

# Contemporary Nutrition

## FN 151 Section 1

Spring 2024

### COURSE DESCRIPTION

Apply nutrition principles to contemporary problems in food choices and health. Meets wellness GEP.

**INSTRUCTOR** Annie Wetter, PhD

If you have questions or want to discuss something further, connect with me in these ways:

**Virtual office hours:** To schedule a time to talk via phone or Zoom, email me **several days and times** that work for you, whether you want to call or Zoom, and I will respond within 24hrs with the time that works best for me.

**Text:** For brief inquiries (<200 characters) that do not require a detailed response. **I will reply ONLY if the text has "FN151" in the subject line.** 715.572.6580 I will respond within 24hrs.

**Email:** For inquiries that are more detailed. [awetter@uwsp.edu](mailto:awetter@uwsp.edu) I will respond within 24hrs.

**CLASS LOCATION & DATES** Online in Canvas Jan 22 – March 15, 2024

**REQUIRED TEXT** Brown, J.E. *Nutrition Now* 8<sup>th</sup> Edition. Wadsworth, Cengage Learning, 2017.

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

- Discuss key nutrition concepts and define basic nutrition terms.
- Explain the role of nutrition in health promotion and disease prevention.
- Identify food sources, which provide specific nutrients such as carbohydrates, protein and fat, and the major vitamins and minerals of concern in the diets of today's Americans.
- Identify current nutrition guidelines and the components of a healthy diet based on these guidelines and the My Plate website.
- Interpret the information provided by the Nutrition Facts food label. Demonstrate the use of this information for food selection to promote and maintain a healthy diet.
- Explain the influence of socioeconomic, cultural, and psychological factors on food acceptance.

### 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.

Wellness Objectives	Learning Outcomes <i>corresponding activity or assessment</i>
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.	<ul style="list-style-type: none"><li>• In-class group activity to identify the processes and components which make up each of the seven dimensions of wellness.</li><li>• Completion of Testwell's Holistic Lifestyle Questionnaire.</li><li>• Assessment of personal strengths and areas for improvement based on test results.</li></ul>
2. Develop an individual plan for healthy living that demonstrates an understanding of the principles of wellness.	<ul style="list-style-type: none"><li>• Development of 2 SMART goals to help improve two areas after completion of the HLQ. At least one goal should be within the physical fitness or nutrition areas.</li><li>• Wellness concepts will be woven into each unit to enhance student learning.</li><li>• For each goal, create 3 journal entries on your progress achieving each goal (6 journal entries total). Reflect and assess changes made and consider future plans.</li></ul>

## 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 semester comes to a close.

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 <http://www.uwsp.edu/stuaffairs/Documents/RightsRespons/SRR-2010/rightsChap14.pdf>

## CLASS PARTICIPATION VIA CANVAS

All course material is accessible in Canvas. Students are expected to access course material in a timely manner and complete assignments by the posted due date. Technology can be a challenge, especially in rural areas. Be sure you have the [minimum computer and internet configurations for Canvas](#) and access to a stable internet connection (don't rely on cellular). If you have any questions about the capabilities of your technology resources, see [Student Technology Tutor](#) or contact [IT Service Desk](#) (715-346-4357; [techhelp@uwsp.edu](mailto:techhelp@uwsp.edu)).

After passing the syllabus quiz, the rest of the course will be accessible. **You can work ahead, but you can't fall behind.** Stay connected with the course by turning on email/text notifications. Go to the Account tab at the far left, hit settings to enter your email and cell phone in "ways to contact" and then hit Notifications (back in the Account menu on the left) and choose which course details you want to get reminders about and when you get the alerts.

## ASSIGNMENTS

All assignments will be submitted in Canvas by **11:59pm** of the due date using a word processing software that is compatible with the default UWSP software Microsoft Word. If you have questions about how to ensure your submitted work can be graded, contact [IT Service Desk](#) (715-346-4357; [techhelp@uwsp.edu](mailto:techhelp@uwsp.edu)). **Late assignments will be docked 10% for each day late.** If extenuating circumstances arise, students must notify the instructor about the circumstances no later than **1-day BEFORE** a due date for consideration, but no guarantee, of an exception.

## QUIZZES

There are 8 quizzes. **ONLY ONE (1)** attempt per quiz will be provided. Each quiz is timed at about 60 seconds per question. Canvas shows you how many questions there are, so will know approximately how much time it will take to complete a quiz. This means students must be well prepared BEFORE starting the quiz. **No retakes will be allowed for students who do not plan appropriately and fail to take a quiz by the deadline or are timed out before completing the quiz.**

Quizzes are available through 11:59pm of the due date. Students must notify the instructor **1-day BEFORE** a quiz due date about a conflict that interferes with a due date. The instructor will consider the circumstances and make a decision about whether to grant an extension. Without prior notification, a quiz **CANNOT** be made up.

You will have access to your quiz answer key for 24 hours after the quiz deadline.

## SPECIAL ACCOMMODATIONS

Within the first week of class (by 5pm Jan 26th), students requiring special accommodations and/or program access should arrange an appointment with UWSP Disability and Assistive Technology Center located at the Learning Resource Center (LRC 609), telephone (715)346-3365. After the assessment; please email eligibility documentation to the instructor to request appropriate accommodations.

Class Points	
8 Quizzes	~200
3 Assignments	95
<b>Total</b>	<b>~300</b>

Grading Scale	
A 93-100%	C+ 77-79.9%
A- 90-92.9	C 73-76.9
B+ 87-89.9	C- 70-72.9
B 83-86.9	D+ 67-69.9
B- 80-82.9	D 60-66.9
	F below 60%

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**All quizzes and assignments are due by 11:59pm on the date listed**

Unit	Dates	Topics and Assignments	Required Reading
1		Wellness, social determinants of health, and goal setting Intro concepts of nutrition Diet and health Factors affecting food choices	Ch 1, 2, 5
	Jan 26 <sup>th</sup>	<b>Quiz 1 and Wellness assessment (assignment 1)</b>	
2		Nutrition fact or fiction Food and nutrition labels Healthy diets, Dietary Guidelines, and My Plate Phytochemicals	Ch 3, 4, 6, 21
	Feb 2 <sup>nd</sup>	<b>Quiz 2</b>	
3		**** Start assignment 3 **** week 1 of wellness journal Energy balance and weight status Weight management: Myths, realities, and wellness	Ch 8, 9, 10
	Feb 9 <sup>th</sup>	<b>Quiz 3</b>	
4		week 2 of wellness journal (assignment 3) Carbohydrates	Ch 12
	Feb 16 <sup>th</sup>	<b>Quiz 4</b>	
5		week 3 of wellness journal (assignment 3) Fats and cholesterol Nutrition and heart disease	Ch 18, 19
	Feb 23 <sup>th</sup>	<b>Quiz 5 and Diet tracking (assignment 2)</b>	
6		week 4 of wellness journal (assignment 3) Protein Vegetarian diets	Ch 15, 16
	Mar 1 <sup>st</sup>	<b>Quiz 6</b>	
7		Vitamins Minerals	Ch 20, 23
	Mar 8 <sup>th</sup>	<b>Quiz 7 and Wellness journals and reflections (assignment 3)</b>	
8		Alcohol Dietary supplements	Ch 14, 24
	Mar 15 <sup>th</sup>	<b>Quiz 8</b>	

**2022 ACEND ACCREDITATION STANDARDS FOR NUTRITION AND DIETETICS DIDACTIC PROGRAMS (DPD)**

**KRDN 1.1** Demonstrate how to locate, interpret, evaluate, and use professional literature to make ethical, evidence-based practice decisions.

**KRDN 1.3** Apply critical thinking skills.

**KRDN 2.6** Demonstrate cultural humility, awareness of personal biases, and an understanding of cultural differences as they contribute to diversity, equity, and inclusion.