Course Syllabus

NUTR 1020: Fall 2018

SCIENTIFIC FOUNDATIONS OF HUMAN NUTRITION AND HEALTH

INSTRUCTOR INFORMATION

3 semester credit hours SF

Instructor:
Joan Benson, M.S., R.D., C.D.
Phone: 801-587-9056
Email: joan.benson@health.utah.edu

About the Instructor . . .

TEACHING ASSISTANT INFORMATION

To be announced

STUDENT LEARNING OUTCOMES

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

- describe the classes of nutrients and their main functions
- list nutrient effects on deficiencies and toxicities, know human requirements and sources
- understand the forces that influence food intake
- describe the influence of diet on key chronic diseases
- list the food handling techniques that ensure food safety
- describe maternal and infant nutrition needs
PREREQUISITES

none

REQUIRED MATERIAL

System Requirements: This class can be "attended" from anywhere there is an internet connection. Assignments and papers can be submitted electronically, preferably using the Canvas Assignment links. Students must take exams at an approved testing site. Students must be able to use an internet browser, send attached files via Canvas links and post comments to a web discussion board. Updated Explore, Firefox or Chrome browsers are required to obtain the maximum benefit from your online course.

TEXT and Materials: your text is an ebook; Wardlaw's Contemporary Nutrition, 10 ed by Smith. To purchase your text click on Modules at the left side bar and scroll down to McGraw Hill Campus. Click on this link and you'll have a few options to purchase the book. Detailed instructions for purchasing your book are in this file "Purchase text Instructions". BUT, I have an e-version and two hard copies of the text on Reserve at Marriot Library. And if you can find a cheaper copy of the text on the web, by all means.

LEARNING ASSESSMENTS

Coursework: There are 15 lessons, 3 assignments, 5 online discussions, and 4 exams. Lessons are posted on your home page and should be read by the end of the semester week for which they are assigned. The bottom of this Syllabus lists due dates for lessons, assignments, discussions and exams, and so do the weekly buttons on your home page, these let you know what is due each week.

COURSE RESPONSIBILITIES

- 5 Online Discussions 3 points each
- Exam I 50 points
Exam II 50 points
Exam III 50 points
Exam IV 50 points
Assignment 1 25 points
Assignment 2 25 points
Assignment 3 25 points
Discussions 15 points

TOTAL points possible 290

Your course grade will be determined by the following scale:

A  =93-100  B+ =87-89  C+ =77-79  D+ = 67-69  E = 59
A- =90-92  B =83-86  C =73-76  D = 63-66
B- =80-82  C- =70-72  D- = 60-02

Assignments:

Online Discussions
There are five online Discussions--each are worth 3 points, that require you to watch a video or read a linked article and respond to a specific question. The due dates for these class Discussions are listed in the Course Outline and also on the discussion topic heading. To successfully complete the discussion portions, go to any of the “discussion” options in the class outline. This is an asynchronous discussion: you will not be logged in at the same time as other students in the class; however, you will be able to read others comments and add your own thoughts. I will check the online discussion and provide additional information, if I believe it is needed. You may participate in this discussion any time up to the “DUE” date.

Assignments
Students will complete three assignments:

1. Diet Analysis (25 points). The forms for the assignments are provided as files in your assignment site. After analyzing your 3 day intake, you'll answer questions about your diet quality. This assignment is due after Lesson 6.
2. Laboratory Assignment (25 points). Write three short responses describing the results of your cholesterol test, body fat analysis and blood pressure screen. This assignment is due after Lesson 9.
3. Evaluation of Nutrition Information (25 points). This writing assignment will focus on the critical evaluation of nutrition information in the news media. Emphasis is placed on distinguishing facts from fads and quackery. This assignment is due after Lesson 13.

**Course Policy:** 5 points will be deducted for each day an assignment is late. If you have to reschedule an exam, I will allow an early exam only, and only if you have contacted me at least one week ahead of the rescheduled exam date. I will only give make up exams before the regularly scheduled date...so look ahead at the exam dates. The makeup exam will be different from the regularly scheduled exams. So I recommend you try to make the scheduled times. No extra-credit assignments will be given.

- **Exams:** The four proctored exams will be equally weighted, each worth 50 points. Please go to Schedule Exams on the left side bar and register for the exams. Exam I covers all material from Lessons 1 through 3; Exam II tests all material covered from Lessons 4, 5, and 6; Exam III tests all material from Lessons 7 through 10. Exam IV covers material from Lessons 11 through 15. But this may change during the course of the semester. I will tell you the specific chapter and lessons that will be covered on the review sheets I send the week before the exams. Exams will consist of true/false and multiple choice questions derived from the textbook and course manual. Each exam is closed book and requires about an hour to complete. The exams are computer administered.

**INSTITUTIONAL POLICIES & PROCEDURES**

Faculty and Student Responsibilities

"All students are expected to maintain professional behavior in the classroom setting, according to the Student Code, spelled out in the Student Handbook. Students have specific rights in the classroom as detailed in Article III of the Code. The Code also specifies proscribed conduct (Article XI) that involves cheating on tests, plagiarism, and/or collusion, as well as fraud, theft, etc. Students should read the Code carefully and know they are responsible for the content. According to Faculty Rules and Regulations, it is the faculty responsibility to enforce responsible classroom behaviors, beginning with verbal warnings and
progressing to dismissal from class and failing grade. Students have the right to appeal such action to the
Student Behavior Committee."

“Faculty…must strive in the classroom to maintain a climate conducive to thinking and learning.” PPM 8-
12.3, B.

“Students have a right to support and assistance from the University in maintaining a climate conducive to
thinking and learning.” PPM 8-10, II. A.

Wellness Statement

Personal concerns such as stress, anxiety, relationship difficulties, depression, cross-cultural differences,
etc., can interfere with a student’s ability to succeed and thrive at the University of Utah. For helpful
resources contact the Center for Student Wellness - www.wellness.utah.edu
(http://www.wellness.utah.edu); 801-581-7776.

Academic Dishonesty

The instructor of this course will take appropriate actions in response to Academic Dishonesty, as defined
the University’s Student Code. Acts of academic dishonesty include but are not limited to:

- **Cheating**: using, attempting to use, or providing others with any unauthorized assistance in taking
  quizzes, tests, examinations, or in any other academic exercise or activity. Unauthorized assistance
  includes:
  - Working in a group when the instructor has designated that the quiz, test, examination, or any other
    academic exercise or activity be done “individually;”
  - Depending on the aid of sources beyond those authorized by the instructor in writing papers,
    preparing reports, solving problems, or carrying out other assignments;
  - Substituting for another student, or permitting another student to substitute for oneself, in taking an
    examination or preparing academic work;
  - Acquiring tests or other academic material belonging to a faculty member, staff member, or another
    student without express permission;
  - Continuing to write after time has been called on a quiz, test, examination, or any other academic
    exercise or activity;
  - Submitting substantially the same work for credit in more than one class, except with prior approval of
    the instructor; or engaging in any form of research fraud.
- **Falsification**: altering or fabricating any information or citation in an academic exercise or activity.
- **Plagiarism**: representing, by paraphrase or direct quotation, the published or unpublished work of
  another person as one's own in any academic exercise or activity without full and clear acknowledgment.
  It also includes using materials prepared by another person or by an agency engaged in the sale of term
  papers or other academic materials.

Sexual Harassment
Title IX of the Education Amendments of 1972 prohibits sex discrimination against any participant in an educational program or activity that receives federal funds. The act is intended to eliminate sex discrimination in education. Title IX covers discrimination in programs, admissions, activities, and student-to-student sexual harassment. It is the policy of the University of Utah to maintain an academic and work environment free of sexual harassment for students, faculty, staff and participants. A claim under this policy may be brought by any faculty, staff member, student or participant based on the conduct of any University employee or student that is related to or in the course of University business. A claim may also be brought by an administrator acting on behalf of the University. The Office of Equal Opportunity and Affirmative Action (OEO/AA) will handle all alleged sexual harassment matters pursuant to the Procedures set forth in Policy 5-210.

Any student, staff, faculty member, or participant in university services or activities who believes that there is or has been sexual harassment should contact any of the following:

1. the cognizant academic chair of the department or the dean of the college within which the conduct occurred;
2. the immediate supervisor or director of the operational unit within which the conduct occurred;
3. the Human Resources Division (Address: 420 Wakara Way, Suite 105, Salt Lake City, Utah 84108; Phone: 801-581-2169; TDD: 801-585-9070);
4. directors or deans of Student Affairs and Services (Associate Dean- SW 108; Phone: 801-581-8828);
5. or the Office of Equal Opportunity and Affirmative Action (201 South Presidents Circle, John Park Building, Room 135, Salt Lake City, Utah 84112; Phone/TDD: 801-581-8365).

Once informed, the supervisor, chair or dean shall consult with OEO/AA. Similarly, OEO/AA shall advise as appropriate the cognizant dean, staff director or administrator of any complaints of sexual harassment OEO/AA receives concerning a member of the faculty, staff or student body.

Withdrawal Policy and "I" Grade Policy

Failure to withdraw from school results in a E or EU (http://catalog.utah.edu/content.php?catoid=9&navoid=761#EU) grade being recorded in all classes.

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 of “W” is not used in calculating the student’s GPA.

For more information concerning the withdrawal policy, click here (http://registrar.utah.edu/handbook/withdrawal.php).

An Incomplete grade can be given for work not completed due to circumstances beyond your control. You must be passing the course and have completed at least 80% of the required coursework. Arrangements must be made between you and the instructor concerning the completion of the work. You may not retake a course without paying tuition. If you attend class during a subsequent term, in an effort to complete the coursework, you must register for the course. Once the work has been completed, the instructor submits the
grade to the Registrar’s Office. The I grade will change to an E if a new grade is not reported within one year. A written agreement between you and the instructor may specify the grade to be given if the work is not completed within one year. Copies of the agreement are kept by the instructor and the academic department.

**Students with Disabilities**

The University of Utah does not discriminate on the basis of race, color, religion, national origin, sex, age, status as a disabled individual, sexual orientation, gender identity/expression, genetic information or protected veteran’s status, in employment, treatment, admission, access to educational programs and activities, or other University benefits or services.

Additionally, the University endeavors to provide reasonable accommodations and to ensure equal access to qualified persons with disabilities. Inquiries concerning perceived discrimination or requests for disability accommodations may be referred to the University’s Title IX/ADA/Section 504 Coordinator:

Director, Office of Equal Opportunity and Affirmative Action  
201 South Presidents Circle, Rm.135  
Salt Lake City, UT, 84112  
801-581-8365 (voice/tdd)  
801-585-5746 (fax)  
[www.oeo.utah.edu](http://www.oeo.utah.edu).

**Course Summary:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Details</th>
<th>Due Time</th>
</tr>
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<tbody>
<tr>
<td>Wed Sep 5, 2018</td>
<td>Discussion 1-Due 9/05 &quot;Introductions&quot;</td>
<td>11:59pm</td>
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<td>Sat Sep 15, 2018</td>
<td>NUTR 1020-090 Fall 2018 Exam 1</td>
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<td>Wed Sep 19, 2018</td>
<td>Discussion 2-Due 9/19 Paleo diet</td>
<td>11:59pm</td>
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<td>Mon Sep 24, 2018</td>
<td>Assignment 01</td>
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<tr>
<td>Sat Oct 6, 2018</td>
<td>NUTR 1020-090 Fall 2018 Exam 2</td>
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<tr>
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<td>Assignment</td>
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<td>Wed Oct 17, 2018</td>
<td>Discussion 3- Due 10/17 Weight loss in America (<a href="https://utah.instructure.com/courses/503541/assignments/5053360">https://utah.instructure.com/courses/503541/assignments/5053360</a>)</td>
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<td>Thu Oct 18, 2018</td>
<td>Assignment 02 (<a href="https://utah.instructure.com/courses/503541/assignments/5053364">https://utah.instructure.com/courses/503541/assignments/5053364</a>)</td>
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<td>Sat Nov 3, 2018</td>
<td>NUTR 1020-090 Fall 2018 Exam 3 (<a href="https://utah.instructure.com/courses/503541/assignments/5053357">https://utah.instructure.com/courses/503541/assignments/5053357</a>)</td>
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<td>Wed Nov 7, 2018</td>
<td>Discussion 4-Due 11/7 Do we need supplements? (<a href="https://utah.instructure.com/courses/503541/assignments/5053359">https://utah.instructure.com/courses/503541/assignments/5053359</a>)</td>
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<td>Wed Nov 14, 2018</td>
<td>Assignment 03 (<a href="https://utah.instructure.com/courses/503541/assignments/5053365">https://utah.instructure.com/courses/503541/assignments/5053365</a>)</td>
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<td>Mon Nov 19, 2018</td>
<td>Discussion 5-Due 11/19 Is food safe (<a href="https://utah.instructure.com/courses/503541/assignments/5053358">https://utah.instructure.com/courses/503541/assignments/5053358</a>)</td>
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<td>Fri Dec 14, 2018</td>
<td>NUTR 1020-090 Fall 2018 Final Exam (<a href="https://utah.instructure.com/courses/503541/assignments/5053354">https://utah.instructure.com/courses/503541/assignments/5053354</a>)</td>
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<td>Lab testing Starts (<a href="https://utah.instructure.com/courses/503541/assignments/5053366">https://utah.instructure.com/courses/503541/assignments/5053366</a>)</td>
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