

FN 373 Nutrition Through the Life Span Hybrid - Spring 2024

Course Description: Nutritional requirements, challenges, community nutrition programs and eating patterns throughout the life span. (3 credits) Prerequisites: FN 206 and 354 (formerly 253)

Class Schedule: This course will be taught in hybrid format. Our course meets on Tuesdays from 11:00-12:15 p.m. in CPS 229. There are lecture recordings, videos, and other resources posted on Canvas in each module for students to access on their own.

Required Reading:

1. The textbook is available for rent from UW-Stevens Point Text Rental.

Brown, J. *Nutrition Through the Life Cycle*, 7th ed., Cengage, 2020. (ISBN-978-1-337-91933-3)

2. Dietary Guidelines for Americans 2020-2025:
<https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials>
3. Additional resources will be shared in Canvas.

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

Office: CPS 224

Email: dtang@uwsp.edu

Office Hours: I have tentatively set aside Wednesdays from 2:00-3:00 p.m. and Thursdays from 1:00 – 2:00 p.m. as office hours. Please email me in advance to schedule a meeting. If these times do not work for you, we can determine another time that is mutually convenient.

Expected Instructor Response Times:

- I will attempt to respond to student emails within 12 hours between Mondays to Fridays, and 24 hours on weekends. If you have not received a reply from me within 24 hours, please resend your email.

Course Learning Objectives (LO): At the end of the semester, the student will be able to

1. Describe how nutrition affects growth and development and the physiological basis of nutritional requirements throughout the life span.
2. Identify eating patterns, nutritional problems and selected chronic diseases characteristic of age groups throughout the life span.
3. Discuss factors affecting wellness within communities.
4. Explain current issues in life span nutrition.
5. Demonstrate an analysis of a nutrition related problem, identify solutions, and suggest a counseling strategy.

2022 ACEND Accreditation Standards for Nutrition and Dietetics Didactic Programs (DPD)

Domain 1. Scientific and Evidence Base of Practice: Integration of scientific information and translation of research into practice.

KRDN 1.3 Apply critical thinking skills.

Domain 2. Professional Practice Expectations: Beliefs, values, attitudes and behaviors for the professional dietitian nutritionist level of practice.

***KRDN 2.1** Demonstrate effective and professional oral and written communication and documentation.

KRDN 2.3 Assess the impact of a public policy position on nutrition and dietetics practice.

KRDN 2.4 Discuss the impact of health care policy and different health care delivery systems on food and nutrition services.

KRDN 2.6 Demonstrate cultural humility, awareness of personal biases and an understanding of cultural differences as they contribute to diversity, equity and inclusion.

KRDN 2.7 Describe contributing factors to health inequity in nutrition and dietetics including structural bias, social inequities, health disparities and discrimination.

*Competencies with an asterisk are assessed and reported to ACEND

Society for Nutrition Education and Behavior (SNEB) Competencies for Promoting Healthy Individuals, Communities and Food Systems

1 Basic Food and Nutrition Knowledge

1.1 Describe the basic structures and functions of the essential nutrients and identify examples of significant foods and food group sources for each.

1.2 Explain the background, purpose, and components of the appropriate national or international nutrient references (e.g., US Dietary Reference Intakes).

1.3 Explain the background, purpose, and components of the appropriate national or international dietary guidelines, including the associated food guidance systems (e.g., the US Dietary Guidelines and MyPlate).

1.5 Explain the dietary prevention of, and management approaches associated with, the major diet-related public health issues.

2 Nutrition across the Life Cycle

2.1 Identify the primary dietary issues for each phase of the life cycle.

2.2 Use information from the appropriate national or international nutrient references and dietary guidelines to make dietary recommendations for each phase of the life cycle.

4 Physical Activity

4.2 Describe the benefits of regular physical activity as a means of prevention and management of public health issues including chronic diseases.

4.3 Identify physical activity opportunities in daily living.

5 Food and Nutrition Policy

5.3 Describe the history, purpose and funding of key pieces of legislation that authorize programs supporting nutrition education, research, and food assistance to address malnutrition and food security and to promote health.

9 Written, Oral, and Social Media Communication

9.1 Communicate effectively in written, visual, and oral form, with individuals, the media, and other groups, in ways that are appropriate for diverse audiences.

9.3 Engage and educate through simple, clear, and motivational language appropriate for diverse audiences.

Build Rapport: If you find that you have trouble keeping up with assignments or other aspects of the course, make sure you let your instructor know as early as possible. As you will find, building rapport and effective relationships are key to becoming a professional. Make sure you are proactive in informing your instructor when difficulties arise during the semester so I can help you find a solution.

Class Participation Via Canvas: All course material is accessible in Canvas. Students are expected to access course material in a timely manner and complete assignments by the posted due dates. Be sure you have the [minimum computer and internet configurations for Canvas](#) and access to a stable internet connection (do not rely on cellular). If you have any questions about the capabilities of your technology contact [IT Service Desk](#) (715-346-4357; techhelp@uwsp.edu).

You will also need access to a printer and a stable internet connection (don't rely on cellular)

Confidentiality: Learning requires risk-taking and sharing ideas. Please keep your classmates' ideas and experiences confidential outside the classroom unless permission has been granted to share them.

Electronic Devices:

The use of cell phones will not be permitted during lectures. Research supports the idea 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 repeated misuse is observed.

Inclusivity Statement: 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 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 using this [link](#). You may also contact the Dean of Students office directly at dos@uwsp.edu.

Late Work Policy: All assignments will be submitted via our Canvas course site. Late assignments will not receive full points even if done well. A **10%** deduction will apply to the final grade if an assignment is not submitted on time and for each day that an assignment is late. If a blank assignment is submitted, it will be considered late. Assign different file names for completed assignments to avoid confusion. Assignments are due by Sunday 11:59 p.m. on the due date. If you have a compelling reason and need an extension, please let me know well in advance of the due date so we can make appropriate arrangements. I will decide if the reason(s) for late work is valid before

granting the extension. Please note that Turnitin plagiarism software will be used for all assignment submissions; it can also detect the use of AI.

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.

Netiquette Guidelines: Please refer to the Online Discussion Guidelines posted in the Begin Here module of the course.

Quizzes: There are 6 quizzes to assess your learning and comprehension. The format of these quizzes are multiple choice or true/false questions. You can take the quiz anytime during that week between Thursday to Sunday from 8:00 a.m. – 11:59 p.m. Quizzes cannot be made up without a serious and compelling reason and prior approval from the instructor. Each quiz is timed, once you begin the quiz, the clock will start. **To avoid being timed out or other technical problems, remain on the quiz page until you are done. Canvas tracks visits to other pages while you are taking the quiz which is visible to the instructor. You will not be able to retake a quiz if you are timed out because of visiting other pages.** Correct answers for the previous week’s quiz will be available on the following Tuesday from 4:00 – 11:59 p.m.

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

- Seek assistance from the [IT Service Desk](#)
 - IT Service Desk Phone: 715-346-4357 (HELP); IT Service Desk Email: techhelp@uwsp.edu

Tips for Success: Students are responsible for all information presented in class, lecture recordings and assigned readings. There will be discussions and activities each week which contribute to your overall grade. Students are expected to be proactive in their own learning. If you encounter issues with understanding key concepts, then you should reach out to the instructor for assistance.

Viewing Grades in Canvas: Points you receive for graded activities will be posted to Canvas Grade Book. Click on the Grades link to view your points. I will update the online grades each time a grading session has been complete – typically 2 weeks for case studies (3-4 weeks for Healthy Eating Project) following the assignment due date. You will see a visual indication of new grades posted on your Canvas home page under the link to this course.

Course Evaluation:

Learning tool	Points	Course LO	Competency demonstrated
Nutrient Analysis Assignment	10	5	KRDN 1.3
Pre-Case Study Assignment The beginnings of a SOAP note	15	1, 2, 5	KRDN 1.3, 2.1, 2.6, 2.7
2 Case Studies (25 points each)	50	1, 2, 3, 4, 5	KRDN 1.3, 2.1*, 2.6, 2.7
Healthy Eating Project	100	1, 2, 3, 5	KRDN 1.3, 2.1
6 Quizzes	175 tentative	1, 2, 3, 4, 5	KRDN 1.3, 2.1, 2.4, 2.6
12 Activities (5 points each), tentative	60	1, 2, 3, 4, 5	KRDN 1.3, 2.1, 2.4, 2.6
8 Discussion Posts (5 points each), tentative	40	1, 2, 3, 4, 5	KRDN 1.3, 2.1, 2.4, 2.6
Approximate Total:	450		

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Grading Scale:

A = 93-100%	C+ = 77-79.99%	F = <60%
A- = 90-92.99%	C = 73-76.99%	
B+= 87-89.99%	C- = 70-72.99%	
B = 83-86.99%	D+ = 67-69.99%	
B- = 80-82.99%	D = 60-66.99%	

Campus Policies:

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 for providing 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.

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 ends.

Additionally, the classroom environment (virtual included) is a unique opportunity for students to share ideas, opinions, discuss class 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 chats, 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 Disciplinary Procedures at: <https://www.uwsp.edu/dos/Documents/UWS%2014-1.pdf>

Accommodations:

If you have a documented disability and verification from the [Disability Resource Center \(DRC\)](#) and wish to discuss academic accommodations, please contact your instructor as soon as possible. It is the student’s responsibility to provide documentation of disability to the DRC and meet with a Disability Services counselor to request special accommodation *before* classes start.

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](#).

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.

Copyright Infringement:

This is the act of exercising, without permission or legal authority, one or more of the exclusive rights granted to the copyright owner under section 106 of the Copyright Act. Each year students violate these laws and campus policies, putting themselves at risk of federal prosecution. For more information about what to expect if you are caught, or to take preventive measures to keep your computing device clean, visit our [copyright page](#).

Drug Free Schools and Communities Act:

The Drug Free Schools and Communities Act (DFSCA) requires institutions of higher education to establish policies that address unlawful possession, use, or distribution of alcohol and illicit drugs. The DFSCA also requires the establishment of a drug and alcohol prevention program. The Center for Prevention lists information about alcohol and drugs, their effects, and the legal consequences if found in possession of these substances. [Center for Prevention – DFSCA](#)

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.

Incomplete Policy: Under emergency/special circumstances, students may petition for an incomplete grade. An incomplete will only be assigned if the student has maintained regular contact with the course instructor about his/her situation. All incomplete course assignments must be completed by the last day of classes of the following semester.

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.

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.

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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>.

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 directly by calling 715-346-4646 or a Student Health Service clinician can help coordinate a referral.

Student Recording and Sharing Class Lecture and Materials: Lecture materials and recordings for FN 373 are protected intellectual property at UW-Stevens Point. Students in this course may use the materials and recordings for their personal use related to participation in this class. Students may also take notes solely for their personal use. If a lecture is not already recorded, you are not authorized to record lectures without my permission unless you are considered by the university to be a qualified student with a disability requiring accommodation. [Regent Policy Document 4-1](#)

Students may not copy or share lecture materials and recordings outside of class, including posting on internet sites or selling to commercial entities. Students are also prohibited from providing or selling their personal notes to anyone else or being paid for taking notes by any person or commercial firm without the instructor's express written permission. Unauthorized use of these copyrighted lecture materials and recordings constitutes copyright infringement and may be addressed under the university's policies, UWS Chapters 14 and 17, governing student academic and non-academic misconduct.

Title IX:

UW-Stevens Point is committed to fostering a safe, productive learning environment. Title IX and institutional policy prohibit discrimination on the basis of sex, which includes harassment, domestic and dating violence, sexual assault, and stalking. In the event that you choose to disclose information about having survived sexual violence, including harassment, rape, sexual assault, dating violence, domestic violence, or stalking, and specify that this violence occurred while a student at UWSP, federal and state laws mandate that I, as your instructor, notify the Title IX Coordinator/Office of the Dean of Students.

Please see the information on the [Dean of Students webpage](#) for information on making confidential reports of misconduct or interpersonal violence, as well as campus and community resources available to students.

Understand When You May Drop This Course: It is the student's responsibility to understand when they need to consider unenrolling from a course. Refer to the UWSP [Academic Calendar](#) for dates and deadlines for registration. After this period, a serious and compelling reason is required to drop from the course. Serious and compelling reasons includes: (1) documented and significant change in work hours, leaving student unable to complete assigned tasks, or (2) documented and severe physical/mental illness/injury to the student or student's family.

FN 373 Tentative Course Schedule – Spring 2024 Hybrid

Module	Class	Content	Text Chapters & Canvas Resources
1	1/23	Introduction, nutrient needs, and dietary standards Activity 1 – Nutrient Analysis Assignment Discussion post 1	Chapter 1, pp. 1-33
2	1/30	Nutrition assessment Activity 2 - Nutritional Assessment Worksheet Read Pre-Case Study Assignment	Chapter 1, pp. 34-48
3	2/6	Preconception nutrition Activity 3 – Cyclic Infertility Discussion post 2 Pre-Case Study Assignment Read Healthy Eating Project	Chapters 2, Chapter 3, pp. 70-76
4	2/13	Nutrition during pregnancy Activity 4: Pregnancy calculations Discussion post 3 Quiz 1: Weeks 1-2 Read Pregnancy Case Study	Chapter 4 Chapter 5, pp. 131-147
5	2/20	Nutrition during lactation Activity 5: Lactation calculations Discussion post 4	Chapter 6 Chapter 7, pp. 184-189, 195-199, 209-210
6	2/27	Infant nutrition Activity 6: Formula calculations Quiz 2: Weeks 3-4	Chapter 8
7	3/5	Toddler and preschooler nutrition Activity 7: Toddler & preschooler calculations Discussion post 5 Pregnancy Case Study due	Chapter 10 Chapter 11, pp. 286-288, 294-295
8	3/12	Child and preadolescent nutrition Healthy Eating Project due	Chapter 12 Chapter 13, p. 341
Spring Break: March 18-22			
9	3/26	Complete child and preadolescent nutrition Activity 8: Childhood calculations Quiz 3: Weeks 5-6 Read Childhood Case Study	
10	4/2	Complementary and Integrative Health Discussion post 6	Canvas postings
11	4/9	Adolescent nutrition Activity 9: Adolescent scenario Quiz 4: Weeks 7-9	Chapter 14 Chapter 15, pp. 376-381, 390-398
12	4/16	Adult nutrition Activity 10: ACC/AHA Lifestyle Changes Discussion post 7 Childhood Case Study due	Chapter 16
13	4/23	Cancer, CVD, obesity, diabetes Activity 11: DASH CVD meal plan Quiz 5: Weeks 10-11	Chapter 17, pp. 422-445
14	4/30	Older Adult Nutrition Activity 12: Energy and fluid needs Discussion post 8	Chapter 18
15	5/7	Osteoporosis	Chapter 19, pp. 491-494, 503-506
Quiz 6 (weeks 12-15) on Monday, May 13 from 12:30 – 2:30 p.m.			