

Fall, 2010
NFSC 100: Elements of Nutrition (3 credits)
(Fulfills CORE non-lab life science requirement)

Objectives:

1. To learn basic concepts of nutrition and to understand how nutritional needs change throughout the life cycle.
2. To learn how the body digests, absorbs and utilizes the nutrients we obtain from the food that we eat.
3. To learn the role that nutrition plays in the promotion of health and the prevention of chronic disease.

**PLEASE TURN OFF ALL CELL PHONES AND ELECTRONIC DEVICES DURING
BOTH LECTURE AND DISCUSSION.
LAPTOPS ARE ALLOWED FOR THE PURPOSE OF NOTE TAKING ONLY.
CHECKING EMAIL/FACEBOOK IS DISRUPTIVE TO OTHER STUDENTS AND IS
NOT ALLOWED.**

Contact Information:

Instructor	Teaching Assistant
Nancy Brenowitz Katz, MS, RD, LD	Caroline Rocourt
Dietetics Program Director	Office Hours: Tuesdays, 11:00 am–1:00 pm
Office Hours: Wednesday, 2:00-4:00 pm	3102 Skinner Building
3307 Marie Mount Hall	<u>crocourt@umd.edu</u>
<u>nbkatz@umd.edu</u>	

Teaching Assistant

Teaching Assistant

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Teaching Assistant

Teaching Assistant

Saira Khan

Office Hours: Mondays, 9:00-11:00 am

0119 Skinner Building

skhan12@umd.edu

Required Materials:

1. Textbook:

Nutrition Concepts and Controversies, 12th edition. Frances Sizer and Eleanor Whitney. West Publishing Company 2008. ISBN:

2. Workbook:

The Workbook for NFSC 100 includes in-class and homework assignments that will be turned in during the discussion sections. The workbook can only be purchased from the Maryland Book Exchange.

3. Diet Analysis Plus 9.0 Software

An online access code for the Diet Analysis Plus 9.0 program is sold bundled with theSizer and Whitney textbook. If you buy a used textbook and wish to purchase the software separately, use ISBN:

****If you obtain an earlier version of Diet Analysis Plus, you are responsible for obtaining the appropriate information from the program. The TAs will not be able to assist you with earlier versions of Diet Analysis Plus.**

Class Schedule:

Lecture:

Monday and Wednesday, 1:00 pm - 1:50 pm
Room 0130 Tydings Hall (TYD)

Discussion Sections:

Section	Day	Time	Location	Room	Teaching Assistant
0101					
0102					
0103					
0104					
0105					
0106					
0107					
0108					
0109					
0110					
0111					
0112					
0113					
0114					
0115					
0116					
0117					
0118					
Honors					

NFSC 100 Blackboard Site:

We will utilize Blackboard in this class to post lecture slides and grades. Go to <https://elms.umd.edu> and login using your UID and password. If you wish to have a hard copy of the lecture slides to bring with you to class, please print them out prior to the lecture. Hard copies of the lecture slides will not be provided by the NFSC100 teaching team. Please be sure that your correct email address is on file with the University. Otherwise, emails sent through Blackboard will not reach you.

Lecture attendance and participation:

Attendance in lecture is not counted as part of your grade. ATTENDANCE IN LECTURE IS STRONGLY ADVISED. Students who attend the NFSC100 lecture are more successful in the class. In addition, please be on time to lecture. Coming in late is disruptive to other students' learning.

Discussion attendance and participation:

- Attendance in discussion is mandatory.
- Students who do not attend the discussion section and do not have a University approved excuse will receive zero points for the in-class activities.
- Students who do not attend discussion and do not have a University approved excuse will be allowed to turn in homework assignments, however they will be counted as late, with a deduction of 10% of the points for each 24-hour period or fraction thereof that the assignment is late (beginning at the day/time of the discussion section that was missed).
- Discussion begins at the hour specified in the schedule of classes and you must be present to ensure that you will obtain all possible points for that discussion session. You will be allowed to arrive late to discussion twice during the semester. If you arrive late more than

twice, 5 points will be deducted from your total discussion points for each additional time that you are late.

- You will need a calculator for many of the discussion assignments. Not having a calculator will NOT be accepted as an excuse for not doing the assignments or obtaining incorrect answers.
- Bring your textbook with you to the discussion sections. Not having your textbook will NOT be accepted as an excuse for not doing the assignments or obtaining incorrect answers.

Excused Absences:

Cases of University-approved absences are outlined in the 2009-2010 Undergraduate Catalog and can be found at

<http://www.umd.edu/catalog/index.cfm/show/content.section/c/27/ss/1584/s/1540>.

In order to obtain credit for your missed assignments, you must:

- 1) Contact your TA the day after the missed discussion, AND
- 2) Bring the following to the NEXT discussion section
 - Written documentation of your University-approved absence. Both the original note and a copy the TA can keep must be presented to the TA. The TA will return the original and keep the copy.
 - The assignments (pre-class & in-class) from the missed discussion AND the assignment (pre-class) due in the current discussion.

****Failure to follow these procedures will result in a grade of “0” on the missed assignments.**

Any excused absence due to religious observance or athletic event only excuses the student from being present at the discussion, NOT from completing the work.

- It is your responsibility to inform your TA of any intended absences for religious observances or athletic events as soon as possible, but **no later than the end of the schedule adjustment period.**
- If you will miss a discussion section due to religious observance or athletic event, you must turn in the assignments (pre-class & in-class) prior to the discussion section that you are missing.

****Failure to follow these procedures will result in a grade of “0” on the missed assignments.**

Late Assignment Policy:

Assignments are due at the beginning of discussion. Any assignment not handed in at that time will be considered late. Ten percent of the total points for an assignment will be deducted from the assignment for each 24-hour period or fraction thereof that the assignment is late (beginning at the day and time of the students discussion section). Emailed assignments will not be accepted.

Examinations:

There will be three exams and a final exam in this class. You will be given the whole class period to complete the exam. If you are late to an exam, you will not be given any additional time to complete the exam.

Review Sessions:

Review Session	Date	Time	Location
Exam 1 Review			
Exam 2 Review			
Exam 3 Review			
Final Exam Review			

***Review sessions will be question and answer sessions only. No material will be presented.**

Questions to Ponder:

Questions to Ponder will be posted on Blackboard prior to each exam. These questions are provided to you as a study tool. Answers to the questions will not be sent out, however you are encouraged to see your TA during his/her office hours if you are unable to answer any of these questions.

Exam Dates:

Exam	Date	Time	Location
Exam I			
Exam II			
Exam III			
Final Exam			

****Exam room assignments will be announced later in the semester.**

Things to bring to each exam:

You must bring the following supplies with you to the examinations:

- A #2 pencil (to use on the Scantron portion of the exam)
- A pen (to use on the essay portion of the exam)
- A calculator (not programmable and NOT A CELL PHONE)
- Your student ID

****Completed exams will not be accepted from you without your student ID.**

Missed Exams:

Make-up exams will ONLY be allowed in cases of University-approved absence. If you miss an exam, you must:

- **Contact your TA within 24 hours of the exam.**
- Bring written documentation of your University-approved absence to your next discussion session.
- Schedule a time to make-up the exam with your TA. Exams must be made up within one week of the original exam date.
- If you missed the exam due to illness, a letter from your physician with his/her phone number and the dates for which you were incapacitated WILL be required.
- A doctor's or Health Center note indicating that you were "seen" will not be accepted.
- **Athletes and those observing religious holidays** must make prior arrangements with teaching staff to take exams they will miss. Failure to do so will result in an grade of "F" for a missed exam.

Final Exam: The final exam is cumulative. **All students must take the final exam!!!**

Regrading of exams or assignments:

Any request for regrading of an assignment or exam must be put in writing. The whole exam or assignment will be regraded, not specific answers or sections. Answers to essay questions will only be eligible for regrading when the answer is written in ink. Assignments and exams will only be accepted for regrading within two days of being handed back to the students.

Quizzes:

There will be three quizzes worth 10 points each during the semester given at the beginning of discussion. If you are late to discussion and miss the quiz, you will not be permitted to make it up. It is your responsibility to arrive on time for discussion.

Triads:

Your teaching assistant will divide you into groups of three (triads) and groups will not be changed. You will work with your triad on discussion assignments throughout the semester. Please use this as an opportunity to learn from others. If you have personal conflicts within your triads, please attempt to resolve them yourselves before involving your TA. If you cannot resolve the issues, please bring the matter to the attention of the TA.

Assigned Seating: A few weeks into the semester you will be asked to sit in a specific location in the lecture hall according to your discussion section. This is to facilitate triad activities during the lecture periods. Please sit in your assigned seating area for the rest of the semester.

Extra Credit:

There will be several opportunities during the lecture periods to obtain extra credit. These will be in the form of "one minute papers" that you will complete with your triad during the last few minutes of the lecture period. Approximately 16 extra credit points will be given out throughout the semester. Students who are not present in lecture on the day the points are given out are not eligible for the points.

To receive credit, the assignments must be completed and include the following:

- Your TA's name
- Your section number

- The signature of each triad member who is present in lecture that day
- The correct answer to the question

Changing Sections: Changing discussion sections will not be permitted.

Students with Disabilities: Please notify the Instructor immediately if you will need any special accommodations.

Grading System:

97-100% = A+	77-79% = C+
93-96% = A	73-76% = C
90-92% = A-	70-72% = C-
87-89% = B+	67-69% = D+
83-86% = B	63-66% = D
80-82% = B-	60-62% = D-
	<60 = F

Grade Determinations:

Exams:	Exam One	100
	Exam Two	100
	Exam Three	100
	Final Exam	150
	Total Exam Points	450

Discussion:**

Quizzes	30 (3 @ 10 points each)
Designing a Research Study	10
Using the Nutrition Label	10
Digestion of Macronutrients	10
Type 1 and Type 2 Diabetes	5
Lipid Absorption and Transport	5
Anthropometrics and Energy Needs	10
Obesity Case Study	10
Sustainable Nutrition	10
Vitamin/Mineral Supplementation	10
Sodium	5
Calcium	5
Vegetarian Diet Case Study	10
Nutrition in the Media	10
Nutrition Throughout the Life Cycle	10
Vitamin-Mineral Homework	10
Diet Analysis Term Project	50
Total Discussion Points	210

TOTAL COURSE POINTS 660

*course points are subject to change by Instructor/TA

****There will be no curve on the exams or on the final grade for this course.**

All of your grades will be posted on Blackboard so you should be able to determine your grade at any point in the course. If you determine that a grade has not been posted or has been posted incorrectly on Blackboard, please bring the graded assignment to your Teaching Assistant immediately so that the problem can be rectified. It is your responsibility to check Blackboard throughout the semester to make sure that your grades have been posted correctly.

Incompletes:

Incompletes are given only if a small part of the course (25% or less) is not completed, you are passing the course, and a contract for completion of the course is drawn up between the student and the professor. In all other instances, a grade of “F” will be given.

Cheating/Academic Dishonesty:

As noted in the University Policy on Academic dishonesty, cheating, fabricating information, plagiarizing, or getting someone else to do these activities is a serious offense. Students will be sanctioned for any such behavior according to the rules outlined in the Code of Academic Integrity that is found in the Undergraduate Catalog or on the web at <http://www.president.umd.edu/policies/iii100a.html>.

Course EvalUM

Your participation in the evaluation of courses through CourseEvalUM is a responsibility you hold as a student member of our academic community. Your feedback is confidential and important to the improvement of teaching and learning at the University as well as to the tenure and promotion process. CourseEvalUM will be open for you to complete your evaluations during the last two weeks of the semester. You can go directly to the website (www.courseevalum.umd.edu) to complete your evaluation. By completing all of your evaluations each semester, you will have the privilege of accessing the summary reports for thousands of courses online at Testudo.

Sustainability

**add statement about sustainability

Less paper

Specific topics

Discussion assignment

Schedule of NFSC 100 for Fall, 2010

	DATE/LECTURE	DISCUSSIONS
Week 1	<p>Monday, August 30 The Science of Nutrition Reading: Chapter 1</p> <p>Wednesday, September 1 Food Choices and Human Health Reading: Chapter 1</p>	NO DISCUSSION SECTIONS THIS WEEK
Week 2	<p>Monday, September 6 NO CLASS</p> <p>Wednesday, September 8 Nutrition Standards and Guidelines Reading: Chapter 2</p>	<p>DISCUSSION #1 The Scientific Method and Designing a Research Study</p>
Week 3	<p>Monday, September 13 Food Labeling Reading: Chapter 2</p> <p>Wednesday, September 15 Nutrition and Physiology Reading: Chapter 3</p>	<p>DISCUSSION #2 Calculating the Macronutrient Content of a Meal and Using the Nutrition Label</p> <p>QUIZ #1</p>
Week 4	<p>Monday, September 20 Nutrition and Physiology Reading: Chapter 3</p> <p>Wednesday, September 22 EXAM #1</p>	<p>DISCUSSION #3 Digestion of Macronutrients</p>
Week 5	<p>Monday, September 27 Carbohydrates Reading: Chapter 4</p> <p>Wednesday, September 29 Lipids Reading: Chapter 5</p>	<p>DISCUSSION #4 Diabetes and Lipid Digestion and Absorption</p>
Week 6	<p>Monday, October 4 Proteins and Amino Acids Reading: Chapter 6</p> <p>Wednesday, October 6 Energy Balance and Obesity Reading: Chapter 9</p>	<p>DISCUSSION #5 Vegetarian Diets</p>

Week 7	<p>Monday, October 11 Energy Balance and Obesity Reading: Chapter 9</p> <p>Wednesday, October 13 Eating Disorders</p>	<p>DISCUSSION #6 Anthropometrics and Energy Needs</p> <p>QUIZ #2</p>
Week 8	<p>Monday, October 18 Nutrition and Physical Performance Reading: Chapter 10</p> <p>Wednesday, October 20 EXAM #2</p>	<p>DISCUSSION #7 Obesity and Chronic Disease Risk</p>
Week 9	<p>Monday, October 25 Vitamins and Minerals Reading: Chapter 7 & Chapter 8</p> <p>Wednesday, October 27 Vitamins and Minerals Reading: Chapter 7 & Chapter 8</p>	<p>DISCUSSION #8 Vitamin-Mineral Supplements</p> <p>Diet Analysis Plus Printouts Due</p>
Week 10	<p>Monday, November 1 Vitamins and Minerals Reading: Chapter 7 & Chapter 8</p> <p>Wednesday, November 3 Nutrients and Gene Regulation Reading: Chapter 6, pages 186-193</p>	<p>DISCUSSION #9 Sodium and Calcium</p> <p>Bring Corrected Diet Analysis Plus Printouts to Discussion</p>
Week 11	<p>Monday, November 8 Nutrition During Pregnancy Reading: Chapter 13</p> <p>Wednesday, November 10 Lactation and Infant Feeding Reading: Chapter 13</p>	<p>DISCUSSION #10 Nutrition in the Media</p> <p>QUIZ #3</p> <p>Vitamin-Mineral Homework Due</p>
Week 12	<p>Monday, November 15 Growth and Maturation Reading: Chapter 14</p> <p>Wednesday, November 17 EXAM #3</p>	<p>DISCUSSION #11 The Life Cycle</p>

Week 13	<p>Monday, November 22 Nutrient Needs and Aging Reading: Chapter 14</p> <p>Wednesday, November 24 Nutrition and Health Promotion Reading: Chapter 11</p>	<p>NO DISCUSSION THANKSGIVING WEEK</p>
Week 14	<p>Monday, November 29 The Ever Changing Food Supply/Sustainable Nutrition Reading: Chapter 15</p> <p>Wednesday, December 1 The Ever Changing Food Supply/Sustainable Nutrition Reading: Chapter 15</p>	<p>DISCUSSION #12 Sustainable Nutrition</p> <p>Diet Analysis Term Project Due</p>
Week 15	<p>Monday, December 6 International Nutrition Reading: Chapter 15</p> <p>Wednesday, December 8 Food Safety Reading: Chapter 12</p>	<p>NO DISCUSSION SECTIONS THIS WEEK</p>
<p>FINAL EXAM WEDNESDAY, DECEMBER 15TH 10:30 am – 12:30 pm</p>		