

Syllabus 11:709:255: Nutrition and Health, Fall, 2017

1:10-2:30 on Tuesdays and Thursdays

Comments: Immersive Synchronous Lecture Course - please visit dcs.rutgers.edu/telepresence for details

Section T1 00699

Tuesday 1:10 PM - 2:30 PM BUSCH Campus WL-AUD (Wright Rieman Laboratories)

Thursday 1:10 PM - 2:30 PM BUSCH Campus WL-AUD

See: <https://dcs.rutgers.edu/classrooms/wright-labs-auditorium>

Section T2 20076

Tuesday 1:10 PM - 2:30 PM Douglas/Cook Campus LOR-024 (Loree)

Thursday 1:10 PM - 2:30 PM Douglas/Cook Campus LOR-024

See: <https://dcs.rutgers.edu/classrooms/lore-classroom-building-room-024>

Also See Word document or PowerPoint in Sakai with the exact Schedule of Classes for 2017

Instructor

Joseph L. Dixon, PhD

Office: Room 167, Foran Hall (on the Cook campus) See PowerPoint for map!

dixon@aesop.rutgers.edu

Phone: I am changing my office phone and it is not ready yet! (email best!)

Updated: August 28, 2017

Office Hours: To be Announced! Also, after class on the Cook campus - if you wish to walk back with me to my office in Foran Hall, and by appointment (Don't wait – please make an appointment if you have any questions!)

Required Texts:

1) Michelle "Shelley" McGuire/Kathy A. Beerman. Nutritional Sciences: From Fundamentals to Food, **either 2nd or 3rd Editions** can be used (**3rd edition is preferred**; See Page 4 below!);

Second Option: MindTap Version of the McGuire Text – This is a downloadable Version that can be put on your mobile phone. See Page 4 for details.

My recommendation is that you read all assigned chapters and sections in the Text to obtain a good grade!

SAS Learning Goals addressed in the course are:

21st Century Challenges [21C]: a) Analyze the degree to which forms of human difference shape a person's experiences of and perspectives on the world; c) Analyze the relationship that science and technology have to a contemporary social issue.

Areas of Inquiry: Natural Sciences [NS]: e) Understand and apply basic principles and concepts in the physical or biological sciences; f) Explain and be able to assess the relationship among assumptions, method, evidence, arguments, and theory in scientific analysis.

Overview: This course is for the purpose of giving the student a firm foundation in the science of nutrition, and it emphasizes how nutrition influences health and wellbeing. The students in this class are from different grade levels and have different backgrounds in science. In fact, there are nutrition and biology majors in this class as well as students who have not taken a science course at the college level. Because of the diverse background of the students, I have to walk the fine line between providing the nutrition majors with a deep enough foundation in nutrition and presenting concepts that can be easily grasped by non-majors. As with any class, exams cover material that is presented in lecture and in the textbook. The number one question that I am asked is, can I do well in this class without having college and/or organic chemistry (which are not prerequisites for this class)? My answer is always the same: Many non science majors have done very well in this class, but at points in the class students will need to open their minds to remember fairly basic chemical principles that each of you had in high school chemistry. I try my best to help the non-majors at these times. If students attend lectures and read the text on a consistent basis (especially the Nutrition Matters sections!), more often than not, students receive a “good” grade. By the end of the course, it is my goal to have each student be able to evaluate his or her own diet, and to know what is required in the diet to attain a long and healthy life.

Grades: Grades will be calculated on a point system.

Exam 1	100 points
Exam 2	100 points
Exam 3	100 points
Final Exam	100 points
Dietary Assignment	50 points
<u>Quizzes (possibly short homework)</u>	<u>50 points</u>
Total Points	500 points

Quizzes: This year there will be approximately 10 online or in class quizzes during the course over the whole semester. Each quiz is worth 5 points. The quizzes are for the purpose of assessing whether you have attended class or read the material; they also provide feedback from the class. There are absolutely no make-ups if you miss the deadline for a quiz! It is possible that a short homework assignment will be substituted for some of the quizzes!

Extra Credit: There may be a chance for extra credit this year! The extra credit is totally discretionary!

Final grade allocation:

A= 91-100%, B+ = 86-90%, B= 81-85 %, C+ = 76-80%, etc.

Exam Policy

All exams are mandatory – no exceptions!

Exam 1 will cover all material covered in class from the first day of class until the day of the exam.

Exam 2 will cover all material covered in class since the first exam through the indicated class meeting before the second exam and all assigned readings.

Exam 3 will cover all material covered in class since the second exam through the indicated class meeting before the third exam and all assigned readings.

Final Exam questions will come from the 4th section (Special Topics) but may have a few questions from earlier sections. The final will be announced in class.

All exams will be closed book, closed notes. Do not touch or look at your cell phone during the exams. There will be **NO** make-up exams without an official Doctor's note (on Office or Hospital letterhead). You must bring a student ID and a number 2 pencil to all exams. Your exam will **NOT** be accepted if your student ID is not presented.

Diet Evaluation Project

This year the dietary assignment will be early in the semester. You will receive detailed instructions concerning this project. Most people like the dietary assignment and do well on it.

Academic Integrity

The Rutgers Academic Policy states, "Students are responsible for understanding the principles of academic integrity fully and abiding by them in all their work at the University. Students are also encouraged to report alleged violations of academic integrity to the faculty member teaching the course in which the violation is alleged to have occurred."

Please read the Rutgers University Interim Academic Integrity Policy, Effective September 2, 2008 (and still in force), at <http://academicintegrity.rutgers.edu/integrity.shtml>

Student Learning Outcomes for Nutrition and Health (709 255). After completing this course, the student will:

1. Be familiar with the research methods in nutritional sciences
2. Understand the definitions of dietary reference standards, and correctly read and interpret food labels
3. Be familiar with the digestive system and the roles of other important organs in the regulation of nutrient utilization
4. Have foundational and discerning knowledge of protein, carbohydrate and fat metabolism
5. Utilize food composition tables and nutrition software to calculate the nutrient intake and adequacy of your diet
6. Have foundational knowledge of how the body utilizes macronutrients to produce useable energy
7. Recognize the complexities of weight gain and loss and the magnitude of the obesity problem in the US
8. Be familiar with the most important trace and major minerals
9. Know which and under what circumstances dietary supplements are recommended
10. Understand the nutritional needs of individuals during different stages of life
11. Have a foundational knowledge of the role of nutrition in the development and treatment of chronic diseases
12. Be able to actively and effectively participate in the debate on food choices in society
13. Be familiar with current issues and research topics in health and nutritional sciences

Text Books for Nutrition and Health, 11:709:255, Fall 2017; Joe Dixon

Textbook: From Fundamentals to Food by Michelle McGuire/Kathy A. Beerman

The Text is the same one used the last couple of semesters (Both Drs. Miller & Dixon use the same book). There are now two Editions that you can use – **either the 2nd or 3rd Editions! However, the 3rd edition is the preferred edition. In fact, an updated 3rd Edition was put out June 2017 – it is essentially the same as the previous 3rd edition.**

Michelle "Shelley" McGuire/Kathy A. Beerman. Nutritional Sciences: From Fundamentals to Food w/ Table of Food Composition Booklet (**Food Composition book and Diet analysis software are not needed this year!**)

I prefer you have the third edition, although the second edition is fairly similar. This semester I will only make reference to pages in the 3rd edition. **There must be hundreds of these texts, used, available around campus for purchasing! Last year, many students bought this text used on line for \$20 or less. Actually, some students bought it for \$5 on line.**

You do not need the Food Composition book and Diet analysis software!

Below is the third edition of the textbook for the course:

Nutritional Sciences: From Fundamentals to Food (with Table of Food Composition Booklet), 3rd Edition: Michelle 'Shelley' McGuire; Kathy A. Beerman (Pub date: 2013)

Textbook ISBN-10: 0-8400-5820-9; Textbook ISBN-13: 978-0-8400-5820-1

In fall 2016 this book new was also \$287! They are already in stock in Barnes and Nobles on the College Ave campus. The updated version of the book has a publication date of June 2017. It has a different ISBN number.

MindTap Ebook Version of 3rd Edition: This year, you can also use the MindTap Ebook Version from Cengage Publishers.

The MindTap System has many functions that may help you study for the class. Of special interest is that you can download it on your mobile phone, and if you are a commuting student, you can use the out load reading function to listen to the chapters being read while you are driving.

Prices for the Various Textbook options:

New 3rd edition Textbook from B & N Bookstore - \$287 (same price as last year)

Used 3rd edition Textbook from B & N Bookstore - \$215 (same price as last year)

MindTap Ebook Version of 3rd Edition - \$113 (from Cengage)

MindTap Ebook Version of 3rd Edition Plus loose leaf printed version - \$158.95 (from Cengage)