

# NUT 207 General Nutrition

Department of Nutrition | University of Rhode Island | Summer 2024 | Asynchronous Online

Instructor: Professor Larson MS, RD, LDN (she/her)  
Email: [sarahlarson@uri.edu](mailto:sarahlarson@uri.edu)  
Student Hours: email to schedule a one-on-one Zoom meeting!

You can expect an email response from the team 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

- McGraw Hill Connect for Wardlaw's Perspectives in Nutrition: A Functional Approach (3rd edition) by Carol Byrd-Bredbenner
- Access to Brightspace and McGraw Hill Connect
- Reliable high speed internet access with [Google Chrome](#) or [Mozilla Firefox](#) browser
- PDF reader (like Adobe), Microsoft or Google Suite – all of these are free to 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: May 24  
Drop period with 100% adjustment of fees: May 20-21  
Drop period with 70% adjustment of fees: May 22-26  
Drop period with 50% adjustment of fees: May 27-28  
Last day to drop: May 31

## 2022 ACEND Core Knowledge Requirements

This course contains information and assignments to help student achieve the following Core Knowledge Requirement for the Registered Dietitian credential:

- KRDN 4.7: Evaluate data to be used in decision-making for continuous quality improvement.

## 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.

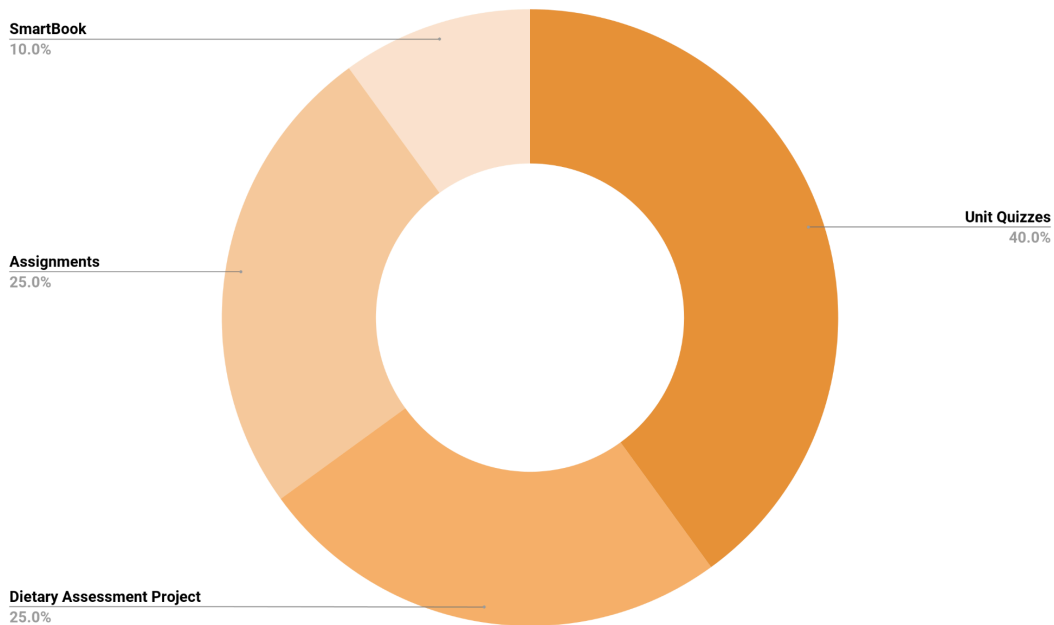
3. Differentiate between fact and fallacy as it relates to nutrition information by using the scientific method.
4. Apply nutrition knowledge, including national guidelines and recommendations, to plan a healthy diet.
5. Locate, and examine, and assess nutrient data and reference values to solve nutrition-related 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.



**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. If you do not contact the course instructor within 24 hours of the quiz or assignment due date, you will be unable to make up the material. Failure to coordinate the make-up material appropriately will result in a zero.

## 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%		

A note on final grades - final grades and rounding are at the discretion of the instructor. No additional extra credit will be granted except that which is given during the course of the class, i.e. no individual "emergency" extra credit will be awarded. *There will be no additional work that can be completed at the end of the course to improve grades.* Emails regarding final rounding will not receive a response. **If you are having difficulty or need assistance during the semester - the sooner you contact the teaching team, the more assistance and support the team can provide.**

## 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 us with questions! We are here to help. Your emails should always include NUT 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 and your 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 judgment.



This is an asynchronous, fully online course. Each week, you'll have tasks to complete on your own and work to submit by Tuesday, Thursday, and Saturday, 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.



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; 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.



We understand that college comes with challenges and stress associated with your courses, job/family responsibilities and personal life. URI offers students a range of services to support your [mental health and wellbeing](#), including the URI Counseling Center, [MySSP](#) (Student Support Program) App, the [Wellness Resource Center](#), [Well-being Coaching](#), [Psychological Counseling Center](#), [Couple and Family Therapy Clinic](#), [Gender and Sexuality Center](#), [Multicultural Student Services Center](#), and [Chaplin's Association](#).

#### *University of Rhode Island Land Acknowledgment*

The University of Rhode Island occupies the traditional stomping ground of the Narragansett Nation and the Niantic People. We honor and respect the enduring and continuing relationship between the Indigenous people and this land by teaching and learning more about their history and present-day communities, and by becoming stewards of the land we, too, inhabit.

**Viral Illness Precautions Statement:** The University is committed to delivering its educational mission while protecting the health and safety of our community. Students who are experiencing symptoms of viral illness should NOT go to class/work. Those who test positive for COVID-19 should follow the isolation guidelines from the Rhode Island Department of Health and CDC. If you are unable to attend class, please email me prior to the start of class.

**Academic Honesty:** Students are expected to be honest in all academic work. A student's name on any written work, quiz or exam shall be regarded as assurance that the work is the result of the student's own independent thought and study. Work should be stated in the student's own words, properly attributed to its source. Students have an obligation to know how to quote, paraphrase, summarize, cite and reference the work of others with integrity. See the [University Manual](#) for full expectations and guidelines about Academic Honesty.

**Office of Disability, Access, and Inclusion:** Your access in this course is important. Please send me your Disability, Access, and Inclusion (DAI) accommodation letter early in the semester so that we have adequate time to discuss and arrange your approved academic accommodations. If you have not yet established services through DAI, please contact them to engage in a confidential conversation about the process for requesting reasonable accommodations in the classroom. DAI can be reached: [the office of Disability, Access, and Inclusion](#), call 401-874-2098, or email [dai@etal.uri.edu](mailto:dai@etal.uri.edu).

**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 NUT 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.

### NUT 207 Summer 2024 Course Schedule

*Units will open Sundays at 12:01 am and close Saturdays at 11:59 pm \*unless otherwise stated  
Subject to change*

<b>Unit: Dates</b>	<b>eBook Chapters and Brightspace Materials</b> <i>You'll work through these at your own pace during the week within the deadlines.</i>	<b>Day</b>	<b>Assignments</b> <b>All due by 11:59 pm EST</b>
<b>1: 5/20- 5/25</b>	<i>Start Here</i> on Brightspace <ul style="list-style-type: none"> <li>The Science of Nutrition (Ch. 1)</li> <li>Tools of a Healthy Diet (Ch. 2)</li> </ul>	Tues, 5/21	<ul style="list-style-type: none"> <li>Register for McGraw Hill Connect</li> <li>McGraw Hill Connect tutorial</li> <li>Introduce Yourself Discussion Post</li> </ul>
		Th, 5/23	<ul style="list-style-type: none"> <li>Dietary Assessment Project Part 1: NutritionCalc Plus Training (CO6)</li> <li>Hot Topic Quiz Unit 1 (CO3)</li> <li>SmartBook Unit 1 (CO1)</li> </ul>
		Sat, 5/25	<ul style="list-style-type: none"> <li>Learning Log Unit 1 (CO1, 3)</li> <li>Student Orientation Quiz (CO6)</li> <li>Quiz Unit 1 (CO1, 2, 5)</li> </ul>
<b>2: 5/26- 6/1</b>	<ul style="list-style-type: none"> <li>The Food Supply (Ch. 3)</li> <li>Human Digestion and Absorption (Ch. 4)</li> <li>Carbohydrates (Ch. 5, 9, 13)</li> </ul>	Tu, 5/28	<ul style="list-style-type: none"> <li>SmartBook Unit 2 (CO1)</li> </ul>
		Th, 5/30	<ul style="list-style-type: none"> <li>Hot Topic Quiz Unit 2 (CO3)</li> <li>Dietary Assessment Project Part 2: Food and Beverage Report (CO6)</li> </ul>
		Sat, 6/1	<ul style="list-style-type: none"> <li>Quiz Unit 2 (CO1, 2, 5)</li> </ul>
<b>3: 6/2- 6/8</b>	<ul style="list-style-type: none"> <li>Lipids (Ch. 6, 9, 13)</li> <li>Protein (Ch. 7, 9, 13)</li> <li>Alcohol (Ch. 8, 9, 13)</li> </ul>	Tu, 6/4	<ul style="list-style-type: none"> <li>Dietary Assessment Project Part 3: Dietary Assessment (CO5, 6)</li> <li>SmartBook Unit 3 (CO1)</li> </ul>
		Th, 6/6	<ul style="list-style-type: none"> <li>Learning Log Unit 3 (CO1, 3)</li> <li>Hot Topic Quiz Unit 3 (CO3)</li> </ul>
		Sat, 6/8	<ul style="list-style-type: none"> <li>Dietary Assessment Project Part 4: SMART Goal (CO4)</li> <li>Quiz Unit 3 (CO1, 2, 5)</li> </ul>
<b>4: 6/9- 6/15</b>	<ul style="list-style-type: none"> <li>Energy Balance, Weight Control, and Eating Disorders (Ch. 10)</li> <li>Nutrition, Exercise, and Sports (Ch. 11)</li> <li>Micronutrients: Vitamins and Minerals (Ch. 12)</li> </ul>	Tu, 6/11	<ul style="list-style-type: none"> <li>SmartBook Unit 4 (CO1)</li> </ul>
		Th, 6/13	<ul style="list-style-type: none"> <li>Hot Topic Quiz Unit 4 (CO3)</li> </ul>
		Sat, 6/15	<ul style="list-style-type: none"> <li>Dietary Assessment Project Part 5: Dietary Modification (CO4, 5, 6)</li> <li>Quiz Unit 4 (CO1, 2, 5)</li> </ul>

<b>5: 6/16- 6/21</b>	<ul style="list-style-type: none"> <li>• Fluid Balance and Blood Health (Ch. 14)</li> <li>• Bone Health and Body Defense Systems (Ch. 15)</li> </ul>	Tu, 6/18	<ul style="list-style-type: none"> <li>• Dietary Assessment Project Part 6: Dietary Re-Assessment (CO5, 6)</li> <li>• SmartBook Unit 5 (CO1)</li> </ul>
		Th, 6/20	<ul style="list-style-type: none"> <li>• Dietary Assessment Project Part 7: Reflection (CO1, 4, 6)</li> <li>• Hot Topic Quiz Unit 5 (CO3)</li> </ul>
		<b>Fri, 6/21</b>	<ul style="list-style-type: none"> <li>• Learning Log Unit 5 (CO1, 3)</li> <li>• Quiz Unit 5 (CO1, 2, 5)</li> </ul>

**No work will be accepted after 11:59 pm on Friday, 6/21 (last day of class).**

**There is no final exam in this course.**