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

Undergrad TA: Jordan  
Email: 207ugtalarson@gmail.com  
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.

We are all here to help!

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

Required Course Materials
- 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
- Inability to access the internet is not a valid excuse for missed coursework.

Important Dates
Last day to add with a permission number: May 28  
Last day to drop with 70% adjustment of fees: May 30  
Last day to drop with 50% adjustment of fees: June 1  
Memorial Day, no class: May 31  
Last day to drop: June 4
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

<table>
<thead>
<tr>
<th>Windows 7 (XP or Vista)</th>
<th>Mac OS X or higher</th>
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<tbody>
<tr>
<td>64 MB Ram</td>
<td>32 MB Ram</td>
</tr>
<tr>
<td>28.8 kbps modem (56k or higher recommended)</td>
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</tr>
<tr>
<td>SoundCard &amp; Speakers</td>
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</tr>
<tr>
<td>External headphones with built-in microphone</td>
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</tr>
<tr>
<td>Mozilla Firefox 9.0 or higher; Chrome 81 or higher</td>
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Evaluation
Our Brightspace page has more detail regarding how you’ll be evaluated.

Grading Scale

- **A**: 93% and above
- **A-**: 90-92%
- **B+**: 87-89%
- **B**: 83-86%
- **B-**: 80-82%
- **C+**: 77-79%
- **C**: 73-76%
- **C-**: 70-72%
- **D+**: 67-69%
- **D**: 60-66%
- **F**: 59% and below
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, 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. Each week, you’ll have tasks to complete on Wednesday, Friday, and Sunday, unless otherwise specified. 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. LearnSmart assignments and discussions are not accepted after their stated due date and time.

In the event of a University cancelation 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.
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 course 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 Repose Team. There, you will also find people and resources to help.
## NFS 207 Summer 2021 Lecture Schedule

<table>
<thead>
<tr>
<th>Week</th>
<th>Dates</th>
<th>Lecture (ebook Readings)</th>
<th>Day</th>
<th>Assignments All due by 11:55 pm EST</th>
</tr>
</thead>
</table>
| 1    | 5/24-5/30 | • The Science of Nutrition (Ch. 1)  
• Tools of a Healthy Diet (Ch. 2)  
• Micronutrients: Vitamins & Minerals (Ch. 12) | Mon, 5/24 | • Register for Connect  
• Complete SmartBook tutorial  
• Complete Student Orientation Quiz |
|      |           | • Human Digestion & Absorption (Ch. 4)                                                  | Wed, 5/26 | • LearnSmart Chapters 1, 2, 12  
• Week 1 Discussion Thread |
|      |           |                                                                                      | Fri, 5/28 | • LearnSmart Chapter 4  
• Week 1 Discussion replies |
|      |           |                                                                                      | Sun, 5/30 | • Week 1 Quiz (covering Ch. 1, 2, 4, 12)  
• Dietary Assessment Project Part 1  
• Dietary Assessment Project Part 2 |
| 2    | 5/31-6/6  | • Carbohydrates (Ch. 5, 9, 13)                                                          | Wed, 6/2  | • LearnSmart Chapters 5, 9  
• Week 2 Discussion Thread |
|      |           | • Lipids (Ch. 6, 9, 13)                                                                | Fri, 6/4  | • LearnSmart Chapters 6, 13  
• Week 2 Discussion Replies |
|      |           |                                                                                      | Sun, 6/6  | • Week 2 Quiz (covering Ch. 5, 6, 9, 13)  
• Dietary Assessment Project Part 3 |
| 3    | 6/7-6/13  | • Protein (Ch. 7, 9, 13)  
• Alcohol (Ch. 8, 9, 13)                                                                | Wed, 6/9  | • LearnSmart Chapters 7, 8  
• Dietary Assessment Project Part 4: SMART Goal Discussion Thread |
|      |           | • Nutrition, Exercise, & Sports (Ch. 11)                                              | Fri, 6/11 | • LearnSmart Chapter 11  
• Dietary Assessment Project Part 4: SMART Goal Discussion Replies |
|      |           |                                                                                      | Sun, 6/13 | • Week 3 Quiz (covering Ch. 7, 8, 9, 11) |

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<th>Lecture (ebook Readings)</th>
<th>Day</th>
<th>Assignments All due by 11:55 pm EST</th>
</tr>
</thead>
</table>
| 4: 6/14-6/20 | • Energy Balance, Weight Control, & Eating Disorders (Ch. 10) | Wed, 6/16 | • LearnSmart Chapter 10  
|             | • Fluid Balance and Blood Health (Ch. 14)  
|             | • Bone Health and Body Defense Systems (Ch. 15) | Fri, 6/18 | • LearnSmart Chapters 14, 15  
|             |                                        | Sun, 6/20 | • Week 4 Quiz (covering Ch. 10, 14, 15)  
|             |                                        |          | • Dietary Assessment Project Part 5 |
| 5: 6/21-6/25 | • The Food Supply (Ch. 3) | Wed, 6/23 | • LearnSmart Chapter 3  
|             |                                        | Fri, 6/25 | • Week 5 Discussion Replies  
|             |                                        |          | • Dietary Assessment Project Part 6 |
|             |                                        |          | • Week 5 Quiz (covering Ch. 3) |

*No work will be accepted after 11:55 pm on the last day of class, Friday, June 25.*

There is no final exam in this course.