

NURS
3010-
90

Nutrition Intervention in the Treatment and Prevention of Chronic Disease

SPRING 2020

CLASS TIME AND LOCATION

- **This is a fully online asynchronous class conducted via Canvas:** We will not meet as a group on campus.
- **This is a 4 credit hour class:** Please make sure you have the necessary time to dedicate to this course. Translation: a minimum of 3 hrs per credit hr (at least 12 hrs/week).

INSTRUCTOR INFORMATION

Staci McIntosh, MS, RD, Certified Online Instructor, Assistant Professor (Lecturer), Department of Nutrition and Integrative Physiology

Phone and Email: (801) 581-3175. **Email within Canvas system.**

Office location: HPR-N #211

Office hours: TBD



TEACHING ASSISTANT INFORMATION

TBD

COURSE DESCRIPTION

Nutritional biochemistry and cellular homeostasis are integrated with nutrition intervention in the prevention and treatment of chronic disease. This course is designed for students anticipating a career in health care.

PREREQUISITES

You should have **already** taken these courses **before** taking NURS 3010: BIOL 1610 *or* CHEM 1120; **and** BIOL 2325 *or* BIOL 2420.

⚡ QUICK CHECK

Have you taken the prerequisites for this course?

- Yes
- No

REQUIRED MATERIAL

Required Text: The book is required for the course and older versions are not acceptable as important information.

Nix S: *Williams' Basic Nutrition & Diet Therapy*, 15th edition, Elsevier, 2017.

ISBN: 978-0-323-37731-7

The book may be purchased directly from the publisher or at the main campus bookstore. You may purchase it available at the **Marriott Library** (http://utah-primoprod.hosted.exlibrisgroup.com/primolibweb/fn=search&ct=search&initialSearch=true&mode=Basic&tab=uuu_alma_cr_restricted&indx=1&dum=true&si)

Internet: This course requires access and use of technology.

STUDENT LEARNING OUTCOMES

Active participation in this course should allow you to:

- Describe the processes of digestion and metabolism for the macronutrients.
- Identify the structure, function, and dietary requirements of micro- and macronutrients to prevent toxicity or deficiency syndromes.
- Specify and interpret the recommendations for a prudent diet as defined by the Dietary Guidelines and apply these recommendations to yourself as well as clinical case studies and scenarios.
- Identify and apply various nutrition assessment techniques.

- Demonstrate the relationships between medical nutritional therapy and treatment of chronic disease throughout the life cycle.

TEACHING AND LEARNING METHODS

- The *course is dependent upon the required textbook* with additional resources on Canvas such as chapter guides and supplemental material that is relevant to the material presented in the text. It is recommended that you read the assigned readings prior to accessing the associated online module and chapter quiz. Doing so will create a foundation for course material and will allow you to follow the outlines more easily. Exam material will come from both online module material and chapter readings.
- The **calendar** has suggestions for what chapters you should be covering each week as well as all due dates.
- See the **Course Design page** for more information.
- I will respond to all emails and phone calls within 1 business day.

LEARNING ASSESSMENTS

You'll have multiple opportunities to demonstrate your mastery of the material in this course! There will be 18 quizzes, 4 assignments, and 3 exams.

- **Quizzes: 15% of total grade** (18 quizzes – one for each chapter):

Purpose: *Quizzes are an effective tool for assessing your recall and basic understanding of the didactic material that forms the groundwork of nutrition intervention.*

What's the fine print? *The quizzes are taken online. Each quiz is open book/notes and will cover the topics in the relevant chapter. Once you start the quiz, you will have 10 minutes to complete it (unless otherwise noted). You do not need to register for the quiz. You may access it and take it when you feel you have covered the material efficiently. Quizzes will close at 11:59pm Mountain Time on Saturday of the week they are due.*

- **Assignments: 25% of total grade** (4 assignments at 30 to 90 points each):

The assignments (forms and instructions) are available to download from the **Assignment page** on Canvas.

Purpose: *The main goal of our assignments is to show you some of the biochemical and anthropometric tools that we have to assess our patient's nutritional status. And to help you interpret these results properly for your future patients/clients.*

Using the Scientific Literature (30 points): This assignment will help familiarize you with the use of peer-reviewed scientific literature. We will explore a review article and a primary research paper.

Body Composition Project: (65 points) This project will provide you with anthropometric information from which you can assess your body composition and nutritional health status as it relates to body

composition.

Iron Status Worksheet: (75 points) You will evaluate your iron status and other dietary sources of iron. In addition, you will practice reading and summarizing research articles from peer reviewed scientific journals.

Cholesterol and Blood Pressure Project: (90 points) This project is designed to familiarize you with measurements performed to assess risk of cardiovascular disease. As with the Iron project, you will be locating 2 research papers, reading, and summarizing your findings for this project.

What's the fine print? *In order to complete three of the assignments, you must complete a few biochemical and anthropometric tests at the beginning of the semester. Your course fees cover this testing through the Department of Nutrition and Integrative Physiology. Go to the **"lab testing instructions"** page for details and to schedule an appointment. The testing will take about 15-20 minutes per person. You will only need to go one time for this testing. This testing is required to complete your assignments. Copies of lab results pertaining to each assignment must be submitted along with the assignment.*

*It is **required** that each assignment be submitted through the Canvas assignment tool. Emailed assignments will be not accepted. All assignments are to be typed and saved with your name in the file name in Word format (.doc) or a PDF file if using other word processing software.*

- **Exams: 60% of total grade** (3 exams at 50 points each):

What do I need to know about exams? *Dates and material covered on each exam are listed below. All exams are administered through U-online. Instructions on how to register for your exams is located on the "Schedule Exams" page (see class menu to the left). Please register 2 weeks in advance of each exam as appointments are limited. Exams are administered online in various locations with approved proctors. Exam registration for each site, day, and time is limited. If you are out of area, you may work directly with Uonline to locate an approved proctor in your location.*

What's the format of the exam? *The exams are a combination of multiple choice, true/false, matching, fill-in-the-blank, calculation, and short answer questions. They will be timed at 2 hours each. They will look very similar to your graded quizzes online. I will provide you with a detailed study guide well in advance of the exam to help you prepare.*

GRADE CRITERIA



Grading in this course is based upon your display of knowledge on the assignments, quizzes, and exams noted above. Since all assignments are related directly to the course objectives, failure to complete any

| | | | |
|----|--------|----|-------|
| A | 93-100 | C | 73-77 |
| A- | 90-92 | C- | 70-72 |
| B+ | 88-89 | D+ | 68-69 |
| B | 83-87 | D | 63-67 |
| B- | 80-82 | D- | 60-62 |

assignment will result in an unsatisfactory course grade.

| | | | |
|----|-------|---|------|
| C+ | 78-79 | E | < 59 |
|----|-------|---|------|

COURSE POLICIES AND RESPONSIBILITIES

Online courses require significant self-motivation. Online courses are different than on-campus courses and **online learning** is not ideal for everyone. Some lessons take a considerable amount of time to complete. Please note that not all modules are created equal. Some may take a bit more time than others. Some people believe this to be a much easier way to study this subject than in the on-campus frame work. Others may feel very intimidated at first. Be patient as you work your way through the first few modules. If you are serious about the material, you will learn as much as, if not more than, most on-campus students about this subject and develop reading and communication skills that are vital to the workforce of the 21st century.

- **Electronic or equipment failure:** It is your responsibility to maintain your computer and related equipment in order to participate in the online nature of the course. Equipment failures (*including* loss of internet access) will not be an acceptable excuse for late or absent assignments. I receive notifications from U-online directly in the event that Canvas goes down for any period of time. This rarely ever happens but if it does, I will deal with affected individuals on a case by case basis.
- **Document archiving:** You are responsible for making sure your assignments, including attachments, are received before the deadline. Students are also responsible for ensuring that the documents submitted are the correct document to be graded.
- **Naming conventions and software type:** You are responsible for submitting the assignment with the required naming convention, correct file extension, and using the software type and version required for the assignment. See assignment instructions for acceptable formats.
- **Due dates/times:** The deadlines on the Canvas Assignment, Quiz, and Discussion pages are the final word on all deadlines and are set to **Mountain time zone** (regardless of your personal time zone). Students may finish course requirements early according to their own academic schedule but they may **not** complete the quizzes late. Online courses require students to be self-driven and accountable for meeting course deadlines.
- **Classroom equivalency:** Discussion threads, e-mails, and chat rooms are all considered to be equivalent to classrooms, and student behavior within those environments shall conform to the University of Utah Student Code. Specifically:
 - Posting photos or comments that would be off-topic in a classroom are still off-topic in an online posting.
 - Off-color language and photos are never appropriate.
 - Using angry or abusive language is called "flaming", is not acceptable, and will be dealt with according to the Student Code.
 - Course e-mails, e-journals, and other online course communications are part of the classroom and as such, are University property and subject to GRAMA regulations and the Student Code. Privacy

regarding these communications between correspondents must not be assumed and should be mutually agreed upon in advance, in writing.

FREQUENTLY ASKED QUESTIONS

What's the best way to go about managing my time for this class?

Successful students (those that get A's and B's) use their time wisely. Just like a face-to-face course, the standard formula for college coursework is that for every 1 hour of class time will result in 3 to 6 hours (and sometimes more) of homework; thus, a 4 credit course will require an average of 12 to 24 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.

How can I find out how I did on exams and assignments?

All assignments will be returned via electronic uploads to Canvas. I encourage you all to review graded assignments and to contact me with any questions. Graded quizzes will be available to review after the due date. To review your exam, please plan to come to the office to meet with your instructor or TA. If you have any questions or concerns about the grading of your assignments or exams we ask that you bring that to our attention within one week of the grade being posted so that we may handle any issues in a timely manner.

I missed an assignment due date, now what?

I will grade late assignments (defined as assignments submitted between 12am MST the day after the due date up until 3 days after the due date) for $\frac{1}{2}$ credit. Please keep in mind that assignments can be submitted as early as you like! They'll be open from the first day of the semester until the set due date/time. If you experience technical difficulties with submitting these assignments, please contact U-online for technical assistance (801.585.5959) or call (801.581.3175) immediately.

What happens if I miss a quiz?

Bummer. You will have from the first day of the semester until the due date to take it. If you snooze, you lose. It will not be reopened. Your lowest score will be dropped from your grade though so you can afford to miss one quiz.

What if I miss an exam?

There will be no make-up exams without prearranged permission from me. If the incident resulting in a missed assignment or 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. To contact me, messages can be left on my e-mail or voice mail prior to the scheduled exam time or within 24 hours after the incident. Missed assignments and 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, I am happy to work with you to make arrangements. These *arrangements must be scheduled* at least 1 week in *advance* of the exam for a time before the originally planned test date (i.e., if you are jetting to Cabo during the week of the exam, you better take the exam before you leave.)

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 videos, visit safeu.utah.edu.



INSTITUTIONAL POLICIES

Drop/Withdrawal Policies

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.

For deadlines to withdraw from full-term, first, and second session classes, see the U's [Academic Calendar](https://registrar.utah.edu/academic-calendars/index.php). [\(https://registrar.utah.edu/academic-calendars/index.php\)](https://registrar.utah.edu/academic-calendars/index.php)

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 details on plagiarism and other important course conduct issues, see the U's [Code of Student Rights and Responsibilities](http://regulations.utah.edu/academics/6-400.php). [\(http://regulations.utah.edu/academics/6-400.php\)](http://regulations.utah.edu/academics/6-400.php)

Safety at the U

The University of Utah values the safety of all campus community members. 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 videos, visit safeu.utah.edu (<http://safeu.utah.edu>).

To report suspicious activity or to request a courtesy escort, contact:

Campus Police & Department of Public Safety

📞 801-585-COPS (801-585-2677)

🌐 dps.utah.edu (<https://dps.utah.edu>)

📍 1735 E. S. Campus Dr.
Salt Lake City, UT 84112

Wellness at the U

Your personal health and wellness are essential to your success as a student. Personal concerns like stress, anxiety, relationship difficulties, depression, or cross-cultural differences can interfere with a student's ability to succeed and thrive in this course and at the University of Utah.

Please feel welcome to reach out to your instructor or TA's to handle issues regarding your coursework.

For helpful resources to manage your personal wellness and counseling options, contact:

Center for Student Wellness

📞 801-581-7776


🌐 wellness.utah.edu (<http://wellness.utah.edu>)

📍 2100 Eccles Student Life Center
1836 Student Life Way
Salt Lake City, UT 84112

Women's Resource Center

📞 801-581-8030

🌐 womenscenter.utah.edu (<https://womenscenter.utah.edu>)

 411 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

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 university officials:

Title IX Coordinator & Office of Equal Opportunity and Affirmative Action

 801-581-8365


 oeo.utah.edu [_ \(https://oeo.utah.edu/\)](https://oeo.utah.edu)

 135 Park Building
201 Presidents' Cir.
Salt Lake City, UT 84112

Office of the Dean of Students

 801-581-7066

 deanofstudents.utah.edu [_ \(https://deanofstudents.utah.edu/\)](https://deanofstudents.utah.edu)


 270 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

To file a police report, contact:

Campus Police & Department of Public Safety

 801-585-COPS (801-585-2677)

 dps.utah.edu [_ \(https://dps.utah.edu/\)](https://dps.utah.edu)

 1735 E. S. Campus Dr.
Salt Lake City, UT 84112


If you do not feel comfortable reporting to authorities, the U's Victim-Survivor Advocates provide **free, confidential** and **trauma-informed** support services to **students, faculty, and staff** who have experienced interpersonal violence.

To **privately** explore options and resources available to you with an advocate, contact:

Center for Student Wellness

 801-581-7776

 [wellness.utah.edu \(http://wellness.utah.edu/\)](http://wellness.utah.edu)

 328 Student Services Building
201 S. 1460 E.
Salt Lake City, UT 84112

Americans With Disabilities Act (ADA)


The University of Utah seeks to provide equal access to its programs, services, and activities for people with disabilities.


All written information in this course can be made available in an alternative format with prior notification to the Center for Disability Services (CDS). CDS will work with you and the instructor to make arrangements for accommodations. Prior notice is appreciated. To read the full accommodations policy for the University of Utah, please see Section Q of the [Instruction & Evaluation regulations \(http://regulations.utah.edu/academics/6-100.php\)](http://regulations.utah.edu/academics/6-100.php).

If you will need accommodations in this class, contact:

Center for Disability Services

 801-581-5020

 [disability.utah.edu \(https://disability.utah.edu/\)](https://disability.utah.edu)

 162 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

Diverse Student Support

Student Support Services (TRIO)

TRIO federal programs are targeted to serve and assist low-income individuals, first-generation college students, and individuals with disabilities.

Student Support Services (SSS) is a TRIO program for current or incoming undergraduate university students who are seeking their first bachelor's degree and need academic assistance and other services to be successful at the University of Utah.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Student Support Services (TRIO)

 801-581-7188

 [trio.utah.edu \(https://trio.utah.edu/\)](https://trio.utah.edu)

 Room 2075

1901 E. S. Campus Dr.
Salt Lake City, UT 84112

American Indian Students

The AIRC works to increase American Indian student visibility and success on campus by advocating for and providing student centered programs and tools to enhance academic success, cultural events to promote personal well-being, and a supportive “home-away-from-home” space for students to grow and develop leadership skills.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

American Indian Resource Center

📞 801-581-7019

🌐 diversity.utah.edu/centers/airc [\(https://diversity.utah.edu/centers/airc/\)](https://diversity.utah.edu/centers/airc/)

📍 Fort Douglas Building 622
1925 De Trobriand St.
Salt Lake City, UT 84113

Black Students

Using a pan-African lens, the Black Cultural Center seeks to counteract persistent campus-wide and global anti-blackness. The Black Cultural Center works to holistically enrich, educate, and advocate for students, faculty, and staff through Black centered programming, culturally affirming educational initiatives, and retention strategies.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Black Cultural Center

📞 801-213-1441

🌐 diversity.utah.edu/centers/bcc [\(https://diversity.utah.edu/centers/bcc/\)](https://diversity.utah.edu/centers/bcc/)

📍 Fort Douglas Building 603
95 Fort Douglas Blvd.
Salt Lake City, UT 84113

Students with Children

Our mission is to support and coordinate information, program development and services that enhance family resources as well as the availability, affordability and quality of child care for University


students, faculty and staff.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Center for Childcare & Family Resources

 801-585-5897

 childcare.utah.edu ([https://childcare.utah.edu/](https://childcare.utah.edu))

 408 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112


Students with Disabilities


The Center for Disability Services is dedicated to serving students with disabilities by providing the opportunity for success and equal access at the University of Utah. They also strive to create an inclusive, safe, and respectful environment.

For more information about what support they provide and links to other resources, view their website or contact:

Center for Disability Services

 801-581-5020

 disability.utah.edu ([https://disability.utah.edu/](https://disability.utah.edu))

 162 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

Students of Ethnic Descent


The Center for Ethnic Student Affairs offers several programs dedicated to the success of students with varied cultural and ethnic backgrounds. Their mission is to create an inclusive, safe campus community that values the experiences of all students.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Center for Ethnic Student Affairs

 801-581-8151

 diversity.utah.edu/centers/cesa/ (<https://diversity.utah.edu/centers/cesa/>)

 235 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

English as a Second/Additional Language (ESL) Students

If you are an English language learner, there are several resources on campus available to help you develop your English writing and language skills. Feel free to contact:

Writing Center

☎ 801-587-9122

🌐 writingcenter.utah.edu [\(http://writingcenter.utah.edu/\)](http://writingcenter.utah.edu/)

📍 2701 Marriott Library
295 S 1500 E
Salt Lake City, UT 84112

English for Academic Success (EAS) Program

☎ 801-581-8047

🌐 linguistics.utah.edu/eas-program [\(https://linguistics.utah.edu/eas-program/\)](https://linguistics.utah.edu/eas-program/)

📍 2300 LNCO
255 S. Central Campus Dr.
Salt Lake City, UT 84112

English Language Institute

☎ 801-581-4600

🌐 continue.utah.edu/eli [\(http://continue.utah.edu/eli\)](http://continue.utah.edu/eli/)

📍 540 Arapeen Dr.
Salt Lake City, UT 84108

Undocumented Students

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 that prevent you from 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.

For more information about what support they provide and links to other resources, view their website or contact:

Dream Center

☎ 801-213-3697

🌐 dream.utah.edu [\(http://dream.utah.edu/\)](http://dream.utah.edu/)

📍 1120 Annex (Wing B)
1901 E. S. Campus Dr.
Salt Lake City, UT 84112

LGBTQ+ Students

The LGBTQ+ Resource Center acts in accountability with the campus community by identifying the needs of people with a queer range of [a]gender and [a]sexual experiences and responding with university-wide services.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

LGBTQ+ Resource Center

📞 801-587-7973

🌐 lgbt.utah.edu (<http://lgbt.utah.edu/>)

📍 409 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

Veterans & Military Students

The mission of the Veterans Support Center is to improve and enhance the individual and academic success of veterans, service members, and their family members who attend the university; to help them receive the benefits they earned; and to serve as a liaison between the student veteran community and the university.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Veterans Support Center

📞 801-587-7722

🌐 (<http://lgbt.utah.edu/>) veteranscenter.utah.edu (<http://veteranscenter.utah.edu/>)

📍 418 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

Women

The Women's Resource Center (WRC) at the University of Utah serves as the central resource for educational and support services for women. Honoring the complexities of women's identities, the

WRC facilitates choices and changes through programs, counseling, and training grounded in a commitment to advance social justice and equality.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Women's Resource Center

📞 801-581-8030

🌐 womenscenter.utah.edu (https://womenscenter.utah.edu/)

📍 411 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

Inclusivity at the U

The Office for Inclusive Excellence is here to engage, support, and advance an environment fostering the values of respect, diversity, equity, inclusivity, and academic excellence for students in our increasingly global campus community. They also handle reports of bias in the classroom as outlined below:

Bias or hate incidents consist of speech, conduct, or some other form of expression or action that is motivated wholly or in part by prejudice or bias whose impact discriminates, demeans, embarrasses, assigns stereotypes, harasses, or excludes individuals because of their race, color, ethnicity, national origin, language, sex, size, gender identity or expression, sexual orientation, disability, age, or religion.

For more information about what support they provide and links to other resources, or to report a bias incident, view their website or contact:

Office for Inclusive Excellence

📞 801-581-4600


🌐 inclusive-excellence.utah.edu (https://inclusive-excellence.utah.edu/)
(http://continue.utah.edu/eli)

📍 170 Annex (Wing D)
1901 E. S. Campus Dr.
Salt Lake City, UT 84112

Other Student Support

To learn more about some of the other resource groups available at the U, check out:

🌐 diversity.utah.edu/student-groups (https://diversity.utah.edu/student-groups/)

 studentsuccess.utah.edu/resources/student-support
[\(https://studentsuccess.utah.edu/resources/student-support/\)](https://studentsuccess.utah.edu/resources/student-support/)

CANVAS INFORMATION

Canvas is the where course content, grades, and communication will reside for this course.

- Access Canvas through [utah.instructure.com \(http://utah.instructure.com\)](http://utah.instructure.com) or through [CIS \(https://cis.utah.edu\)](https://cis.utah.edu)
- For Canvas, Passwords, or any other computer-related technical support contact the [Campus Help Desk \(https://it.utah.edu/help/\)](https://it.utah.edu/help/).
 - 801 581-4000
 - [http://it.utah.edu/help \(https://it.utah.edu/help/\)](http://it.utah.edu/help)
 - [helpdesk@utah.edu \(mailto:helpdesk@utah.edu\)](mailto:helpdesk@utah.edu)
- For Canvas related issues or bugs, contact the Teaching & Learning Technologies help desk
 - 801-581-6112 ext 2
 - [classhelp@utah.edu \(mailto:classhelp@utah.edu\)](mailto:classhelp@utah.edu)

COURSE SCHEDULE


THE INSTRUCTOR RESERVES THE RIGHT TO CHANGE/MODIFY THE CONTENTS OF THIS SYLLABUS
















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TEACH Act Copyright Notice: The materials on this course Website are only for the use of students enrolled in this course for purposes associated with this course and may not be retained or further disseminated.
















Course Summary:

| Date | Details | |
|------------------|---|------|
| Mon Dec 30, 2019 |  Example Assignment & Course Basics quiz will be available starting today. (https://utah.instructure.com/calendar?event_id=1656759&include_contexts=course_596928) | 12am |

| Date | Details | |
|------------------|---|----------------|
| Mon Jan 6, 2020 |  Read syllabus and complete the "Getting Started" Module (https://utah.instructure.com/calendar?event_id=1656798&include_contexts=course_596928) | 12am |
| |  Spring 2020 Semester Begins (https://utah.instructure.com/calendar?event_id=1656797&include_contexts=course_596928) | 12am |
| Tue Jan 7, 2020 |  Cover this week: Using Scientific Literature Module (https://utah.instructure.com/calendar?event_id=1656791&include_contexts=course_596928) | 12am |
| Wed Jan 8, 2020 |  Make your appointment for lab testing! (https://utah.instructure.com/calendar?event_id=1656799&include_contexts=course_596928) | 12am |
| Sat Jan 11, 2020 |  Course Basics Quiz (https://utah.instructure.com/courses/596928/assignments/6852233) | due by 11:59pm |
| |  Example Assignment (https://utah.instructure.com/courses/596928/assignments/6852235) | due by 11:59pm |
| Mon Jan 13, 2020 |  Cover this week: Ch. 1 (https://utah.instructure.com/calendar?event_id=1656796&include_contexts=course_596928) | 12am |
| Sat Jan 18, 2020 |  Chapter 1 Quiz (https://utah.instructure.com/courses/596928/assignments/6852216) | due by 11:59pm |
| |  Project #1: Using Scientific Literature (https://utah.instructure.com/courses/596928/assignments/6852225) | due by 11:59pm |
| Mon Jan 20, 2020 |  Cover this week: Ch. 2-3 (https://utah.instructure.com/calendar?event_id=1656790&include_contexts=course_596928) | 12am |
| Tue Jan 21, 2020 |  Lab Testing begins (https://utah.instructure.com/calendar?event_id=1656760&include_contexts=course_596928) | 12am |
| Sat Jan 25, 2020 |  Chapter 2 Quiz (https://utah.instructure.com/courses/596928/assignments/6852229) | due by 11:59pm |
| |  Chapter 3 Quiz (https://utah.instructure.com/courses/596928/assignments/6852210) | due by 11:59pm |
| Mon Jan 27, 2020 |  Cover this week: Ch. 4-5 (https://utah.instructure.com/calendar?event_id=1656789&include_contexts=course_596928) | 12am |
| Tue Jan 28, 2020 |  Last day for lab testing! (https://utah.instructure.com/calendar?event_id=1656761&include_contexts=course_596928) | 12am |

| Date | Details | |
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| Thu Jan 30, 2020 |  <u>You should be registered for Exam #1 by now!</u> (https://utah.instructure.com/calendar?event_id=1656792&include_contexts=course_596928) | 12am |
| Sat Feb 1, 2020 |  <u>Chapter 4 Quiz</u> (https://utah.instructure.com/courses/596928/assignments/6852231) | due by 11:59pm |
| Sat Feb 1, 2020 |  <u>Chapter 5 Quiz</u> (https://utah.instructure.com/courses/596928/assignments/6852214) | due by 11:59pm |
| Mon Feb 3, 2020 |  <u>Cover this week: Ch. 6 & 15</u> (https://utah.instructure.com/calendar?event_id=1656795&include_contexts=course_596928) | 12am |
| Tue Feb 4, 2020 |  <u>Start working on your Body Comp project!</u> (https://utah.instructure.com/calendar?event_id=1656777&include_contexts=course_596928) | 12am |
| Sat Feb 8, 2020 |  <u>Chapter 15 Quiz</u> (https://utah.instructure.com/courses/596928/assignments/6852222) | due by 11:59pm |
| Sat Feb 8, 2020 |  <u>Chapter 6 Quiz</u> (https://utah.instructure.com/courses/596928/assignments/6852224) | due by 11:59pm |
| Sat Feb 8, 2020 |  <u>Project #2: Body Composition</u> (https://utah.instructure.com/courses/596928/assignments/6852236) | due by 11:59pm |
| Mon Feb 10, 2020 |  <u>Prepare for Exam #1</u> (https://utah.instructure.com/calendar?event_id=1656794&include_contexts=course_596928) | 12am |
| Thu Feb 13, 2020 |  <u>Exam #1 available the rest of this week</u> (https://utah.instructure.com/calendar?event_id=1656767&include_contexts=course_596928) | 12am |
| Sat Feb 15, 2020 |  <u>NURS 3010-90 Exam 1 (Ch. 1-6, 15)</u> (https://utah.instructure.com/courses/596928/assignments/6852228) | due by 11:59pm |
| Mon Feb 17, 2020 |  <u>Cover this week: Chapter 7</u> (https://utah.instructure.com/calendar?event_id=1656793&include_contexts=course_596928) | 12am |
| Sat Feb 22, 2020 |  <u>Chapter 7 Quiz</u> (https://utah.instructure.com/courses/596928/assignments/6852219) | due by 11:59pm |
| Mon Feb 24, 2020 |  <u>Cover this week: Ch. 8</u> (https://utah.instructure.com/calendar?event_id=1656780&include_contexts=course_596928) | 12am |

| Date | Details | |
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| Wed Feb 26, 2020 |  <u>Start working on your Iron Status Project!</u> (https://utah.instructure.com/calendar?event_id=1656776&include_contexts=course_596928) | 12am |
| Sat Feb 29, 2020 |  <u>Chapter 8 Quiz</u> (https://utah.instructure.com/courses/596928/assignments/6852230) | due by 11:59pm |
| |  <u>Project #3: Iron Status Worksheet</u> (https://utah.instructure.com/courses/596928/assignments/6852238) | due by 11:59pm |
| Mon Mar 2, 2020 |  <u>Cover this week: Ch. 9-10</u> (https://utah.instructure.com/calendar?event_id=1656781&include_contexts=course_596928) | 12am |
| Thu Mar 5, 2020 |  <u>You should be registered for Exam #2 by now!</u> (https://utah.instructure.com/calendar?event_id=1656766&include_contexts=course_596928) | 12am |
| Sat Mar 7, 2020 |  <u>Chapter 9 Quiz</u> (https://utah.instructure.com/courses/596928/assignments/6852211) | due by 11:59pm |
| |  <u>Chapter 10 Quiz</u> (https://utah.instructure.com/courses/596928/assignments/6852227) | due by 11:59pm |
| Mon Mar 9, 2020 |  <u>Spring Break Week</u> (https://utah.instructure.com/calendar?event_id=1657605&include_contexts=course_596928) | 12am |
| Mon Mar 16, 2020 |  <u>Cover this week: Ch. 11-12</u> (https://utah.instructure.com/calendar?event_id=1656779&include_contexts=course_596928) | 12am |
| Sat Mar 21, 2020 |  <u>Chapter 11 Quiz</u> (https://utah.instructure.com/courses/596928/assignments/6852234) | due by 11:59pm |
| |  <u>Chapter 12 Quiz</u> (https://utah.instructure.com/courses/596928/assignments/6852223) | due by 11:59pm |
| Mon Mar 23, 2020 |  <u>Prepare for Exam #2</u> (https://utah.instructure.com/calendar?event_id=1656778&include_contexts=course_596928) | 12am |
| Thu Mar 26, 2020 |  <u>Exam #2 available the rest of this week</u> (https://utah.instructure.com/calendar?event_id=1656765&include_contexts=course_596928) | 12am |
| Sat Mar 28, 2020 |  <u>NURS 3010-90 Exam 2 (Ch. 7-12)</u> (https://utah.instructure.com/courses/596928/assignments/6852218) | due by 11:59pm |
| Mon Mar 30, 2020 |  <u>Cover this week: Ch. 17/22</u> (https://utah.instructure.com/calendar?event_id=1656775&include_contexts=course_596928) | 12am |

| Date | Details | |
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| Sat Apr 4, 2020 |  Chapters 17 & 22 Quiz https://utah.instructure.com/courses/596928/assignments/6852220 | due by 11:59pm |
| Mon Apr 6, 2020 |  Cover this week: Ch. 18-19 (https://utah.instructure.com/calendar?event_id=1656774&include_contexts=course_596928) | 12am |
| Thu Apr 9, 2020 |  Start working on your Cholesterol/BP project! https://utah.instructure.com/calendar?event_id=1656771&include_contexts=course_596928 | 12am |
| Sat Apr 11, 2020 |  Chapter 18 Quiz https://utah.instructure.com/courses/596928/assignments/6852221 | due by 11:59pm |
| |  Chapter 19 Quiz https://utah.instructure.com/courses/596928/assignments/6852217 | due by 11:59pm |
| Mon Apr 13, 2020 |  Cover this week: Ch. 20 (https://utah.instructure.com/calendar?event_id=1656769&include_contexts=course_596928) | 12am |
| Tue Apr 14, 2020 |  You should be registered for Exam #3 by now! https://utah.instructure.com/calendar?event_id=1656770&include_contexts=course_596928 | 12am |
| Sat Apr 18, 2020 |  Chapter 20 Quiz https://utah.instructure.com/courses/596928/assignments/6852212 | due by 11:59pm |
| |  Project #4: Cholesterol & Blood Pressure https://utah.instructure.com/courses/596928/assignments/6852239 | due by 11:59pm |
| Mon Apr 20, 2020 |  Cover this week: Ch. 21 (https://utah.instructure.com/calendar?event_id=1656764&include_contexts=course_596928) | 12am |
| Thu Apr 23, 2020 |  Last Day for Fall Semester (https://utah.instructure.com/calendar?event_id=1656773&include_contexts=course_596928) | 12am |
| |  Prepare for Exam #3 (https://utah.instructure.com/calendar?event_id=1656768&include_contexts=course_596928) | 12am |
| Sat Apr 25, 2020 |  Chapter 21 Quiz https://utah.instructure.com/courses/596928/assignments/6852215 | due by 11:59pm |
| Mon Apr 27, 2020 |  Exam #3 available (https://utah.instructure.com/calendar?event_id=1656772&include_contexts=course_596928) | 12am |
| Wed Apr 29, 2020 |  NURS 3010-90 Exam 3 (Ch. 17-22) https://utah.instructure.com/courses/596928/assignments/6852232 | due by 11:59pm |