

 Edit

NUIP 1020-070: Spring 2020

SCIENTIFIC FOUNDATIONS IN NUTRITION AND HEALTH

INSTRUCTOR INFORMATION



Sydney Abbott

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Department of Nutrition and Integrative Physiology

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

Office Location: HPER West Room 108-F (I am currently working from home)

Office Hours: Available by appointment via Cranium Cafe video chat or phone call

CLASS TIME & CREDIT HOURS

Class Time: Online Course

Credit Hours: 3.0

Course will be completed during the first session of the semester.

COURSE DESCRIPTION

Role of carbohydrates, protein, lipids, water, vitamins and minerals in human nutrition. Relationship of nutrition to maintenance of health and prevention of disease. Role of nutrition in weight control, sports nutrition, eating disorders, pregnancy/lactation, and chronic disease are discussed. Students participate in laboratory applications for lipid profiles and blood pressure assessment.

STUDENT LEARNING OUTCOMES

By the end of this course, you will be able to:



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.
2. Integrate the scientific knowledge of nutrition, genetics, chemistry, metabolism, exercise and lifestyle to evaluate and manage diets that support life-long health.
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

Required: Contemporary Nutrition, A Functional Approach, 6th 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!



LEARNING ASSESSMENTS

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.
3. Clinical Health Evaluation: Using clinical evaluation tools of blood lipid levels, blood pressure and body composition, you will assess an individual's health. Based on your assessment, you will make appropriate nutrition recommendations for managing chronic disease risk.
4. SmartBook 2.0 Assignments: On our class Connect page, there are "SmartBook 2.0" assignments for each assigned chapter of reading. These assignments will help you prepare for class and exams. You will have unlimited attempts to answer a question on each concept correctly. After you complete the SmartBook 2.0 assignment on Connect, you will be given full credit for the assignment. There are SmartBook 2.0 assignments due every week throughout the semester.
5. Module Participation and Completion: Every week there will be small activities included in the module to assess current learning, expand on a certain topic, and provide you with the opportunity to apply your knowledge. Credit for these assignments will be primarily based on participation and completion.
6. Exams & Exam Policy:
 - There will be 3 exams during the semester. Each exam will cover the material from the previous section. The exams are not comprehensive.
 - Format is multiple choice and true/false questions. Exams 1-3 will consist of 50 questions worth 2 points each
 - o Exams will open at 6:00am and close at 10:00pm the next day. All exams must be completed within 120 minutes of starting the exam.
 - o Exams will be proctored online using the ProctorU Canvas plug-in.
 - o No additional notes, books, electronic devices, etc will be allowed in your desk area during the exam.
 - o Anyone caught cheating on an exam will, at minimum, receive a zero on that exam.

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
SmartBook 2.0 Sections 1, 2, and 3	150 points (50 points/section)
Module Participation and Completion	90 points
Exam 1	100 points
Exam 2	100 points
Exam 3	100 points
Total Points	690 points

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. 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.

Because this is an accelerated course that will be completed in just over 5 weeks, you should expect to spend double to triple the amount of time outlined above on a weekly basis.

- **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%
A-	< 92.5 % to 89.5%
B+	< 89.5 % to 87.5%
B	< 87.5 % to 82.5%
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

Mandatory Reporter:

Duty to Notify: As a University representative, most faculty, staff, and teaching assistants (other than professional mental health counsellors) are required to report information learned about instances of sexual misconduct, discrimination, and/or immediate threats to safety to the University of Utah Office of Equal Opportunity and Affirmative Action and/or the Office of the Dean of Students.

If you do choose to disclose instances of sexual misconduct, discrimination, or violence to me, please be aware that I am a mandatory reporter and am required by University policies to notify the appropriate Office.

Online Course:

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.
- **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 (.doc, .docx, or .pdf), and using the software type and version required for the assignment. See assignment instructions for acceptable formats.
- **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 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.

UNIVERSITY 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).

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).

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

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

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, or for more information about what support they provide, contact:

Center for Disability Services

 801-581-5020

 disability.utah.edu (<https://disability.utah.edu/>)

 162 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

DIVERSE STUDENT SUPPORT

Your success at the University of Utah is important to all of us here! If you feel like you need extra support in academics, overcoming personal difficulties, or finding community, the U is here for you.

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/>)

 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/>)

📍 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/>)

📍 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/ \(https://diversity.utah.edu/centers/cesa/\)](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/>)

📍 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/>)

📍 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/>)

📍 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/>)

📍 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 \(https://womenscenter.utah.edu/\)](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 \(https://inclusive-excellence.utah.edu/\)](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 GROUPS AT THE U