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FND 250: Principles of Nutrition syllabus

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University of Northern Colorado

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Semester: Fall 2020

Course prefix & number: FND 250-002 & -003

Course title: Principles of Nutrition (3 credits)

Prerequisite: None

Instructor: Jeff Gilis, MFN, RDN, NCSF-CPT (Pronouns: he/him/his)

Office: Gunter 2320 (Not available for in-person meetings this semester)

Student Hours: MW 11 am – 12 pm via Zoom; available for Zoom meetings by appt. on most days and times

Office Phone: (970) 351-3371

Email: jeff.gilis@unco.edu

Welcome: Welcome to the course! This course will cover nutrition on pretty much every level. We'll go into the basics about various different levels of nutrition, including what's in food itself, what it does in the body, various different diseases and conditions that are affected by nutrition, nutrition for certain stages of life, and a bunch more. I'm really excited to have a chance to teach you more about this science and just how awesome it can be. If there's anything I can do to help you, please don't hesitate to reach out to me at literally any time. I want to make this a positive experience for you!

Text and Resources:

This course uses only Open Educational Resources provided to you by the instructor. No purchases necessary.

Course Description: For students of any major. Investigation of the principles of nutrition as applied to humans. Primarily a large lecture-format course; however, a variety of activities are incorporated to enhance learning. These include presentations, discussions, quizzes/activities, and an individual dietary analysis project.

LAC6 Student Learning Outcomes:

1. Explain the fundamental concepts of human nutrition as they relate to overall health and disease. For example, how proper carbohydrate intake can influence diabetes.
2. Explain how concepts in nutrition apply to real world topics affecting humanity, such as malnutrition, access to food, heart disease, and other nutrition-related diseases. For instance, how protein energy malnutrition can result in the development of Kwashiorkor.
3. Evaluate the quality of evidence in a scientific argument as it relates to comparing nutrition research with recommendations. For instance, evaluating claims that energy drinks provide energy without providing calories.
4. Select methods to solve a wide variety of nutrition-related problems, particularly with how nutrition relates to wellness and prevention. For example, how to avoid development of obesity through nutrition, physical activity, and behavioral interventions.

5. Analyze and interpret evidence related to various nutrition concepts, particularly as they relate to health and disease. For example, illustrating trends within the college population as it relates to nutrition, such as, higher intake of fast food, and its impact on the development of atherosclerosis, obesity, or diabetes.
6. Analyze and interpret evidence through the use of graphs, figures, words, and discussion (in-class discussion, quiz/participation questions). For instance, examining growth charts to determine proper growth and development of youth.
7. Draw conclusions based on findings in a diet analysis project that involves analyzing data to come to conclusions regarding your health and overall nutritional status. For example, examining average fiber intake over a 3-day period and its impact on personal health.
8. Interpret information provided in various forms and make connections to fundamental nutrition concepts. For instance, examining BMI tables and determining which category individuals fit into and their associated health risks.
9. Represent information using various forms, including demonstrating how the same nutrition information can be described through graphs, diagrams, tables, and words and how the proper conversion between these forms is essential to successful problem solving. For example, evaluating nutrient intake tables provided by the diet analysis project and translating this information into paragraph form to be able to properly analyze the data provided.

Guaranteed Transfer Pathways Program: The Colorado Commission on Higher Education has approved FND 250 for inclusion in the Guaranteed Transfer (GT) Pathways program in the [GT-SC2] category. For transferring students, successful completion with a minimum C– grade guarantees transfer and application of credit in this GT Pathways category. For more information on the GT Pathways program, go to <http://higherred.colorado.gov/academics/transfers/gtpathways/curriculum.html>.

GT Pathways Content Criteria:

1. Develop foundational knowledge in specific field(s) of science.
2. Develop an understanding of the nature and process of science.
3. Demonstrate the ability to use scientific methodologies.
4. Examine quantitative approaches to study natural phenomena

Communication: I encourage you to communicate regularly with me about the course via email or in person via Zoom meetings. I am more than willing to help you in any way that I can. It is crucial that you reach out as soon as you have an issue/question/concern. If you are struggling throughout the session but do not reach out until the end, it will be much more difficult for me to help you.

Exams: There will be three exams that will focus on the material presented in the most recent section of the course but will also contain questions on previously covered material. All exams will be completed on your personal devices at home. Everyone will only have the amount of time allotted for the class (i.e., 50 minutes for the first two exams) to take the exam. The final exam date and time is set by the university.

No books, notes, or cell phones will be allowed to be used while taking the exam. No other screens, besides the exam, are to be open on your computer while taking the exam.

If an emergency arises that prohibits you from taking the exam, please notify me as soon as you can and before the exam. I will likely request documentation for proof of your inability to take the exam, but I am flexible and often allow students to take exams prior to the scheduled exam date. Taking an exam past the due date will be much harder and less likely to accommodate, which is why it is so important to

let me know of issues prior to the deadline so I can make accommodations.

Dietary Analysis Project: The project must be completed according to the instructions given. Correct grammar, spelling, and punctuation are expected. If proper grammar, spelling, and punctuation are not provided, up to 10% of the total points possible for the project may be deducted.

There are no opportunities to re-do the project for a better grade once it has been graded. If you submit your project, then notice an issue, you are able to correct that issue and then resubmit. The most recent submission will always be the one graded. However, once it is graded, that grade will stand. A documented emergency is the only reason for the project not to be submitted on time for full credit, so be sure to acquire documentation if something arises. If this occurs, please contact me to discuss this further.

All due dates/times are in MST. The project will be accepted up to 1 week (7 days) past the due date if other arrangements have not been made due to extenuating circumstances and 10 points will be deducted from your earned score for each day the project is overdue. Note that the project may be discussed with me before the due date to assure that you are on the right track. I will not pre-grade your project, but I can look it over to point out areas that you may have overlooked.

Quizzes: There will be a quiz at the beginning of every module covering the content presented in the pre-module video provided in Canvas. This quiz can be taken a maximum of two times to get all the points. If the quiz is not taken by the due date/time, the system will automatically input a 0 for that quiz. These quizzes cannot be taken past the due date/time. The amount of questions in each pre-module quiz will vary from module to module and each question will be worth 1 point. There will be no time limit on these quizzes.

There will be a quiz at the end of each module, covering that specific module's material. These quizzes will be short (5 questions) and you will have limited time to take each (5 minutes). The limited time frame is in place to encourage you to review the material prior to taking the quizzes and is also the amount of time per question you will receive on the exams. This is meant to help you understand the material as we progress through the semester and discourage cramming right before the exams. Also, by helping you get used to this amount of time per question with such few points at stake, you will hopefully be more prepared going into the exams, which are worth much more and can much more dramatically affect your final grade. If you do not take the quiz by the due date, there are not any chances to make it up and the system will automatically input a 0/5 for that particular quiz.

All due dates/times are in Mountain Time (MST).

SI Review Sessions: There will be three review sessions every week run by the SI (Supplemental Instructor) to review material discussed in class. These are free. The days/times for these sessions will be listed in the Announcements page in the Canvas shell once they're finalized and will occur consistently all semester, assuming campus is open. Katie Hetzel is the SI for this course, and she has previously taken this course with me as the instructor, so she is knowledgeable on the material and also my style of teaching. I strongly encourage you to attend as many of these sessions as you can. These sessions help you understand the material in a different way presented in the lectures and can be tremendously helpful for the exams. This is typically the first thing I will recommend to anyone that is struggling; however, these are encouraged for all of you and not just those that are struggling. Even if you feel you have a good grasp of the information, these sessions can help you see other aspects and solidify that knowledge.

Canvas Information: Course materials will be provided on your Canvas FND 250 page. Remember to check the Canvas daily for all updates, due dates, and announcements throughout the semester. If you have never used Canvas, take advantage of tutorials found at: <https://unco.instructure.com/courses/46>.

Recorded Lectures: All lectures will be recorded and posted into the Canvas shell. These can be found under the associated course module in the FND 250 course shell. This is intended for studying purposes and provide material that will be on exams that is not directly mentioned in the notes. Taking the exams without listening to and taking notes on the recordings may result in a lower grade than otherwise, so be sure to take notes on additional material presented in the recordings that isn't directly mentioned in the lecture material.

How to be successful in this course:

- Try not to let yourself fall behind; if you can get at least a little ahead of the due dates, that gives you more flexibility going forward if something should come up
- Set reminders for yourself for quizzes and exams; checking Canvas daily is useful to make sure you aren't missing anything
- Check email daily to make sure you haven't missed any reminders or announcements that I send out
- Keep a schedule for yourself on when you will be going through the recordings; using our usual class times can be very helpful with this
- Spend time studying; rushing into a quiz or exam is much more likely to result in a grade you aren't satisfied with
 - For exams, spending at least several (5-7) days studying before taking the exam is encouraged to be able to fully grasp the information being presented; studying for several hours on each of these days is what will work best
 - Studying styles vary a lot from person to person. For me, I would go through the notes that were given to me, plus the notes I added from lecture, all together over and over again until I could remember every word of it. Others do better with writing things out, or hearing it said aloud (you can use the recordings here or a study partner), or creating visuals (SI sessions provide this to you sometimes), etc. It will take time for you to figure out your preferred learning style, if you don't already know, so maybe try new things to see what works best.
 - Trying to look up the answers during the exams or quizzes will eat up a lot of time and you may run out of time before you have a chance to get to all the questions
 - Also, studying a little every week is much more helpful than cramming and can save you a lot of studying time right before an exam; studying time right before an exam will become more of a review rather than trying to teach yourself everything
- Communicate with me on how you're doing and what you're struggling with; I am here to help you through this, but I can't if I don't know what's going on
 - If you have a question, please don't hesitate to email me or set up a Zoom meeting to discuss it, even if it's about something completely different than the material being presented
- Attend at least one SI session every week; these sessions are incredibly helpful in mastering this material; a false sense of confidence can prove itself to be harmful during an exam
- Take notes over the recorded lectures; there is a lot of material presented in the recordings that are on the exams but not directly spelled out in the notes
 - Also, these recordings are meant to help give you tools to understand the material better and I try my best to create analogies and tell stories to help you remember the content

Disability Resources: It is the policy and practice of the University of Northern Colorado to create inclusive learning environments. If there are aspects of the instruction or design of this course that present barriers to your inclusion or to an accurate assessment of your achievement (e.g., time-limited exams, inaccessible web content, use of videos without captions), please communicate this with your professor and contact Disability Resource Center (DRC) to request accommodations. Office: (970) 351-2289, Michener Library L-80. Students can [learn more about the accommodation process here](#).

Food Insecurity and Basic Needs: Research shows that college students experience food insecurity at higher rates than the American household rate, and that food insecurity can negatively impact academic performance and persistence. In recognition of this problem, UNC offers assistance to students facing food insecurity through an on-campus food pantry. The Bear Pantry is located in University Center 2166A and is open for regular hours throughout the semester. Please visit www.unco.edu/bear-pantry for more information.

Any student who faces challenges securing their food or housing and believes this may affect their performance in the course is also urged to contact Student Outreach and Support (SOS) for assistance. SOS can assist students during difficult circumstances which may include medical, mental health, personal or family crisis, illness, or injury. SOS can be reached at sos@unco.edu or via phone at (970) 351-2796.

Academic Integrity: You are expected to practice academic honesty in every aspect of this course. Students who engage in academic misconduct are subject to grading consequences with regard to this course and/or university disciplinary procedures through the Office of Community Standards and Conflict Resolution. There is an expectation that students know and understand the definitions of plagiarism and academic misconduct, so if you are unsure, please reference the Student Code of Conduct for more information.

It can take time to fully understand and implement what plagiarism means, but in short, it is using someone else's work and passing it off as your own. This can be as simple as not including a citation or as extreme as directly copying someone else's work. If there is a more extreme example of this that is found to have occurred, I will meet and discuss this with you, it is highly likely that a 0 will be given for that given assignment, and, as required, a report will be submitted to the Dean of Students. If there is a more minor example, then I will inform you of this issue so that you may learn from it going forward in your academic and professional careers.

The Dean of Students is not in charge of discipline but is more of a record-keeper for academic misconduct. They will keep a file of what occurred and, if it is the first instance and it never happens again, nothing will happen. If a form of academic misconduct occurs again, they will likely contact the student to discover what may be occurring. If it continues to occur, then disciplinary action may be taken.

Title IX: The University of Northern Colorado is committed to providing a safe learning environment for all students that is free of all forms of discrimination and sexual harassment, including sexual assault, domestic violence, dating violence, and stalking. If you (or someone you know) has experienced or experiences any of these incidents, know that you are not alone. UNC has staff members trained to support you in navigating campus life, accessing health and counseling services, providing academic and housing accommodations, helping with legal protective orders, and more.

Please be aware all UNC faculty and most staff members are "responsible employees," which means

that if you tell a faculty member about a situation involving sexual harassment, sexual assault, dating violence, domestic violence, or stalking, they must share that information with the Title IX Coordinator, Larry Loften. Larry or a trained staff member in the Office of Institutional Equity and Compliance (OIEC) will contact you to let you know about accommodations and support services at UNC as well as your options for pursuing a process to hold accountable the person who harmed you. You are not required to speak with OIEC staff regarding the incident; your participation in OIEC processes are entirely voluntary.

If you do not want the Title IX Coordinator notified, instead of disclosing this information to your instructor, you can speak confidentially with the following people on campus and in the community. They can connect you with support services and help explore your options now, or in the future.

- UNC's Assault Survivors Advocacy Program (ASAP): 24 Hr. Hotline (970) 351-4040 or www.unco.edu/asap
- UNC Counseling Center: (970) 351-2496 or www.unco.edu/counseling
- UNC Psychological Services: (970) 351-1645 or www.unco.edu/cebs/psych_clinic

If you are a survivor or someone concerned about a survivor, or if you would like to learn more about sexual misconduct or report an incident, please visit www.unco.edu/sexual-misconduct or contact the Office of Institutional Equity and Compliance (970-351-4899). OIEC is located on the third floor of the University Center in room 3060.

Equity and Inclusion Statement: The University of Northern Colorado embraces the diversity of students, faculty, and staff, honors the inherent dignity of each individual, and welcomes their unique perspectives, behaviors, and world views. In this course, people of all races, religions, national origins, sexual orientations, ethnicities, genders and gender identities, cognitive, physical, and behavioral abilities, socioeconomic backgrounds, regions, immigrant statuses, military or veteran statuses, size and/or shapes are strongly encouraged to share their rich array of perspectives and experiences. Course content and campus discussions will heighten your awareness to each other's individual and intersecting identities. If you would like to report an incident or learn more about identity-based discrimination/harassment, please visit www.unco.edu/institutional-equity-compliance.

Veterans/Service Members: I recognize the complexities of being a member of the military community and also a student. If you are a member of the military community, please inform me if you are in need of special accommodations. Drill schedules, calls to active duty, complications with GI Bill disbursement, and other unforeseen military and veteran-related developments can complicate your academic life. If you make me aware of a complication, I will do everything I can to assist you or put you in contact with university staff who are trained to assist you.

Notice of Copyright: Materials in this course—unless otherwise indicated—are protected by United States copyright law [Title 17, U.S. Code]. Materials are presented in an educational context for personal use and study and should not be shared, distributed, or sold in print—or digitally—outside the course without permission. As a student your ability to post or link to copyrighted material is also governed by United States copyright law. Within this course, posting of lecture material is not an infringement upon copyright law since it is an open resource free for whomever to use; however, posting quizzes or exams will be considered infringement upon copyright law.

Course Points: Evaluation and grades will be based on the following:

Exam 2	100
Final	150
Dietary Analysis Project	100
Pre-Module Quizzes	59
Post-Module Quizzes (5 pts each)	70
Total	579

Grading: A system of total points earned will be used to determine your final course grade as follows:

- A** 90-100%
- B** 80-89%
- C** 70-79%
- D** 60-69%
- F** <60%

D and above is a passing grade. You will receive the grade that you earn based on your final point tally. I do round grades up if you are within 0.5% of the next highest letter grade. For instance, if you earn an 89.5 or higher, you will receive an A in the course. If you earn an 89.4, you will receive a B in the course.

Course Overview:

Module	Topic
1	Introduction
2	Digestion & Absorption
3	Carbohydrates
4	Lipids
5	Proteins
Exam 1 (see Canvas shell for date/time)	
6	Alcohol
7	Vitamins
8	Minerals & Water
9	Energy Metabolism
10	Weight Control, Energy Balance, & Eating Disorders
Exam 2 (see Canvas shell for date/time)	
11	Nutrition through Pregnancy
12	Nutrition through Youth
13	Nutrition through Adulthood
14	Sports Nutrition
Final Exam (see Canvas shell for date/time)	