

11:709:101 Nutrition for Today (1 credit); Fall 2020

Tuesdays 11:10-12:05; Zoom

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Office Hours: Tuesdays right after class or by appointment

Lectures for this course will be offered synchronously. In other words, I expect you to attend class, as scheduled, even though it is being taught online. You will get far more out of it that way, since you will be able to ask the many speakers you will see any questions you like, which will make the class much richer for you. When you have a question, **do not use the chat box**. Instead, raise your hand, just as if we were in a real class. If you do not know how to raise your hand in zoom, instructions for doing so on MACs or Windows, you can find that information at this link:

<https://support.zoom.us/hc/en-us/articles/205566129-Raising-your-hand-In-a-webinar#:~:text=The%20raise%20hand%20feature%20in,from%20the%20host%20or%20panelists>. **Please remember to mute after you are done talking.** Although it is not

necessary, if you would be willing to turn on your camera when you speak, I/the speaker, would love for you to do so, so we can see your face 😊

Course grades and various materials needed for the course will be posted on Canvas. Slides for each class/module will be up in Canvas in “Files,” named according to the class name in our schedules by (below) by 11:00 PM on Mondays (usually earlier), unless a guest speaker does not provide them to me as requested.

COURSE AIM

The aim of this course is to increase the breadth and depth of your knowledge regarding a wide variety of nutrition topics and how to apply them to their daily lives.

COURSE OBJECTIVES

Upon completion of the course, you will be able to:

- A. Develop a “healthy” personal dietary plan.
- B. Recognize what an adequate level of physical activity is and how to achieve it.

C. Critically evaluate how he/she can live a healthier life.

COURTESY

Please arrive to class on time. PLEASE PAY ATTENTION. I have arranged for you to learn, not only from myself, but from a number of incredible experts who have spent a good amount of time preparing the best class possible for you. As such, I would appreciate your undivided attention offered to whoever is speaking.

CLASS CANCELLATION

In the unlikely event that class is cancelled (e.g., I get sick and can't find a sub, etc.), I will post an announcement. To ensure you receive all announcements, please make sure you go into your settings in Canvas and change the announcements from the default (i.e., "do not notify me") to "notify me immediately."

GRADES

Attendance: 50% -**WARNING!!!** Since we have many guest speakers who deserve your undivided attention (and I, too, deserve your undivided attention) AND this class is so much richer with your participation, I ask that you attend class synchronously (as scheduled) and give it your full attention. No attendance will be taken on week 1. You will receive 10 points for attendance for every week you are attendance, but you will lose 2 or more points if you login late (depending on how late you are). You are being given **3 free absence grade deletions**, to be used for absences including: **religious holidays, signing up late for the course, sickness (with or without a doctor's note)**. **HOWEVER, they may NOT be used for absences the last 2 weeks of class.** That said, all classes will be recorded, so if you are not present you will still be able to watch the class, benefit from other students' questions and obtain the information necessary for you to complete your assignments. If you are taking this class while living in another country, and live attendance is EXTREMELY difficult (i.e., the class is taking place at 2 AM, your time), please contact me immediately that I might consider live attendance alternatives for you.

Weekly Assignments:

- 50%; You may skip 4 assignments. The rest will be graded as follows:
 - 10 points: You really, REALLY went above and beyond!!!
 - 8 points: You did what I asked you to do very well.
 - 6 points: You turned in something to me that was close to what I asked for, but you missed the mark or it was incomplete.
 - 0 points: You turned nothing in or what you submitted wasn't even close to what was asked of you.
- Please check your grades on a weekly basis to ensure they have been correctly entered. Report any problems immediately! **I will not change grades once 3 weeks have passed from the assignment's due date.**
- Again, you will get 4 homework grades dropped, so you may skip 4 assignments or get up to 4 low grades without penalty.
- All assignments **MUST** be uploaded by **noon (12:00 PM)**, the Monday following the class after which they were assigned. If, for some reason, you are unable to upload an assignment through Canvas at any time, email it to me by the due date and time. No assignments will be accepted after their due date and time.

***There are no tests, quizzes, or exams for this course.

Schedule

September 1	Introductions and Why You're Here Course Overview	Dr. Debra Palmer-Keenan
September 8	No Class – Follow Monday Schedule	NA
September 15	Personalizing Your Eating Plan	Dr. Debra Palmer-Keenan
September 22	Exercise Recommendations and Finding Time to Follow Them	Dr. Debra Palmer-Keenan
September 29	Nutrition Labels	Dr. Debra Palmer-Keenan
October 6	Alcohol 101	Mark Cruz
October 13	Sustainability	Dr. Debra Palmer-Keenan
October 20	Food Safety 101	Dr. Don Schaffner
October 27	Food and Where It Comes From	Dr. Debra Palmer-Keenan
November 3	Cooking Tips	You (I think)
November 10	Nutrition for Peak Performance /Ergonomic Aides	William Maldonado MS, CSCS,*D
November 17	More on Food Safety 101	Dr. Don Schaffner
November 24	Workouts for Peak Performance	Dwayne Curry, Med, BS
December 1	Food Shopping Strategies	Dr. Debra Palmer-Keenan
December 8	All Your Questions Answered	Dr. Sue Shapses Dr. Malcolm Watford Dr. Joe Dixon