

**Contemporary Nutrition  
FN 151 (2 credits)  
Summer 2023**

**COURSE DESCRIPTION**

Apply nutrition principles to contemporary problems in food choices and health. Meets wellness GEP. (2 credits)

**INSTRUCTOR**

Deborah Tang, MS, RD, CD

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To set up a meeting: Please email me at least 24 hours in advance to set up a time to meet via Zoom (I will set up a link and share with you).

**CLASS LOCATION & DATES** Online in Canvas from July 24– August 18, 2023

**EXPECTED INSTRUCTOR RESPONSE TIMES**

I will attempt to respond to student emails within 12 hours between Mondays to Fridays (24 hours on weekends). If you have not received a reply from me within 24 hours, please resend your email. I will attempt to grade written work within 72 hours of the assignment due date.

**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 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.

**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.

**COMPETENCIES FOR SUSTAINABLE FOOD AND NUTRITION (SFN):**

**Basic Food and Nutrition Knowledge**

Critically evaluate the claims associated with a research study finding, food product, dietary supplement or eating style based on the nutrition educator's knowledge of nutrition and the approaches used to study diet-health relationships.

Critically evaluate the source of materials that provide nutrition information.

## 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>● 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 4 journal entries on your progress in achieving each goal during weeks 2 and 3. Reflect and assess changes made and consider future plans during week 4.</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 <https://www.uwsp.edu/dos/Documents/UWSP14-Final2019.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 contact [IT Service Desk](#) (715-346-4357; [techhelp@uwsp.edu](mailto:techhelp@uwsp.edu)).

After completing the Syllabus Quiz, the rest of the course will be accessible. **You can work ahead, but you cannot 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" (top right corner) and then hit notifications to tell Canvas to alert you of due dates, announcements, grades posted, etc. Then, click Notifications on the far left, 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** or **PDF**. 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 not receive full points; there will be a 10% deduction if an assignment is submitted late and for each day submitted beyond the due date. Please note that if an incorrect document is submitted (i.e., blank assignment or wrong file format), then it is also considered late. Under extenuating circumstances, if you foresee an issue with an assignment, you must reach out to the course instructor prior to the due date to make other arrangements.

## QUIZZES

There are 8 quizzes. ONLY ONE (1) attempt per quiz will be provided. Each quiz is timed at 60 seconds per question and the number of questions will vary depending on the unit. 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. If you wish to view the correct answers, they will be shown either on the following Monday (Thursday quiz) or Thursday (Monday quiz) after the quiz due date from 4:00 – 11:59 p.m.

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

## SPECIAL ACCOMMODATIONS

Within the first 2 days of class (by July 26), students requiring special accommodations and/or program access should arrange an appointment with UWSP Disability Resource Center (DRC) located in Collins Classroom Center (CCC), room 108, and website <https://www.uwsp.edu/datc/Pages/default.aspx>. After the assessment, please email eligibility documentation to the instructor to request appropriate accommodation.

## VIEWING GRADES IN CANVAS

Points you receive for graded activities will be posted to Canvas Grade Book. Click on the Grades link to view your points. I will update the online grades each time a grading session has been complete – typically within 72 hours following the assignment due date. You will see a visual indication of new grades posted on your Canvas home page under the link to this course.

Class Points	
Syllabus Quiz	10
8 Quizzes	179
3 Assignments	95
<b>Total</b>	<b>284</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%

## UNDERSTAND WHEN YOU MAY DROP THIS COURSE

It is the student's responsibility to understand when they need to consider unenrolling from a course. Refer to the UWSP [Academic Calendar](#) for dates and deadlines for registration. After this period, a serious and compelling reason is required to drop from the course. Serious and compelling reasons includes: (1) documented and significant change in work hours, leaving student unable to complete assigned tasks, or (2) documented and severe physical/mental illness/injury to the student or student's family.

## INCOMPLETE POLICY

Under emergency/special circumstances, students may petition for an incomplete grade. An incomplete will only be assigned if the student has maintained regular contact with the course instructor about his/her situation. All incomplete course assignments must be completed by the last day of classes of the following semester.

## STUDENT RECORDING AND SHARING CLASS LECTURE

Lecture materials and recordings for FN 151 are protected intellectual property at UW-Stevens Point. Students in this course may use the materials and recordings for their personal use related to participation in this class. Students may also take notes solely for their personal use. If a lecture is not already recorded, you are not authorized to record my lectures without my permission unless you are considered by the university to be a qualified student with a disability requiring accommodation. [Regent Policy Document 4-1](#)

Students may not copy or share lecture materials and recordings outside of class, including posting on internet sites or selling to commercial entities. Students are also prohibited from providing or selling their personal notes to anyone else or being paid for taking notes by any person or commercial firm without the instructor's express written permission. Unauthorized use of these copyrighted lecture materials and recordings constitutes copyright infringement and may be addressed under the university's policies, UWS Chapters 14 and 17, governing student academic and non-academic misconduct.

**Schedule for FN 151 Section 1  
Summer 2023**

**All quizzes and assignment are due by 11:59 pm**

Unit	Due Dates	Topics and Assignments	Required Reading
1		<b>Take syllabus quiz to access course materials</b> Seven dimensions of wellness and SDOH Nutrition Concepts Diet and health Food choices	Ch 1, 2, 5 Canvas postings
	July 27 <sup>th</sup>	<b>Quiz 1 and Wellness Assessment Due</b>	
2		Fact or fiction Food labels don't lie Healthy diets, Dietary Guidelines, and My Plate NOVA Classification Reference – Ultra-processed foods	Ch 3, 4, 6 Canvas postings
	July 31 <sup>st</sup>	<b>Quiz 2</b>	
3		Energy balance and weight status Weight management: Myths, realities, and wellness	Ch 8, 9, 10 Canvas postings
	August 3 <sup>rd</sup>	<b>Quiz 3</b> Start wellness journal entry #1 (Note: all journal entries will be submitted with the Wellness Journals and Reflection Assignment by 8/17)	
4		Carbohydrates – Sugars, starches, and fiber Complex carbohydrates	Ch 12 Canvas postings
	August 7 <sup>th</sup>	<b>Quiz 4 and Diet Tracking Due</b> Write wellness journal entry #2 (at least 2 or more days after entry #1)	
5		Fats and cholesterol in health Reducing heart disease risk	Ch 18, 19 Canvas postings
	August 10 <sup>th</sup>	<b>Quiz 5</b> Write wellness journal entry #3 (at least 2 or more days after entry #2)	
6		Protein – Essential but not too much Vegetarian diets	Ch 15, 16 Canvas postings
	August 14 <sup>th</sup>	<b>Quiz 6</b> Write wellness journal entry #4 (at least 2 or more days after entry #3)	
7		Vitamins Minerals	Ch 20, 23 Canvas postings
	August 17 <sup>th</sup>	<b>Quiz 7 and Wellness Journals and Reflection Due</b> Complete wellness reflection	
8		Alcohol Dietary supplements	Ch 14, 24 Canvas postings
	August 21 <sup>st</sup>	<b>Quiz 8</b>	