

Nutrition & Well Being (NUTR 100) Fall 2017

NUTR 100 – Nutrition and Well Being is a lecture course for students wishing to learn some basic principles and applications of nutrition for their personal well-being.

Pre-requisites

There are no pre-requisites for this course. The exception being that the course cannot be taken by students who have credit in an Introductory Nutrition course at University of Alberta (i.e.; NU FS 305 or NUTR 301) or another University (see instructor if applicable).

Objectives

1. To gain an understanding of the need and function of the major nutrients in health and disease
2. To learn how nutrition impacts health

Lectures

Tuesday, Thursday 8:00-9:20 am, CCIS 1-430

Professors:

Sabina Valentine, MSc, 780-222-1349 (available by appointment only; no office on campus)

Teaching Assistant:

Nadia Browne

Nadia will manage the eClass site, answer emails and will make appointments to meet with students or the professors through e-mail requests

Course Email: nutr100@ualberta.ca

Contacting the Professors:

- Ms. Valentine will arrive early for class and you are welcome to ask questions. Usually, they will be available after most classes to answer questions.
- If you would like to ask questions or meet outside of class time please contact the teaching assistant by sending an email to nutr100@ualberta.ca.

Required Materials

There are four resources that you will use for NUTR100; the textbook, Top Hat subscription, eClass and required readings that are not in the textbook. These resources are described below.

- A. Textbook: **Nutrition: Science and Applications**, Canadian Edition by Lori Smolin, Mary Grosvenor, (Wiley Canada). WileyPLUS is the online content associated with textbook for this course and is **NOT** required. It comes with the purchase of your textbook regardless of which format you purchase the textbook in. The textbook is available at the University of Alberta bookstore.

There are several options for the textbook. You may:

- a) purchase an unbound copy of the new textbook (Binder Ready Version) with WileyPLUS
- b) purchase the hard (bound) copy of the new textbook with WileyPLUS
- c) purchase the etext and WileyPLUS as a package just for the term.
- d) Purchase a used textbook (that does not come with WileyPLUS).

WileyPLUS is **NOT** required for the course, but is very beneficial to have. WileyPLUS contains the on line textbook as well as many practice questions that can help prepare you for the exams. For instructions on registering for WileyPLUS, please watch the short video at www.wileyplus.com/register. To register for the WileyPLUS course for Nutrition 100, please click on the following link: www.wileyplus.com/class/588062 (course ID is 588062).

To obtain help and instruction with how to use WileyPLUS, please click on the orange 'HELP' button in the top right corner of the WileyPLUS screen (after you have registered). When you click on this button, there are a number of tutorials that would be valuable for students to access to acquaint themselves with how WileyPLUS works. Below are listed some valuable tutorials and the purpose of the tutorial (each tutorial is no longer than 4 minutes).

Title of Tutorial	Description of Tutorial
Assignment grades	Shows you how to view your grades for the most recent assignments that you did
Searching the eTextbook	tells you how to search for a keyword or phrase in the on line textbook
Getting Started Using ORION	tells you how you can access the ORION questions for each chapter
Getting Started with WileyPLUS with ORION	This is a video that gives you an overview of what WileyPLUS offers
Getting technical support	this link brings you to the WileyPLUS Help and Support page where you can get help by looking a FAQs, do a live chat, or send an email.
User Guide	this is a powerpoint which describes how to navigate around WileyPLUS
Learning Space Basics	is a video that shows you how to navigate around WileyPLUS
Navigating the E-textbook and My Notes	this is a video that you gives you instructions on how to highlight important topics in the e-text and make notes for yourself (that are not shared with other students in the course). This allows you to make your own personal study guide
Using My Notes	to make notes within each chapter
Learning Space Basics	this is a video that shows you how students can interact with other students in the course. Note that eClass is the official site for all class discussions and the email provided in the course syllabus is the email address where students should ask questions to the instructor (the instructor or ta will not be checking the learning space for student questions).

The WileyPLUS practice questions include:

1) concept check questions, which are questions you answer in order to test yourself as you are reading the material. These can be accessed by clicking on the chapter and section of interest for the e-textbook

2) ORION questions: There are questions at the end of each chapter called the ORION questions that each student should complete to prepare for exams in the course. The ORION questions consist of a personal, adaptive learning experience to build your proficiency and help you use your study time most effectively. ORION guides you through your studies highlighting both your strengths and the areas where you need to spend more time.

To access these sets of questions, click on 'e-textbook' in the dashboard drop down menu, and then click on the chapter of interest. For ORION questions for that chapter, click on the 'ORION' tab while in the e-textbook chapter of interest.

How to get help with WileyPLUS: Visit the help section: 2 minute tutorials and more at

www.wileyplus.com/go/studentdoc

OR goto www.wileyplus.com/support where you can view FAQs and do a live chat.

B. Subscription for Top Hat - In addition to the text, NUTR 100 will be using **Top Hat** as a "clicker"-type answering system for in-class participation. You will answer class questions from your own device (cell phone, smart phone, laptop, iPad, iPod. There are lots of options but you need to bring one of these devices to class each day. To purchase a subscription go to <https://app.tophat.com/e/037983>

Top Hat course name: **Nutrition and Wellbeing NUTR 100 (Fall 2016)**

6-digit course code: **037983**

Please select the one-semester subscription option (listed at \$20). You only have to register for Top Hat once if you are taking another course at the University of Alberta that is using Top Hat. **Please note that is REALLY important that you use your ualberta email account when registering for tophat and answering tophat questions (otherwise your marks from tophat won't be uploaded into eClass).**

To obtain help with Top Hat please goto <https://support.tophat.com/s/contact-main>.

D. Readings not in textbook: for some topics, additional required readings are available in eClass. These readings are considered to be testable material.

E. eClass: NUTR100 – Nutrition and Well Being (LEC A1 Fa16) is the main eClass site for the course. It contains:

- A PDF copy of the PowerPoints used in class – these documents will be opened for students within eClass within 24 hours **AFTER** the class
- A copy of the syllabus
- Information on how to contact the professors
- Additional readings
- Information on the exams
- Announcements and email for course
- Information that might be of interest

- Your marks throughout the course
- Instructions on using WileyPLUS and TOP HAT

Expectations of NUTR100 Students

- It is expected that all students know how to use eClass. If you are unfamiliar with this tool take the short tutorial on Moodle that can be found at the bottom of your eClass Overview page (<https://eclass.srv.ualberta.ca/course/view.php?id=2187>) **OR** take a training session on learning to use Moodle.
- It is expected that students have read the assigned reading prior to coming to class, in order to use class time effectively all the required material will not be covered in class.
- **NO** electronic devices, including calculators and cell phones, are permitted during the midterms or exams.

Academic Integrity

“The University of Alberta is committed to the highest standards of academic integrity and honesty. Students are expected to be familiar with these standards regarding academic honesty and to uphold the policies of the University in this respect. Students are particularly urged to familiarize themselves with the provisions of the Code of Student Behaviour (www.ualberta.ca/secretariat/appeals.htm) and avoid any behaviour which could potentially result in suspicions of cheating, plagiarism, misrepresentation of facts and/or participation in an offence. Academic dishonesty is a serious offence and can result in suspension or expulsion from the University.” (GFC 2003)

Code of Student Behavior

“All students at the University of Alberta are subject to the Code of Student Behaviour, as outlined at:

<http://www.governance.ualberta.ca/CodesofConductandResidenceCommunityStandards/~medi a/Governance/Documents/Codes%20of%20Conduct%20and%20Residence%20Community%20Standards/Code%20of%20Student%20Behaviour/COSB-Updated-February-3-2014.pdf>.

Please familiarize yourself with it and ensure that you do not participate in any inappropriate behavior as defined by the Code. Key components of the code include the following statements.

30.3.2(1) No Student shall submit the words, ideas, images or data of another person as the Student’s own in any academic writing, essay, thesis, project, assignment, presentation or poster in a course or program of study.

30.3.2(2) c. No Student shall represent another’s substantial editorial or compositional assistance on an assignment as the Student’s own work.”

Grading and Final Grade

The final grade in the course will be determined as follows:

Activity	Date	% of Final Grade
Midterm exam	Oct 17	30%
Final Exam	Dec 21: 9-11AM	40%
*Class grade (Top Hat questions)	Throughout the course	10%
Quizzes:		20%
Practice Quiz	Sept 8	Does not count toward final grade

Quiz 1	Sept 21	There are a total of 5 quizzes that are to be completed outside of class time. Scores on your best <u>4 quizzes</u> count as 20% of your final grade
Quiz 2	Oct 12	
Quiz 3	Nov 2	
Quiz 4	Nov 23	
Quiz 5	Nov 30	

*Questions will be asked using Top Hat during most classes in the term. Your class mark grade will be the average of your participation marks. We will use the average mark from your top 15 classes in the term. If you do not participate in a class the grade assigned will be 0. There are no make-up participation marks.

Quiz Information

The quizzes (1 practice and 5 graded) are completed out of class time in eClass. They will be open between 7:00am on the Thursday they are assigned and will close at 11:59pm on the next day (Friday). You will not have access to the quizzes during any other time period. If you miss a quiz, you will receive a mark of 0. Each quiz is 12 minutes in length. You will be cut off if you do not complete your quiz within these 12 minutes. The scores from your best 4 graded quizzes will comprise 20% of your grade. These quizzes are timed. The answers that are not submitted within the time allowed will receive a mark of 0. Do not attempt these quizzes until you have completed all the pertinent readings and course material assigned to each Quiz.

Exam Information

- Exams (midterm and final) in the course are multiple choice with some long and short written questions.
- The final exam is cumulative and you will be tested on all material covered in the course (both material covered in class and the assigned readings).
- The final grade will be calculated as described above and will be used to assign a letter grade according to the University of Alberta grading policy.
- There will be two Chat sessions just before the midterm and final exam. The on line 'chats' can be accessed by scrolling down to the 'Chat session' block (at the very bottom) in eClass and clicking on the chat. The chat sessions before the midterm will be from noon to 1 pm on Oct 16, and the chat session before the final exam will be on Dec 20 from noon-1.

Lecture Description and Assigned Readings:

Date	Assigned Readings (Textbook and eClass) ¹
Sept 5	Chapter 1: Nutrition: Food for Health, course introduction
Sept 7	Chapter 2: Nutrition Guidelines: Applying the Science of Nutrition
Sept 12	Chapter 3: Digestion, Absorption, and Metabolism
Sept 8	Practice Quiz
Sept 14 & 19	Chapter 4: Carbohydrates Carbohydrates: additional required readings in eClass
Sept 21	Chapter 6: Proteins and Amino Acids

Sept 21	Quiz 1: tests chapters 3 and 4
Sept 26 & 28 Dr. Proctor	Chapter 5: Lipids
Oct 3	Chapter 6: Proteins and Amino Acids
Oct 5 Dr. Prado	Chapter 7: Energy Balance and Weight Management Focus on Obesity
Oct 10	Chapter 8: Water-soluble Vitamins
Oct 12	Quiz 2: tests chapters 5, 6, and 7
Oct 12	Chapter 9: Fat-soluble Vitamins Focus on Phytochemicals
Oct 17	MIDTERM
Oct 19	Chapter 10: Water and the Electrolytes
Oct 24	Chapter 11: Major Minerals and Bone Health
Oct 26	Chapter 12: The Trace Elements Focus on Integrating Nutrient Function
Oct 31 Dr. Bell	Chapter 14: Nutrition During Pregnancy Nutrition During Pregnancy: Additional required readings for in eClass
Nov 2	Quiz 3: tests chapters 10, 11, and 12
Nov 2 Dr. Bell	Chapter 15: Nutrition during Lactation and from Infancy to Adolescence Nutrition during Lactation and from Infancy to Adolescence: Additional required readings for in eClass
Nov 7 and Nov 9	Chapter 13: Nutrition and Physical Activity Additional required readings for in eClass
Nov 13-17	Fall Reading Week – NO CLASSES
Nov 21	Lecture on Eating Disorders
Nov 23	Quiz 4: tests chapters 13 and 14
Nov 23	Chapter 16: Nutrition and Aging: The Adult Years Nutrition and Aging: The Adult Years: Additional required readings for in eClass
Nov 28	Lecture on Clinical Nutrition and Dietetics
Nov 30	Chapter 18: World Hunger and Malnutrition World Hunger and Malnutrition: Additional required readings for in eClass (or Aboriginal Health)
Nov 30	Quiz 5: tests chapters 15, 16, Eating disorders, Clinical Nutrition
Dec 5 (CNS video lecture)	OR FAD DIET LECTURE
Dec 7	Final Exam review
Dec 21	FINAL EXAM, 9am-11 am

¹Note that there may be additional assigned material in e-class for some of the lectures. Please note that Chapter 17 is not covered or tested in this course