

Spring 2021 Nutrition and Health 11:709:255:01 Syllabus On-Line Class at Rutgers University

Updated: January 15, 2021

Section 01 Index: 13902

This is an On-line class – The Live lectures will be:

Tuesday 12:35 PM – 1:55 PM on the Canvas Site

Friday 12:35 PM – 1:55 PM on the Canvas Site

The lectures will be recorded!

Final Exam: To be Announced

**Also See Excel Spreadsheet on Canvas with the exact Schedule of Classes (Topics and readings)
for Spring 2021**

Instructor

Joseph L. Dixon, PhD, Office: Room 167, Foran Hall (on the Cook campus) See PowerPoint for map! Class Email for all course related questions: joedixon709255@gmail.com

Rutgers Email: dixon@sebs.rutgers.edu (For on-line appointments)

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 on my Rutgers email and sometimes I miss one or two.

TA: Nicholas Amado, Email: nja@sebs.rutgers.edu

Office Hours: For usual types of questions, email me! For more specific questions and discussions – We can arrange a meeting, using Zoom through Canvas (Don't wait to the day before exams – please make an appointment if you have any questions!)

Required Texts: See Page 6 (last page)

My recommendation is that you read all assigned chapters and sections in the Textbook 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.

See the Larger Version of this, which is in an Excel Spreadsheet, on the Canvas website. This will allow you to allocate time to the different aspects of the course. **This may be altered slightly based upon how the course proceeds during the semester.**

Please see separate Rubric that explains the grading system!

There are different Aspects of the Class that used to grade you. Only 55% of the points come from exams. If you are not happy with the grading system, please do not take the class!

Exams - Exams are open book but the experience of students the last 2 semesters was that you have to study to finish the exam on time. There is always a review sheet given out about a week ahead. There are 2 midterms and a final.

Assignments - Diet, and Exercise Assignments. I have been giving these for many years. They will need to be done very well to get full points. The grade for each assignment will be dependent upon the quality of your work.

Quizzes - There are three types of Quizzes – please take special note of the different kinds.

Lecture Attendance Mini Quizzes – In some of the lectures there will be a 3-question quiz presented in the middle of the lecture. The reason for these “Mini Quizzes” is to entice you to listen

to the lectures – whether live or in recorded forms. The answers to the questions may be very obscure. The quiz for each lecture will be on Canvas and will need to be taken within 10 days of the original lecture presentation. If you do not wish to commit to listening to the lectures, you should not take the course.

Lecture Multiple-choice Quizzes – Called “Lecture Quizzes” These quizzes are usually easy and can be whimsical. The quizzes (previously given in class) have really increased the overall grades in class. You have to do about 12 quizzes to get full points. This means if you forget about 1 or 2 quizzes, you won't be penalized. Due dates will be given and you need to complete the quiz (given once) before the due date. Quizzes will be all given through Canvas.

Obesity Explosion Book Multiple-choice Quizzes - These quizzes are not graded - you just need to have completed 90% of them by the end date for the assignment! You can retake them until you get all the questions correct. This is new to the course. These quizzes need to be taken within one week after the reading assignment is due – obviously, it is best to take after reading a chapter or two. Points will be deducted for missing quizzes. Quizzes will be given through the Book Website.

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 and must be available for all students in class! (There is absolutely no extra credit on an individual basis!)

Final grade allocation:

A= 91-100%, B+ = 86-90%, B= 81-85 %, C+ = 76-80%, C = 70 – 75%, D = 50 – 69.9%; < 50% is an F.

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.

Final Exam questions will mostly come from the 3rd section (last curriculum chapters and possibly Special Topics) but there may be a few important questions from earlier sections.

All exams will be open book. There will be **NO** make-up exams without an official Doctor's note (on Office or Hospital letterhead).

Projects – there are several projects, including the 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 science

Exam and Quiz Make-ups for Nutrition and Health

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. For quizzes, there should not be a problem because you do not have to have all Lecture quizzes. Please use this note to apply for a make-up:

Nutrition and Health; 709:255:01 (Spring 2021)

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 sent to the class email address: joedixon709255@gmail.com or handed to me at my office. None will be accepted in class as they are easy to get lost.

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.

Letter Outline:

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 for a missed quiz or exam

Dear Dr. Dixon,

I was unable to take the exam on _____ because (Fill in: I was ill, or I needed to attend a funeral). **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

Books for Nutrition and Health, Dr. Joe Dixon, 709:255:01 (Spring 2021)

Textbook - The textbook is the same one I have used for years:

MindTap Nutrition, 1 term (6 months) Instant Access for McGuire/Beerman's Nutritional Sciences: From Fundamentals to Food - Price: \$113.00 ISBN: 9781337396028 **(on-line version)**

McGuire/Beerman - Nutritional Sciences: : From Fundamentals to Food, Enhanced Edition - Price: \$199.95 (Upgraded 3rd edition) ISBN: 9781337565332
(Hard cover version)

The MindTap version is the on-line book. It contains lots of additional things, but we are only going to use the textbook! There will be no quizzes or projects using the MindTap site.

Therefore, if you can get a third edition of the McGuire text on the Internet for a reasonable amount, go ahead and do that. Also, you might know someone who took the class in the past few years. There must be thousands of copies of the text around – either on line or owned locally. Some students last semester were able to buy the text online for \$20. Don't wait – look for it now!

Every year students ask me if they need to read the textbook or just go by the lectures. If you want to get background information that I don't have time to get to, read the book. I have had students who really liked the book and said they enjoyed reading it.

Second Book – *Obesity Explosion – The Collision of Nutrition, Culture, Politics, and Food*, by Joseph L. Dixon, Published on August 24, 2020; Kendall Hunt Publishing Company. This is a new book I have written because it is impossible to spend all the class time I wish to on this topic.

Printed Book and Ebook, ISBN: 978-1-7924-2915-6

Printed Book - The Printed book will be available on the Kendall Hunt Website (see below) and can be ordered directly from Kendall Hunt. You will receive the book by mail or Fed-Ex in about a week. The book will also be available at the Rutgers Bookstore. For class you should have the book around February 23, 2021. The first reading assignment will need to be completed a few weeks after that. **If you buy the printed book, I will autograph it for you when we are able to meet, or you can mail it to me after the class is finished and I will mail it back to you.**

Ebook – You can buy the book as just an eBook. This can also be ordered on the Kendall Hunt website:

<https://he.kendallhunt.com/product/obesity-explosion-collision-nutrition-culture-politics-food>

Kendall Hunt will send you an access code that may go to your spam folder – so watch out for it!

Chapter Quizzes - With both forms of the book, you will receive an access code for the book's Website. On the Website you will be able to take short quizzes after reading each of the chapters. **Extensive Directions for how to access the eBook and the Quizzes will be posted separately!**