NFS 207 General Nutrition

University of Rhode Island • J-term 2021 • Asynchronous Online

Instructor: Sarah Larson, MS, RD, LDN
Email: sarahlarson@uri.edu
You can expect an email response from me within 36 hours.

Office Hours: by appointment via Zoom

Any course-related questions should be posted in the General Course Questions discussion so that answers from classmates and/or the instructor will be visible for everyone to benefit.

Course Description: Fundamental concepts of the science of nutrition with application to the individual, community and world (3 credits). Prerequisite: none.

Required Course Materials
● Access to Brightspace and McGraw Hill Connect
● Reliable internet access, Google Chrome or Mozilla Firefox browser, and Adobe Flash Player
● Reliable computer or tablet with audio capabilities
● Inability to access the internet is not a valid excuse for missed coursework.

Overall Course Objectives
After completion of this course, you will be able to:
1. Recall a basic understanding of how nutrients are digested, absorbed, metabolized, and utilized.
2. Apply the aforementioned information to analysis of dietary intake, energy balance, chronic disease prevention, and food safety.

General Education Outcomes for STEM Disciplines (A1)
After completion of this course, you will be able to:
3. Classify and describe the six classes of nutrients, including their forms, functions, sources, deficiencies, and excesses.
4. Differentiate between fact and fallacy as it relates to nutrition information by using the scientific method.
5. Apply nutrition knowledge to topics such as chronic disease prevention and food safety.
6. Apply the US Dietary Guidelines, MyPlate Food Guide, Dietary Reference Intakes, food label reading, and the key words of balance, variety, and moderation to plan a healthy diet.

General Education Outcomes for Mathematical, Statistical, and Computational Literacy (B3)
After completion of this course, you will be able to:
7. Locate and examine nutrient data to solve nutrition-related mathematical problems.
8. Calculate energy content, Daily Values, and Recommended Dietary Allowances for food labels and diets.
9. Assess whether dietary values fall within established guidelines based on reference data.
10. Record personal dietary intake and use this data to analyze nutrient content to compare to standards.
11. Identify and describe strengths and weaknesses of a diet and make suggestions to improve both acute and chronic health.
12. Interpret and evaluate overall personal dietary records.
# Course Policies and Protocols
Our course policies can all be found on Brightspace in greater detail.

<table>
<thead>
<tr>
<th>![Icon]</th>
<th>In an online learning environment, attendance is measured by your presence and contributions to the site. It's important that you regularly log into our Brightspace course to ensure you are on top of required components.</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Icon]</td>
<td>Email me with questions! I am here to help. Your emails should always include NFS 207 in the subject and your full name in the body. Check our Brightspace page and syllabus before asking a question as many answers can be found there.</td>
</tr>
<tr>
<td>![Icon]</td>
<td>To familiarize yourself with Brightspace, I ask that you please explore the student resources available to you from YouTube, Brightspace and URI to ensure success.</td>
</tr>
<tr>
<td>![Icon]</td>
<td>Treating others, including the instructor and your fellow classmates, with respect is expected from all students. This includes, but is not limited to, responding to discussion forums respectfully and answering questions thoughtfully and without judgement.</td>
</tr>
<tr>
<td>![Icon]</td>
<td>This is an asynchronous, fully online course. Since J-term is so condensed, you should plan to spend 5-6 hours per day on this course. You’ll have tasks to complete every day, all due by 11:55 pm EST. Although you can work at your own pace, you will need to adhere to the set deadlines.</td>
</tr>
<tr>
<td>![Icon]</td>
<td>No assignments will be accepted via email. All assignments received after the stated due date and time will receive a 25% grade deduction per calendar day late up to a maximum of 2 days. After this time, assignments will receive a grade of zero. LearnSmart assignments and discussions are not accepted after their stated due date and time.</td>
</tr>
<tr>
<td>![Icon]</td>
<td>In the event of a University cancelation for emergencies, there will be no change in due dates, unless communicated by your instructor.</td>
</tr>
<tr>
<td>![Icon]</td>
<td>Grades of incomplete will be given only in extenuating circumstances and must be approved by the Department Chair and Dean; see the University Manual for more.</td>
</tr>
<tr>
<td>![Icon]</td>
<td>Any student who has difficulty affording or accessing enough food to eat, or who lacks a safe and stable place to live, and believes that this may impact their performance in the course, is urged to contact the Dean of Students or the Rhody Outpost for support. If you are comfortable, please also contact me so that I can provide any resources I possess.</td>
</tr>
</tbody>
</table>

## Important Dates
Last day of class: January 22. No work is accepted after 11:55 pm on this date.
Evaluation
Our Brightspace page has more detail regarding how you’ll be evaluated.

Grading Scale

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>93% and above</td>
</tr>
<tr>
<td>A-</td>
<td>90-92%</td>
</tr>
<tr>
<td>B+</td>
<td>87-89%</td>
</tr>
<tr>
<td>B</td>
<td>83-86%</td>
</tr>
<tr>
<td>B-</td>
<td>80-82%</td>
</tr>
<tr>
<td>C+</td>
<td>77-79%</td>
</tr>
<tr>
<td>C</td>
<td>73-76%</td>
</tr>
<tr>
<td>C-</td>
<td>70-72%</td>
</tr>
<tr>
<td>D+</td>
<td>67-69%</td>
</tr>
<tr>
<td>D</td>
<td>60-66%</td>
</tr>
<tr>
<td>F</td>
<td>59% and below</td>
</tr>
</tbody>
</table>

Make Up Material: Make up of missed material will be permitted only in the case of an excused absence, as defined by the University Manual. I reserve the right to change the format of the make-up material. Failure to coordinate the make-up material appropriately results in the forfeiture of the assignment score.

Academic Honesty: It is your job as a student to take responsibility for the work you submit in this class and others. It is expected that all submitted work is your own. Your name on any assignment will be regarded as assurance that work is the result of your own independent thought and study. Any outside sources that are used in the work must be properly cited. First time violators will receive a 0 on the assignment and the incident will be reported to the student’s academic Dean. See the University Manual for full expectations and guidelines about Academic Honesty.

Office of Disability Services: Please email me as soon as possible if you have any special learning needs or accommodations to help you succeed in this course. As part of this process, please be in touch with Disability Services for Students (or call 401-874-2098). Accommodation begins from the date that the instructor receives the documentation from Disability Services.

Academic Enhancement Center: This is a challenging course! Your success requires that you keep pace with the work, understand course concepts, and study effectively. It’s strongly recommended you use the NFS 207 TA system and weekly study groups to get specific help with course material. In addition, the Academic Enhancement Center helps students succeed. They offer three services: Academic Coaching, Tutoring, and The Writing Center.
**URI Online Library Resources** can be accessed [here](#).

**Student Services:** URI offers many services to help you succeed in your academic career, such as [Enrollment Services](#), [Financial Aid](#), and [Center for Career & Experiential Education](#).

**Anti-Bias Statement:** We respect the rights and dignity of each individual and group. We reject prejudice and intolerance, and we work to understand differences. We believe that equity and inclusion are critical components for campus community members to thrive. If you are a target or a witness of a bias incident, you are encouraged to submit a report to the URI Bias Repose Team. There, you will also find people and resources to help.

---

## Course Schedule

<table>
<thead>
<tr>
<th>Unit</th>
<th>Date</th>
<th>ebook Readings &amp; VoiceThread Lectures</th>
<th>Assignments Due by 11:55 pm EST</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Mon, 1/4</td>
<td>Introduction on Brightspace</td>
<td>• Register for Connect</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• SmartBook tutorial</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Student Orientation Quiz</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Introduction Discussion Thread</td>
</tr>
<tr>
<td></td>
<td>Tues, 1/5</td>
<td>The Science of Nutrition (Ch. 1)</td>
<td>• LearnSmart Ch. 1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Micronutrients: Vitamins + Minerals (Ch. 12)</td>
<td>• LearnSmart Ch. 12</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Read, watch, listen, and/or view all provided materials</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Unit 1 Discussion Thread</td>
</tr>
<tr>
<td></td>
<td>Wed, 1/6</td>
<td>Tools of a Healthy Diet (Ch. 2)</td>
<td>• LearnSmart Ch. 2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Micronutrients: Vitamins + Minerals (Ch. 12)</td>
<td>• Read, watch, listen, and/or view all provided materials</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• DAP 1: NCP Training</td>
</tr>
<tr>
<td></td>
<td>Thurs, 1/7</td>
<td></td>
<td>• Unit 1 Discussion Replies</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Unit 1 Quiz</td>
</tr>
<tr>
<td></td>
<td>Fri, 1/8</td>
<td>The Food Supply (Ch. 3)</td>
<td>• LearnSmart Ch. 3</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Read, watch, listen, and/or view all provided materials</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Unit 2 Discussion Thread</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• DAP 2: Food and Beverage List Reports</td>
</tr>
<tr>
<td></td>
<td>Sat, 1/9</td>
<td>Human Digestion &amp; Absorption (Ch. 4)</td>
<td>• LearnSmart Ch. 4</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Read, watch, listen, and/or view all provided materials</td>
</tr>
<tr>
<td></td>
<td>Sun, 1/10</td>
<td>Carbohydrates (Ch. 5, 9, 13)</td>
<td>• LearnSmart Ch. 5</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• LearnSmart Ch. 9</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• LearnSmart Ch. 13</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Read, watch, listen, and/or view all provided materials</td>
</tr>
<tr>
<td></td>
<td>Mon, 1/11</td>
<td></td>
<td>• Unit 2 Discussion Replies</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• DAP 3: Dietary Assessment</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Unit 2 Quiz</td>
</tr>
<tr>
<td>Unit</td>
<td>Date</td>
<td>ebook Readings &amp; VoiceThread Lectures</td>
<td>Assignments Due by 11:55 pm EST</td>
</tr>
<tr>
<td>------</td>
<td>------------</td>
<td>--------------------------------------</td>
<td>--------------------------------</td>
</tr>
<tr>
<td>3</td>
<td>Tues, 1/12</td>
<td>Lipids (Ch. 6, 9, 13)</td>
<td>• LearnSmart Ch. 6&lt;br&gt;• Read, watch, listen, and/or view all provided materials&lt;br&gt;• DAP 4: SMART Goal Discussion Thread</td>
</tr>
<tr>
<td></td>
<td>Wed, 1/13</td>
<td></td>
<td>• DAP 4: SMART Goal Discussion Replies</td>
</tr>
<tr>
<td></td>
<td>Thurs, 1/14</td>
<td>Protein (Ch. 7, 9, 13)</td>
<td>• LearnSmart Ch. 7&lt;br&gt;• Read, watch, listen, and/or view all provided materials&lt;br&gt;• DAP 4: SMART Goal Discussion Revisions&lt;br&gt;• Unit 3 Quiz</td>
</tr>
<tr>
<td></td>
<td>Fri, 1/15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Sat, 1/16</td>
<td>Energy Balance, Weight Control, &amp; Eating Disorders (Ch. 10)</td>
<td>• LearnSmart Ch. 10&lt;br&gt;• Read, watch, listen, and/or view all provided materials&lt;br&gt;• Unit 4 Discussion Thread</td>
</tr>
<tr>
<td></td>
<td>Sun, 1/17</td>
<td>Alcohol (Ch. 8, 9, 13) Nutrition, Exercise, &amp; Sports (Ch. 11)</td>
<td>• LearnSmart Ch. 8&lt;br&gt;• LearnSmart Ch. 11&lt;br&gt;• Read, watch, listen, and/or view all provided materials</td>
</tr>
<tr>
<td></td>
<td>Mon, 1/18</td>
<td>None – URI Holiday for MLK Day</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tues, 1/19</td>
<td></td>
<td>• Unit 4 Discussion Replies&lt;br&gt;• Unit 4 Quiz</td>
</tr>
<tr>
<td>5</td>
<td>Wed, 1/20</td>
<td>Fluid Balance &amp; Blood Health (Ch. 14)</td>
<td>• LearnSmart Ch. 14&lt;br&gt;• Read, watch, listen, and/or view all provided materials&lt;br&gt;• DAP 5: Dietary Modifications&lt;br&gt;• Unit 5 Discussion Thread</td>
</tr>
<tr>
<td></td>
<td>Thurs, 1/21</td>
<td>Bone Health &amp; Body Defense Systems (Ch. 15)</td>
<td>• LearnSmart Ch. 15&lt;br&gt;• Read, watch, listen, and/or view all provided materials&lt;br&gt;• DAP 6: Dietary Re-Assessment</td>
</tr>
<tr>
<td></td>
<td>Fri, 1/22</td>
<td></td>
<td>• Unit 5 Discussion Replies&lt;br&gt;• DAP 7: Reflection&lt;br&gt;• Unit 5 Quiz</td>
</tr>
</tbody>
</table>

No work accepted after 11:55 pm on the last day of class, Friday, 1/22.