

NFS 207 General Nutrition

Department of Nutrition and Food Sciences | University of Rhode Island
J-Term 2023 | Asynchronous Online

Instructor: Sarah Larson, MS, RD, LDN
Email: sarahlarson@uri.edu
Student Hours: by appointment via Zoom

You can expect an email response from me within 36 hours Monday-Friday. Any emails sent over the weekend will be addressed by the end of the day on the following Monday.

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). Meets Gen Ed A1, B3. Prerequisites: none

Required Course Materials

- Access code for Wardlaw's Perspectives in Nutrition: A Functional Approach (3e), ISBN 9781265507329, by Byrd-Bredbenner/Berning/Kelley/Abbot
- Access to Brightspace and McGraw Hill Connect
- Reliable high speed internet access with [Google Chrome](#) or [Mozilla Firefox](#) browser
- [Adobe Flash Player](#), [Adobe Acrobat Reader](#), and the [Microsoft Office](#) package (free for URI students)
- Reliable computer or tablet with audio capabilities

Important Date

Last day to add **or** drop: January 3

Overall Course Objectives

After completion of this course, you will be able to:

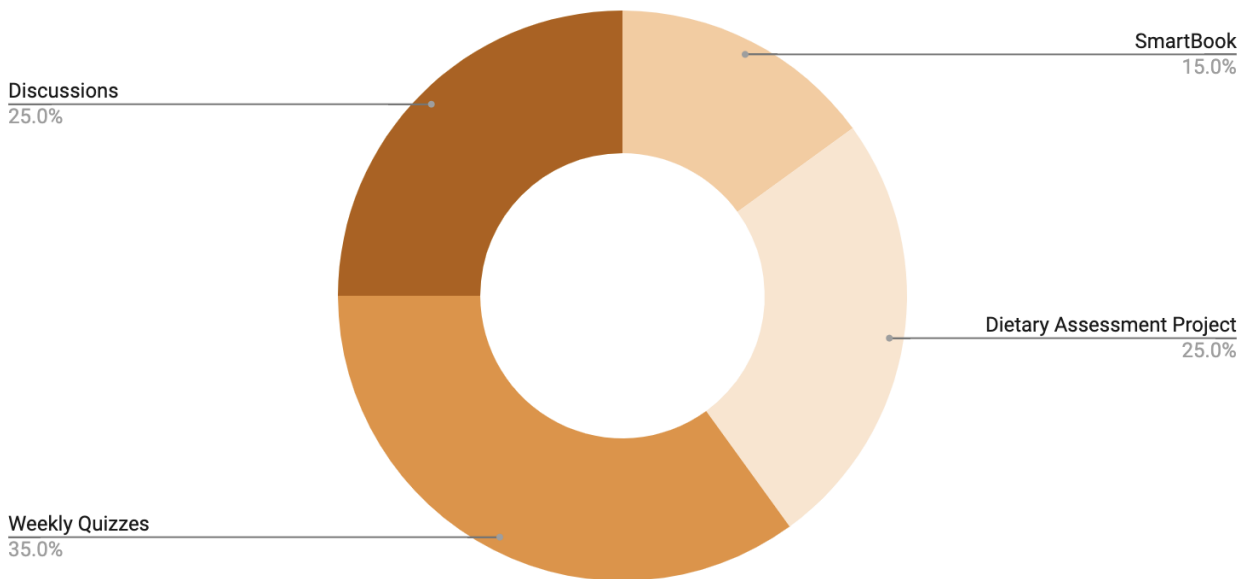
1. Recall a basic understanding of how nutrients are digested, absorbed, metabolized, and utilized, and apply this to the analysis of dietary intake, energy balance, chronic disease prevention, and food safety.
2. Classify and describe the six classes of nutrients, including their forms, functions, sources, deficiencies, and excesses.
3. Differentiate between fact and fallacy as it relates to nutrition information by using the scientific method.
4. Apply nutrition knowledge, including national guidelines and recommendations, to plan a healthy diet.
5. Locate, and examine, and assess nutrient data and reference values to solve nutrition-related mathematical problems.
6. Record, interpret, and evaluate overall personal dietary records to identify strengths, weaknesses, and suggestions for improvements to health.

Technology Requirements

| | |
|---|---|
| Windows 7 (XP or Vista) 64 MB Ram 28.8 kbps modem (56k or higher recommended) SoundCard & Speakers External headphones with built-in microphone Mozilla Firefox 9.0 or higher; Chrome 81 or higher | Mac OS X or higher 32 MB Ram 28.8 kbps modem (56k or higher recommended) SoundCard & Speakers External headphones with built-in microphone Mozilla Firefox 9.0 or higher; Safari 5.0 or higher; Chrome 81 or higher |
|---|---|

Evaluation

Our Brightspace page has more detail regarding how you'll be evaluated.



Grading Scale

| | | | | | | | |
|----|---------------|----|--------|----|--------|---|---------------|
| A | 93% and above | B | 83-86% | C | 73-76% | D | 60-66% |
| A- | 90-92% | B- | 80-82% | C- | 70-72% | F | 59% and below |
| B+ | 87-89% | C+ | 77-79% | D+ | 67-69% | | |

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.

Inability to access the internet is not a valid excuse for missed coursework.

Course Policies and Protocols

Our course policies can all be found on Brightspace in greater detail.



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.



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.



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.



Treating others, including the instructor, undergrad TA, 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.



This is an asynchronous, fully online course that is split into 5 units. Each unit, you'll have tasks to complete on specified days. Although you can work at your own pace, you will need to adhere to the set deadlines.



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. SmartBook assignments and discussions are not accepted after their stated due date and time.



In the event of a University cancellation for emergencies, there will be no change in due dates, unless communicated by your instructor.



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.



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.



The [Substance Abuse and Mental Health Services Administration](#) provides many resources for students and their loved ones to support mental health, including the [URI Counseling Center](#), [Psychological Counseling Center](#), [Couple and Family Therapy Clinic](#), [Gender and Sexuality Center](#), [Multicultural Student Services Center](#), and [Chaplin's Association](#).

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, Access, and Inclusion: 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 [The office of Disability, Access, and Inclusion](#) (or call 401-874-2098). Accommodation begins from the date that the instructor receives the documentation from the office of Disability, Access and Inclusion..

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 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 Response Team](#). There, you will also find people and resources to help.

NFS 207 J-Term 2023 Course Schedule

| Unit | Date | Content (ebook Readings) | Assignments <i>All due by 11:59 pm EST</i> |
|----------|----------------|--|---|
| 1 | Mon, 1/2 | Start Here on Brightspace | <ul style="list-style-type: none"> ● Register for Connect ● McGraw Hill Connect tutorial |
| | Tues, 1/3 | The Science of Nutrition (Ch. 1) | <ul style="list-style-type: none"> ● SmartBook Ch. 1 (CO1) ● Read/watch/listen to all provided Ch. 1 materials (CO1) ● Student Orientation Quiz (CO6) ● Unit 1 Discussion Thread (CO3) |
| | Wed, 1/4 | Tools of a Healthy Diet (Ch. 2) | <ul style="list-style-type: none"> ● SmartBook Ch. 2 (CO1) ● Read/watch/listen to all provided Ch. 2 materials (CO1) ● Dietary Assessment Project Part 1: NutritionCalc Plus Training (CO6) |
| | Thurs, 1/5 | | <ul style="list-style-type: none"> ● Unit 1 Discussion Replies (CO3) ● Unit 1 Quiz (CO1, 2, 5) |
| 2 | Fri, 1/6 | The Food Supply (Ch. 3) | <ul style="list-style-type: none"> ● SmartBook Ch. 3 (CO1) ● Read/watch/listen to all provided Ch. 3 materials (CO1) |
| | Sat, 1/7 | Human Digestion and Absorption (Ch. 4) | <ul style="list-style-type: none"> ● SmartBook Ch. 4 (CO1) ● Read/watch/listen to all provided Ch. 4 materials (CO1) ● Unit 2 Discussion Thread (CO4, 6) |
| | Sun, 1/8 | Carbohydrates (Ch. 5, 9, 13) | <ul style="list-style-type: none"> ● SmartBook Ch. 5 (CO1) ● SmartBook Ch. 9 (CO1) ● Read/watch/listen to all provided Ch. 5, 9, 13 materials (CO1) ● Dietary Assessment Project Part 2: Food and Beverage Report (CO6) |
| | Mon, 1/9 | | <ul style="list-style-type: none"> ● Unit 2 Discussion Replies (CO4, 6) ● Unit 2 Quiz (CO1, 2, 5) |
| 3 | Tues, 1/10 | Lipids (Ch. 6, 9, 13) | <ul style="list-style-type: none"> ● SmartBook Ch. 6 (CO1) ● SmartBook Ch. 13 (CO1) ● Read/watch/listen to all provided Ch. 6, 9, 13 materials (CO1) |
| | Wed, 1/11 | Protein (Ch. 7, 9, 13) | <ul style="list-style-type: none"> ● SmartBook Ch. 7 (CO1) ● Read/watch/listen to all provided Ch. 7, 9, 13 materials (CO1) ● Dietary Assessment Project Part 3: Dietary Assessment (CO5, 6) ● Unit 3 Discussion Thread (CO2, 4, 5) |
| | Thurs, 1/12 | Alcohol (Ch. 8, 9, 13) | <ul style="list-style-type: none"> ● SmartBook Ch. 8 (CO1) ● Read/watch/listen to all provided Ch. 8, 9, 13 materials (CO1) ● Dietary Assessment Project Part 4: SMART Goal (CO4, 6) |
| | Fri, 1/13 | | <ul style="list-style-type: none"> ● Unit 3 Discussion Replies (CO2, 4, 5) ● Unit 3 Quiz (CO1, 2, 5) |

NFS 207 J-Term 2023 Course Schedule
continued

| Unit | Date | Content (ebook Readings) | Assignments <i>All due by 11:59 pm EST</i> |
|----------|----------------|---|--|
| 4 | Sat, 1/14 | Energy Balance, Weight Control, and Eating Disorders (Ch. 10) | <ul style="list-style-type: none"> ● SmartBook Ch. 10 (C01) ● Read/watch/listen to all provided Ch. 10 materials (C01) |
| | Sun, 1/15 | Nutrition, Exercise, and Sports (Ch. 11) | <ul style="list-style-type: none"> ● SmartBook Ch. 11 (C01) ● Read/watch/listen to all provided Ch. 11 materials (C01) ● Unit 4 Discussion Thread (C03) |
| | Mon, 1/16 | Holiday - Martin Luther King Jr. Day | <ul style="list-style-type: none"> ● None |
| | Tues, 1/17 | Micronutrients: Vitamins and Minerals (Ch. 12) | <ul style="list-style-type: none"> ● SmartBook Ch. 12 (C01) ● Read/watch/listen to all provided Ch. 12 materials (C01) ● Dietary Assessment Project Part 5: Dietary Modification (C04, 5, 6) ● Unit 4 Discussion Replies (C03) ● Unit 4 Quiz (C0 1, 2, 5) |
| 5 | Wed, 1/18 | Fluid Balance and Blood Health (Ch. 14) | <ul style="list-style-type: none"> ● SmartBook Ch. 14 (C01) ● Read/watch/listen to all provided Ch. 14 materials (C01) ● Dietary Assessment Project Part 6: Dietary Re-Assessment (C05, 6) ● Unit 5 Discussion Thread (C03) |
| | Thurs, 1/19 | Bone Health and Body Defense Systems (Ch. 15) | <ul style="list-style-type: none"> ● SmartBook Ch. 15 (C01) ● Read/watch/listen to all provided Ch. 15 materials (C01) ● Dietary Assessment Project Part 7: Reflection (C01, 4, 6) |
| | Fri, 1/20 | | <ul style="list-style-type: none"> ● Unit 5 Discussion Replies (C03) ● Unit 5 Quiz (C01, 2, 5) |

There is no final exam in this course.