

NTRN 201: Introduction to Nutrition
Fall 2023
SYLLABUS

Course number and title:

Rebecca Levin, MS, RDN, LD
NTRN 201-102 (10691): Introduction to Nutrition

Lead Instructor

Instructor: Rebecca Levin, MS, RDN, LD

Email: rebecca.levin@case.edu

Phone: 216-368-2440

Office: Department of Nutrition, School of Medicine, WG34

Office hours: by appointment

Class Format, Meeting Times and Location

Meeting Times: Tuesday and Thursday 5:30-6:45 pm

Class Format: In-person meeting; we will use Zoom meetings as necessary during the semester.

Location: Kent Hale Smith 119

Expectations: Attendance in class is expected unless you are sick, quarantined or have a prescheduled commitment such as a doctor's appointment, game or performance. Please communicate all planned and unplanned absences via email with me.

Course Description

This course presents the fundamental concepts of nutrition with an emphasis on nutrients, their functions, food sources, and factors affecting human needs throughout life.

Prerequisites and intended student population

This is an undergraduate course. There are no prerequisites. It is intended to be applicable by all students personally and/or professionally.

Course Materials

Wardlaw Perspectives in Nutrition: A Functional Approach

By Byrd-Bredbenner, Carol

Edition : 3RD 22

ISBN 13 : 9781260702422

Learning Objectives

- Identify factors that affect food choices, diseases associated with poor diet and sedentary lifestyle, healthy diet, and key dietary concerns in the United States.
- Define nutrition and basic terms such as essential nutrients, classes of nutrients, nutrient and energy density, RDA and AI.
- Explain the primary roles, food sources, associated diseases, and key steps in digestion and absorption of key macronutrients and micronutrients.
- Interpret all information on a food label.
- Explain energy balance and its components.
- Identify key nutrition concerns related to nutrition at each stage throughout the lifecycle.

Course Flow

- This course has 14 topics. You can find details about the topics in the overview for each module on canvas.
- I will lecture each week live in class or via zoom as needed. Animation lectures are available to reinforce what you've learned. You do not need to view these, but you can.
- Each week, you will have the following required activities:
 - Attend or view lectures, measured through a kahoot question each class period.
 - Complete any assignments that are due (not all weeks have assignments).
 - Review text chapters

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CWRU Academic Calendar Dates

Classes Begin – Aug 28
Labor Day – Sept 4
Fall Break – Oct 23, 24
Thanksgiving Holiday – Nov 23, 24
Reading Days – Dec 11, 15
Finals – Dec 12-20
Classes End – Dec 8

Class & Date	Lecture Topic(s)
08/29 08/31	Syllabus Review, Introduction The Science of Nutrition Icebreaker Discussion Board (DUE 09/03)
09/05 09/07	Tools of a Healthy Diet Tools of a Healthy Diet cont'd, BlueZones, <i>TED talk</i> Blue Zone Quiz (DUE 09/10)
09/12 09/14	Human Digestion and Absorption Introduce Group Project, Form Groups Group topic selected (DUE 09/16)
09/19 09/21	Macronutrients: Carbohydrates Macronutrients: Lipids Presentation Outline and Division of Responsibilities (Due 09/23)
09/26 09/28	Macronutrients: Protein Alcohol
10/03 10/05	Energy Metabolism Energy Balance & Weight Control Presentations – For Groups Presenting the Following Week (Due 10/08)
10/10 10/12	No Class – Watch Dietary Supplements Documentary – FNCE Conference Presentation Day Dietary Supplements Documentary & Quiz (Due 10/15)
10/17 10/19	Exam #1 Review Exam #1 (Electronic, in class)
10/24 10/26	Fall Break Overview of Vitamin & Minerals, Introduce Personal Diet Evaluation (PDE) Assignment, complete 1 day of tracking in class PDE Part 1 – (Due 10/29)

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10/31 11/02	Micronutrients in Energy & Amino Acid Metabolism Micronutrients in Fluid Balance <i>PDE Part 2 – (Due 11/05)</i>
11/07 11/09	Micronutrients in Blood Health Micronutrients in Bone Health Presentations – All remaining groups (Due 11/12)
11/14 11/16	<i>Presentations</i> Micronutrients in Immunity
11/21 11/23	Lifecycle Nutrition – Part 1 Thanksgiving Break
11/28 11/30	<i>Presentations</i> Lifecycle Nutrition – Part 2
12/05 12/07	Exam #2 Review Exam #2 (Electronic, in class)

Assessment and Grading

Grades will be assigned as follows:

A: 90-100%

B: 80-89%

C: 70-79%

D: 60-69%

F: < 60%

Grades that fall between the points on this scale will be determined by standard rounding procedures. As an example, a student who earns an 89.4 will receive a B, whereas a student who earns an 89.5 will receive an A. There will be no exceptions to this policy and grades will not be curved.

Activities: Ice Breaker Dietary Supplements BlueZones Fad Diet Presentation Reviews	20%
Fad Diet in a Minute	20%
Personal Diet Evaluation	20%
Exam #1	20%

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Exam #2	20%
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Exams:

There are 2 exams in this course. Both exams will be conducted online, in the classroom, using Canvas and are timed (75 minutes for exam #1 and exam #2). Exams are 75 multiple choice or true/false questions. **There is no final exam.**

- Exams are **closed book**. You may use one 3 x 5 note card with any important details you want to keep top of mind. One-sided, not typed.
- Exams will be taken in class unless you require specialty accommodations.
- You will be provided with a study guide prior to each exam.
- Any exam questions where >40% of the class missed will be reviewed and adjusted according to the instructor's discretion.
- Exam grades and correct answers will be provided the week following the exam once all make-ups have been completed

Missing Exams:

- No make-up exams will be given, except under extenuating circumstances at the discretion of the instructor based on the policies of Case Western Reserve University.
- If you have extenuating circumstances, email the instructor PRIOR TO THE START of exam period. If the email is received after the start of the exam period, you will NOT be able to make up missed exams.
- You must provide written documentation via email (e.g., doctor's note) within 24 hours of the exam absence.
- Additionally, if you have a school-related conflict such as athletic competitions, music auditions/performances, a written explanation, seven days in advance of the absence, is required from the faculty advisor or coach.
- Exams will be made up at a mutually agreeable time as soon as possible after the absence in order to not delay returning grades to other students.

Personal Dietary Evaluation (PDE): The purpose of this assignment is to provide students with practical experience in estimation and analysis of dietary requirements. See the PDE assignment module on Canvas for details. There are two versions of the assignment, one that uses an app to track and counts calories and nutrients and one that uses a paper journal to track and measures non-numeric dietary measures like mood, color, vegetable servings, water, symptoms.

Fad Diet in a Minute: You will be required to give a simple group presentation in this course. The purpose of this assignment is to hone your presentation skills, build management and negotiation skills, and apply what you've learned about critically evaluating diets using scientific evidence. This is not a long in depth presentation, it's a quick summary and critical review of a popular diet, so you'll need to whittle down to the most important information.

Dietary Supplement and Bluezones Documentaries: The documentaries are meant to enhance your understanding of nutrition and application of the principles learned in class.

Late Assignments: Assignments are due as noted on Canvas. Assignments submitted late will have a 5% score reduction per 24 hours that it is late. For example, if an assignment is worth 100 points and it is one day late, the maximum score you can receive is a 95. After 7 days, NO credit will be given for an assignment. Extensions for assignments will not be granted.

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Course Policies

1. *Technology:* Use of Technology for texting or conversing is disruptive to other students and is therefore prohibited during class. If you have an emergency and need to make or take a call quietly exit the classroom to do so. Laptop computers and smart phones can be used for course-related activities (e.g., taking notes, using the course Canvas system, searching for information related to lectures during class).
2. *Attendance and Participation:* You are required to attend class each session and participation is expected. Kahoot and daily sign in will be used to track attendance.
3. *Academic Integrity Policy:* All students are required to read and abide by the CWRU Academic Integrity Policy (<https://students.case.edu/handbook/policy/integrity.html>[Links to an external site.](#)).
4. *Course Materials and Communications:* Distribution of materials and communications related to this course will be through the CWRU Canvas site for this course.

Disability Accommodations

In accordance with federal law, if you have a documented disability, you may be eligible to request accommodations from Disability Resources. In order to be considered for accommodations you must first register with the Disability Resources office. Please contact their office to register at 216.368.5230 or [get more information on how to begin the process. \(Links to an external site.\)](#) Please keep in mind that accommodations are not retroactive.

Academic Integrity

Any violation of the University's Code of Ethics will not be tolerated. All forms of academic dishonesty including cheating, plagiarism, misrepresentation, and obstruction are violations of academic integrity standards and will result in a minimum penalty of receiving a zero for the assignment, the potential for failing the entire course. Cheating includes copying from another's work, falsifying problem solutions or laboratory reports, or using unauthorized sources, notes or computer programs. Plagiarism includes the presentation, without proper attribution, of another's words or ideas from printed or electronic sources. It is also plagiarism to submit, without the instructor's consent, an assignment in one class previously submitted in another. Misrepresentation includes forgery of official academic documents, the presentation of altered or falsified documents or testimony to a university office or official, taking an exam for another student, or lying about personal circumstances to postpone tests or assignments. Obstruction occurs when a student engages in unreasonable conduct that interferes with another's ability to conduct scholarly activity. Destroying a student's computer file, stealing a student's notebook, and stealing a book on reserve in the library are examples of obstruction.

In addition, the incident will be reported to the Dean of Undergraduate Studies and Academic Review Board for undergraduates or Senior Associate Dean of Graduate Studies, for Graduate Students. The CWRU Statement of Ethics for graduate students can be found here:

<http://case.edu/gradstudies/about-the-school/policies-procedures/>[Links to an external site.](#)

Department of Nutrition Artificial Intelligence (AI) Policy

Engaging in unauthorized collaboration or making use of AI composition software (e.g., ChatGPT) is *prohibited in all nutrition courses* unless under specific and limited circumstances as instructed by your instructor. Using these tools puts your academic integrity at risk.