

Spring 2024 Online

## 11:709:255:9 **Nutrition and Health 255**

(3 credit hours)

Department of Nutritional Sciences, SEBS – Rutgers University

*Course Access: Canvas LMS (<https://onlinelearning.rutgers.edu/canvas-login>)*

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### **Instructor**

Jaclyn Maurer Abbot, PhD, RD

Email [abbotj@sebs.rutgers.edu](mailto:abbotj@sebs.rutgers.edu)

### **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 virtual office or through direct email ([abbotj@sebs.rutgers.edu](mailto:abbotj@sebs.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 focusing on nutrients and their functions in the human body throughout the life cycle.

### **Required Text & Publisher Content Access Code**

- The course materials for this course are: ***Byrd-Bredbenner: Wardlaw's Perspectives in Nutrition. 12th Edition. McGraw-Hill, 2022 with CONNECT Access.*** These materials may be accessed digitally through your Canvas account either on or before the first day of class. **NO other purchase is necessary.** Your course material charge is included in your student bill and guarantees the lowest cost available for your required materials.
  - If you are interested in getting unbound 3-ring binder ready textbook you can purchase one directly from McGrawHill:  
<https://www.mheducation.com/highered/product/wardlaw-s-perspectives-nutrition-byrd-bredbenner-berning/M9781260695595.html#buying-options>

## 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.

## 2022 Core Knowledge for the RDN (KRDN) – Standards for the Didactic Programs in Dietetics:

Rutgers University Department of Nutritional Sciences undergraduate Didactic Program in Dietetics is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics (AND). The following ACEND Core Knowledge aptitudes are included within the curriculum of this course:

- KRDN 1.1: Demonstrate how to locate, interpret, evaluate, and use professional literature to make ethical, evidence-based practice decisions (i.e., report on dietary intake assessment).
- KRDN 1.2: Select and use appropriate current information technologies to locate and apply evidence-based guidelines and protocols (i.e., online USDA food intake database - NutritionCalcPlus - McGrawHill).
- KRDN 1.3: Apply critical thinking skills (i.e., report on assessment of dietary intake using Nutrition Calc Plus dietary analysis software; evaluate values for nutrients in diet and determine if meeting requirements, critically evaluate current popular news stories on nutrition topics).
- KRDN 2.1: Demonstrate effective and professional oral and written communication and documentation (i.e., dietary intake assessment report, threaded discussion posts on current nutrition topics in the media).
- KRDN 3.5: Describe concepts of nutritional genomics and how they relate to medical nutrition therapy, health and disease. (i.e., lecture on nutritional genomics assessed via Unit exam).

## Weighted Grades

The final grade for this course is calculated proportionately according to the weighting scheme below:

1. Threaded Discussions (20%)
2. Unit Quizzes (45%)
3. Assignments (35%)

## Grading

Final course grades will be calculated based upon completion of course requirements. Grades will be given as:

- A = 90-100%
- B+= 87-89%
- B = 80-86%
- C+ = 77-79%
- C = 70-76%
- D = 60-69%

F = <60%

I do not scale the final course grade, grades are A, B+, B, C+, C, D and F. There may be extra credit available throughout the semester 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 asynchronously completely online. The course is divided into six Units:

- Unit 1: Nutrition Fundamentals
- Unit 2: Macronutrients
- Unit 3: Digestion, Absorption & Metabolism
- Unit 4: Energy Balance & Exercise
- Unit 5: Micronutrients
- Unit 6: Life Cycle Nutrition

Units vary in length, depending upon how many chapters are included in a Unit Topic. In general, students are given 4-5 days to read a chapter then view and listen to its associated audio lecture. At the end of each Unit, students will complete a Unit Quiz. Course threaded discussions and assignments are spread throughout the six units. It is imperative to schedule time **daily** to work on the course material during the semester to stay on track and not fall behind. 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 located on the course website, under **Master Course Schedule**).

### ***Quiz Policy (45% of overall course grade)***

All quizzes are completed online. Each quiz will be available to complete online for two days (starting at 12:00 AM the first day until 11:59 PM the second day) during the dates listed on the master course schedule. Each quiz will cover material from the topics listed within the Unit associated with the quiz. Quizzes will be predominately multiple choice with a few, fill in the blanks, matching and True/False questions. Online quizzes must be completed in one timed session.

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

All quizzes must be completed during the dates allotted. There will be NO makeup dates for quizzes (unless student can provide University-approved excuse in writing to the instructor). DO NOT wait until the last minute to complete the quiz! If you have any problems with accessing a quiz (i.e. computer problems before or during the quiz) do not email the instructor, instead call Canvas help desk immediately at **877-361-1134**.

### ***3-Day Dietary Assessment Project (35% of overall course grade)***

There is the one major assignment for the course. This assignment provides students the opportunity to explore their dietary intake 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. It is divided into three parts:

- ***Part 1: 3-Day Diet Record & Dietary Analysis*** - You will pick three days to write down EVERYTHING you eat and drink. You will then enter this dietary intake into a nutritional analysis program (included with your access to McGrawHill Connect) to generate a summary analysis report.

- **Part 2: Macronutrient Assessment** - Using the analysis report that you create and print in Part 1, you will answer questions and make assessments about your macronutrient intake.
- **Part 3: Energy Balance and Micronutrient Assessment** - Using the analysis forms that you create and print and Part 1, you will answer questions and make assessments about your energy balance and micronutrient intake.

The 3-Day Dietary Assessment Assignment is described in greater detail under the Assignments icon on the course homepage. *Late assignments will NOT be accepted (unless student can provide University-approved excuse in writing to the instructor).*

**Threaded Discussions (20% of overall course grade)**

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 topics). These discussions are the way you "participate" in class. Therefore, 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.

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

<p><b>This criterion is linked to a Learning Outcome Engagement with concepts</b></p>	<p><b>60</b> Discusses key concepts clearly and in depth with support, readily offers new interpretations of discussion material. Ideas are expressed clearly, concisely; uses appropriate vocabulary</p>	<p><b>50</b> Discusses key concepts clearly and with comprehension but lacks detailed support for main ideas.</p>	<p><b>40</b> Mentions some key concepts but shallowly without support, or strays off topic.</p>	<p><b>30</b> Mentions few, if any, key concepts, without depth or clarity.</p>	<p><b>20</b> Off topic or extremely abbreviated.</p>	<p><b>0</b> Did not post.</p>
<p><b>This criterion is linked to a Learning Outcome Engagement with Peers</b></p>	<p><b>40</b> Responds thoughtfully to at least one peer, extending their discussion or analysis.</p>		<p><b>20</b> Responds a peer but only makes a shallow response.</p>	<p><b>0</b> No responses to any peers' comment.</p>		

To earn full points:

- Postings are completed in time frame for each discussion (*refer to the Master Course Schedule for these specific dates*).
- At least TWO posts are made for each topic:
  - A main, thoughtful, original post **with supporting detail that is abundant and appropriate (that is, references from the pieces read and/or other sources)**.
  - A thoughtful, respectful, **post made in response to a fellow classmate's comment**.
- 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 (i.e., correspond with your classmates!).
- 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*).
- Due to the nature of Threaded Discussion (i.e., they are discussions designated for a specific time period) make-ups will not be allowed (exceptions can be made with a university-accepted excuse).

*\*\*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 are available through the textbook publisher's online materials. *Completion of these materials is **not** required for the course* but can be used to enrich the learning experience.

### ***Extra Credit***

There may be **limited** opportunities to earn additional extra credit throughout the semester aside from the one extra credit assignment will be made available for those interested during Unit 6. Any 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 (exceptions are made if student has written University-Approved excuse).

**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 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 the University's educational programs. 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>."

## AVAILABLE STUDENT SUPPORT SERVICES

1. If you are having personal or other problems, there are many options at Rutgers for assistance.
  - Student Affairs office can help with issues related to your experience at Rutgers and when you don't know where to start when looking for assistance, contact the Dean of Students <<http://deanofstudents.rutgers.edu>> office.
  - If are in need of mental health services, please use our readily available services. Rutgers Counseling and Psychological Services (CAPS) - New Brunswick: <http://rhscaps.rutgers.edu>
  - If you need some temporary guidance, there is "Lets Talk" - which is a CAPS service offering drop-in hours at a number of locations across campus. No appointment is necessary. <http://health.rutgers.edu/medical-counseling-services/counseling/therapy/community-based-counseling/#runbhc>
2. If you are in need of physical health services due to illness, please reach out to:
  - Rutgers Health Services - New Brunswick: <http://health.rutgers.edu/>
3. If you do not have enough food, there is a Food Pantry on College Ave campus that is exclusively for Rutgers Students. <http://ruoffcampus.rutgers.edu/food/>
4. If you need accommodation for a disability, obtain a Letter of Accommodation from the Office of Disability Services that provides student-centered and inclusive services. <https://ods.rutgers.edu><<https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fods.rutgers.edu&data=02%7C01%7Cshapses%40rutgers.edu%7C0cbd370949e04655059d08d720bf7254%7Cb92d2b234d35447093ff69aca6632ffe%7C1%7C0%7C637013878933156678&sdata=UDfR9%2FNWQKr3tPqkD%2FXeaT7m8vXgukWG1CLtpq3zBa4%3D&reserved=0>>
5. If you are a military veteran or are on active military duty, you can obtain support through the Office of Veteran and Military Programs and Services. <http://veterans.rutgers.edu/>
6. If you are in need of legal services, please use our readily available services: <http://rusls.rutgers.edu/>
7. If you are in need of additional academic assistance, please use our readily available services. Rutgers University-New Brunswick Learning Center: <https://rlc.rutgers.edu/>.
8. If you or somebody you know has been victimized by a crime, interpersonal violence (e.g., stalking, sexual assault), support is available at the Rutgers Office for Violence Prevention and Victim assistance. <http://vpva.rutgers.edu><<https://nam02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fvpva.rutgers.edu&data=02%7C01%7Cshapses%40rutgers.edu%7C0cbd370949e04655059d08d720bf7254%7Cb92d2b234d35447093ff69aca6632ffe%7C1%7C0%7C637013878933156678&sdata=ktjizsjtrpJT%2BK%2F80AQqR8j9nv%2Bxfy8C8z98bfNKI%3D&reserved=0>>

**Note the teacher reserves the right to amend items to this syllabus as needed. Notice will be given to students of any changes.**