

FN 151 Contemporary Nutrition

100% online – Spring

COURSE DESCRIPTION

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

INSTRUCTOR Annie Wetter, PhD

Message via Canvas or awetter@uwsp.edu I will respond within 24hrs	<ul style="list-style-type: none"> • For questions or conversations about the material, assignments, or nutrition in general • To set up a time to talk via phone or Zoom 	Text 715.572.6580 I will respond within 24hrs to texts with FN151 in subject line	<ul style="list-style-type: none"> • For brief inquiries (<100 characters) that do not require a detailed response • Subject line must contain “FN151” • Texts without “FN151” in subject line will be missed
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CLASS LOCATION & DATES Online in Canvas; First 8 weeks: Jan 24 – March 18

REQUIRED TEXT Brown, J.E. *Nutrition Now* 8th 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 healthful diet.
- Calculate body mass index, calories for total energy expenditure and calorie totals for foods based on grams of fat, carbohydrate and protein.
- 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"> • 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. • Assessment of personal strengths and areas for improvement based on test results.
2. Develop an individual plan for healthy living that demonstrates an understanding of the principles of wellness.	<ul style="list-style-type: none"> • 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. • Wellness concepts will be woven into each unit to enhance student learning. • 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.

ACEND: 2017 Standards for Didactic Programs in Nutrition & Dietetics

Standard 5: Core Knowledge Required Elements

1.a.6 Role of environment, food, nutrition and lifestyle choices in health promotion and disease prevention

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).

After passing the syllabus quiz, the rest of the course will be accessible. To ensure that you see all the required textbook reading, video lectures, slide printouts, and anything else needed to do well, use the "card view" for your Canvas dashboard and click on the FN151 card to get to the FN151 homepage so you can get to the modules that organize everything in 1 place. If you choose to use the list view, beware that you may miss some required content.

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 to tell Canvas to alert you of due dates, announcements, grades posted, etc. 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).

QUIZZES

There are 8 quizzes. ONLY ONE (1) attempt per quiz will be provided. Each quiz is timed at 30-60 seconds per question and will be approximately 30 questions long. 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. Once again, plan accordingly.

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.

SPECIAL ACCOMMODATIONS

Within the first week of class (by 5pm, Friday Jan 28), 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
4 Assignments	100
Total	~400

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%

**Schedule for FN 151
100% online – Spring**

Upload assignments and complete quizzes by 11:59pm of due date

Unit	Due Dates	Topics and Assignments	Required Reading
Pre-class	Wed Jan 26	Syllabus quiz Earn a perfect score to access all course materials	Syllabus, Canvas announcement, email from instructor
1		Seven dimensions of wellness and goal setting Intro concepts of nutrition Diet and health Factors affecting food choices Start assignment 1: wellness assessment	Ch 1, 2, 5
	Sat Jan 29	Quiz 1	
2		Nutrition fact or fiction Food and nutrition labels Healthy diets, Dietary Guidelines, and My Plate	Ch 3, 4, 6
	Mon Jan 31 Sat Feb 5	Wellness assessment Quiz 2	
3		Energy balance and weight status Weight management: Myths, realities, and wellness Start assignment 2: estimating energy needs Start assignment 4: wellness journal week 1	Ch 8, 9, 10
	Sat Feb 12	Quiz 3	
4		Carbohydrates Wellness journal week 2	Ch 12
	Mon Feb 14 Sat Feb 19	Estimating energy needs Quiz 4	
5		Fats and cholesterol Nutrition and heart disease Wellness journal week 3 Start assignment 3: diet tracking	Ch 18, 19
	Sat Feb 26	Quiz 5	
6		Protein Vegetarian diets Wellness reflections	Ch 15, 16
	Mon Feb 28 Sat Mar 5	Diet tracking Quiz 6	
7		Vitamins Minerals	Ch 20, 23
	Mon Mar 7 Sat Mar 12	Wellness journals and reflections Quiz 7	
8		Alcohol Dietary supplements	Ch 14, 24
	Friday March 18	Quiz 8	