

# Fall 2019 Nutrition and Health 11:709:255 Syllabus

**Section 01 Index: 15792**

**Monday 3:55 PM – 5:15 PM on Douglas/Cook Campus Hickman 138**

**Wednesday 3:55 PM – 5:15 PM on Douglas/Cook Campus Hickman 138**

**Final Exam: Look up on Schedule (in Hickman 138)**

**Also See Word document in Sakai with the exact Schedule of Classes for 2019**

## **Instructor**

Joseph L. Dixon, PhD, Office: Room 167, Foran Hall (on the Cook campus) See PowerPoint for map! Email: dixon@sebs.rutgers.edu

Phone: (email best!) If you do not hear from me within a day, email me again – I don't mind! I get about 100 emails a day and sometimes one slips through the cracks.

TA: **Marijke Rittmann, RD**

**mr1172@scarletmail.Rutgers.edu**

**Busch campus, School of Pharmacy, Room 009**

**Updated: August 19, 2019 (See Statement on Academic Integrity)**

**Office Hours:** To be Announced! Also, after class - if you wish to walk back with me to my office in Rm 167 Foran Hall, and by appointment (Don't wait to the day before exams – please make an appointment if you have any questions!)

**Required Texts:** You need one of these two options!

**First Option:** Hardcover Michelle "Shelley" McGuire/Kathy A. Beerman. *Nutritional Sciences: From Fundamentals to Food*, either **2nd or 3<sup>rd</sup> Editions** can be used (**3<sup>rd</sup> edition is preferred, but they are almost identical except for page numbers**; 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.

**This class uses TopHat for Attendance, quizzes, and exams! You will need to get a TopHat account – please see email and Powerpoint on Website**

**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
Quizzes (possibly short homework)	50 points (May include exercise assignment)
<b>Total Points</b>	<b>500 points</b>

Quizzes: This year there will be approximately 10-12 quizzes during the course over the whole semester – either old fashion hand in quizzes or through TopHat quizzes. TopHat quizzes are usually worth 1-5 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. Make-ups will be given only for official excuses! It is possible that a short homework assignment will be substituted for some of the quizzes!

**SEE LAST PAGE FOR HOW TO SCHEDULE A MAKE UP QUIZ OR EXAM**

**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 4<sup>th</sup> section (Special Topics) but there may be a few important questions from earlier sections. The final is **in Hickman 138**.

All exams will be closed book, closed notes. Do not touch or look at your cell phone or smart watch 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 Academic Integrity Policy, Effective September 1, 2013 (and still in force), at

**<https://academicintegrity.rutgers.edu>**

**(See many information sources on this site)**

**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 2019; 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). An **updated 3<sup>rd</sup> Edition was put out June 2017 – it is essentially the same as the previous 3<sup>rd</sup> edition.**

Michelle "Shelley" McGuire/Kathy A. Beerman. Nutritional Sciences: From Fundamentals to Food

**How to get the Book: Available at the Rutgers Bookstore. Also, some students buy the book on the Internet for as little as \$20**

### **MindTap Ebook Version of 3<sup>rd</sup> Edition: This year, one option is 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. **For the downloadable versions – you will need a special class code from the Bookstore!**

**The Diet Assignment does not require MindTap – we use a free program on the Internet.**

**Hardcover New and Used Books:** Nutritional Sciences: From Fundamentals to Food (with Table of Food Composition Booklet), 3rd Edition: Michelle 'Shelley' McGuire; Kathy A. Beerman (Pub date: 2013) The 2<sup>nd</sup> and 3<sup>rd</sup> editions are very similar.

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

In fall 2018 this book new was \$287! They are 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. You can also find used books all over campus – there must be hundreds!!!!!!

### **Prices for the Various Textbook options:**

These were Fall 2018 prices:

**MindTap Ebook Version of 3<sup>rd</sup> Edition - \$113 (from Cengage)**

**MindTap Ebook Version of 3<sup>rd</sup> Edition Plus loose leaf printed version - \$159.65 (from Cengage)**

New 3<sup>rd</sup> edition Textbook from B & N Bookstore - \$287 (price last year –not sure this year)

Used 3<sup>rd</sup> edition Textbook from B & N Bookstore - \$215 (price last year –not sure this year)

**PLEASE SEE UNLIMITED MindTap ACCESS IF YOU ARE TAKING MORE THAN ONE COURSE USING CENGAGE BOOKS!**

## Exam and Quiz Make-ups

**Because of the large size of the class, make-ups for Exams and Quizzes will only be given for official excuses! Also, if you do not (did not) receive a grade for an exam or quiz, and you believe there is (was) an error, you need to use this note and these time frames to contact me. Please use this note to apply for a make-up:**

Nutrition and Health; 709:255:01

Note to be handed in so that you can take a makeup quiz or exam. Follow example exactly! Please present this within **3 weeks** of missing the class. After that date, no make-ups will be given. This needs to be handed to me after class or at my office. Note:

No makeup will be given if the official note (Doctor, etc.) is missing. The note must have a phone number on it so that it can be confirmed. Also, near the end of the semester, all arrangements must be made by the last class of the semester.

Put Current Date

Dr. Joe Dixon  
Department of Nutritional Sciences  
167 Foran Hall  
Cook Campus  
School of Environmental and Biological Sciences  
Rutgers University

RE: Scheduling a makeup exam for a missed quiz or exam

Dear Dr. Dixon,

I was unable to attend class on \_\_\_\_\_ because (Fill in: I was ill, or I needed to attend a funeral). Therefore, I did not take (Exam #, or the quiz) given that day. Attached is the original official note from \_\_\_\_\_ (from a doctor or a funeral director, with telephone #) that verifies the reason for my absence.

I will contact you to set a day and time when I can take a make-up.

Sincerely,

Your name

Your RU ID