Instructor: Sarah Larson, MS, RD, LDN
E-Mail: sarahlarson@uri.edu

Office Hours: This is an online course. Email is the best way to contact me and you can expect a response from me within 36 hours. I am happy to arrange a phone call or face-to-face online meetings when this would be helpful. Any course related questions should be posted in the General Course Questions forum so that answers from classmates and/or the instructor will be visible so that everyone can benefit.

E-mailing the Instructor: Include the course name in the subject of all emails. Include your full name in all of your e-mail messages. Use proper grammar, spelling, punctuation and capitalization in all messages. Messages that are poorly written will be sent back to you for revision. If you email with a question that can be answered by the syllabus or Sakai, I will respond CS (check syllabus or check Sakai). Much of the information you need for the course can be found here.

Required Course Materials
- **Textbook**: General Nutrition and Applied General Nutrition with Connect. The version of the textbook that is available in the bookstore is a loose-leaf package with a family cooking on a green cover. It comes packaged with an access code for McGraw Hill Connect. ISBN 9781307355505 (this package is available only at the URI bookstore).
  - **McGraw Hill Connect**: A web-based assignment and assessment program that helps connect you to your coursework. It includes access to LearnSmart assignments and Weekly Quizzes which are required to complete assignments in this course.
- If you don't want a physical textbook, you can buy McGraw Hill Connect Access directly through McGraw Hill.

Technology Requirements
Computer (with audio capabilities) and internet access are required to successfully complete this course. **Google Chrome** or **Mozilla Firefox** are the recommended browsers for optimal Sakai and McGraw Hill Connect compatibility. Internet Explorer and Safari are not recommended. **Adobe Flash Player** will optimize video viewing abilities. **Inability to access the internet is not a valid excuse for missing coursework.**

Course Description: Fundamental concepts of the science of nutrition with application to the individual, community, and world (3 credits).

Course Objectives
After completing this course, you will be able to:
1. Demonstrate 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
Students will be able to:
1. Demonstrate knowledge and understanding of the six classes of nutrients, including their forms, functions, sources, deficiencies, and excesses.
2. Demonstrate basic knowledge of how nutrition information is derived by the scientific method, and accordingly use this knowledge to discern fact from fallacy in diet-related issues.

3. Students will be able to apply nutritional knowledge to such topics as chronic disease prevention and food safety.

4. Apply basic concepts of planning healthy dietary intake, including the U.S. Dietary Guidelines, MyPlate Food Guide, Dietary Reference Intakes, food label reading, and the key words of balance, variety, and moderation.

General Education Outcomes for Mathematical, Statistical, and Computational Literacy

Students will be able to:

1. Locate nutrient data and determine the steps required to solve nutrition-related mathematical problems.
2. Convert units, and calculate energy density, nutrient density, Daily Values, and Recommended Dietary Allowances for food labels and diets.
3. Assess whether dietary values fall within established guidelines based on reference data.
4. Collect dietary data, analyze nutrient content, and compare to recommendations.
5. Identify and describe strengths and weaknesses of a diet and make suggestions to improve nutritional status.
6. Communicate with regard to calculations from one’s own dietary record.

Sakai Help

Click here for help with Sakai or call 401-874-4357.

Classroom Protocol

As this is an online course, Sakai is our “classroom”. Please refer to the Sakai tutorial video embedded in our course (click on Introduction) for a detailed screencast on how this course will run via Sakai, which tools you will need, and how to use these tools.

In the online learning environment, your attendance is measured by your presence in the site as well as your contributions to the site. The importance of regular log-ins and active participation cannot be overstated. I will gauge your participation by your regular, on-time forum postings and responses, and timely assignment submissions. If you’ve never taken an online course, “hanging out” on Sakai will take some getting used to, as it will be easy to forget about the course from time to time.

For a refresher about online courses, I recommend that you check out the Online Learning Orientation. This short, self-paced orientation will provide you with an introduction to the important aspects of taking an online course. I further recommend that you get in the habit of daily attendance online to maximize your successful completion of the course. Please refer to the Schedule of Readings, Assignments, Quizzes, and Exams at the end of this syllabus and on the Sakai site for details on how and when you will be expected to contribute to the course.

Forum posts should be clearly written, well-developed, and respectful of different opinions. All written forms of communication should be presented in a professional manner using proper spelling and grammar. The “Student Lounge” can be used for more informal interactions with classmates and will not be monitored by the instructor.

Online Learning

As stated above, the best way to begin this course is to view the Start Here video, read the syllabus, and complete the Online Learning Orientation. In addition, you can find more helpful information here. Finally, the syllabus is your map to this online course.

This is a 3-credit course that includes theoretical work complete online through Sakai. As this course is taught over 5 weeks, the weeks time commitments are significant. Total time expected to complete
the learning activities (readings, assessments, and assignments) is approximately 20-25 hours per week.

The course is divided into 5 weeks with 2 sections per week designed to be completed by either the Wednesday or Friday night of that week. All assignments will be due by 11:55 pm EST on the stated due date. Each Week on Sakai contains the learning objectives, assigned readings, videos, and links to other important content, written assignments, quizzes, and discussion activities. You will also find a To Do list for each week to help you keep track of the work in this course.

The work in this course is intensive and may be different than what you have experienced in more traditional, face-to-face classes. To ensure your success in this course, please visit the Online Learning website to access resources on study skill strategies time management tops, and participation guidelines targeted at online and blended students. If you have any questions about online learning, you can contact The Office of Online Education.

**Course Policies**

**Grades:** I may request that you set up an appointment to discuss grades via phone or a face-to-face online meeting.

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<thead>
<tr>
<th>Grading</th>
<th>Points</th>
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<tbody>
<tr>
<td>Syllabus &amp; Sakai Quiz</td>
<td>15</td>
</tr>
<tr>
<td>Video &amp; Calculation Quizzes</td>
<td>40</td>
</tr>
<tr>
<td>Weekly Quizzes</td>
<td>100 (20 points each)</td>
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<tr>
<td>LearnSmart Assignments</td>
<td>100 (5-10 points each)</td>
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<tr>
<td>Forums</td>
<td>105 (5 points intro, 20 points each week)</td>
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<tr>
<td>Dietary Analysis Project (in 6 parts)</td>
<td>150</td>
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<tr>
<td><strong>Total Possible Points</strong></td>
<td><strong>510</strong></td>
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**Extra Credit Opportunities**

<table>
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<th>Points</th>
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<tbody>
<tr>
<td>General Course Questions forum participation</td>
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<tr>
<td>Introduction Forum posts 100% read</td>
</tr>
<tr>
<td>LearnSmart Extra Credit</td>
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<tr>
<td><strong>Total Possible Extra Credit Points</strong></td>
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**Grading Scale**

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<tr>
<th>A</th>
<th>93% and above</th>
<th>B</th>
<th>83-86%</th>
<th>C</th>
<th>73-76%</th>
<th>D</th>
<th>60-66%</th>
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<tbody>
<tr>
<td>A-</td>
<td>90-92%</td>
<td>B-</td>
<td>80-82%</td>
<td>C-</td>
<td>70-72%</td>
<td>F</td>
<td>59% and below</td>
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<tr>
<td>B+</td>
<td>87-89%</td>
<td>C+</td>
<td>77-79%</td>
<td>D+</td>
<td>67-69%</td>
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The final grade will be determined by dividing total points earned by total points available.

**Evaluation Methods**

- **LearnSmart Assignments** will be completed in McGraw Hill Connect. They are graded by completion, so if you complete each assignment on time, you will earn the maximum points for that assignments. These will be due each day; see the schedule at the end of this syllabus for details. Since occasionally there may be tech issues, I will grade these out of 100 points and the remaining 10 points available will be given as potential extra credit. I expect you to contact McGraw Hill tech support first if you are having issues. There will be no make ups for missed LearnSmart assignments.

- **Weekly Quizzes** will be completed in McGraw Hill Connect. They will be multiple choice and will be graded automatically upon completion. These will be due at the completion of each Week; see the schedule at the end of this syllabus for details. You will have 2 attempts to complete this quiz and the highest score will be recorded. Feedback on correct and incorrect
answers will be provided 4 days after the due date.

- **Video and Calculation Quizzes** will be completed in Sakai in the Tests and Quizzes tab. You will get 2 attempts to complete these quizzes, with the highest score being recorded. Feedback on correct and incorrect answers will be provided 4 days after the due date.

- **Discussion Forums** will be completed in Sakai via the Forums tab. Each student will post a minimum of 3 times per Week, plus an introduction (16 posts total for the course). Each student is responsible for posting an initial response to the specific question assigned that Week by Wednesday (10 points), and post 2 follow up responses to other students’ posts by Friday of that week (10 points). This is a forum for the students, but I may add comments/questions when appropriate. If you post more than is required (1 initial and 2 follow up posts), I will grade only the first posts to meet the minimum requirements. Feedback will be provided within 4 days after the due date.

- **General Course Questions** will be posted in the Forums tab of Sakai under the General Course Questions thread. I recommend you check the forum daily and post general course questions there. While I will monitor this forum and respond to questions, if you respond first with the correct answer, you will get 4 points of extra credit up to a total of 20 points.

- The **Dietary Analysis Project** is in 6 parts. Part 1 will be submitted via the Assignments tab in Sakai and graded with the assistance of a rubric provided when this part is assigned. Parts 2-6 will be taken through the Tests and Quizzes tab in Sakai. All answers to questions in the Dietary Analysis Project can be found in your textbook/ebook. Any answers provided from outside sources must include proper citations, or no credit will be awarded. See the schedule at the end of this syllabus for specific due date details. If you provide more information than is required for the answer, I will grade only the first information to meet the minimum requirements.

Assignments are due by 11:55 pm EST on the specified date (see the schedule at the end of this syllabus). If you live in another time zone, please set your time zone correctly in Sakai to avoid late penalties. You can do this by going to: My Workspace → Preferences → Time Zone. Remember to draft and save all of your writing, discussion forum posts, and Dietary Analysis Project answers before copying and pasting into Sakai so that you have a copy in case problems arise.

### Late Submission Policy

- **Assignments**: All assignments (except those outlined below) received after the stated due date and time will receive a 25% grade deduction per calendar day late up to a maximum of 3 days. After this time, assignments will receive a grade of zero. Example: your assignment is worth 20 points and is due Wednesday night by 11:55 pm; let’s assume you earn 100% for the sake of this example. If you submit by Thursday night at 11:55 pm, you will lose 5 points (earning 15 points). If you submit by Friday night at 11:55 pm, you will lose 10 points (earning 10 points). If you submit by Saturday night at 11:55 pm, you will lose 15 points (earning 5 points). If you submit after Saturday night at 11:55 pm, you will receive a zero.

- **Discussion Posts**: Given the collaborative nature of the forums, you will receive 0 points for late discussion posts and responses.

- **LearnSmart Assignments**: These assignments are not accepted late and therefore you will not be able to complete after the stated due date for points. However, they are excellent review for the Weekly Quizzes and I recommend completing them for practice.

- **Dietary Analysis Project Part 6 and Week 5 Quiz**: As these are due on the final day of class, no assignments will be accepted for a grade after 11:55 pm.

- **All late assignments, up to the last day of class**: No assignments will be accepted after 11:55 pm EST on the last day of class (January 18).

If you have an extenuating circumstance, contact me **before the assignment is due** to discuss your options. Assignment grades will be posted in the gradebook within 1 week of submission.
Important Dates
Last day to add: May 24
Last day to drop with 100% adjustment of fees: May 21
Last day to drop with 70% adjustment of fees: May 26
Last day to drop with 50% adjustment of fees: May 28
Last day to drop: May 31

Inclement Weather Policy
In the event of inclement weather and/or class cancelations through the University of Rhode Island, all work, assignments, and due date in this course will remain unchanged.

Grade of Incomplete: Grades of “Incomplete” will not be assigned except in cases of emergency, in which case it must be approved by the Department Chair and the Dean (see the University Manual, Sections 8.53.20-21). As stated in Section 8.53.21, “The student receiving "Incomplete" shall make necessary arrangement with the instructor or, in the instructor's absence, with the instructor's chairperson to remove the deficiency. This arrangement shall be made prior to the following mid-semester for the undergraduate student.”

Academic Honesty: As a student, you are individually responsible for all course work in this class. All work submitted is to be in your own words. Do not collaborate with others on any work in this course. Your name on any assignment will be regarded as assurance that the work is the result of your own independent thought and study. The following are examples of academic dishonesty:

- Using material, directly or paraphrasing, from published sources (print or electronic) without appropriate citation.
- Claiming disproportionate credit for work not done independently.
- Unauthorized possession or access to exams.
- Unauthorized communication during exams.
- Unauthorized use of another's work or preparing work for another student.
- Taking an exam for another student.
- Altering or attempting to alter grades.
- The use of notes or electronic devices to gain an unauthorized advantage during exams.
- Fabricating or falsifying facts, data or references.
- Facilitating or aiding another's academic dishonesty.
- Submitting the same paper for more than one course without prior approval from the instructors.

First time violators will receive a zero on the assignment, and the incident will be reported to the student’s academic dean. University policies regarding cheating and/or plagiarism as stated in the University Manual, Sections 8.27.10-21, will be followed if a situation such as this occurs. The Student Handbook Section 4.1 also provides guidelines concerning academic honesty in this regard.

Office of Disability Services: Any student with a documented disability is encouraged to contact me as early in the session as possible so that we may arrange reasonable accommodations for your success in this course. As part of this process, please be in touch with Disability Services for Students office. Accommodation begins from the date that I receive the documentation from Disability Services.

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.

Bias Statement: Each member of the University community has the responsibility to foster an environment of acceptance, mutual respect, and understanding. If you are a target or a witness of a
bias incident, you are encouraged to contact the [URI Bias Response Team](#) where you will find people and resources to help.

### Schedule

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<thead>
<tr>
<th>Week</th>
<th>Dates</th>
<th>Topics &amp; Textbook Readings</th>
<th>Assignments</th>
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</table>
| 1    | Mon   | “Introduction” on Sakai    | - Register for Connect  
|      |       |                            | - Complete SmartBook tutorial |<| Wed | The Science of Nutrition, Chapter 1  
|      |       | Tools of a Healthy Diet, Chapter 2 | - LearnSmart Chapters 1, 2  
|      |       |                            | - Syllabus & Sakai Quiz  
|      |       |                            | - Practice Calculation Quiz  
|      |       |                            | - Week 1 Forum intro & initial post |<| Fri | The Food Supply, Chapter 3  
|      |       | Human Digestion & Absorption, Chapter 4 | - LearnSmart Chapters 3, 4  
|      |       |                            | - Digestive System Video Quiz  
|      |       |                            | - Week 2 Forum follow up posts |<| Sun | Quiz #1 |<| Wed | Carbohydrates & Diabetes, Chapter 5  
|      |       | Lipids & Cardiovascular Disease, Chapter 6 | - Dietary Analysis Project Part 1, includes NutritionCalc Plus Video Quiz  
|      |       |                            | - LearnSmart Chapters 5, 6  
|      |       |                            | - Type 2 Diabetes Video Quiz  
|      |       |                            | - Atherosclerosis Video Quiz  
|      |       |                            | - Week 2 Forum initial post |<| Fri | Protein, Chapter 7  
|      |       | Alcohol, Chapter 8         | - LearnSmart Chapters 7, 8  
|      |       |                            | - Protein Calculation Quiz  
|      |       |                            | - Effects of Alcohol Video Quiz  
|      |       |                            | - Week 2 Forum follow up posts |<| Sun | Quiz #2 |<| Wed | Physical Activity, Chapter 11  
|      |       | Fluid Balance & Hypertension, Chapter 14 | - LearnSmart Chapters 11, 14 (part 1)  
|      |       |                            | - Dietary Analysis Project Part 2  
|      |       |                            | - Blood Pressure Video quiz  
|      |       |                            | - Week 3 Forum initial post |<| Fri | Energy Metabolism, Chapter 9  
|      |       | Nutrients Involved in Energy Metabolism, Chapters 12 & 13 | - LearnSmart Chapters 9, 12, 13  
|      |       |                            | - How Vitamins Work Video Quiz  
<p>|      |       |                            | - Week 3 Forum follow up posts |&lt;| Sun | Quiz #3 |</p>
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<th>Week</th>
<th>Dates</th>
<th>Topics &amp; Textbook Readings</th>
<th>Assignments</th>
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<td>All due by 11:55 pm EST</td>
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<tr>
<td>4</td>
<td>Wed</td>
<td>• Energy Balance, Weight</td>
<td>• LearnSmart Chapter 10</td>
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<td>Control, &amp; Eating Disorders,</td>
<td>• Dietary Analysis Project Part 3</td>
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<td>Chapter 10</td>
<td>• Eating and Body Dysmorphic Disorders</td>
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<td>• Video quiz</td>
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<td></td>
<td>• How Sugar Affects the Brain Video Quiz</td>
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<td>• Week 4 Forum initial post</td>
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<td>Fri</td>
<td>• Nutrients Involved in Blood</td>
<td>• LearnSmart Chapters 14 (part 2), 15</td>
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<td>Health, Chapter 14</td>
<td>(part 1)</td>
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<td></td>
<td>• Nutrients Involved in Bone</td>
<td>• Dietary Analysis Project Part 4</td>
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<td>Health, Chapter 15</td>
<td>• Bone Remodeling and Modeling Video</td>
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<td>Sun</td>
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<td>• Quiz Quiz</td>
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<td>• Week 4 Forum follow up posts</td>
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<td>5</td>
<td>Wed</td>
<td>• Antioxidants &amp; Cancer,</td>
<td>• LearnSmart Chapter 15 (part 2)</td>
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<td>Chapter 15</td>
<td>• Dietary Analysis Project Part 5</td>
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<td>• Antioxidant Video Quiz</td>
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<td>• Week 5 Forum initial post</td>
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<td>Fri</td>
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<td>• Dietary Analysis Project Part 6</td>
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<td></td>
<td>• Quiz #5</td>
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<td>• Week 5 Forum follow up posts</td>
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