# Syllabus

# FN253: Introduction to Nutrition and Nutrient Metabolism

# Summer 2022

# INSTRUCTOR

Annie Wetter, PhD

**Office:** CPS 236

I am also available to answer any questions you wish to express privately to me. Please use any of the following communication vehicles to reach out should you have individual concerns or questions.

**Text:** For brief inquiries (<200 characters) that do not require a detailed response.

**Anytime 715.572.6580** I will attempt to respond within 12hrs.

**I will reply ONLY if the text has “FN253” in the subject line.**

**Email:** For inquiries that are more detailed.

**Anytime** [**awetter@uwsp.edu**](mailto:awetter@uwsp.edu)I will attempt to respond within 12hrs.

**Virtual office hours:** Wednesdays 8-10pm and Thursdays 8-10am. RSVP via email at least 12 hours in advance so that I know you want to meet. We will use Collaborate Ultra in Canvas.

# Course Description

The course provides students with a fundamental understanding of the functions of nutrients and nutrient metabolism. This information will serve as a background for discussing contemporary health and nutrition issues, such as the basis for current nutrient and dietary recommendations, the relationship between diet and health, and the interaction between diet and physical activity in determining chronic disease risk. Sophomore standing is expected. As a 200-level science course, material is covered with the assumption that students have successfully completed a 100-level college biology course.

# STUDENT Course OBJECTIVES

1. Describe the anatomy, physiology, and biochemistry of nutrient digestion, absorption, and utilization.
2. Explain the role that foods, nutrients, and nutritional status play in chronic disease risk reduction, human performance, and overall well-being.
3. Describe some nutritional needs that differ based on gender, age, genetics and life stage.
4. Explain how personal factors such as ethnicity, culture, socioeconomic status, and environment can affect a person’s food choices as they relate to achieving dietary recommendations.
5. Explain how food-based recommendations (MyPlate, DG2015) meet nutrient recommendations (RDA, AI, UL) and reduce chronic disease risk.
6. List common food sources for nutrients that have recommended levels of intake.

Learning objectives 1-6 will be

* achieved by mastering reading and lecture material and engaging in discussions.
* assessed via quizzes, exams, and feedback on discussions.

1. Investigate the evidence on nutrition claims and apply data from reputable sources to provide a defensible answer to questions about those claims.
2. Design a set of diet and physical activity recommendations for a client that is based on their health and performance goals and national dietary recommendations (DG2015).

Learning objectives 7-8 will be achieved and assessed via written assignments.

# WHAT YOU CAN DO TO BE SUCCESSFUL IN THIS CLASS

1. Take ownership of your education and learning experience.
2. Take notes from the lectures in the outlines provided.
3. Complete the study guide and achieve the learning outcomes for each reading assignment.
4. Actively engage in assigned discussions.
5. Connect with your classmates in open discussions to explore a topic of interest or clarify material.
6. Reach out to the instructor using text, email, and virtual office hours whenever you have questions or problems with an assignment, the material, or anything else about the course. Feel free to connect whenever you want to explore a topic further or to discuss how to apply the material in different ways.

# REQUIRED TEXT

NUTRITION: CONCEPTS & CONTROVERSIES, Sizer, 14th edition *Available at text rental*

Reading assignments are listed in the outlines or separate documents posted in Canvas for each topic and will be part of the content covered on exams. All assigned pages from the textbook are already scanned and posted in Canvas.

In addition, the text is a valuable resource for students to easily look up unfamiliar terms and provide visuals and explanations of the material that can enhance your mastery of the concepts covered in lecture. Thus, it is a reliable independent learning tool for students to use. With that said, students must know that the lecture material is NOT based on the textbook.

# CLASS PARTICIPATION VIA CANVAS

The course is 100% online using 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](https://community.canvaslms.com/docs/DOC-10721) and access to a stable internet connection (don't rely on cellular). If you have any questions about the capabilities of your technology resources, see [Student Technology Tutor](https://www.uwsp.edu/tlc/Pages/techTutoring.aspx%22http:/www.uwsp.edu/tlc/Pages/ComputerGuides.asp%22http:/www.uwsp.edu/tlc/Pages/ComputerGuides.asp) or contact [IT Service Desk](https://www.uwsp.edu/infotech/Pages/ServiceDesk/default.aspx) (715-346-4357; [techhelp@uwsp.edu](mailto:techhelp@uwsp.edu)).

* You will use your UWSP account to login to the course from the [Canvas Login Page](https://www.uwsp.edu/canvas/Pages/default.aspx). If you have not activated your UWSP account, please visit the [Manage Your Account](http://www.uwsp.edu/infotech/Pages/Account/Manage-Your-Account.aspx) page to do so.
* To access this course on Canvas you will need a stable internet connection (don't rely on cellular) and a supported Web browser (Internet Explorer, Chrome, Firefox, Safari). Canvas works best in Chrome.
* In Canvas, you will access resources and course materials as well as discussions, assignment, quizzes, and exams. At designated times throughout the semester, you will participate in a blend of self-paced and group-paced activities using Canvas.
* 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” and then hit notifications to tell Canvas to alert you of due dates, announcements, grades posted, etc. Hit Notifications (back in the Account menu on the left) and choose which course details you want to get reminders about and when you get the alerts.

# TECHNICAL ASSISTANCE

Canvas Support is always available via the help button.

Also, you can contact:

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| a [Student Technology Tutor](http://www.uwsp.edu/tlc/Pages/techTutoring.aspx) |  | the [IT Service Desk](http://www.uwsp.edu/infotech/Pages/HelpDesk/default.aspx) |
| * **phone** 715-346-3568 |  | * **phone** 715-346-HELP (4357); 1-877-832-8977 |
| * **e-mail** tlctutor@uwsp.edu |  | * **e-mail** techhelp@uwsp.edu |
| * **visit** 018 Albertson Hall (ALB) |  | * **visit** ALB 027 |

# Conduct / Netiquette

This is your online learning community. Unlike Facebook, Twitter, and other online communities, everyone is expected to express themselves professionally in all discussions and communications. Basic guidelines:

1. Be polite and respectful

2. If you are going to disagree with somebody, do it in a professional, adult manner

3. Fully explain your thoughts and ideas

4. Complete your posts several days before the due date so others have time to respond.

Netiquette is a set of rules for behaving properly online. The instructor and your fellow students wish to foster a safe online community of learners. All opinions and experiences, no matter how different or controversial they may be perceived, must be respected in the tolerant spirit of academic discourse. You are encouraged to comment, question, or critique an idea but you are not to attack an individual. Netiquette tips:

* Do not use offensive language. Present ideas appropriately.
* Avoid Internet style (e.g., all capital letters suggests shouting).
* Popular emoticons such as ☺ can be helpful to convey your tone but do not overuse them.
* Avoid slang language as this could possibly lead to misinterpretation.
* Humor is acceptable, however do not use sarcasm.
* Keep an “open-mind” about expressing your own and responding to others’ minority opinion. Minority opinions have to be respected.
* Think and edit before you push the “Send” button.
* Never make fun of someone’s ability to read or write. Instead, share tips and guidance to help them
* Do not hesitate to ask for feedback.

# assignments

Students will complete 4 assignments that involve current events in food and nutrition. The assignments are designed to build critical thinking skills. Two also build confidence accessing reliable sources of information and applying that information with care to address a client’s question. Point values for worksheets are posted in Canvas. Grades and feedback on assignments will be posted within 1 week of the due date.

# QUIZZES & EXAMS

Quiz and exam questions cover material in lectures/slides and the readings.

**Quizzes** are available for you to gauge how well you are learning the material. They **do NOT count** towards your course grade. Quizzes are available until Tuesdays at 11:59pm.

While some **exam** questions are based on the quizzes, the exams will contain questions that challenge you to apply the material in a new way. Exams open at 12:01am Wednesdays and close Saturdays at 11:59pm.

**If you have any questions or concerns about meeting the requirements of this course as stated above, please contact me so we can discuss your questions and concerns.**

*If modifications are required due to a documented and verified disability, please inform the instructor and contact the Disability and Assistive Technology Center: 609 Learning Resource Center; phone (715) 346-3365 (Voice) (715) 346-3362 (TDD only) or email at datctr@uwsp.edu*

# LATE WORK POLICY

Be sure to pay close attention to deadlines:

* Assignments will be docked 1 full letter grade for each day they are late.
* Exams cannot be made up without a serious and compelling reason and instructor approval.
* Because of the nature of discussions, missed discussion posts cannot be made up or completed late.

# Religious Beliefs

Relief from any academic requirement due to religious beliefs will be accommodated according to UWS 22.03, with notification within the first three weeks of class.

# Grading

# Commit to Integrity: UWSP 14.01 STATEMENT OF PRINCIPLES

The board of regents, administrators, faculty, academic staff and students of the University of Wisconsin system believe that academic honesty and integrity are fundamental to the mission of higher education and of the University of Wisconsin system. The university has a responsibility to promote academic honesty and integrity and to develop procedures to deal effectively with instances of academic dishonesty. Students are responsible for the honest completion and representation of their work, for the appropriate citation of sources, and for respect of others’ academic endeavors. Students who violate these standards must be confronted and must accept the consequences of their actions. See [UWSP 14.03](https://www.uwsp.edu/dos/Pages/Student-Conduct.aspx) for misconduct subject to disciplinary action.

# Grades (% of total grade)

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%

1. Exams (weekly, 8 total; 50%)
2. Discussions (6 total; 20%)
3. Assignments (3 total; 30%)
4. Extra credit – see instructions in Canvas

# Discussion Rubric

**0% Incomplete:** no post or very short post such as, “Yes,” “No,” “I agree,” “I disagree,” “Good job”

**50%** **Okay:** A brief post that contains some feedback. The post contains grammatical, spelling, or punctuation errors and/or some inaccuracies.

**100% Good:** A well-constructed post that contains feedback, explanation/reasoning, and is accurate according to the course content/materials/resources. The post is very well written with no or few grammatical, spelling, or punctuation errors.

Grades and feedback on discussions will be posted within 48hrs of the due date.

# For Dietetics Students

The Commission on Accreditation for Dietetics Education (CADE) is the American Dietetic Association's accrediting agency for education programs that are preparing students for careers as registered dietitians. CADE serves and protects the public by assuring the quality and continued improvement of nutrition and dietetics education programs. The UWSP dietetics curriculum is planned to provide learning activities to attain all the CADE Foundation Knowledge and Learning Outcomes required for graduates to be qualified to enter a Dietetic Internship for eligibility for the RD examination.

FN253 addresses the following aspects of CADE Knowledge Requirements and Learning Outcomes. These build on previous coursework and provide the basis for higher level courses in the curriculum.

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| **Curricular Area** | **Knowledge Requirement** |  | **Outcome Assessment** |
| 1. Scientific and Evidence Base of Practice: integration of scientific information and research into practice | KRDN 1.2: Use current information technologies to locate and apply evidence-based guidelines and protocols. |  | Assignments |
|  | KRDN 1.3: Apply critical thinking skills. |  | Exams and assignments |
| Portfolio material: One assignment that pertains to KR 1.1 is a required artifact for your dietetics portfolio.  It is the student’s responsibility to keep an electronic copy of all assignments, including group work. | | | |
| 2. Professional Practice Expectations: beliefs, values, attitudes and behaviors for the professional dietitian level of practice | KRDN 2.1: Demonstrate effective and professional oral and written communication and documentation. |  | Assignments |
| 3. Clinical and Customer Services: development and delivery of information, products and services to individuals, groups and populations | KR 3.2 Understand the role of environment, food, nutrition and lifestyle choices in health promotion and disease prevention. |  | Exams and assignments |

*Generally*, the following weekly calendar is followed every week:

Practice quizzes are open until Tuesday

These help you see how well you are mastering the material

Feedback from quizzes helps you know what you need to study more for the exam

Quiz feedback is available ONLY right after you take the quiz, so view it right away

Discussion posts must be made by Tuesday midnight

Discussion replies must be made by Thursday midnight

Exams are open from Wednesday to Saturday midnight

Assignments are due by Sunday midnight

Exceptions to this schedule are highlighted in yellow

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| --- | --- | --- |
|  | activity | due date  by 11:59pm |
| Week 1  Introduction to nutrition & dietary recommendations  Note: Discussion | Quizzes  Make original post in discussion | Wednesday, June 1 |
| Post discussion replies | Thursday, June 2 |
| Exam (opens at 12:01am Wed) | Saturday, June 4 |
| Week 2  Digestion, absorption & transport  Assignment | Quizzes | Tuesday, June 7 |
| Exam (opens at 12:01am Wed) | Saturday, June 11 |
| Assignment: In Defense of Food | Sunday, June 12 |
| Week 3  Carbohydrates  This is a content HEAVY week. Discussion | Quizzes  Make original post in discussion | Tuesday, June 14 |
| Post discussion replies | Thursday, June 16 |
| Exam (opens at 12:01am Wed) | Saturday, June 18 |
| Week 4  Lipids  Discussion AND assignment | Quizzes  Make original post in discussion | Tuesday, June 21 |
| Post discussion replies | Thursday, June 23 |
| Exam (opens at 12:01am Wed) | Saturday, June 25 |
| Assignment: dietary supplement | Sunday, June 26 |
| Week 5  Protein  Discussion | Quizzes  Make original post in discussion | Tuesday, June 28 |
| Post discussion replies | Thursday, June 30 |
| Exam (opens at 12:01am Wed) | Saturday, July 2 |
| Concerning potential conflicts with the July 4th holiday  It is the STUDENT’S responsibility to PLAN AHEAD. All points for week 5 can be earned by Wed June 29th and week 6 has nothing due until July 9th to minimize conflicts with holiday plans. | | |
| Week 6  Energy balance & body weight management  No discussion or assignment | Quizzes | Wednesday, July 6 |
| Exam (opens at 12:01am Wed) | Saturday, July 9 |
|  |  |
| Week 7  Micronutrients: vitamins & minerals  Discussion  ***Start case study*** | Quizzes  Make original post in discussion | Tuesday, July 12 |
| Post discussion replies | Thursday, July 14 |
| Exam (opens at 12:01am Wed) | Saturday, July 16 |
| Week 8  Water & electrolytes  Discussion AND assignment  EARLY assignment and exam **due** dates | Quizzes  Make original post in discussion | Tuesday, July 19 |
| Post discussion replies | Thursday, July 21 |
| Assignment: case study | Friday, July 22 |
| Exam (opens at 12:01am Wed) | Friday, July 22 |
| ***Extra credit must be turned in by 11:59pm Friday July 22*** | | |