

COURSE NAME; NUMBER; SEMESTER; MEETING DAYS, TIMES, AND PLACE.

Life Span Nutrition (2 credits)
11:709:345 Fall 2019
Wednesday 10am-12pm

CONTACT INFORMATION:

Instructor: Daniel J. Hoffman, PhD
Office Location: Davison Hall, Room 228
Office Phone: (848) 932-0272 Email: djhoff@sebs.rutgers.edu (preferred contact method)
Office Hours: Tuesday 3-4PM or by appointment

WELCOME

Welcome to “Life Span Nutrition”! I hope you enjoy this class as we explore how nutritional needs change and vary from before and after conception, through gestation and early childhood, adolescence, adulthood, and older age. We will also cover these topics as they apply to broader concepts in global nutrition and health. Using a variety of materials, including your textbook, online instruction, research articles, current news events, and research studies we will focus on specific topics from the book.

School of Arts and Sciences Learning Goals:

1. Contemporary Challenges [CCD]:
 - Analyze the relationship that science and technology have to a contemporary social issue [CCO-2]
2. Areas of Inquiry: Natural Sciences [NS]:
 - Understand and apply basic principles and concepts in the physical or biological sciences [NS-1].

COURSE WEBSITE, RESOURCES AND MATERIALS:

The course website is on Canvas (<https://rutgers.instructure.com/courses/27892>), each of you should have access to it which will bring you online with the Cengage website that contains the book and online activities. As well, we will be using TopHat for lectures, in class questions, and exams.

COURSE DESCRIPTION:

This course will explore how nutrient needs vary during the lifespan, from nutrition during preconception, pregnancy and lactation, infant nutrition, childhood and adolescent nutrition, as well as adult and older adult nutrition. The more you read and participate, the more you will learn and the better you will do in this course. To help you learn as much as possible, I encourage you to ask questions during class, engage in online discussions with the class, and seek assistance whenever needed.

Student Learning Outcomes for Nutrition through the Lifespan:

At the conclusion of this course, students should be able to:

1. Describe the physiological and biochemical basis of energy and nutrient requirements during pregnancy and lactation, infancy, childhood, adolescence, and the older adults (65+).
2. Explain the physiological basis for outcomes related to energy and nutrient inadequacies and excesses, and identify global public health problems in each phase of the life cycle.
3. Describe how socioeconomic, cultural and environmental factors influence nutrient needs across the life cycle.

4. Analyze and evaluate scientific evidence related to nutritional needs, requirements and health issues across the life cycle.
5. Integrate information from a variety of sources to develop a comprehensive understanding of nutrition as it relates to the different phases of the life cycle.

2017 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.

KRDN 1.3: Apply critical thinking skills.

KRDN 2.4: Discuss the impact of health care policy and different health care delivery systems on food and nutrition services.

KRDN 2.6: Demonstrate an understanding of cultural competence/sensitivity.

CLASSROOM CONDUCT:

Whether you are taking this class as a requirement or as an elective, I expect college-level, professional behavior. Once class has started, things such as reading newspapers, working on outside-of-class materials, carrying on side conversations, texting or using your cellphone, leaving early, etc., are considered rude and distracting to me, your classmates, and especially to our guests. All cell phones must be turned to vibrate or silent during class time and placed in your bookbag or backpack. Laptops must be used for class-related activities ONLY, no social networking! Students attending class are expected to arrive to class on time and stay the entire class time. Special situations should be discussed with the instructor. It is disruptive to guest lecturers, students, and to the class to arrive late or leave before class is dismissed. Adjust travel times, appointments, and meal dates accordingly. Class will be dismissed in timely manner so that students may commute to the next class.

PARTICIPATION & ATTENDANCE:

You are expected to attend all scheduled classes and participate as much as possible. Participation will be encouraged and graded and a fair amount of group work will be conducted to encourage discussions and participation in the learning process. We will be using TopHat in class and participation will be rewarded through class questions and attendance. The participant code for TopHat is 085372.

ASSIGNMENTS/RESPONSIBILITIES & ASSESSMENT:

Your mastery of the material in this class will be assessed through a variety of means. First, you will be assessed on how well you integrate material learned by demonstrating this knowledge in classroom discussions. Second, you will be quizzed on factual material from the lectures and readings and interpretation of ideas using weekly online quizzes. The quizzes will be timed to limit use of outside materials, so be prepared to read and think quickly. Third, you will have random quizzes provided in class to ensure that you are keeping up with relevant reading. Finally, you will have a comprehensive final exam focused on the major topics of the course.

EXAM POLICY

All exams will cover lecture material and assigned readings. Exam formats will be a combination of multiple choice, matching, and T/F. Students must bring ID number as identification for scantron answer sheets. Cell phones, apple watches, pagers, computers, personal devices, or anything similar must be off and stored in **closed** book bags during any exams. You may clarify questions on the exams before you hand in your exam only, no questions will be clarified after the exams are graded. Exams will not be handed back, however they will be filed in my office. **You will only be able to review an exam for 2 weeks after the exam has been given.** Grade feedback will also be available online on the Canvas course website.

Online Activities:

You will have online work to complete prior to each lecture. Basically, one week before a lecture, you should read and study your textbook for the two chapters assigned each week. By Sunday, you should have completed the online module for that week which will include “concept check”, pre-test, and post-test for each of the two chapters. These activities will be graded and count towards your final grade. The modules will close at 12pm the day before your lecture, so make sure you begin early enough to finish your reading and online work in time.

COURSE SCHEDULE:

Tentative Schedule: *(This is subject to adjustment)*

Lec	Dates	Topics	Readings	Online Assignments	EXAMS
1	Sep 4	The First 1,000 Days	Canvas		
2	Sep 11 <u>Quiz Sep 12</u>	Preconception Nutrition	Chpt. 2/3	Due Sep 10 at 12pm	
3	Sep 18 <u>Quiz Sep 19</u>	Nutrition and Pregnancy	Chpt. 4/5	Due Sep 17 at 12pm	
4	Sep 25 <u>Quiz Sep 26</u>	Nutrition and Lactation	Chpt. 6/7	Due Sep 24 at 12pm	
5	Oct 2 <u>Quiz Oct 3</u>	Nutritional Assessment	Canvas	Due Oct 1 at 12pm	
6	Oct 9 <u>Quiz Oct 10</u>	Infant Nutrition*	Chpt. 8	Due Oct 8 at 12pm	Exam 1
7	Oct 16 <u>Quiz Oct 17</u>	Toddler Nutrition	Chpt. 10	Due Oct 15 at 12pm	
8	Oct 23 <u>Quiz Oct 24</u>	Child Nutrition	Chpt. 12/13	Due Oct 22 at 12pm	
9	Oct 30 <u>Quiz Oct 31</u>	Adolescent Nutrition	Chpt. 14/15	Due Oct 29 at 12pm	
10	Nov 6 <u>Quiz Nov 7</u>	Adult Nutrition	Chpt. 16/17	Due Nov 12 at 12pm	Exam 2
11	Nov 13 <u>Quiz Nov 14</u>	Nutrition and Older Adults	Chpt. 18/19	Due Nov 5 at 12pm	
12	Nov 20 <u>Quiz Nov 21</u>	Double Burden of Malnutrition	Canvas	Canvas	
13	Dec 4 <u>Quiz Dec 5</u>	Global Nutrition	Canvas	Canvas	
14	Dec 11	OPEN			

FINAL EXAM – THURSDAY, DECEMBER 19 FROM 4PM TO 7pM (Loree Building, Room 022)

Final Grade Assessment: Final grade determination is based on the following:

Online quizzes (10*20 points)	200
Exams (2*100 points)	200
Online assessments (10*20)	200
Final exam (100 points)	100
Participation (TBD points)	50
Current events (50 points)	50
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TOTAL	800 points

Final grades will be based on the percent of points earned: 94-100% = A+, 90-93% = A, 84-89% = B+, 80-83% = B, 74-79% = C+, 70-73% = C, 60-69% = D, and < 60% = F.

No extra credit will be provided, and it is highly recommended that you seek assistance and guidance as soon as you are concerned about your grade, not the day before the final exam.

ACCOMODATIONS FOR STUDENTS WITH DISABILITIES

Please follow the procedures outlined at <https://ods.rutgers.edu/students/registration-form>. Full policies and procedures are at <https://ods.rutgers.edu/>

ABSENCE POLICY

Students are expected to attend all classes; if you expect to miss one or two classes, please use the University absence reporting website <https://sims.rutgers.edu/ssra/> to indicate the date and reason for your absence. An email is automatically sent to me.

ACADEMIC INTEGRITY

The university's policy on Academic Integrity is available at <http://academicintegrity.rutgers.edu/academic-integrity-policy>. The principles of academic integrity require that a student:

- properly acknowledge and cite all use of the ideas, results, or words of others.
- properly acknowledge all contributors to a given piece of work.
- make sure that all work submitted as his or her own in a course or other academic activity is produced without the aid of impermissible materials or impermissible collaboration.
- obtain all data or results by ethical means and report them accurately without suppressing any results inconsistent with his or her interpretation or conclusions.
- treat all other students in an ethical manner, respecting their integrity and right to pursue their educational goals without interference. This requires that a student neither facilitate academic dishonesty by others nor obstruct their academic progress.
- uphold the canons of the ethical or professional code of the profession for which he or she is preparing.

Adherence to these principles is necessary in order to ensure that

- everyone is given proper credit for his or her ideas, words, results, and other scholarly accomplishments.
- all student work is fairly evaluated and no student has an inappropriate advantage over others.
- the academic and ethical development of all students is fostered.
- the reputation of the University for integrity in its teaching, research, and scholarship is maintained and enhanced.

Failure to uphold these principles of academic integrity threatens both the reputation of the University and the value of the degrees awarded to its students. Every member of the University community therefore bears a responsibility for ensuring that the highest standards of academic integrity are upheld.

STUDENT WELLNESS SERVICES

Just In Case Web App <http://codu.co/cee05e>

Access helpful mental health information and resources for yourself or a friend in a mental health crisis on your smartphone or tablet and easily contact CAPS or RUPD.

Counseling, ADAP & Psychiatric Services (CAPS)

(848) 932-7884 / 17 Senior Street, New Brunswick, NJ 08901 / www.rhscaps.rutgers.edu/

CAPS is a University mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professional within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include: individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community and consultation and collaboration with campus partners.

Violence Prevention & Victim Assistance (VPVA)

(848) 932-1181 / 3 Bartlett Street, New Brunswick, NJ 08901 / www.vpva.rutgers.edu/

The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty. To reach staff during office hours when the university is open or to reach an advocate after hours, call 848-932-1181.

Disability Services

(848) 445-6800 / Lucy Stone Hall, Suite A145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854 / <https://ods.rutgers.edu/>

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>.

Scarlet Listeners

(732) 247-5555 / <http://www.scarletlisteners.com/>

Free and confidential peer counseling and referral hotline, providing a comforting and supportive safe space.

AVAILABLE STUDENT SUPPORT SERVICES

- ***If you are having personal or other problems, there are many options at Rutgers for assistance.***
 - o 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 office](#).
 - o 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/>
 - o 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>
- **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/>

- **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/>
- 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>
- 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/>
- If you are in **need of legal services**, please use our readily available services: <http://rusls.rutgers.edu/>
- 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/>.
- 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>