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Spring 2017 Online
Online –Canvas (<https://onlinelearning.rutgers.edu/canvas-login>)
Index# 09488/09491
Department of Nutritional Sciences
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 virtual office 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. 10th Edition. McGraw-Hill, 2016. Available from online bookstores (Amazon or 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)
3. Unit 2 examination (100 points)
4. Dietary assessment project (105 points)
5. Unit 3 examination (100 points)

Grading

Grades will be calculated on a point system (see above), for a total possible point accumulation of 450 points.

- A = 405 to 450 points (90-100%)
- B+ = 391 to 404 points (80-89%)
- B = 360 to 390 points (80-86%)
- C+ = 346 to 359 points (77-79%)
- C = 315 to 345 points (70-76%)
- D = 270 to 314 points (60-69%)
- F = <270 points (<60%)

I do not scale the final course grade, grades are A, B+, B, C+, C, D and F. There is **one** extra credit assignment due during Unit 3 and this can be used to boost one's grade. If your final grade is 88.9%, then your final grade is B+ in the class.

Course Policies

This course is delivered completely online. The course is divided into three Modules (aka Units). Each Module is scheduled to last about five weeks and will cover 5-6 chapters of content. At the end of each Module 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 (a copy is also located on the course website).

Exam Policy

All exams are completed online. Each exam will be available to complete online for two days (starting at 12:00 AM the first day until 9:00 PM the second day) 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, fill in the blanks, matching and True/False questions. Online exams must be completed in one 60-minute session and will be timed.

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

All exams must be completed during the dates allotted. There will be NO makeup dates for exams (unless student can provide University-approved excuse in writing to the instructor). 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 Canvas help desk immediately at **877-361-1134**).

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 (unless student can provide University-approved excuse in writing to the instructor).*

Threaded Discussions (45 points)

As part of the course grade, students must participate in topic-specific Threaded Discussions (specific questions will be posted by the instructor to initiate discussions that pertain to the current lecture topic). 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. The due date for each discussion post corresponds to the last day of the current lecture period (refer to the Master Course Schedule).

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:

- Postings are completed early in time frame for each discussion (***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)

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

Number of Points up to 3 per post – 5 posts total each Unit): Skills

- **3** - 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.
- **2** - 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.
- **1** - 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.

The chat room and threaded discussions will be monitored and any inappropriate conversation will be deleted and the student(s) participating notified.

Learning Enrichment Materials/Opportunities

Within each Unit learning enrichment materials or opportunities may be available per instructor's discretion. These include self-assessments, links to additional material, useful web sites, etc. *Completion of these materials are not required for the course*, but can be used to enrich the learning experience.

Extra Credit

There may be **limited** opportunities to earn extra credit. Opportunities will be announced online, if available. NO extra credit or opportunities to make-up missed work will be given after assignment due dates.

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>."

Master Course Schedule – Spring 2017

Class Unit <i>active dates</i>	Reading, Lecture, & Threaded Discussion Topic ¹	Target Completion	Assignment/Exam	DUE Date(s) ²
Unit 1 <i>Tues Jan 17th – Fri Feb 17th</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"> • Jan 22nd • <i>Jan 27th</i> • Feb 1st • <i>Feb 7th</i> • Feb 12th • <i>Feb 17th</i> 	Unit 1 Exam	Sat Feb 18 th – Sun Feb 19 th
Unit 2 <i>Mon Feb 20th – Fri Mar 31st</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"> • Feb 26th • <i>Mar 5th</i> • Mar 10th • <i>Mar 20th</i> • Mar 26th • <i>Mar 31st</i> 	Unit 2 Exam	Sat Apr 1 st – Sun Apr 2 nd
Unit 3 <i>Mon Apr 3rd – Mon May 1st</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"> • Apr 8th • <i>Apr 14th</i> • Apr 20th • <i>Apr 26th</i> • May 1st 	a) Diet Project b) Extra Credit c) Unit 3 Exam	a) Thurs Apr 6 th b) Mon Apr 24 th c) Thurs May 4 th – Fri May 5 th

¹ Textbook chapter and corresponding lecture slides

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 – posts MUST be made by last day of lecture period. For example, for Carbohydrate TD, post is due by Feb 1st.