

Spring 2019 Online

## 11:709:255:90/91 **Nutrition and Health 255**

(3 credit hours, Index# 07572/07574)

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 [abbot@dceo.rutgers.edu](mailto:abbot@dceo.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 online office or through direct email ([abbot@dceo.rutgers.edu](mailto:abbot@dceo.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**

Byrd-Bredbenner, Moe, Beshgetoor, Berning, Kelley; Wardlaw's Perspectives in Nutrition. 11th Edition. McGraw-Hill, 2019.

*You can purchase this directly from the Canvas course or Campus Bookstore. You will need to ensure that you purchase a text copy that includes Connect (Publisher's access to online tools/content).*

*Option 1: Connect + e-textbook rental \$120.00*

*Option 2: Connect +loose-leaf binder ready copy of text \$145.00*

### **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.

### **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:

1. KRDN 1.2: Use current information technologies to locate and apply evidence-based guidelines and protocols (i.e., online USDA food intake database).
2. 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).
3. KRDN 2.1: Demonstrate effective and professional oral and written communication and documentation (i.e., dietary intake assessment report)
4. KRDN 3.5: Describe basic concepts of nutritional genomics (i.e., lecture on nutritional genomics assessed via Unit exam).
5. KRDN 4.6: Analyze data for assessment and evaluate data to be used in decision-making for continuous quality improvement (i.e., report of dietary intake assessment; evaluate values for nutrients in diet and determine if meeting requirements).

### **Course Requirements**

1. Participation in each the Unit Threaded Discussions (100 points)
2. Unit 1 examination (100 points)
3. Unit 2 examination (100 points)
4. Dietary assessment project (150 points)
5. Unit 3 examination (100 points)

### **Grading**

Grades will be calculated on a point system (see above) with all points weighted equally. There is a total possible point accumulation of **550 points**.

A = 495 to 550 points (90-100%)

B+ = 478 to 494 points (87-89%)

B = 440 to 477 points (80-86%)

C+ = 423 to 439 points (77-79%)

C = 385 to 438 points (70-76%)

D = 330 to 384 points (60-69%)

F = <330 points (<60%)

I do not scale the final course grade, grades are A, B+, B, C+, C, D and F. There is **one** extra credit assignment due during Unit 3 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 completely online. The course is divided into three Units. Each Unit is scheduled to last about two weeks and will cover 5-6 chapters of content. At the end of each Unit there will be a Unit exam. It is imperative to schedule time **daily** during the semester in order to stay on track to complete the course. 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).

### ***Exam Policy***

All exams are completed online. Each exam will be available to complete online for two days (starting at 12:00 AM the first day until 9:00 PM the second day) during the dates listed on the course master schedule (included at the bottom of this syllabus). Each exam will cover material from the topics listed within the Unit associated with the exam. Exams will be predominately multiple choice with a few, fill in the blanks, matching and True/False questions. Online exams must be completed in one 60-minute session and will be timed.

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

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

### ***3-Day Dietary Assessment Project (150 points)***

There is the one major assignment for the course. It is described in detail under the Diet Assessment Tab in the course website. In summary, it provides students the opportunity to explore their diet 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. *A late assignment will NOT be accepted (unless student can provide University-approved excuse in writing to the instructor).*

### ***Threaded Discussions (100 points)***

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 topic). These discussions are the way you "participate" in class. So 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.

### *Grading Policy for Threaded Discussions*

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*).

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

### **Number of Points: Skills**

- **8-10** - Demonstrates excellence in grasping key concepts; critiques work of others; stimulates discussion; provides sample citations for support of opinions; readily offers new interpretations of discussion material. Ideas are expressed clearly, concisely; uses appropriate vocabulary.
- **5-7**: Shows evidence of understanding most major concepts; will offer an occasional divergent viewpoint or challenge; shows some skill in support for opinions. Some signs of disorganization with expression; transition wording may be faulty. Lack of sufficient support for main ideas/comments/argument. (-5 if student does not post a response to a classmate's post)
- **1-4** - Has mostly shallow grasp of the material; rarely takes a stand on issues; offers inadequate levels of support. Poor language use garbles much of the message; only an occasional idea surfaces clearly; expression seems disjointed; overuse of the simple sentence and a redundancy with words and commentary; paragraphs often appear unrelated to each other.
- **0** – No posts.

*\*\*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 *may* be available per instructor's discretion. These include self-assessments, links to additional material, useful web sites, etc. *Completion of these materials are not required for the course, but can be used to enrich the learning experience.*

### ***Extra Credit***

There is one extra credit available during Unit 3 and there may be **limited** opportunities to earn additional 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 and every 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 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>."

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

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