**FN 105 Food and Well-being**

Spring 2021 (8 week course: Jan 25-March 19)

**Course Description:** Explore the 7 dimensions of wellness within the context of food. Assess your current state of wellness and how your diet is influenced by social, spiritual, environmental, emotional, career/economic, health, and intellectual factors. Design and implement a personal diet plan that aligns with your values, priorities, and goals. (1 cr.) Meets wellness GEP.

**Professor:** Dr. Steinmetz, RD, CD **Office:** CPS 202 **Phone:** 715-346-4087

**Email:** jsteinme@uwsp.edu I will respond to your emails during the work week (Monday-Friday) within 12 hours, if you do not receive a reply, please email again or see me in class (I will be on Zoom before and after class). Please include your subject in subject line so that I can quickly find and address your email.

**Q and A: There is a discussion section for Question and Answers, please use this for course questions so that we can all learn together. If it is confusing for you, then it is confusing for one of your peers, thank you for asking questions.**

**Office Hours:** Wednesday at 11 am and Thursday at 9 am or by appointment. Do to disrupted schedules, please email to set up a time on Zoom for meetings.

**Class Location & Time:** 12:00-12:50 pm, online on Zoom (all classes will be recorded and then posted)

**Required Text:** none

**Course Objectives:**

At the end of this course the student will be able to:

* Identify the 7 dimensions of wellness.
* Assess your own wellness in each dimension
* Explain the role of food and nutrition in health promotion and disease prevention.
* Identify improvement strategies for improving wellness through changes in eating patterns.

**General Education Program (GEP) Wellness Objectives:**

Wellness is a dynamic process of becoming aware of and making conscious choices toward a more balanced and healthy lifestyle. It is multi-dimensional and holistic, encompassing lifestyle, mental and spiritual wellbeing, and the environment. Wellness is an essential attribute of a well-rounded, liberally educated person and of strong societies. Understanding the dimensions of wellness and their impact on individuals, families and societies is essential to being a responsible global citizen.

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| Wellness Objectives - upon completing this requirement, students will be able to: | Learning Outcomes - corresponding activity or assessment |
| 1. Assess your own wellness in each of the seven dimensions and explain how the dimensions and the interactions among them impact your overall personal health and well-being.
 | * In-class group activity to identify the processes and components which make up each of the seven dimensions of wellness.
* Completion of Testwell’s Holistic Lifestyle Questionnaire (HLQ)
* Assessment of personal strengths and areas for improvement based on test results.
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| 1. Develop an individual plan for healthy living that demonstrates an understanding of the principles of wellness.
 | * Development of 2 SMART goals to help improve two areas after completion of the HLQ. At least one goal should be within the food & nutrition area.
* Wellness concepts will be woven into each unit to enhance student learning.
* Journal progress on the 2 goals during days 4-13 (4 journal entries in total). Final entry: Reflect and assess changes made and consider future plans.
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**Class Attendance & Participation:**

The class is a combination of lecture and discussion of the main concepts followed by class activities that foster application and understanding. Please be prepared for class by reviewing the learning resources and think about the content to have robust discussions.

Students are responsible for all information presented during class. The quizzes are based on all course material presented.

**Academic Conduct:**

This course is part of the UW-Stevens Point academic community, an academic community that is bound together by the traditions and practice of scholarship. Honest intellectual work – on examinations and on written assignments - is essential to the success of this community of scholars. Using classmates’ responses to answer exam questions or disguising words written by others as your own undermines the trust and respect on which our course depends. The work in this course is challenging and will demand a good deal from each of you. I have every confidence that each of you can succeed. Doing your own work will enhance your sense of accomplishment when the course is complete.

Additionally, course environment is a unique opportunity for students to share ideas, opinions, discuss course content. As each student is entitled to contribute in class, specific expectations are necessary to ensure a thriving classroom environment.

For additional information, please refer to the statements on Academic Standards as outlined by the Office of Student Rights and Responsibilities. You can read the full text of Chapter 14 on “Student Academic Standards & Disciplinary Procedures” at [https://www.uwsp.edu/dos/Pages/Student-Conduct.aspx](https://www3.uwsp.edu/dos/Pages/Student-Conduct.aspx)

**Assignments:**

 All assignments will be submitted electronically via our Canvas course site dropbox **by 11:59 pm of the due date**. Work must be in a Word or Rich Text Format (rtf) format and in complete sentences with proper grammar, spelling, and punctuation or points will be deducted. Please read the assignment outlines posted on Canvas carefully. Do not email assignments unless it has been approved by the instructor.

**Exams:**

There are three exams for this course. Student must notify the instructor **PRIOR** to an exam if he/she will be absent with a legitimate excuse. Without prior notification, the exam cannot be made up. Exams due dates are found on Canvas.

**Discussions:**

 You will be divided into small groups for asynchronous online discussions each week. Answer the questions with your original post, read all other posts and reply thoughtfully to at least 2 people. Follow-up with discussion. Original posts should be posted by Friday of the week and replies back and forth with each other completed by Sunday evening.

**Special Accommodations:**

 Students requiring special accommodations and/or program access should be arranged with UWSP Disability and Assistive Technology Center located at the Learning Resource Center (LRC 609), telephone (715)346-3365.

**Class Points:**

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| 8 Discussion  | 40 |
| 3 Assignments | 90 |
| 3 Exams | 45 |
| **Total**  | **175** |

**Grading Scale:**

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| --- | --- | --- | --- |
| A | 94-100% | C+ | 77-79.9% |
| A- | 90-93.9% | C | 74-76.9% |
| B+ | 87-89.9% | C- | 70-73.9% |
| B | 84-86.9% | D+ | 67-69.9% |
| B- | 80-83.9% | D | 64-66.9% |
|  |  | D- | 60-63.9% |
|  |  | F | <60% |

**Tentative Schedule for FN 151**

**Section 2**

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| Week | Topic |
| Week 1 | Food and Wellness Introduction |
| Week 2 | Food and Health (physical wellness) |
| Week 3 | Food and Mindfulness (emotional wellness) |
| Week 4 | Food and Culture (social wellness) |
| Week 5 | Food and Sustainability (environmental wellness) |
| Week 6 | Food Economics (career wellness) |
| Week 7 | Food and Supplements (intellectual wellness) |
| Week 8:  | Food and Spirituality (spiritual wellness) |
| Congrats! You did it ☺ | Have a great spring break!!  |