

Contemporary Nutrition

FN 151 Section 1

Fall 2020

COURSE DESCRIPTION

Apply nutrition principles to contemporary problems in food choices and health. Meets wellness GEP. (2 credits)

INSTRUCTOR

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Office Hours: I have tentatively set aside Mondays from 10:00 – 11:00 a.m. as office hours. Email me at least 24-hours in advance to set up a time to meet via Zoom (I will send you a Zoom link). If this day/time does not work for you, we can find a mutually convenient time to meet instead.

CLASS LOCATION & DATES Online in Canvas from September 2 – October 23, 2020

EXPECTED INSTRUCTOR RESPONSE TIMES

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

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.

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.

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	Learning Outcomes <i>corresponding activity or assessment</i>
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.	<ul style="list-style-type: none"> • Activity to identify the processes and components which make up each of the seven dimensions of wellness. • Completion of Testwell's Holistic Lifestyle Questionnaire. • Assessment of personal strengths and areas for improvement based on test results.
2. Develop an individual plan for healthy living that demonstrates an understanding of the principles of wellness.	<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. • For each goal, create 4 journal entries on your progress in achieving each goal (8 journal entries total). Reflect and assess changes made and consider future plans.

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 quizzes and on written assignments - is essential to the success of this community of scholars. Using classmates' responses to answer quiz 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.

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>

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 date. Technology can be a challenge, especially in rural areas. Be sure you have the [minimum computer and internet configurations for Canvas](#) and access to a stable internet connection (don't rely on cellular). If you have any questions about the capabilities of your technology contact [IT Service Desk](#) (715-346-4357; techhelp@uwsp.edu).

Stay connected with the course by turning on email/text notifications. Go to the Account tab at the far left, hit settings to enter your email and cell phone in "ways to contact" (top right corner) and then hit notifications to tell Canvas to alert you of due dates, announcements, grades posted, etc. Then, click Notifications on the far left, choose which course details you want to get reminders about and when you get the alerts.

ASSIGNMENTS

All assignments will be submitted in Canvas on Fridays by **11:59pm** of the due date using a word processing software that is compatible with the default UWSP software Microsoft Word. Please read the assignment outlines posted on Canvas carefully. Do not email assignments unless it has been approved by the instructor. If you have questions about how to ensure your submitted work can be graded, contact [IT Service Desk](#) (715-346-4357; techhelp@uwsp.edu).

There is one free pass (see p. 5) for the submission of one late assignment once for this class, with a 2-day extension (Sunday of that week by 11:59 p.m.)

QUIZZES

There are 8 quizzes. ONLY ONE (1) attempt per quiz will be provided. Each quiz is timed at 30-60 seconds per question and the number of questions will vary depending on the unit. This means students must be well prepared BEFORE starting the quiz. No retakes will be allowed for students who do not plan appropriately and fail to take a quiz by the deadline or are timed out before completing the quiz. If you wish to view the correct answers, they will be shown on the Tuesday following the quiz due date from 4:00 – 11:59 p.m.

Quizzes are available from 8:00 a.m. -11:59 pm of the due date. Students must notify the instructor at least **1-day BEFORE** a quiz due date if they have a conflict that interferes with meeting a quiz deadline. The instructor will consider the circumstances and decide whether to grant an extension. Without prior notification, a quiz CANNOT be made up. **While taking a quiz in Canvas, know that you must remain on the quiz page as Canvas tracks visits to other pages and records your activity.**

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 (DATC) located at the Learning Resource Center (LRC 609), telephone (715)346-3365, and website <https://www.uwsp.edu/datc/Pages/default.aspx>. After the assessment, please email eligibility documentation to the instructor to request appropriate accommodations.

Class Points

8 Discussions	40
8 Quizzes	174
4 Assignments	100
Total	314

Grading Scale

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	below 60%

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 within one week 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.

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.

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.

STUDENT RECORDING AND SHARING CLASS LECTURE

Lecture materials and recordings for FN 151 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 my 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.

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 POLICES

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.

FACE COVERINGS

- At all UW-Stevens Point campus locations, the wearing of face coverings is mandatory in all buildings, including classrooms, laboratories, studios, and other instructional spaces. Any student with a condition that impacts their use of a face covering should contact the Disability and Assistive Technology Center to discuss accommodations in classes. Please note that unless everyone is wearing a face covering, in-person classes cannot take place. This is university policy and not up to the discretion of individual instructors. Failure to adhere to this requirement could result in formal withdrawal from the course.

OTHER GUIDANCE

- Please monitor your own health each day using this [Screening Tool](#). If you are not feeling well or believe you have been exposed to COVID-19, do not come to class; email your instructor and contact Student Health Service (715-346-4646).

- As with any type of absence, students are expected to communicate their need to be absent and complete the course requirements as outlined in the syllabus.
- Maintain a minimum of 6 feet of physical distance from others whenever possible.
- Do not congregate in groups before or after class; stagger your arrival and departure from the classroom, lab, or meeting room.
- Wash your hands or use appropriate hand sanitizer regularly and avoid touching your face.
- Please maintain these same healthy practices outside the classroom.

One Free Pass - No Questions Asked!

This pass entitles a student to one late assignment submission, up to **2 days late** (by Sunday at 11:59 p.m.).

This pass can only be used once in FN 151.

In the comments area of the assignment submission box, you need to indicate that the free pass is being used when you submit the late assignment.

Schedule for FN 151 Section 1
Fall 2020

All quizzes and assignment are due on Fridays by 11:59 pm

Week	Due Dates	Topics and Assignments	Required Reading
1		Seven dimensions of wellness and goal setting Intro concepts of nutrition Diet and health Factors affecting food choices	Ch 1, 2, 5
	Sept 4	Quiz 1 and Wellness Assessment Discussion Post 1 (original post by 9/4; reply by 9/6)	
2		Nutrition fact or fiction Food and nutrition labels Healthy diets, Dietary Guidelines, and My Plate	Ch 3, 4, 6
	Sept 11	Quiz 2 Discussion Post 2 (original post by 9/11; reply by 9/13)	
3		Energy balance and weight status Weight management: Myths, realities, and wellness Begin wellness journal entries (week 1)	Ch 8, 9, 10
	Sept 18	Quiz 3 and Energy Balance Discussion Post 3 (original post by 9/18; reply by 9/20)	
4		Carbohydrates Wellness journal entries (week 2)	Ch 12
	Sept 25	Quiz 4 Discussion Post 4 (original post by 9/25; reply by 9/27)	
5		Fats and cholesterol Nutrition and heart disease Wellness journal entries (week 3)	Ch 18, 19
	Oct 2	Quiz 5 Discussion Post 5 (original post by 10/2; reply by 10/4)	
6		Protein Vegetarian diets Wellness journal entries (week 4)	Ch 15, 16
	Oct 9	Quiz 6 and Diet Tracking Discussion Post 6 (original post by 10/9; reply by 10/11)	
7		Vitamins Minerals	Ch 20, 23
	Oct 16	Quiz 7 and Wellness Journals and Reflections Discussion Post 7 (original post by 10/16; reply by 10/18)	
8		Alcohol Dietary supplements	Ch 14, 24
	Oct 23	Quiz 8 Discussion Post 8 (original post by 10/23; reply by 10/25)	