

# FN 151 Contemporary Nutrition

Online

2018

**Course Description:** Apply nutrition principles to contemporary problems in food choices and health. (2 cr.) Meets wellness GEP.

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**Office:** CPS 231

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**Office Hours:** Please email with an appointment request to secure a meeting time in person, or we can meet virtually via google hangout. Alternatively, we can discuss minor things over the phone or email.

**Class Location & Time:** Online

**Special requirements:** Internet connection (DSL, LAN, or cable connection desirable)

Access to Desire2Learn. See: <https://kb.wisc.edu/helpdesk/page.php?id=3210>

**Required Text:** Brown, J.E., *Nutrition Now*, 8<sup>th</sup> Edition. Wadsworth, Cengage Learning, 2016

**Course Structure:** This course will be delivered entirely online through the course management system D2L. You will use your UWSP account to login to the course from the D2L Login Page (<http://www.uwsp.edu/d2l/Pages/default.aspx>). In D2L, you will access online lessons, course materials, and resources. At designated times throughout the semester, we will participate in a blend of self-paced and group-paced activities using D2L and/or alternative Internet-based technologies.

**Technical Assistance:** If you need technical assistance at any time during the course or to report a problem with D2L you can:

- Visit with a Student Technology Tutor
- Seek assistance from the HELP Desk

**Important Note:** This syllabus, along with course assignments and due dates, are subject to change. It is the student's responsibility to check D2L for corrections or updates to the syllabus. Any changes will be clearly noted in a course announcement or through email.

**Course Objectives:**

At the end of this course the student will be able to:

- Discuss key nutrition concepts and define basic nutrition terms.
- Explain the role of nutrition in health promotion and disease prevention.
- Identify food sources, which provide specific nutrients such as carbohydrates, protein and fat, and the major vitamins and minerals of concern in the diets of today's Americans.
- Identify current nutrition guidelines and the components of a healthy diet based on these guidelines and the MyPlate website.
- Interpret the information provided by the Nutrition Facts food label. Demonstrate the use of this information for food selection to promote and maintain a healthful diet.
- Calculate body mass index, calories for total energy expenditure and calorie totals for foods based on grams of fat, carbohydrate and protein.
- Explain the influence of socioeconomic, cultural and psychological factors on food acceptance.

**General Education Program (GEP) Wellness Objectives:**

Wellness is a dynamic process of becoming aware of and making conscious choices toward a more balanced and healthy lifestyle. It is multi-dimensional and holistic, encompassing lifestyle, mental and spiritual wellbeing, and the environment. Wellness is an essential attribute of a well-rounded, liberally educated person and of strong societies. Understanding the 2 dimensions of wellness and their impact on individuals, families and societies is essential to being a responsible global citizen.

<b>Wellness Objectives - upon completing this requirement, students will be able to:</b>	<b>Learning Outcomes - corresponding activity or assessment</b>
1. Identify the seven dimensions of wellness.	<ul style="list-style-type: none"> <li>· In-class group activity to identify the processes and components which make up each of the seven dimensions of wellness.</li> <li>· Completion of Testwell's Holistic Lifestyle Questionnaire (HLQ) at: <a href="http://www.testwell.org/uwspfn2.htm">http://www.testwell.org/uwspfn2.htm</a></li> <li>· Assessment of personal strengths and areas for improvement based on test results.</li> </ul>
2. Recognize the interaction between each dimension of wellness and their overall impact on personal,	<ul style="list-style-type: none"> <li>· In-class group discussions.</li> </ul>

national and global health and well-being.	
3. Develop an individual plan for healthy living that demonstrates an understanding of the principles of wellness.	<ul style="list-style-type: none"> <li>· Development of 2 SMART goals to help improve two sections after completion of the HLQ. One goal should be within the physical fitness or nutrition sections.</li> <li>· Journal weekly progress on the 2 goals each week during weeks 4 through 6 (3 journal entries in total). Reflect and assess changes made on week 7 and consider future plans.</li> </ul>

**ACEND: 2012 Standards for Didactic Programs in Nutrition & Dietetics**

**KRD 1.1** The curriculum must reflect the scientific basis of the dietetics profession and must include research methodology, interpretation of research literature and integration of research principles into evidence-based practice.

**KRD 3.2** The curriculum must include the role of the environment, food, nutrition and lifestyle choices in health promotion and disease prevention.

**KRD 5.1** The food and food systems foundation of the dietetics profession must be evident in the curriculum. Course content must include the principles of food science and food systems, techniques of food preparation and application to the development, modification and evaluation of recipes, menus and food products acceptable to diverse groups.

**Class Participation:**

There are a few discussion assignments in this course - some will be small group discussions and some among the whole class. You'll be graded on your own post **as well as your comments on group members' posts**. Students are responsible for all information presented on D2L. If clarification is needed, an appointment can be made with the instructor.

**Assignments:**

All assignments will be submitted via our D2L course site dropbox by 11:30pm of the due date. Please read the assignment outlines posted on D2L **carefully**. Do not email assignments unless it has been approved by the instructor. Work must be computer printed in complete sentences with proper grammar and punctuation or it will not be accepted.

**Desire to Learn (D2L):**

Lecture outlines in the form of Power Point slides will be posted for each unit, some include links to audio or videos as well. Please do not view these Power Point slides within D2L. For best

viewing, download them. Supplementary learning materials will include articles, other videos or audio clips and will be placed within the appropriate content section on D2L. We will also use the discussion and quiz section on D2L for most units. Please check the “news” section of D2L frequently throughout the course for further updates.

**Quizzes:**

There are 6 quizzes throughout this 3 week course, meaning you’ll have to complete more than 1 quiz most weeks. All quizzes must be completed by the end of the course. There is a 60min time limit per quiz and you only get one chance - no option to “retake.”

**Special Accommodations:**

Within the first week of class, students requiring special accommodations and/or program access should arrange an appointment with UWSP Disability and Assistive Technology Center located at the Learning Resource Center (LRC 609), telephone (715)346-3365. Post assessment; please provide eligibility documentation to me in order to request appropriate accommodations.

**Academic Integrity:**

Please refer to the statements on Academic Standards as outlined by the Office of Student Rights and Responsibilities. You can read the full text of Chapter 14 on “Student Academic Standards & Disciplinary Procedures” at:

<http://www.uwsp.edu/stuaffairs/Documents/RightsRespons/SRR-2010/rightsChap14.pdf>

**Class Points:**

6 quizzes - 300  
4 Assignments -140  
+ Discussions - 40  
Total 480

**Grading Scale:**

A 94-100%  
A- 90-93.9%  
B+ 87-89.9%  
B 84-86.9%  
B- 80-83.9%  
C+ 77-79.9%  
C 74-76.9%  
C- 70-73.9%  
D+ 67-69.9%  
D 64-66.9%  
D- 60-63.9%  
F <60%