Course Syllabus

NUTR 4440-90: Fall
ADVANCED HUMAN NUTRITION

INSTRUCTOR INFORMATION

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Cell: 435-640-7712; dana.gershenoff@hsc.utah.edu (mailto:dana.gershenoff@hsc.utah.edu)
Department of Nutrition and Integrative Physiology (https://health.utah.edu/nutrition-integrative-physiology/)
Office hours via Skype or phone; Mondays, 7pm - 8pm (by appointment)

The syllabus is not a binding legal contract. The instructor may modify it when the student is given responsible notice of the modification.

CALENDAR VIEW OF EXAMS, LECTURES AND DUE DATES (recommend viewing and/or printing this to plan your semester)

TEACHING ASSISTANT INFORMATION

Coming

STUDENT LEARNING OUTCOMES

This course is designed for nutrition minors and those with an interest in the relationship between nutrition and health. The course purpose is to obtain an advanced knowledge about nutrients and energy, selecting foods of high nutrient density, and identifying truths and untruths among advertised claims for food products. The course will also focus on discussion of the causes of major chronic diseases such as obesity, cardiovascular disease, and diabetes as well as the role of nutrition in preventing these diseases. An emphasis will be placed on current research as it relates to each disease. Students will learn how to find and interpret the scientific literature and apply it to their own health.
Student Learning Objectives:

- To become familiar with individual nutrients, their sources, functions, requirements, and relationships to health and disease processes.
- To understand the role of nutrition in the causation, prevention, and treatment of disease such as obesity, heart disease, hypercholesterolemia, hypertension, cancer, diabetes, iron deficiency anemia, and osteoporosis.
- To understand the interdependence of nutrients and the importance of their proper balance.
- To assess individual disease risk based on anthropometrics, body composition, and lipid profile.
- To critically evaluate current nutrition information and recommendations.

*Note: This course fulfills the upper division core requirement for the nutrition minor and the Intellectual Exploration-Applied Science requirement.*

THIS CLASS is designed to provide you with a more in-depth view of the science of nutrition. Please read the assigned readings PRIOR to viewing the online lectures. This will help you solidify new information much better and allow you the opportunity to do well on assignments and exams.

CLASS EXPECTATIONS

University College Advising – University of Utah: Consider that for every hour that a course carries for credit, it generally requires two hours of studying per week outside of the class time. The course is four semester credits. **EIGHT hours of studying per week outside of class is recommended.**

CLASS EXPECTATIONS

- This class is administered solely online. Often, students enroll in online classes for convenience of “going to class” at any time. Students may also enroll because they do not have time for a campus class. Please be aware that online classes frequently take MORE time than a campus class. **If you do not have time for a traditional course, you do not have time for this class.** You are responsible for reading the textbook and all of the material posted. It is highly recommended that you set aside a specific time of day to “attend” the class just as you would a campus class. It is very easy to get behind.

- One of the benefits of an online course is the ability to communicate with your instructor and classmates on a somewhat informal basis. Please be aware that professionalism is **expected** in this course. Assignments, emails, and all communications to your instructor, teaching assistant, and classmates are expected to be respectful, professional and **reflective of academic writing. It is highly recommended that you read your correspondence prior to sending to be sure the above criteria is met. Please avoid slang, text messaging phrases, and abbreviations.**

PREREQUISITES

**Required:** NUTR 1020 and BIOL 1020 or 1210
Strongly recommended: BIOL 2420 (Human Physiology), BIOL3510 (Bio Chemistry), and WRIT 1010. These courses help prepare students for the content of this class. Students should have a basic understanding of macro and micronutrients, biochemistry, and human physiology. As this class involves writing, it is recommended you have completed the University writing requirement (WRIT 1010 or 2010) prior to, or in conjunction with, taking this class.

REQUIRED MATERIAL


Software: Mastering Nutrition: weekly homework/quizzes will be completed via online software. Click here for Access Code to purchase.

LEARNING ASSESSMENTS & POLICIES

POINT BREAKDOWN FOR ASSIGNMENTS AND EXAMS

<table>
<thead>
<tr>
<th>Description</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assignment #1: Introduction</td>
<td>10</td>
</tr>
<tr>
<td>Assignment #2: Scientific Research Evaluation</td>
<td>50</td>
</tr>
<tr>
<td>Assignment #3: Diet analysis + modification</td>
<td>50</td>
</tr>
<tr>
<td>Homework/Quizzes via Mastering Nutrition (online)</td>
<td>120</td>
</tr>
<tr>
<td>Exam 1</td>
<td>100</td>
</tr>
<tr>
<td>Exam 2</td>
<td>100</td>
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<tr>
<td>Exam 3</td>
<td>100</td>
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<tr>
<td>Exam 4</td>
<td>100</td>
</tr>
</tbody>
</table>
**EXAM POLICIES**

- Exams will include multiple choice, matching, fill in the blank or table, and essay questions. No scientific calculators or cell phones allowed. Basic calculator may be used, if specified.
- All exams are administered through Canvas (instructions posted first week). **You must register for a location and time for each exam prior to taking the exam.** Please note, locations and times fill up early. Each exam has an option of 2-3 days, see online calendar for dates. To signup for your preferred choice, register **EARLY.** Your student ID is required. If you forget your student ID this is NOT an excused absence. If you cannot reschedule during the scheduled times, it will result in significant loss of points. Additionally, if you schedule a work or personal event too closely to the exam and do not have enough time to take the exam, this is NOT an excused absence. Schedule your time appropriately.
- Out-of-area students must arrange for a proctor for their exams. This must be done by the first week of class. Please see “Canvas > scheduling an exam” for proctor requirements.
- There are **no make-up** exams unless prior arrangements have been made with the instructor. Requests for missing an exam and taking a make-up exam should be given to the instructor no later than **ONE WEEK prior** to the scheduled exam time. **Verifiable documentation is required explaining why you need a special arrangement exam.** Verifiable documentation includes legitimate medical, legal, or official University scholarly or sports event; it does not include a business trip, vacation, wedding, etc. **MAKE UP EXAMS ARE VERY DIFFICULT TO DO VIA UONLINE. PLEASE DO NOT MISS AN EXAM.**
- If you miss an exam without prior permission, make-up exams are only allowed if you have a legitimate medical or emergency excuse and provide **verifiable, official documentation** (physician’s note, accident report, death certificate, etc). **The instructor must be notified within 24 hours of the missed exam.** Missed exams without prior permission or written notification within 24 hours will be assigned a grade of “0”. Missed exams have only one opportunity for a make up exam and must be taken within 3 days of original exam period.

**WEEKLY HOMEWORK / QUIZ POLICIES**

- Homework / quiz tasks are administrated via Mastering Nutrition (**online, via access code**) (online via access code). They occur weekly unless an exam or holiday break is scheduled. They cover the material reviewed that week and most are available from Mondays at 6:00am – Sundays until 11:59pm. **Most are due on Sunday or Monday evenings, with the exception of the exam week; then the homework/quiz is normally due the Wednesday prior to the exam.**
- Format includes activities, case studies, fill in the blank, and multiple choice. Although open book, it is recommended you review that week’s lectures, text, etc prior to completing the activities and questions. **Due dates are available via Canvas and main calendar in Mastering Nutrition.**
- There are 14 online homework / quiz tasks and the lowest score is dropped; final grade based on 12 tasks at 10 points each for a total of 120 points. **If you miss a homework / quiz task by the due date, your grade will be zero (note: if miss one, it can count as the lowest scores that are dropped). They will be available for exam study purposes.**
HEALTH ASSIGNMENTS + POLICIES

POLICIES:

- Detailed information for each assignment may be found on Canvas under "assignments".
- Assignments are due by 11:59pm on the due date listed under calendar function – if you turn it in at 12:01am (due to whatever reason), it will be late. Late assignments (defined as assignments submitted between 1 minute and 3 days after the due date) will be accepted for ½ credit. Technological difficulties are not an acceptable excuse. Start uploading assignment documents early to avoid last minute issues. Assignments will not be accepted beyond this point for credit. If you have a legitimate medical or emergency excuse (see exam policy above) that has verifiable, official documentation AND the instructor is notified within 24 hours of the missed assignment, a late assignment may receive a revised due date (and only one revised date).
- Assignments must be submitted with .pdf, .doc, or .docx file extensions. Submit only the final version of assignments. Corrupt files, files submitted in a format other than specified above, or files that cannot be opened will be considered LATE and subject to the late assignment policy listed above. It is the student's responsibility to confirm documents are uploaded correctly. If incorrect file type submitted and then correctly submitted but past the due date, the assignment will be considered late.
- It is your responsibility to confirm your assignment was submitted correctly. Make sure you can view your assignment in the assignment submission box. You should also receive a confirmation that it was submitted successfully. If in doubt, submit it early. If you cannot see your assignment, then your instructor cannot either so resubmit and/or email the instructor. “Failed” submissions will be subject to the late assignment policy listed above.
- This course involves writing assignments. Please be advised that plagiarism is a violation of the student code of ethics. If in doubt, reference! Any signs of plagiarism will receive an automatic zero and may fail the course. See department policies for complete description of plagiarism.
- Students may submit rough drafts of their assignments for general feedback. Rough drafts must be emailed no later than 7 days prior to due date to allow time for review.
- Graded assignments with feedback can be downloaded under Please review your graded assignment prior to contacting your instructor regarding grading questions.

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 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.

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

  Late assignments (defined as assignments submitted between 1 minute and 3 days after the due date) will be accepted for $\frac{1}{2}$ credit. Assignments will not be accepted beyond this point for credit. If you experience technical difficulties with submitting assignments, contact U-online for technical assistance immediately at 801-585-5959.

- **What happens if I miss a quiz?**

  Quizzes on Canvas may not be submitted late for credit at any point.

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

  See section under exam policies (above).

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**GRADE SCHEME**

The following grading standards will be used in this class:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Range</th>
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</thead>
<tbody>
<tr>
<td>A</td>
<td>100 % to 92.5%</td>
</tr>
<tr>
<td>A-</td>
<td>&lt; 92.5 % to 89.5%</td>
</tr>
<tr>
<td>B+</td>
<td>&lt; 89.5 % to 87.5%</td>
</tr>
<tr>
<td>B</td>
<td>&lt; 87.5 % to 82.5%</td>
</tr>
<tr>
<td>B-</td>
<td>&lt; 82.5 % to 79.5%</td>
</tr>
<tr>
<td>C+</td>
<td>&lt; 79.5 % to 77.5%</td>
</tr>
<tr>
<td>C</td>
<td>&lt; 77.5 % to 72.5%</td>
</tr>
<tr>
<td>C-</td>
<td>&lt; 72.5 % to 69.5%</td>
</tr>
<tr>
<td>D+</td>
<td>&lt; 69.5 % to 67.5%</td>
</tr>
<tr>
<td>D</td>
<td>&lt; 67.5 % to 62.5%</td>
</tr>
<tr>
<td>D-</td>
<td>&lt; 62.5 % to 59.5%</td>
</tr>
<tr>
<td>F</td>
<td>&lt; 59.5 % to 0.0%</td>
</tr>
</tbody>
</table>
COURSE 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 framework. 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, 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 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.

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)

Course Summary:

<table>
<thead>
<tr>
<th>Date</th>
<th>Details</th>
<th>Due by</th>
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<tr>
<td>Fri Aug 24, 2018</td>
<td><a href="https://utah.instructure.com/courses/513056/assignments/5253075">Assignment 1: Introduction</a></td>
<td>11:59pm</td>
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<tr>
<td>Sun Aug 26, 2018</td>
<td><a href="https://utah.instructure.com/courses/513056/assignments/5253078">Homework / Quiz 1</a></td>
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<td>Sun Oct 14, 2018</td>
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<td>Sat Oct 20, 2018</td>
<td><a href="https://utah.instructure.com/courses/513056/assignments/5253073">NUTR 4440 Exam 2</a></td>
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<td>Sun Oct 28, 2018</td>
<td><a href="https://utah.instructure.com/courses/513056/assignments/5253090">Homework / Quiz 8</a></td>
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<td>Sun Nov 4, 2018</td>
<td><a href="https://utah.instructure.com/courses/513056/assignments/5253091">Homework / Quiz 9</a></td>
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<td>Wed Nov 7, 2018</td>
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<td>Sun Nov 18, 2018</td>
<td><a href="https://utah.instructure.com/courses/513056/assignments/5253077">Assignment 3: Diet Analysis + Modification</a></td>
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