

### Course and Instructor Information

**Course Title:** Fundamentals of Nutrition

**Credits:** #3

**Mode/Format:** In-Person

**Prerequisites:** None

**Professor/Instructor/Facilitator:** Molika Chea, PhD, RDN, CHES

**Pronouns:** She/her/hers

**Email:** molika.chea@uconn.edu

**Telephone:** 860-486-9440

**Office Hours/Availability:** By appointment\*\*\*

**WebEx Link:** <https://uconn.cmr.webex.com/meet/moc02001>

**Teaching Assistant:** Hayoung Woo

**Email:** hayoung.woo@uconn.edu

**Office Hours/Availability:** Thursdays, 4 – 5 pm or by appointment

**WebEx Link:** <https://uconn-cmr.webex.com/meet/haw21013>

\*\*\*Please contact the instructor or teaching assistant with 5 different days or times to efficiently schedule the office hours appointment either in-person or WebEx. Please also share your questions or concerns in the email so we can prepare the information ahead of time to share during the appointment.

### Course Materials

Textbooks are available for purchase through the [UConn Bookstore](#). The textbook is part of the Husky Book Bundle Package. For more information about the Husky Book Bundle, please visit this website:

<https://bookbundle.program.uconn.edu/>.

**Recommended Textbook:**

Human Nutrition: Science for Healthy Living, 3<sup>rd</sup> Edition by Tammy J. Stephenson, Megan R. Sanctuary, and Caroline W. Passerello.

**Dietary Analysis Website:**

Cronometer ([www.cronometer.com](http://www.cronometer.com))

- There is no cost to use this nutritional analysis website for students.

Additional course readings and media will be available on HuskyCT, through an Internet Link or Library Resources.

## Course Description

Welcome to NUSC 1165! This course will introduce students to the principles and concepts of nutrition with emphasis on the nature and function of carbohydrates, fats, proteins, vitamins, and minerals, and their application to human health. Throughout the semester, students in the course will have an opportunity to evaluate their own or another individual's dietary or exercise behaviors. We will examine different factors that influence dietary consumption and how that impacts health both in the long and short term. Students will become familiar with evidence-based nutrition recommendations used in various settings by health and nutrition professionals.

Lecture materials will be posted to HuskyCT. It is the student's responsibility to obtain these materials as they become available. They will not contain all the information covered in lecture. Thus, it is essential that students attend and take notes during lecture in preparation for the class exams and assignments. The instructor and teaching assistant will not send the slides or any class materials, it is the student's responsibility to download them from HuskyCT. If you decide to use your computer or other device, it is highly advised that you save and back up your notes. The instructor and teaching assistant will NOT be responsible or able to save their notes for this situation.

For Nutritional Sciences (NUSC) majors interested in declaring the Didactic Program in Dietetics Concentration, you MUST achieve a grade of "B" or better in this course to be admitted into the program.

The Accreditation Council for Education and Dietetics (ACEND) is recognized by the U.S. Department of Education as the specialized accrediting agency for the education programs in nutrition and dietetics. ACEND has specific core knowledge requirements for the Registered Dietitian Nutritionist (KRDN), indicated by specific standards, domains, and KRDN numbers, which are attained through competency of required learning activities.

NUSC 1165 contributes to the following ACEND requirements:

Domain 1: Scientific and Evidence of Practice: Integration of Scientific Information and Translation of Research into Practice

KRDN 1.1: Apply critical thinking skills.

## Course Objectives

By the end of the semester, you should be able to:

1. Define the major functions and dietary sources of essential nutrients.
2. Evaluate and improve the nutritional quality of a diet using several dietary analysis tools.
3. Make informed decisions about foods and dietary supplements by being able to discriminate legitimate from unfounded health recommendations.
4. Relate the structure of the gastrointestinal tract to the digestion and absorption of nutrients in a mixed meals.
5. Describe the metabolic pathways used to convert nutrients into usable energy and the factors influencing pathway activity.
6. Explain the relationship between specific dietary and lifestyle choices and chronic disease and/or malnutrition.

## Course Requirements and Grading

### Summary of Course Grading:

Course Components	Weight
Class Exams • The two highest exam grades out of the three counts; 100 points each)	200 points
Cumulative Final	150 points
Energy Balance Assignment	50 points
Dietary Analysis Assignment	50 points
Homework Activities (Complete 5 out of the 7 homework activities; 10 points each) • The two lowest activities are dropped and not counted towards the grade	50 points
<b>Total</b>	<b>500 points</b>

#### **Class Exams and Cumulative Final:**

There will be 3 class exams and 1 cumulative final exam to assess comprehension of the material presented in class. Exams 1, 2, and 3 will be administered during the lecture time starting at 9:30 AM. The final exam will be administered during finals week on the day, time, and classroom assigned by the UConn Registrar's Office.

Since the class meets in-person, all exams are required to be completed in-person at Young 100 or the assigned classroom for the final exam. Due to this policy established by the UConn Provost's Office and ACEND requirements, exams completed outside of the classroom are not permitted. The only exceptions are those with the Center for Students with Disabilities (CSD) accommodations and university or instructor improved extenuating circumstances in which a make-up exam will be proctored by the teaching assistant.

Students will be required to bring their personal laptop or tablet to access the password-protected exam on HuskyCT. The exam will require the use of both HuskyCT and the Lockdown Browser monitoring system. To download Lockdown Browser, please use this link:

<http://www.respondus.com/lockdown/download.php?id=856213959>. The camera portion is not required as the instructor and teaching assistant will proctor the exam from the classroom.

If you do not have a personal laptop or tablet, students can borrow one from the UConn Library. More information about this is located here: <https://lib.uconn.edu/services/technology-services/borrow-technology/>.

At the start of the exam, students will be required to place their personal belongings to the side or front of the room with the exception of their laptop or tablet, charger for the laptop or tablet, water bottle, and student identification card. At the class start time, students will be given the password to access the exam. Students can take up to the full class time to complete the exam. **Students are NOT permitted to leave the room during the exam without prior approval from the instructor or teaching assistant.** After the exam is completed, the instructor and teaching assistant will verify exam completion by providing a sign-in sheet and viewing the student's form of identification (UConn ID card, driver's license, or passport picture). Students can only access the exam during the class time and in the classroom.

If there are any extenuating circumstances, the student may be able to make up the exam in-person based on university approval. This includes a note from the Dean of Student's Office, UConn Athletics, or documented medical event. The student must communicate extenuating circumstances to the instructor and teaching assistant. Based on the circumstance, the student may be able to make up the exam at a mutually agreeable time. **Events that do not count as extenuating circumstances and does not justify a make-up exam include forgetting the exam date and time, sleeping through the exam time, having several exams scheduled on one day or during the week, or vacations or trips that were not approved by the university.**

The structure of Exams 1, 2, and 3 will be 45 multiple choice or true/false questions (90 points) generated randomly from a test bank that reflects the material covered during class. There will also be 2 short answer questions (10 points). The two highest exam grades will count towards the points calculated to determine your total grade for the course. **The cumulative final exam (150 points) will be during finals week in-person based on the university's final exam schedule. The final exam score counts towards the total grade and the structure is 100 multiple choice or true/false questions (1.5 points each, 150 points total).**

The Department of Nutritional Sciences does not permit the return of exams to students, and students are strongly encouraged to schedule an office hours appointment with the instructor or teaching assistant to review their exam or grade.

### **Assignments:**

There will be 2 written homework assignments during the semester related to energy balance calculations and tracking a one-day dietary record on the Cronometer website. If you are not comfortable using your own data for the assignment, please contact Dr. Chea to discuss options, such as using the data of another peer or receiving mock data for the assignment. Each assignment is worth 50 points.

**It is required that all students submit their assignment in Microsoft Word or pdf format, as Dr. Chea and the teaching assistant use Microsoft Word on their desktop and laptop computers and cannot access the document in Apple Pages format.** Students can access Microsoft Word with the Office 365 through their student emails and at the UConn software website for free (<https://software.uconn.edu/microsoft-products-students>). **If the document is submitted in Apple Pages format after the deadline and resubmitted as a Microsoft Word document or pdf, a late deduction of 10% will occur per day.**

**If the Energy Balance and/or Dietary Guidance assignment is submitted after the designated deadline and time, it will result in a 10% late deduction per day.** Please keep a copy of your assignments in the event we cannot open the file. Please contact the teaching assistant first if you have a question about your assignment grade. If you choose to compare your project grade to another student's project grade, then both need to be submitted for regrading.

The assignments will be released 2 weeks in advance to provide students with sufficient time to complete them. The teaching assistant will evaluate the assignments within 2 weeks of the due date. If there is an extenuating circumstance, such as a health or emergency situation near the deadline, please contact the instructor and teaching assistant. **Events that do not count as extenuating circumstances include forgetting the assignment due date, having multiple assignments and exams the week the assignment is due, and computer issues.** It is recommended that students borrow a computer or use the computers at the library or computer labs on campus if a computer issue occurs.

### **Homework Activities:**

There will be a total of 7 homework activities that may consist of practice exam, critical thinking, case study, or reflection questions about the current and future lecture topics. The purpose of these activities are to reinforce the readings and lecture material in preparation for the exam, and also reducing test anxiety for the exams as the assignment is open book/notebook. **The 5 highest homework activity grades (10 points each) will count towards the semester grade, and the 2 lowest activities will be dropped.** Each homework activity will have a designated link, deadline date and time on HuskyCT. E-mailed and/or late homework activity submissions will not be accepted for grading. If an activity is missed, then it may be one of the two lowest activity grades

dropped based on the performance of the remaining homework activities in the course. The homework activity deadlines are posted on the syllabus schedule.

**Extra Credit:**

Periodic announced and unannounced quizzes or extra credit activities will be announced to all students during class and/or HuskyCT. Each extra credit will be offered to all students out of fairness to the entire class. For extra credits that are to be submitted to HuskyCT, there will be a designated area for uploading the assignment. For in-class extra credits, the assignment will be collected during the class lectures. There are no makeup extra credit assignments due to forgetfulness or being absent during lectures. The instructor cannot give individual extra credit assignments based on the status of a grade during and after the semester. The extra credit is meant to benefit all students and reinforce the material learned in class.

**Grading Scale:**

There will be no “curve” applied and your course grade will be calculated directly from the course components. For additional information on undergraduate grading policies, please go to <https://registrar.uconn.edu/grades/>.

Points	Grade	Letter Grade	GPA
465.00 – 500.00	93.00 – 100.00	A	4.0
450.00 – 464.99	90.00 - 92.99	A-	3.7
435.00 – 449.99	87.00 - 89.99	B+	3.3
415.00 – 434.99	83.00 - 86.99	B	3.0
400.00 – 414.99	80.00 – 82.99	B-	2.7
385.00 – 399.99	77.00 - 79.99	C+	2.3
365.00 – 384.99	73.00 – 76.99	C	2.0
350.00 – 364.99	70.00 – 72.99	C-	1.7
335.00 – 349.99	67.00 – 69.99	D+	1.3
315.00 – 334.99	63.00 – 66.99	D	1.0
300.00 – 314.99	60.00 – 62.99	D-	0.7
<299.99	< 60.00	F	0.0

**Due Dates and Late Policy:**

The course due dates are identified on the course syllabus schedule and HuskyCT. Deadlines are based on Eastern Time unless otherwise specified.

**Feedback and Grades:**

The teaching assistant will make every effort to provide feedback and grades within a week after the exam and homework activities. For the Energy Balance and Dietary Guidance Assignments, it may take up to two weeks for grading due to the depth of the assignment and class size.

**Weekly Time Commitment:**

The University of Connecticut policy stipulates that for every 1 hour in class, there is a minimum of 2 hours of student work outside of class. For meeting twice a week, this equates to 2 hours of 30 minutes of class and 5 hours of student work outside of class weekly. For completing work outside of class, Dr. Chea suggests blocking off increments of time in your planner (~1 hour/day for 5 days a week) to complete assignments or study the information in smaller increments.

**How to Succeed in this Course**

All students can succeed in this course and we are here to help you along the way. Please do not hesitate to ask questions or attend office hours. All questions are important here. Success in this course program depends heavily on your personal health and well-being. Recognize that stress is an expected part of the college experience, and it often can be compounded by unexpected setbacks or life changes outside of the classroom. Your teaching assistants and I strongly encourage you to reframe challenges as an unavoidable

pathway to success. Reflect on your role in taking care of yourself throughout the semester, before the demands of exams and projects reach their peak. Please feel free to reach out to me about any difficulty you may be having that may impact your performance in your courses or campus life as soon as it occurs and before it becomes too overwhelming. In addition to your academic advisor, I strongly encourage you to contact the many other support services on campus that stand ready to assist you.

Resource	Website
UConn Dean of Students <ul style="list-style-type: none"> <li>Students First Fund Request Form</li> </ul>	<a href="https://dos.uconn.edu/">https://dos.uconn.edu/</a> <ul style="list-style-type: none"> <li><a href="https://dos.uconn.edu/students-first-fund-nomination-form/">https://dos.uconn.edu/students-first-fund-nomination-form/</a></li> </ul>
UConn Academic Achievement Center	<a href="https://achieve.uconn.edu/">https://achieve.uconn.edu/</a>
UConn Quantitative (Q) Center	<a href="https://qcenter.uconn.edu/">https://qcenter.uconn.edu/</a>
UConn Writing Center	<a href="https://writingcenter.uconn.edu/">https://writingcenter.uconn.edu/</a>
UConn Center for Students with Disabilities	<a href="https://csd.uconn.edu/">https://csd.uconn.edu/</a>
UConn Office of Institutional Equity: Title IX Resources	<a href="https://equity.uconn.edu/title-ix/">https://equity.uconn.edu/title-ix/</a>
UConn Office for Diversity and Inclusion: Cultural Centers/Programs	<a href="https://office.diversity.uconn.edu/cultural-centers/">https://office.diversity.uconn.edu/cultural-centers/</a>
UConn Student Health and Wellness	<a href="https://studenthealth.uconn.edu/">https://studenthealth.uconn.edu/</a>
UConn Library Wellness Collection Guide	<a href="https://guides.lib.uconn.edu/wellnesslibrary">https://guides.lib.uconn.edu/wellnesslibrary</a>

### Husky Study Groups

Are you interested in forming a study group with other students in the class? There is a study group application in Nexus that can help you get started.

Please visit [https://nexus.uconn.edu/secure\\_per/studygroups/index.php](https://nexus.uconn.edu/secure_per/studygroups/index.php) to sign up.

### Academic Integrity

All work must be done individually. There are no group quizzes, exams, or written papers in this course. No project or open-ended quiz or exam should mimic one another. All students are expected to follow the student code for academic honesty. Please note that violations of the student code such as posting course materials online, sharing course materials with other students, or handing in someone else’s homework or assignment will result in automatic failure of the course and will be subject to university sanctions for violating the student code. Some examples of Academic, Scholarly, and Professional Integrity Misconduct includes:

- **Cheating**
  - Providing or receiving help on an assignment or exam when not authorized to do so by the instructor.
  - Asking another individual to complete an assignment or exam on your behalf.

- Buying, selling, circulating or using a copy of instructional materials, assignment or test to online services (ie. CourseHero).
- **Plagiarizing**
  - Submitting an assignment (partially or fully) completed by another individual or available online, including any work that has been obtained and copied from the internet or artificial intelligence tools (ie. Wikipedia or ChatGPT) or purchased from a website such as CourseHero.
- **Misrepresenting**
  - Making false claims or statements when asking for assistance (ie. Submitting a forged doctor's note) when requesting an assignment extension.
  - Making changes without instructor permission on course materials such as assignments, quizzes, or exam.
  - Allowing someone to use someone else's identity for academic or scholarly advantage, such as signing in electronically for an absent student.

Please see the updated policy and further examples about Academic, Scholarly, and Professional Integrity and Misconduct (ASPIM) here: <https://policy.uconn.edu/2023/07/11/academic-scholarly-and-professional-integrity-and-misconduct-aspim-policy-on/>

You can also review resources from the UConn Library on Plagiarism here: <https://lib.uconn.edu/services/ask/get-help/writing/plagiarism-resources/>

### **Copyright Statement:**

The class lectures, notes, handouts, and displays are protected by state common law and federal copyright law. They are the instructor's original expression and the instructor created them prior to or doing the lecture to ensure that the prior copyright protection is obtained. Students are authorized to take notes in the class; however, this authorization extends to only making one set of notes for your own personal use and no other use. The instructor will inform you as to whether you are authorized to record lectures at the beginning of the semester. If you are authorized to record the lectures, you may not copy this recording or any other material, provide copies to anyone else, or make commercial use of them from the instructor. Students should be aware that instructors' materials are protected by copyright regardless of whether such a statement appears on the syllabus. Any breaches of that code will be handled based on the procedures outlined in the UConn Responsibilities of Community Life: The Student Code, which can be found online at <https://community.uconn.edu/the-student-code/the-student-code-preamble/>.

## **Resources for Students Experiencing Distress**

The University of Connecticut is committed to supporting students in their mental health, their psychological and social well-being, and their connection to their academic and overall wellness. The University believes that academic, personal, and professional development can flourish only when each member of our community is assured equitable access to mental health services. The University aims to make access to mental health attainable while fostering a community reflecting equity and diversity and understands that good mental health may lead to personal and professional growth, greater self-awareness, increased social engagement, enhanced academic success, and campus and community involvement.

Students who feel they may benefit from speaking with a mental health professional can find support and resources through the Student Health and Wellness-Mental Health (Shaw-MH) office. Through Shaw-MH, students can make an appointment with a mental health professional and engage in confidential conversations or seek recommendations or referrals for any mental health or psychological concern.

Mental health services are included as part of the university's student health insurance plan and also partially funded through university fees. If you do not have UConn's student health insurance plan, most major insurance plans are also accepted. Students can visit the **Student Health and Wellness-Mental Health**

located in Storrs on the main campus in the Arjona Building, 4<sup>th</sup> Floor, or contact the office at (860) 486-4705 or <https://studenthealth.uconn.edu> for services or questions.

## Policy Against Discrimination, Harassment, and Related Interpersonal Violence

The University is committed to maintaining a safe and non-discriminatory learning, living, and working environments for all members of the University community – students, employees, or visitors. Academic and professional excellence can flourish only when each member of our community is assured an atmosphere of mutual respect. All members of the University community are responsible for the maintenance of an academic and work environment in which people are free to learn and work without fear of discrimination or discriminatory harassment. In addition, inappropriate amorous relationships can undermine the University’s mission when those in positions of authority abuse or appear to abuse their authority. To that end, and in accordance with federal and state law, the University prohibits discrimination and discriminatory harassment, as well as inappropriate amorous relationships, and such behavior will be met with appropriate disciplinary action, up to and including dismissal from the University. Additionally, to protect the campus community, all responsible employees (including faculty), as outline in the Policy Against Discrimination, Harassment, and Related Interpersonal Violence, are required to report to the Office of Institutional Equity and information that they receive related to sexual assaults, intimate partner violence, and/or stalking involving a student. *An exception to this reporting exists if students disclose information as part of coursework submitted to an instructor in connection with a course assignment. Even in the absence of such obligation, all Employees are encouraged to contact OIE if they become aware of information that suggests a safety risk to the University community or any member thereof.* The University takes all reports with the utmost seriousness. Please be aware that while the information you provide will remain private, it will not be confidential and will be shared with university officials who can help. More information including confidential and exempt employee resources available for support and assistance, can be found at <https://equity.uconn.edu/> and <https://titleix.uconn.edu/>.

## Accommodations for Illness or Extended Absences

Please stay home if you are feeling ill and please go home if you are in class and start to feel ill. If illness prevents you from attending class, it is your responsibility to notify the instructor and teaching assistant as soon as possible. You do not need to disclose the nature of your illness, however you will need to discuss how you will complete coursework due to the absence.

If circumstances are affecting your ability to focus on courses and your UConn experience, students can email the Dean of Students at [dos@uconn.edu](mailto:dos@uconn.edu) to request support. Regional campus students should email the Student Services staff at their home campus to request support and faculty notification.

## Classroom/Virtual Classroom Guidelines

### **Attendance:**

Attendance will not be taken, but it will be the student’s responsibility to attend all lectures, obtain all instructional materials, and follow class announcements on the PowerPoint slides during lecture, HuskyCT, or via email. It will be the student’s responsibility to take their own notes as these will be used to prepare for the regularly scheduled exams. Students are encouraged to obtain the contact information of classmates to obtain notes due to extenuating circumstances.

Make-up exams will not be provided unless there are extenuating circumstances (ie. illness, family emergency, university-approved reason such as an academic or athletic-related event or internet access at the start of the exam). Please notify the instructor and teaching assistant and we will determine the next steps.



### **Email Protocol:**

Throughout the semester, Dr. Chea will communicate important information via HuskyCT announcements and email. The email addressed on file with UConn (@uconn.edu) will be used for all communications. Please practice good professionalism and address the instructor (Hello Dr. Chea or Professor Chea) and the teaching assistant appropriately. In the subject line of the email, please use **NUSC 1165-002** since the instructor is teaching multiple nutritional science courses during the semester. She will respond to emails within 24 hours during business hours Monday to Friday from 9 am to 4:30 pm. If an email is sent during the weekend, Dr. Chea will respond on Mondays when she returns to office.

### **Students with Disabilities**

The University of Connecticut is committed to protecting the rights of individuals with disabilities and assuring that the learning environment is accessible. Students who require accommodations should contact the Center for Students with Disabilities, Wilbur Cross Building, Room 204, (860) 486-2020 or <https://csd.uconn.edu/>.

### **Help**

[Technical and Academic Help](#) provides a guide to technical and academic assistance. This course uses the learning management platform, <https://huskyct.uconn.edu/>. If you have difficulty accessing HuskyCT, you have access to the in person support options available during regular business hours through the [Help Center](#). You also have [24 x 7 Course Support](#) including access to live chat, phone, and support documents.

### **Software/Technical Requirements (with Accessibility and Privacy Information)**

The software/technical requirements for this course include:

- Equipment Recommendations (<https://remotework.uconn.edu/equipment-recommendations/>)
- HuskyCT/Blackboard ([HuskyCT/Blackboard Access Privacy Policy](#))
- [Adobe Acrobat Reader](#) ([Adobe Acrobat Reader Accessibility Statement](#), [Adobe Reader Privacy Policy](#))
- Google Apps ([Google Apps Accessibility](#), [Google for Education Privacy Policy](#))
- Microsoft Office (free to UConn students through [UConn Software Catalog](#)) ([Microsoft Accessibility Statement](#), [Microsoft Privacy Statement](#))
- Dedicated access to high-speed internet with a medium speed of 1.5 Mbps (4 Mbps or higher is recommended)
- WebCam

NOTE: This course has NOT been designed for use with mobile devices.

### **Student Technology Training**

Student technology training is now available in a new HuskyCT short course created by students for students. It will prepare you to use the IT systems and services that you will use throughout your time at UConn, whether learning online or on-campus. It is available at the [HuskyCT/Blackboard Landing Page](#).

### **Minimum Technical Skills**

To be successful in this course, you will need the following technical skills:

- Use electronic mail with attachments
- Save files in common used word processing program formats (docx or pdf)
- Copy and paste text, graphics, or hyperlinks
- Work within two or more browser windows simultaneously

- Open and access PDF files
- Submitting major assignments as a Microsoft Word or PDF document

### Evaluation of Course Experience

Students will be given an opportunity to provide feedback on their course experience and instruction using the University’s standard procedures, which are administered by the [Office of Institutional Research and Effectiveness](#) (OIRE). The University of Connecticut is dedicated to supporting and enhancing teaching effectiveness and student learning using a variety of methods. The Student Evaluation of Teaching (SET) is just one tool used to help faculty enhance their teaching. The SET is used for both formative (self-improvement) and summative (evaluation) purposes.

Additional informal formative surveys and other feedback instruments may be administered within the course.

### Course Resources for NUSC 1165

Below are links for course resources we will use in class or that may assist you in your exam preparation.

	Resource	Website
Dietary Analysis Tracking	Cronometer	<a href="https://cronometer.com/">https://cronometer.com/</a>
Food Group Information	USDA Choose MyPlate	<a href="https://www.myplate.gov/">https://www.myplate.gov/</a>
Food Guidance of International Countries	Food and Agricultural Organization of the United Nations	<a href="https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/en/">https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/en/</a>
Campus Dining Hall and Retail Outlet Nutrition Information	UConn Dining Services	<a href="https://dining.uconn.edu/">https://dining.uconn.edu/</a>
Time Management Tools for Productivity	Toggl	<a href="https://toggl.com/">https://toggl.com/</a>
Anti-Racism Resources	Department of Nutritional Sciences Anti-Racism Statement	<a href="https://nusc.uconn.edu/a-statement-on-systemic-racism-and-racial-injustice/">https://nusc.uconn.edu/a-statement-on-systemic-racism-and-racial-injustice/</a>

### Grade Tracking

Please use the chart below to track and calculate your grade during the semester. If you complete any extra credit assignments, include the name of the assignment and earned score in the blank rows after “Highest Homework Activity #5.” The extra credit is added to the total score at the end of the semester. For example, if your total score is 490 with all class components completed and you submitted an extra credit for 5 points, then your total points earned is 495/500 at the end of the semester. This corresponds to a grade of an A on the grading chart. It is the student’s responsibility to calculate and track their grade during the semester using this table.

Grades will be updated on HuskyCT for homework and Smartbook activities one week after the deadline. The written assignments may take up to two weeks to post. Students will see all grades on HuskyCT until after the

semester. The instructor will use an Excel spreadsheet to drop the lowest homework activity, Smartbook, and hourly exam grade. ***The instructor and teaching assistant will not send you your total grade during the semester, it is the student's responsibility to complete all required course components and track their own grade using this table below.***

**Grade Tracking Table**

Course Component	Points Earned
Exam 1* (100 points)	
Exam 2* (100 points)	
Exam 3* (100 points)	
Final Exam (150 points)	
Energy Balance (50 points)	
Dietary Analysis (50 points)	
Highest Homework Activity #1 (10 points)	
Highest Homework Activity #2 (10 points)	
Highest Homework Activity #3 (10 points)	
Highest Homework Activity #4 (10 points)	
Highest Homework Activity #5 (10 points)	
<b>Total Points</b>	<b>/500</b>

## Tentative Class Meeting Schedule

Classes will meet Tuesdays and Thursdays from 9:30 am – 10:45 am in Young 100. The schedule is subject to modification at the discretion of the instructor. Students will be notified of any changes via class lecture announcements, HuskyCT, and via email.

Class Session #	Date	Course Topic	Assigned Reading
1	Tuesday, August 27 <sup>th</sup>	Course Overview and Syllabus Review  Overview of the Department of Nutritional Sciences  <u>Introduction to Nutrition Lecture:</u> The Importance of Nutrition	Chapter 1, Section 1.1
2	Thursday, August 29 <sup>th</sup>	The Importance of Nutrition (continued) Overview of the Nutrients Food as Fuel	Chapter 1, Section 1.1 Chapter 1, Section 1.2 Chapter 1, Section 1.3
3	Tuesday, September 3 <sup>rd</sup>	Dietary Behaviors and Health Outcomes Factors the Influence Eating Habits Key Nutrition Concepts	Chapter 1, Section 1.4 Chapter 1, Section 1.5 Chapter 1, Section 1.6
4	Thursday, September 5 <sup>th</sup>	Key Nutrition Concepts (continued)  Nutrition Research The Scientific Method Types of Nutrition Studies	Chapter 1, Section 1.6  Chapter 2, Section 2.1 Chapter 2, Section 2.2
	<b>Friday, September 6<sup>th</sup></b>	<b>Homework Activity #1 Due on HuskyCT by 4 pm Eastern Time</b>	
	<b>Monday, September 9<sup>th</sup></b>	<b>Last Day for Add/Drop</b>	
5	Tuesday, September 10 <sup>th</sup>	Types of Nutrition Studies (continued) Evaluating Nutrition Information  Intro to Nutrient Requirements The Dietary Reference Intakes (DRIs) Food Groups	Chapter 2, Section 2.2 Chapter 2, Section 2.3  Chapter 3, Section 3.1 Chapter 3, Section 3.2 Chapter 3, Section 3.3
6	Thursday, September 12 <sup>th</sup>	Food Groups (continued) The Dietary Guidelines for Americans Food Guidance Cultural Influences on Meal Planning	Chapter 3, Section 3.3 Chapter 3, Section 3.4 Chapter 3, Section 3.5 Chapter 3, Section 3.5
	<b>Friday, September 13<sup>th</sup></b>	<b>Homework Activity #2 Due on HuskyCT by 4 pm Eastern Time</b>	
7	Tuesday, September 17 <sup>th</sup>	Cultural Influences on Meal Planning Food and Dietary Supplement Labels Exam 1 Review	Chapter 3, Section 3.6 Chapter 3, Section 3.7
	<b>Thursday, September 19<sup>th</sup></b>	<b>Exam 1: Chapters 1 – 3 on Lockdown Browser/HuskyCT in Young 100</b>	
	Monday, September 23 <sup>rd</sup>	<b>Homework Activity #3 due on HuskyCT by 4 PM Eastern Time</b>	

8	Tuesday, September 24 <sup>th</sup>	Introduction to the Digestive System The Upper Gastrointestinal Tract	Chapter 4, Section 4.1 Chapter 4, Sections 4.2, 4.3, and 4.4
9	Thursday, September 26 <sup>th</sup>	The Upper Gastrointestinal Tract (continued) The Lower Gastrointestinal Tract The Gut Microbiota	Chapter 4, Sections 4.3, and 4.4 Chapter 4, Section 4.5 and 4.6 Chapter 4, Section 4.7
	<b>Monday, September 29<sup>th</sup></b>	<b>Homework Activity #4 due on HuskyCT by 4 PM Eastern Time</b>	
10	Tuesday, October 1 <sup>st</sup>	The Gut Microbiota (continued) Digestive Health and Disorders Introduction to Carbohydrates Simple Carbohydrates	Chapter 4, Sections 4.7 Chapter 4, Section 4.8 Chapter 5, Section 5.1 Chapter 5, Section 5.2
11	Thursday, October 3 <sup>rd</sup>	Complex Carbohydrates Carbohydrate Consumption Patterns Carbohydrate Digestion and Absorption	Chapter 5, Section 5.3 Chapter 5, Section 5.4 Chapter 5, Section 5.5
12	Tuesday, October 8 <sup>th</sup>	Carbohydrate Digestion and Absorption (continued) Intro to Metabolism Carbohydrate Metabolism Maintaining Normal Blood Glucose Levels	Chapter 5, Section 5.4 Chapter 5, Section 5.5 Chapter 8, Section 8.1 Chapter 8, Section 8.3 Chapter 5, Section 5.6
13	Thursday, October 10 <sup>th</sup>	Diabetes Mellitus Carbohydrates and Health	Chapter 5, Section 5.7 Chapter 5, Section 5.8
		Introduction to Lipids Fatty Acids	Chapter 6, Section 6.1 Chapter 6, Section 6.2
14	Tuesday, October 15 <sup>th</sup>	Triglycerides Phospholipids Cholesterol and other sterols Exam 2 Review	Chapter 6, Section 6.3 Chapter 6, Section 6.4 Chapter 6, Section 6.5
	<b>Thursday, October 17<sup>th</sup></b>	<b>Exam 2: Chapters 3 to Chapter 6 (up to Section 6.5) on Lockdown Browser/HuskyCT from Young 100</b>	
	<b>Monday, October 21<sup>st</sup></b>	<b>Homework Activity #5 due on HuskyCT by 4 PM Eastern Time</b>	
15	Tuesday, October 22 <sup>nd</sup>	Lipid Digestion, Absorption, and Transport Lipid Metabolism Lipid Consumption Patterns	Chapter 6, Section 6.6 Chapter 8, Section 8.4 Chapter 6, Section 6.7
16	Thursday, October 24 <sup>th</sup>	Lipids and Cardiovascular Disease Introduction to Protein Amino Acids Protein Synthesis and Structure	Chapter 6, Section 6.8 Chapter 7, Section 7.1 Chapter 7, Section 7.2 Chapter 7, Section 7.3
18	Tuesday, October 29 <sup>th</sup>	Protein in Foods Protein Digestion, Absorption, and Transport Protein Metabolism	Chapter 7, Section 7.4 Chapter 7, Section 7.5 Chapter 7, Section 7.6 and Chapter 8, Section 8.5
		Protein Recommendations	Chapter 7, Section 7/7
19	Thursday, October 31 <sup>st</sup>	Protein Undernutrition Protein Hypersensitivity Disorders Plant-Based Diets Nutritional Genomics	Chapter 7, Section 7.8 Chapter 7, Section 7.9 Chapter 7, Section 7.10 Chapter 7, Section 7.11

	<b>Friday, November 1<sup>st</sup></b>	<b>Homework Activity #6 due on HuskyCT by 4:00 PM Eastern Time</b>	
20	Tuesday, November 5 <sup>th</sup>	Energy Balance and Weight Management	Chapter 13, Sections 13.1, 13.2, and 13.3
21	Thursday, November 7 <sup>th</sup>	Energy Balance and Weight Management Energy Storage  Introduction to Vitamins	Chapter 13, Sections 13.4, 13.5 Chapter 8, Sections 8.6 and 8.9  Chapter 9, Sections 9.1, 9.2, and 9.3
	<b>Friday, November 8<sup>th</sup></b>	<b>Energy Balance Assignment Due on HuskyCT by 4 PM</b>	<b>Please make sure to submit the document as a .docx or pdf file and not Apple pages so it can be graded.</b>
	<b>Monday, November 11<sup>th</sup></b>	<b><i>Last day to withdraw from a course and place courses on Pass/Fail grading</i></b>	
22	Tuesday, November 12 <sup>th</sup>	Vitamin A Vitamin D Exam 3 Review	Chapter 9, Section 9.4 Chapter 9, Section 9.5
	<b>Thursday, November 14<sup>th</sup></b>	<b>Exam 3: Chapters 6 (Sections 6.6 – 6.8; Lipid Metabolism), Chapter 7, Chapter 13, and Chapter 9 (Sections 9.1 – 9.5)</b>	
23	Tuesday, November 19 <sup>th</sup>	Vitamin E Vitamin K Cystic Fibrosis and Fat-Soluble Vitamins	Chapter 9, Section 9.6 Chapter 9, Section 9.7 Chapter 9, Section 9.8
	Thursday, November 21 <sup>st</sup>	Water-Soluble Vitamins *Dr. Chea will evaluate the vitamins that will be covered based on the timing at the end of the semester. Students will be notified in class and HuskyCT.	Chapter 10
	<b>Friday, November 22<sup>nd</sup></b>	<b>Homework Activity #7 due on HuskyCT by 4 pm Eastern Time</b>	
	Monday, November 25 <sup>th</sup> to Friday, November 29 <sup>th</sup>	<b>No Classes – Thanksgiving Break</b>	
25	Tuesday, December 3 <sup>rd</sup>	Water and the Major Minerals (Calcium, Sodium, and Potassium)	Chapter 11, Sections 11.1, 11.2, 11.3, 11.4, and 11.7
26	Thursday, December 5 <sup>th</sup>	Trace Minerals Overview and Iron Final Exam Review	Chapter 12, Sections 12.1 and 12.2
	<b>Friday, December 6<sup>th</sup></b>	<b>Dietary Analysis Assignment Due on HuskyCT by 4 pm Eastern Time</b>	<b>Please make sure to submit the document as a .docx or pdf file and not Apple pages so it can be graded.</b>
	<b>Monday, December 9<sup>th</sup> to Saturday, December 14<sup>th</sup></b>	<b>Cumulative Final Exam on Lockdown Browser/HuskyCT from the Exam Classroom</b>  Date, Time, and Room will be announced by the UConn Registrar's Office.	