

NUIP 1020-070: Fall 2019

SCIENTIFIC FOUNDATIONS IN NUTRITION AND HEALTH

INSTRUCTOR INFORMATION



Sydney Abbott

sydney.abbott@utah.edu

Department of Nutrition and Integrative Physiology

(<https://health.utah.edu/nutrition-integrative-physiology/>)

Office Location: HPER West Room 108-F (located in the Nutrition Clinic)

Office Hours: Tuesdays 3:15-4:15pm

TEACHING ASSISTANT INFORMATION

TA: ***

Email: ***

Office Hours: ***

STUDENT LEARNING OUTCOMES

1. Understand the scientific method and hypothesis testing. Learn about experimental models used in nutrition research; discern the reliability of nutrition information based on scientific evidence.



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3. Describe how the human body digests food, metabolizes and utilizes the nutrients and Calories in health or disease; and identify risks factors for developing chronic disease including the interpretation of biochemical, clinical and anthropometrical laboratory measures.
4. Evaluate food package label information - analytically and critically determine the contribution of nutrients in packaged foods to the foundation of a healthy diet.
5. Utilize basic nutritional scientific terminology; describe the essential nutrients and their role in normal metabolism; and identify good dietary sources of nutrients.

PREREQUISITES

None

REQUIRED MATERIAL

Go to McGraw-Hill Connect Tab

WELCOME TO INCLUSIVE ACCESS! NUIP 1020

Required: Contemporary Nutrition, A Functional Approach, 5th edition, Wardlaw G, Smith A, Collene A. McGraw Hill Publishers.

This is bundled with other web-based material we use in class. This is an electronic book--there is not a paper copy available for this course.

WELCOME TO INCLUSIVE ACCESS! NUIP 1020 You have enrolled in a course that utilizes an Inclusive Access title. What does this mean? All your required course materials will be available the first day of class through Canvas in the form of digital access. It's that easy—you don't have to do anything else but go to class.

You were charged for the course materials along with your tuition at a substantial savings. For this course, the regular price of the textbook is \$140.00, but you were only charged \$82.35. If you chose to Opt-Out and obtain your own course materials you can do so anytime up through the first two weeks of class. See instructions on Canvas Announcement for accessing McGraw-Hill Connect and the ebook!



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1. **Nutrition Article Review:** You will select a nutrition related article, and critically evaluate its content and message. Download the assignment instructions from Canvas to get the questions that will guide you through the evaluation of the article you select.

2. **Diet Analysis Assignment:** For this assignment you will record your food and drink intake for 3 days, then analyze it using the diet analysis software found on Connect. The analysis will give you information on your kilocalorie, micro- and macronutrient intake as compared to the RDA for your age, sex, and activity level. Download the assignment instructions found on Canvas to get a copy of the questions that you must complete after analyzing your diet.

4. **Clinical Health Evaluation:** Using clinical evaluation tools of blood lipid levels, blood pressure and body composition, you will identify any potential health problems you may have. You will address any potential problems by making appropriate recommendations to change diet and lifestyle. Our Nutrition Clinic will provide a FREE evaluation, make an appointment online. You must include the printed results of your examination (provided by the clinic) to receive full credit for this assignment. Further instructions on making an appointment are available on Canvas.

5. **LearnSmart Assignments:** On our class Connect page, there are “LearnSmart” assignments for each assigned chapter of reading. You can find these on the home page after you log into Connect. Click on the “LS” icon in the Chapter folder on the Connect homepage to go to the LearnSmart assignment specified for that chapter. These assignments will help you prepare for class and exams. After you complete the LearnSmart assignment on Connect, you will be given full credit for the assignment. Each LearnSmart section is worth 50 points. Each chapter covered on a specific test must be completed by 3:00pm the day of the exam (Example: Exam 1 is on September 26th. Each of the LearnSmart activities for those exam chapters must be completed by 3:00 pm on September 26th), with the exception of the last section, which is due on the last day of class (December 5). You are responsible to keep yourself on track with these assignments throughout the semester. **NO LATE CREDIT WILL BE GIVEN FOR LEARNSMART ASSIGNMENTS.**

6. **In Class Participation:** Participation points will be randomly offered during in-class activities such as, individual, partner and group work. These points will only be available to those present and cannot be made-up or substituted.

7. **Exams & Exam Policy:** Format is multiple choice and true/false questions. Exams 1-3 will consist of 50



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- If you are to miss an exam you must notify me at least 1 week prior to the exam date. Makeup exams will be taken at the Testing Center.
- If you miss an exam without prior permission from me, you will be allowed to take a make-up exam only if you have a legitimate excuse that can be verified such as an illness accompanied by a written physician's excuse, an accident report, etc.
- Missed exams without prior permission or a written excuse will be assigned a zero.

Point Breakdown for Assignments and Exams

Assignment	Points Available
Nutrition Article Review	50 points
Diet Analysis Assignment	50 points
Clinical Health Evaluation Assignment	50 points
LearnSmart Sections 1, 2, and 3	150 points (50 points/section)
In Class Participation and Assignments	75 points
Exam 1	100 points
Exam 2	100 points
Exam 3	100 points
Total Points	675 points

FREQUENTLY ASKED QUESTIONS



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Successful students (those that get A's and B's) use their time wisely. The standard formula for college coursework is that for every 1 hour of credit a student will spend 3 to 6 hours (and sometimes more) of studying and completing homework. Thus, a 3 credit course will require an average of 9 to 18 hours of homework (reading, research, studying) per week. As a result, successful students plan their time so that they keep up with assignments by maintaining a pace that fits the course schedule. They also communicate with the instructor often so that they can receive feedback on their work. Please note the class is cumulative in nature. A good understanding of the material in the first part of the semester is necessary in order to proceed successfully throughout the remainder of the semester.

- **I missed an assignment due date, now what?**

Late assignments will be deducted 10 points per day. If you experience technical difficulties with submitting assignments, contact U-online for technical assistance immediately at 801-585-5959 or If you experience technical difficulties with submitting assignments, contact U-online for technical assistance immediately at 801-585-5959 or email me at sydney.abbott@utah.edu.

- **What if I miss an exam?**

There will be no make-up exams without prearranged written permission from the instructor. If the incident resulting in a missed exam occurs on the due date you will have 24 hours to contact me to make the necessary arrangements. Physician's verification is required for illnesses or other documentation (e.g., doctor's note, accident report, death certificate) for medical or emergency circumstances beyond your control. Late exams must be completed within one week of the *first* date the exam is offered. Contact your instructor via e-mail prior to the scheduled exam time or within 24 hours after the incident. Missed exams without permission or acceptable medical or emergency excuse will be assigned a grade of zero, per University policy.

If you know in advance that you need to take the exam at a different time than scheduled, your instructor will work with you to make arrangements. These *arrangements must be scheduled* at least 1 week before the exam for a time before the originally planned test date (i.e., if you have a university athletic event or debate meet).

GRADE SCHEME

The following grading standards will be used in this class:

Grade	Range
A	100 % to 92.5%



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Grade Range

B-	< 82.5 % to 79.5%
C+	< 79.5 % to 77.5%
C	< 77.5 % to 72.5%
C-	< 72.5 % to 69.5%
D+	< 69.5 % to 67.5%
D	< 67.5 % to 62.5%
D-	< 62.5 % to 59.5%
F	< 59.5 % to 0.0%

COURSE RESPONSIBILITIES

Institutional Policies

THE AMERICANS WITH DISABILITIES ACT

The University of Utah seeks to provide equal access to its programs, services, and activities for people with disabilities. If you will need accommodations in this class, reasonable prior notice needs to be given to the Center for Disability Services, 162 Olpin Union Building, (801) 581-5020. CDS will work with you and the instructor to make arrangements for accommodations. All written information in this course can be made available in an alternative format with prior notification to the Center for Disability Services.

Accommodation Policy (see Section Q): <http://regulations.utah.edu/academics/6-100.php>
(<http://regulations.utah.edu/academics/6-100.php>)

UNIVERSITY SAFETY STATEMENT

The University of Utah values the safety of all campus community members. To report suspicious activity or to request a courtesy escort, call campus police at 801-585-COPS (801-585-2677). You will receive important emergency alerts and safety messages regarding campus safety via text message.

For more information regarding safety and to view available training resources, including helpful



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ADDRESSING SEXUAL MISCONDUCT

Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a civil rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age, status as a person with a disability, veteran's status or genetic information.

If you or someone you know has been harassed or assaulted, you are encouraged to report it to the Title IX Coordinator in the Office of Equal Opportunity and Affirmative Action, 135 Park Building, 801-581-8365, or the Office of the Dean of Students, 270 Union Building, 801-581-7066.

For support and confidential consultation, contact the Center for Student Wellness, 426 SSB, 801-581-7776.

To report to the police, contact the Department of Public Safety, 801-585-2677(COPS).

UNDOCUMENTED STUDENT SUPPORT

Immigration is a complex phenomenon with broad impact—those who are directly affected by it, as well as those who are indirectly affected by their relationships with family members, friends, and loved ones. If your immigration status presents obstacles to engaging in specific activities or fulfilling specific course criteria, confidential arrangements may be requested from the Dream Center. Arrangements with the Dream Center will not jeopardize your student status, your financial aid, or any other part of your residence. The Dream Center offers a wide range of resources to support undocumented students (with and without DACA) as well as students from mixed-status families.

To learn more, please contact the Dream Center at 801-213-3697 or visit dream.utah.edu (<http://dream.utah.edu>).

DROP/WITHDRAWAL

Students may drop a course within the first two weeks of a given semester without any penalties. Students may officially withdraw (W) from a class or all classes after the drop deadline through the midpoint of a course. A "W" grade is recorded on the transcript and appropriate tuition/fees are assessed. The grade "W" is not used in calculating the student's GPA. See the [Academic Calendar](https://registrar.utah.edu/academic-calendars/index.php) (<https://registrar.utah.edu/academic-calendars/index.php>) for the last day to withdraw from term, first and second session classes.



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PLAGIARISM/CHEATING

It is assumed that all work submitted to your instructor is your own work. When you have used ideas of others, you must properly indicate that you have done so. Plagiarism and cheating are serious offenses and may be punished by failure on an individual assignment, and/or failure in the course. Academic misconduct, according to the University of Utah Student Code, “includes, but is not limited to, cheating, misrepresenting one’s work, inappropriately collaborating, plagiarism, and fabrication or falsification of information...It also includes facilitating academic misconduct by intentionally helping or attempting to help another to commit an act of academic misconduct.”

For detailed definitions and possible sanctions, see the Student Code:

<http://regulations.utah.edu/academics/6-400.php> *(http://regulations.utah.edu/academics/6-400.php)*

WELLNESS STATEMENT

Your personal health and wellness are essential to your success as a student. Personal concerns such as stress, anxiety, relationship difficulties, depression, cross-cultural differences, etc., can interfere with a student’s ability to succeed and thrive in this course and at the University of Utah. Please speak with the instructor or TA before issues become problems.

For helpful resources, contact the Center for Student Wellness at www.wellness.utah.edu

***(http://www.wellness.utah.edu)* or 801-581-7776.**

VETERANS SUPPORT CENTER

The Veterans Support Center is a “one stop shop” for student veterans to find services, support, advocacy, and camaraderie. They are located in the Park Building Room 201.

You can visit their website for more information about their services and support at:

<http://veteranscenter.utah.edu> *(http://veteranscenter.utah.edu)*

LGBT RESOURCE CENTER

The University of Utah has an LGBT Resource Center on campus. They are located in Room 409 of the Olpin Union Building. Hours: M-F 8:00AM - 5:00 PM MT.

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LEARNERS OF ENGLISH AS AN ADDITIONAL/SECOND LANGUAGE

If you are an English language learner, please be aware of several resources on campus that will support you with your language and writing development.

These resources include:

Writing Center (<http://writingcenter.utah.edu> [_ \(http://writingcenter.utah.edu\)](http://writingcenter.utah.edu).)

Writing Program (<http://writing-program.utah.edu> [_ \(http://writing-program.utah.edu\)](http://writing-program.utah.edu).)

English Language Institute (<http://continue.utah.edu/eli> [_ \(http://continue.utah.edu/eli\)](http://continue.utah.edu/eli).)

Course Summary:

Date	Details	
Wed Sep 11, 2019	 Assignment #1: Article Review _ (https://utah.instructure.com/courses/567061/assignments/6476036)	due by 3:30pm



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