download link or download the software from the Student Orientation Tutorial (SOT) listed under special courses on your list of eCollege Courses Homepage when you log in.

There is **no** separate final exam for this course.

All exams must be completed during the dates allotted – **NO EXCEPTIONS!** There will be **NO** makeup dates for exams. **DO NOT** wait until the last minute to complete the exam! If you have any problems with the exam software (i.e. computer problems, do not email the instructor, instead call Rutgers eCollege help desk immediately at **(732) 932-4702**.

3-Day Dietary Assessment Project (105 points)

There is the one major assignment for the course. It is described in detail under the Diet Assessment Tab in the course website. In summary, it provides students the opportunity to explore their diet in depth, identify strengths and weaknesses while making comparisons to current health recommendations, and devise a plan for dietary change. This assignment corresponds specifically to the course content and serves to help the student gain a deeper understanding of the material. *A late assignment will NOT be accepted.*

Threaded Discussions (45 points)

As part of the course grade, students must log into the Unit Threaded Discussion and converse about the nutrition topics being discussed in the current course Unit (specific questions will be posted by the instructor to initiate the discussions). These discussions

are the way you "participate" in class. So it's important that you post thoughtful messages that move the conversation forward in some way. "Yeah, I agree," and "Me, too" are not acceptable postings and will not earn any points. Your participation in discussions can earn you points for each discussion. After the due date for the discussion, you will be graded on your overall participation in that discussion thread. You are expected to participate in the Threaded Discussions **weekly**. Points will be deducted if you wait until the last days of each Unit to complete your posts.

Your posts should show that you have read the material in the text as well as your fellow students' posts and have applied all of that to the question at hand. You should do more than merely spit back what the text says; you should engage with the material by analyzing and interpreting it. Your posts should be grammatically clear enough not to present anyone with a problem in understanding your point. It's not a formal writing forum, but it's not Facebook either.

Grading Policy for Threaded Discussions

To earn full points:

- Initial postings are completed early in time frame for each discussion (i.e., the dates of each Unit – **refer to the Master Course Schedule for these specific dates**).
- One post is made for each topic (minimum number of TOTAL posts required = 5)
- Follow up posts (if necessary) are timely
- Content is complete, on -point, thoughtful and offers new ideas
- Supporting detail is abundant and appropriate (that is, references from the pieces read and/or other sources)
- Content often encourages further discussion on the topic or follows up on others' thoughts
- Postings are characterized by originality, engagement and relevance to the topic
- Postings demonstrate an understanding of the material assigned and familiarity with the ideas of the other students' posts (in other words, it's obvious that you've read and understood both the required reading assigned and what your peers have written in their postings)
- Postings are made on a weekly basis throughout each Unit

The following represents the rubric employed for grading the threaded discussion entries:

Number of Points: Skills

- **14-15:** Demonstrates excellence in grasping key concepts; critiques work of others; stimulates discussion; provides sample citations for support of opinions; readily offers new interpretations of discussion material. Ideas are expressed clearly, concisely; uses appropriate vocabulary.
- **11-13** Shows evidence of understanding most major concepts; will offer an occasional divergent viewpoint or challenge; shows some skill in support for opinions. Some signs of disorganization with expression; transition wording may be faulty.
- **6-10** Has mostly shallow grasp of the material; rarely takes a stand on issues; offers inadequate levels of support. Poor language use garbles much of the message; only an occasional idea surfaces clearly; expression seems

disjointed; overuse of the simple sentence and a redundancy with words and commentary; paragraphs often appear unrelated to each other. This student requires constant prompting for contributions.

- **1-5** A minimal posting of material. Shows no significant understanding of material. Language is mostly incoherent. Does not respond readily to prompting.
- ***The chat room and threaded discussions will be monitored and any inappropriate conversation will be deleted and the student(s) participating notified.***

Supplementary Materials

Within each Unit are supplementary materials – self assessments, links to additional material, useful web sites, etc. *Completion of these materials are not required for the course*; however, completion is strongly recommended as these supplementary materials were chosen specifically to enrich the learning experience.

Extra Credit

There may be limited opportunities to earn extra credit. Opportunities will be announced online if available.

Regarding absences, if you expect to miss several classes (not be able to access the course material), please use the University absence reporting website <https://sims.rutgers.edu/ssra/> to indicate the date and reason for your absence (An email will automatically be sent to me). In cases where you will not be able to participate in the class for periods longer than one week, please contact a Dean of Students for assistance to help verify your circumstances.

Note to Students re: Academic Integrity

Each and every year, numerous Rutgers students are suspended, expelled, or receive failing grades due to violations of academic integrity. Many of the students who are caught cheating were not aware of the consequences or even unaware that their actions constituted cheating at all. For your own protection please read the university's Academic Integrity Policy. <http://academicintegrity.rutgers.edu/integrity.shtml>

ACCESSIBILITY

Rutgers University welcomes students with disabilities into all of the University's educational programs. In order to receive consideration for reasonable accommodations, a student with a disability must contact the appropriate disability services office at the campus where you are officially enrolled, participate in an intake interview, and provide documentation: <https://ods.rutgers.edu/students/documentation-guidelines>. If the documentation supports your request for reasonable accommodations, your campus's disability services office will provide you with a Letter of Accommodations. Please share this letter with your instructors and discuss the accommodations with them as early in your courses as possible. To begin this process, please complete the Registration form on the ODS web site at: <https://ods.rutgers.edu/students/registration-form>."

| Class Unit <i>active dates</i> | Reading, Lecture, & Threaded Discussion Topic ¹ | Goal Completion ^{Ⓞ*} | Assignment/Exam | DUE Date(s) ² |
|--|--|--|--|--|
| Unit 1 <i>Tues Sept 1st – Fri Oct 2nd</i> | <ul style="list-style-type: none"> • Ch 1: Intro • <i>Ch 2: Healthy Diet (TD³)</i> • Ch 5: Carbohydrates (TD) • <i>Ch 6: Lipids (TD)</i> • Ch 7: Protein (TD) • <i>Ch 8: Alcohol (TD)</i> | <ul style="list-style-type: none"> • Sept 5th • <i>Sept 10th</i> • Sept 15th • <i>Sept 20th</i> • Sept 26th • <i>Oct 2nd</i> | Unit 1 Exam | Sat Oct 3 rd – Sun Oct 4 th |
| Unit 2 <i>Mon Oct 5th – Fri Nov 6th</i> | <ul style="list-style-type: none"> • Ch 4: Digestion & Absorption (TD) • <i>Ch 9: Metabolism (TD)</i> • Ch 12: Fat Soluble Vitamins (TD) • <i>Ch 13: Water Soluble Vitamins (TD)</i> • Ch 14: Water & Major Minerals (TD) • <i>Ch 15: Trace Minerals</i> | <ul style="list-style-type: none"> • Oct 10th • <i>Oct 16th</i> • Oct 21st • <i>Oct 26th</i> • Oct 31st • <i>Nov 6th</i> | Unit 2 Exam | Sat Nov 7 th – Sun Nov 8 th |
| Unit 3 <i>Mon Nov 9th – Thurs Dec 10th</i> | <ul style="list-style-type: none"> • Ch 10: Energy Balance, Wt Control, Eating Disorders • <i>Ch 11: Sports Nutrition</i> • Ch 16: Nutrition during Pregnancy • <i>Ch 17: Nutrition during Growth/Childhood</i> • Ch 18: Nutrition during Adulthood | <ul style="list-style-type: none"> • Nov 15th • <i>Nov 21st</i> • Nov 27th • <i>Dec 3rd</i> • Dec 10th | a) Diet Project b) Extra Credit c) Unit 3 Exam | a) Thurs Nov 19 th b) Mon Nov 30 th c) Tues Dec 15 th – Wed Dec 16 th |

¹ Textbook chapter and corresponding lecture slides

^{Ⓞ*}Note: these dates are just recommendations to use to help students stay on track. Students should feel free to adjust these goals to best fit their needs while still **adhering** to the course deadlines/due dates.

² Exams **must** be completed on **one** of the two days of the exam time period. **Exams must be completed in ONE timed 60-minute session.**

³ TD = Threaded Discussion associated with this lecture topic