

SYLLABUS
**FN354: Introduction to Nutrition and Nutrient Metabolism
Summer 2023**

INSTRUCTOR: Annie Wetter, PhD

I am available to answer any questions or concerns that you wish to express privately to me. Please use any of the following communication vehicles to reach me.

Text 715.572.6580 with brief inquiries (<200 characters) that do not require a detailed response.

I will attempt to respond within 24hrs. **I will reply ONLY if the text has "FN354" in the subject line.**

Email awetter@uwsp.edu with inquiries that are more detailed. I will attempt to respond within 24hrs.

Office hours: Send me a Canvas message or email awetter@uwsp.edu with 1) several days and times that work for you and 2) whether you want to call or Zoom and I will respond within 24hrs with the day and time that fits my schedule.

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 300-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, DG2020) 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 exams and feedback on discussions.

7. Investigate the evidence on nutrition claims and apply data from reputable sources to provide a defensible answer to questions about those claims.
8. 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 (DG2020).

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

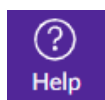
The course is 100% online using Canvas.

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](#) 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](#) or contact [IT Service Desk](#) (715-346-4357; techhelp@uwsp.edu).

- You will use your UWSP account to login to the course from the [Canvas Login Page](#). If you have not activated your UWSP account, please visit the [Manage Your Account](#) 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:

a [Student Technology Tutor](#)

- **phone** 715-346-3568
- **e-mail** tlctutor@uwsp.edu
- **visit** 018 Albertson Hall (ALB)

the [IT Service Desk](#)

- **phone** 715-346-HELP (4357); 1-877-832-8977
- **e-mail** techhelp@uwsp.edu
- **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 3 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.

EXAMS

There are 8 exams. Exam questions cover material in lectures/slides and the readings. **Exams open at 12:01am Wednesdays and close Saturdays at 11:59pm.** ONLY ONE (1) attempt per exam will be provided. You cannot start, stop, and go back later. Once you start the exam, you must finish. **No retakes will be allowed for students who do not plan appropriately and fail to take an exam by the deadline or are timed out before completing it.**

Each exam is timed at about 1-2minutes per question. Canvas shows you how many questions there are, so you know approximately how much time it will take to complete an exam. This means students must be well prepared BEFORE starting the exam.

Students must notify the instructor 1 day BEFORE an exam due date about a conflict that interferes with a due date. The instructor will consider the circumstances and make a decision about whether to grant an extension. Without prior notification, an exam CANNOT be made up.

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](#) for misconduct subject to disciplinary action.

Grades (% of total grade)

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

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%

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. The post is very well written with no or few grammatical, spelling, or punctuation errors.

Grades and feedback on discussions will be posted by Saturday 11:59pm.

FOR DIETETICS STUDENTS

FN354 addresses the following CADE Core Knowledge requirements:

Curricular Area	Knowledge Requirement	Outcome Assessment
Domain 1. Scientific and Evidence Base of Practice	KRDN 1.1 Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence-based practice decisions.	Assignments
	KRDN 1.3: Apply critical thinking skills.	Quizzes and assignments
Portfolio material: Assignment 2 that pertains to KRDN 2.1 is a required artifact for your dietetics portfolio. It is the student's responsibility to keep an electronic copy of all assignments.		
Domain 2. Professional Practice Expectation	KRDN 2.1 Demonstrate effective and professional oral and written communication and documentation.	Assignments
Domain 3. Clinical and Customer Services	KRDN 3.2 Understand the role of environment, food, nutrition and lifestyle choices in health promotion and disease prevention.	Exams and assignments

Tips for success:

1. Take notes on lectures
 - a. Have a copy of the outline visible while you listen to lecture so that you do not waste time writing down info from the slides that is already given to you in the outline.
 - b. Take notes on the explanations and application of the facts in the outline.
 - c. Combine the notes you take on the lectures/slides with what you are given in the outlines.
2. Achieve the learning outcomes for each topic and reading assignment. The learning outcomes are at the beginning of each outline or outline section and reading assignment. Use the outcomes like you use the study guide questions. It is best to write out what you have learned so you can correct any errors, make it as complete as possible, and revise it so you apply the material in a way that makes sense to a consumer (e.g., your mother, neighbor, friend, future client).
3. Whenever you have questions about the material, ask the instructor for clarification.
4. Master the material using the compare-contrast approach modeled in class and practice explaining the material, don't just memorize the words.
5. Plan to start taking the exam at least 1 hour before the due date.

Generally, the following weekly calendar is followed every week:

- Discussion posts must be made by Tuesday midnight
- Discussion replies must be made by Thursday midnight
- Exams are open from Wednesday to Saturday midnight – feedback is available ONLY right after you take the exam, so view it right away. If you want to understand why you got a question wrong, contact the instructor to go over your exam via zoom.
- Assignments are due by Sunday midnight

Exceptions to this schedule are highlighted in yellow

	ACTIVITY	DUE DATE BY 11:59PM
Week 1 Introduction to nutrition & dietary recommendations <i>Discussion</i>	Make original post in discussion	Wednesday, May 31
	Post discussion replies	Thursday, June 1
	Exam (opens at 12:01am Wed)	Saturday, June 3
Week 2 Digestion & absorption <i>Assignment</i>	Exam (opens at 12:01am Wed)	Saturday, June 10
	Assignment: In Defense of Food	Sunday, June 11
Week 3 Carbohydrates <i>This is a content HEAVY week. Discussion</i>	Make original post in discussion	Tuesday, June 13
	Post discussion replies	Thursday, June 15
	Exam (opens at 12:01am Wed)	Saturday, June 17
Week 4 Lipids <i>Discussion AND assignment</i>	Make original post in discussion	Tuesday, June 20
	Post discussion replies	Thursday, June 22
	Exam (opens at 12:01am Wed)	Saturday, June 24
	Assignment: dietary supplement	Sunday, June 26
Week 5 Protein <i>Discussion</i>	Make original post in discussion	Tuesday, June 27
	Post discussion replies	Thursday, June 29
	Exam (opens at 12:01am Wed)	Saturday, July 1
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 28 th and week 6 has nothing due until July 8 th to minimize conflicts with holiday plans.		
Week 6 Energy balance & body weight management <i>No discussion or assignment</i>	Exam (opens at 12:01am Wed)	Saturday, July 8
Week 7 Micronutrients: vitamins & minerals <i>Discussion & start case study</i>	Make original post in discussion	Tuesday, July 11
	Post discussion replies	Thursday, July 13
	Exam (opens at 12:01am Wed)	Saturday, July 15
Week 8 Water & electrolytes <i>Discussion AND assignment</i> EARLY assignment and exam due dates	Make original post in discussion	Tuesday, July 18
	Post discussion replies	Thursday, July 20
	Exam (opens at 12:01am Wed)	Friday, July 21
	Assignment: case study	Friday, July 21

Extra credit must be turned in by 11:59pm Friday July 21