

FN 151 Contemporary Nutrition
Section 1
Fall 2019

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

Instructor: Mrs. Deborah Tang, MS, RD, CD

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Office Hours: I plan to be available on Mondays from 9:00-11:00 a.m., and Thursdays from 10:00 a.m. – 12:00 p.m. However, times may vary for some weeks due to last minute meetings and other unforeseeable circumstances. It is best to make an appointment with me via email to secure a meeting time. There may be other times more convenient for you that can be arranged as well.

Class Location & Time: CPS 116; M/W 12:00-1:50 p.m. (First 8 weeks, 9/3/19 – 10/25/19)

Required Text: Brown, J.E., *Nutrition Now*, 8th Edition. Wadsworth, Cengage Learning, 2017.

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 My Plate 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 dimensions of

wellness and their impact on individuals, families and societies is essential to being a responsible global citizen.

Wellness Objectives - upon completing this requirement, students will be able to:	Learning Outcomes - corresponding activity or assessment
<p>1. Assess your own wellness in each of the seven dimensions and explain how the dimensions and the interactions among them impact your overall personal health and well-being.</p>	<ul style="list-style-type: none"> • In-class group activity to identify the processes and components, which make up each of the seven dimensions of wellness. • Completion of Testwell's Holistic Lifestyle Questionnaire (HLQ) at: https://www.testwell.org/uwspfn1511fall19.htm • Assessment of personal strengths and areas for improvement based on test results.
<p>2. Develop an individual plan for healthy living that demonstrates an understanding of the principles of wellness.</p>	<ul style="list-style-type: none"> • Development of 2 SMART goals to help improve two areas after completion of the HLQ. At least one goal should be within the physical fitness or nutrition areas. • Wellness concepts will be woven into each unit to enhance student learning. • 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.

2017 ACEND Accreditation Standards for Nutrition and Dietetics Didactic Programs (DPD)

KRDN 1.1 Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence-based practice decisions.

KRDN 1.3 Apply critical thinking skills.

KRDN 2.6 Demonstrate an understanding of cultural competence/sensitivity.

5.3a Learning activities must prepare students for professional practice with patients/clients with various conditions, including, but not limited to overweight and obesity; endocrine disorders; cancer; malnutrition and cardiovascular, gastrointestinal and renal diseases.

Competencies for Sustainable Food and Nutrition (SFN):

- **Basic Food and Nutrition Knowledge**

Critically evaluate the claims associated with a research study finding, food product, dietary supplement or eating style based on the nutrition educator's knowledge of nutrition and the approaches used to study diet-health relationships.

Critically evaluate the source of materials that provide nutrition information.

Class Attendance & Participation:

Regular attendance and active participation during group activities and full class discussions are important aspects of this course. Attendance correlates directly with success in this course. Students are responsible for all information presented during class. Students should obtain lecture notes or other information from a missed class session from other students, not from the instructor. If clarification from a missed class session is needed, an appointment can be made with the instructor after obtaining lecture material from other students.

There will be spontaneous activities in class that CANNOT BE MADE UP. They are included in the class point total. Please note that your lowest in-class activity score will be dropped at the end of the semester. If a student regularly arrives late or leaves early, full points will not be given for the in-class activities.

Absences due to Military Service:

As stated in the UWSP Catalog, you will not be penalized for class absence due to unavoidable or legitimate required military obligations, or medical appointments at a VA facility, not to exceed two (2) weeks unless special permission is granted by the instructor. You are responsible for notifying faculty members of such circumstances as far in advance as possible and for providing documentation to the Office of the Dean of Students to verify the reason for the absence. The faculty member is responsible to provide reasonable accommodations or opportunities to make up exams or other course assignments that have an impact on the course grade. For absences due to being deployed for active duty, please refer to the Military Call-Up Instructions for Students.

Religious Beliefs Accommodation:

It is UW System policy ([UWS 22](#)) to reasonably accommodate your sincerely held religious beliefs with respect to all examinations and other academic requirements.

You will be permitted to make up an exam or other academic requirement at another time or by an alternative method, without any prejudicial effect, if:

- There is a scheduling conflict between your sincerely held religious beliefs and taking the exam or meeting the academic requirements; and
- You have notified your instructor within the first three weeks of the beginning of classes (first week of summer or interim courses) of the specific days or dates that you will request relief from an examination or academic requirement.
- Your instructor will accept the sincerity of your religious beliefs at face value and keep your request confidential.
- Your instructor will schedule a make-up exam or requirement before or after the regularly scheduled exam or requirement.
- You may file any complaints regarding compliance with this policy in the Equity and Affirmative Action Office.

Academic Conduct:

This course is part of the UW-Stevens Point academic community, an academic community that is bound together by the traditions and practice of scholarship. Honest intellectual work – on examinations and on written assignments - is essential to the success of this community of scholars. Using classmates' responses to answer exam questions or disguising words written by others as your own undermines the trust and respect on which our course depends. The work in this course is challenging and will demand a good deal from each of you. I have every confidence that each of you can succeed. Doing your own work will enhance your sense of accomplishment when the semester comes to a close.

Additionally, the classroom environment is a unique opportunity for students to share ideas, opinions, discuss classroom and course content. As each student is entitled to contribute in class, specific expectations are necessary to ensure a thriving classroom environment. Expectations include: arriving to class on time, being prepared for class, and keeping cell phones silenced or turned off and put away. Behaviors such as loud shouting, excessive side conversations, arriving to class under the influence of any alcohol or drugs, profane language, and verbal or physical threats, intimidation of any kind, or any other behavior that may be disruptive to the instructor or other students are considered unacceptable. If any of this behavior is exhibited, you may be asked to leave the class for the day. Any continued disruptive behavior may result in a referral to the Dean of Students Office.

For additional information, 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 <https://www.uwsp.edu/dos/Documents/UWSP14-Final2019.pdf>

Electronic Devices:

The use of cell phones will not be permitted during lectures or in-class activities. Research supports that having visual access to a cell phone diminishes our ability to learn. Checking social media, texts, emails, and messages is unprofessional and disrespectful to our class community. Please turn off your phone during class; I will do so as well. If you are expecting an important phone call or dealing with an emergency, please silence your phone and let the instructor know that you may have to receive a call outside the classroom or lab. Laptops or iPads are permitted only for note taking activities related to course content, not for web browsing or completing assignments for other classes. Students will be asked to leave their electronics at the front of the classroom until the end of the class period if misuse is observed.

Assignments:

All assignments will be submitted via our Canvas course assignment dropbox by **noon** of the due date. Written work must be computer printed and in complete sentences with proper grammar, spelling, and punctuation or points will be deducted. Please read the assignment outlines posted on Canvas carefully. Do not email assignments unless it has been approved by the instructor.

With the exception of the last assignment (Wellness journals and reflections – must be submitted on time), there is one free pass (see p.5) for the submission of one late assignment once for this class. The late assignment cannot exceed beyond one week of the original due date. A copy of the pass in Word format is posted in the “Course Assignments” section on Canvas if you need to use it. Please fill in the blank areas and submit it along with your late assignment.

Learning Management System:

This course uses Canvas, the New Learning Management System (LMS) being adapted across the UW System. Canvas can be accessed via a launch portal at www.uwsp.edu/canvas using your campus login and password. Help in Canvas is available at the bottom of the launch portal, and through the “Help” menu within Canvas. A student orientation / training course is available for self-registration at <https://uws.instructure.com/enroll/FNRAL8>.

Exams:

There are three exams for this course. Student must notify the instructor **PRIOR** to an exam if he/she will be absent with a legitimate excuse. Without prior notification, the exam cannot be made up.

Disability and Accommodations:

In accordance with federal law and UW System policies, UWSP strives to make all learning experiences as accessible as possible. If you need accommodations for a disability (including mental health, chronic or temporary medical conditions), please visit with the Disability and Assistive Technology Center within the first 2 weeks of class to determine reasonable accommodations and notify faculty. After notification, please discuss your accommodations with me so that they may be implemented in a timely fashion. DATC contact info: datctr@uwsp.edu ; 715/346-3365; 609 Albertson Hall, 900 Reserve Street

Care Team:

The University of Wisconsin-Stevens Point is committed to the safety and success of all students. The Office of the Dean of Students supports the campus community by reaching out and providing resources in areas where a student may be struggling or experiencing barriers to their success. Faculty and staff are asked to be proactive, supportive, and involved in facilitating the success of our students through early detection, reporting, and intervention. As your instructor, I may contact the Office of the Dean of Students if I sense you are in need of additional support which individually I may not be able to provide. You may also share a concern if you or another member of our campus community needs support, is distressed, or exhibits concerning behavior that is interfering with the academic or personal success or the safety of others, by reporting [here](#).

Resources on Campus:

Please know that there are resources available to you on campus. The UWSP Counseling Center is located on the 3rd Floor of Delzell Hall. Office Hours: Monday-Friday: 8:00am to 4:30pm. Telephone: (715) 346-3553. Email: counsel@uwsp.edu.

Health Services offers nutrition counseling appointments with the campus dietitian. These visits are covered by the health fee at no additional cost to the student. Appointments can be made by calling their staff at 715-346-4646 to set up a referral.

Additional Campus Policies:**FERPA**

The Family Educational Rights and Privacy Act (FERPA) provides students with a right to protect, review, and correct their student records. Staff of the university with a clear educational need to know may also have access to certain student records. Exceptions to the law include parental notification in cases of alcohol or drug use, and in case of a health or safety concern. FERPA also permits a school to disclose personally identifiable information from a student's education records, without consent, to another school in which the student seeks or intends to enroll.

Reporting Incidents of Bias/Hate

It is my intent that students from all diverse backgrounds and perspectives be well-served by this course, that students' learning needs be addressed both in and out of class, and that the diversity that the students bring to this class be viewed as a resource, strength and benefit. It is my intent to present materials and activities that are respectful of diversity: gender identity,

sexuality, disability, age, socioeconomic status, ethnicity, race, nationality, religion, and culture. Your suggestions are encouraged and appreciated. Please let me know ways to improve the effectiveness of the course for you personally, or for other students or student groups. If you have experienced a bias incident (an act of conduct, speech, or expression to which a bias motive is evident as a contributing factor regardless of whether the act is criminal) at UWSP, you have the right to report it: <https://www.uwsp.edu/dos/Pages/Anonymous-Report.aspx>.

You may also contact the Office of the Dean of Students directly at dos@uwsp.edu. Diversity and College Access is available for resources and support of all students: <https://www.uwsp.edu/dca/Pages/default.aspx>.

Clery Act

The US Department of Education requires universities to disclose and publish campus crime statistics, security information, and fire safety information annually. Statistics for the three previous calendar years and policy statements are released on or before October 1st in our [Annual Security Report](#). Another requirement of the Clery Act is that the campus community must be given timely warnings of ongoing safety threats and immediate/emergency notifications. For more information about when and how these notices will be sent out, please see our [Jeanne Clery Act](#) page.

Class Points:

3 Exams	300
4 Assignments	100 total
In - class Activities	TBD
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	400+

Grading Scale:

Grade	Percentage	Grade	Percentage
A	93-100%	C+	77-79.9%
A-	90-92.9%	C	73-76.9%
B+	87-89.9%	C-	70-72.9%
B	83-86.9%	D+	67-69.9%
B-	80-82.9%	D	60-66.9%
		F	< 60%

One Free Pass - No Questions Asked!

This pass entitles a student to one late assignment submission (with the exception of the last assignment - Wellness Journals and Reflections must be submitted on time), up to one week late (by 11:59 p.m.).

This pass can only be used once in FN 151.

The late assignment must be submitted along with this late pass (fill in all blank spaces electronically).

Student's full name:

Date submitted:

Original Due Date:

**Tentative Schedule for FN 151
Section 1**

Week	Dates	Topic	Text Reading
1	Sept 4	Introduction, course objectives Key nutrition concepts, nutrition & health, seven dimensions of wellness	1, 2, HPHD website
2	Sept 9	Factors affecting food choices, Nutrition: Fact or fiction? Choices that integrate wellness Present: Wellness Assessment and Goal Setting	5, 3
	Sept 11	Healthy diets, Dietary Guidelines, and My Plate	6, website Canvas posts
3	Sept 16	Food and nutrition labels End of content for exam 1 Due date: Wellness Assessment and Goal Setting (Submit electronically by noon) Present: Diet Tracking Assignment	4 Canvas posts
	Sept 18	Energy balance and weight status Components that impact wellness Present: Wellness Journals and Reflection Assignment	8, 9
4	Sept 23	Weight control: Myths and realities Thinness versus wellness *Begin Wellness Journal Due date: Diet Tracking Assignment (Submit electronically by noon)	10
	Sept 25	Exam 1 – 12:30 – 1:50 p.m.	
5	Sept 30	Carbohydrates: Sugars, starches, and fiber End of content for exam 2 *Week 2 of Wellness Journal Present: Energy Needs Assignment	12
	Oct 2	Fats and cholesterol	18
6	Oct 7	Nutrition and heart disease Staying well *Week 3 of Wellness Journal Due date: Energy Needs Assignment (Submit electronically by noon)	19
	Oct 9	Exam 2 – 12:30 – 1:50 p.m.	
7	Oct 14	Proteins, amino acids, and vegetarian diets *Complete Wellness Reflection	15, 16
	Oct 16	Vitamins and minerals	20, 23
8	Oct 21	Dietary supplements Alcohol Due date: Wellness Journals and Reflection (Submit electronically by noon)	24 14, website
	Oct 23	Exam 3 – 12:30 – 1:50 p.m.	