COURSE SYLLABUS

Hunter College, School of Urban Public Health
NFS 14100: Nutrition I (Online Only). Section 02
3 Credits
Spring 2024

Course Description	Fundamentals of the science of nutrition as they apply to individuals and society. *Basic concepts in nutrition will be presented.* *Nutrients, their food sources, physiological roles in the body, as well as their relationship to health and disease will be examined.*
Instructor	Jacqueline O'Leary MS, RDN, IFNCP jo16@hunter.cuny.edu Please **provide your full name** and all relevant info/details when sending an email.
Time and Location	Online only. Course is offered through the School of Urban Public Health at Hunter College.
Course Website	Our class information and activities can be accessed at Blackboard at: https://bbhosted.cuny.edu
Office Hours	Wednesdays **10:00am–11:00am.** During this time we can speak by phone. Other times/days can be available upon request. Please email me in advance for an appointment.
Support Resources	For technical assistance, contact the Helpdesk. Academic support services and writing skills assistance are available. These are also listed on Blackboard.
Required Reading and Resources	Your course textbook is: **Understanding Nutrition**, 16th Ed., Author: Rolfes and Whitney; ISBN:978-0-357-44751-2 (9780357447512); Year: 2021; Publisher: Cengage Learning • The text can be purchased or rented online. • The 15th edition can be used as an alternative to the 16th edition • The textbook is on reserve at the Silberman library on 119th Street and at Hunter College main campus on 68th Street
Suggested reading and resources	Before each lecture, please read the assigned chapters from the textbook Once you have listened to the lecture, please read any additional reading and watch the videos posted in the work folders on Blackboard.
Weekly Folders	The weekly folders will include PowerPoint slides and the lecture. They may also include: additional resources; readings; videos; and some practice quizzes. All the assigned work is mandatory and it is designed to help you prepare for the exams. **You are required to complete the work contained in each folder by the posted deadlines.** Deadlines are outlined in the class syllabus and weekly folders.

Program Competencies	**Course Learning Objectives**	**Assessment Methods**
This course will help you to achieve the following competencies which are expected of undergraduates NFS Majors	*After successfully completing this course, you are expected to be able to:*	*Competencies and learning objectives will be assessed as part of the following course assignments:*
Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical evidence-based practice decisions.	● Identify different types of research study designs by reading current literature. ● Be able to search for relevant food, nutrition and health literature through online databases such as Medline (PubMed).	● Exams ● Diet Analysis Project
Understand the principles of digestion, absorption, transport, and metabolism when making decisions related to food intake and physical fitness.	● Identify types of nutrients and their pathways when they enter the body ● Calculate energy needs for various populations	● Exams ● Diet Analysis Project
Address nutritional needs of individuals and communities at various stages of the life cycle, various fitness levels, and for diverse population groups.	● Identify the similarities and differences between nutrition assessment of individuals and populations ● Recognize the role of diet in development of chronic disease	● Exams ● Diet Analysis Project
Use current information technologies to locate and apply evidence-based guidelines and protocols to make recommendations for individuals and communities.	● Define diet planning principles and guides for planning a healthy diet ● Interpret and utilize the food guide pyramid, exchange system and DRI models for diet planning ● Recognize food label components, serving sizes, nutrient and health claims and how they are used to make sound choices	● Exams ● Diet Analysis Project
Write and prepare clear reports about nutrition assessments and physical activity.	● Evaluate computer generated diet analysis ● Prepare a written report explaining analysis results, ramifications and recommendations	● Exams ● Diet Analysis Project

Course Schedule: Subject to Change

Folder Dates	Topic	Readings & Assignments
Orientation Folder 01/25 – 01/28	**Orientation**	1. Review syllabus, planning calendar, textbook information, and instructor information 2. Note ALL **important dates** 3. Obtain textbook 4. Manage your Blackboard email address 5. Create your Padlet account 6. Introduce yourself on Padlet
Folder 1 01/29 – 02/04	**Chapter 1:** An Overview of Nutrition.	1. Read Chapter 1 2. Review the slides – and make notes 3. Understand the material covered in the study guide 4. Read the supplemental readings 5. Watch the posted videos 6. Complete the Padlet assignment 7. Complete the practice quiz
Folder 2 02/05 – 02/11	**Chapter 2:** Planning a Healthy Diet. **Begin Parts 1 & 2 of your Diet Analysis Project (DAP) – due March 4th**	1. Read Chapter 2 2. Review the slides – and make notes 3. Understand the material covered in the study guide 4. Read the supplemental readings 5. Watch the posted videos 6. Complete the Padlet assignment 7. Complete the practice quiz 8. Begin DAP Part 1 & 2
Folder 3 02/12 – 02/18	**Chapter 3:** Digestion, Absorption, & Transport.	1. Read Chapter 3 2. Review the slides – and make notes 3. Understand the material covered in the study guide 4. Read the supplemental readings 5. Watch the posted videos 6. Complete the Padlet assignment 7. Complete the practice quiz
Online Exam 1. Chapters 1, 2, 3 **Begins: February 18th @ 11 am** **Ends: February 19th @ 9 pm**		
Folder 4 02/19 – 02/25	**Chapter 4:** Carbohydrates.	1. Read Chapter 4 2. Review the slides – and make notes 3. Understand the material covered in the study guide 4. Read the supplemental readings

		5. Watch the posted videos 6. Complete the Padlet assignment 7. Complete the practice quiz
Folder 5 02/26 – 03/03	**Chapter 5:** Lipids.	1. Read Chapter 5 2. Review the slides – and make notes 3. Understand the material covered in the study guide 4. Read the supplemental readings 5. Watch the posted videos 6. Complete the Padlet assignment 7. Complete the practice quiz
Diet Analysis Project Parts 1 & 2. Due on or Before March 4th @ 11:59PM **Submit on Blackboard.**		
Folder 6 03/04 – 03/10	**Chapter 6:** Proteins.	1. Read Chapter 6 2. Review the slides – and make notes 3. Understand the material covered in the study guide 4. Read the supplemental readings 5. Watch the posted videos 6. Complete the Padlet assignment 7. Complete the practice quiz
Online Exam 2. Chapters 4, 5 ,6 **Begins: March 10th @ 11 am** **Ends: March 11th @ 9pm**		
Folder 7 03/11 – 03/17	**Chapter 7:** Metabolism. **Begin Diet Analysis Project (DAP) Part 3 – due April 5th**	1. Read Chapter 7 2. Review the slides – and make notes 3. Understand the material covered in the study guide 4. Read the supplemental readings 5. Watch the posted videos 6. Complete the Padlet assignment 7. Complete the practice quiz 8. Begin DAP Part 3
Folder 8 03/18 – 03/24	**Chapter 8:** Energy Balance & Body Composition	1. Read Chapter 8 2. Review the slides – and make notes 3. Understand the material covered in the study guide 4. Read the supplemental readings 5. Watch the posted videos 6. Complete the Padlet assignment 7. Complete the practice quiz

Folder 9 03/25 – 03/31	**Chapter 9:** Weight Management: Overweight, Obesity and Underweight.	1. Read Chapter 9 2. Review the slides – and make notes 3. Understand the material covered in the study guide 4. Read the supplemental readings 5. Watch the posted videos 6. Complete the Padlet assignment 7. Complete the practice quiz
Diet Analysis Project Part 3 Due on or before April 5th @ 11:59PM **Submit on Blackboard.**		
Folders 10 04/01– 04/07	**Chapter 10:** Water Soluble Vitamins. **Submit Part 3 of your DAP**	1. Read Chapter 10 2. Review the slides – and make notes 3. Understand the material covered in the study guide 4. Read the supplemental readings 5. Watch the posted videos 6. Complete the Padlet assignment 7. Complete the practice quiz 8. Complete Part 3 of your DAP
Online Exam 3. Chapters 7, 8, 9, 10 **Begins: April 7th @ 11 am** **Ends: April 8th @ 9 pm**		
Folder 11 04/08 – 04/14	**Chapter 11:** Fat Soluble Vitamins. **Begin Diet Analysis Project (DAP) Part 4**	1. Read Chapter 11 2. Review the slides – and make notes 3. Understand the material covered in the study guide 4. Read the supplemental readings 5. Watch the posted videos 6. Complete the Padlet assignment 7. Complete the practice quiz **8. Begin DAP Part 4**
Folder 12 04/15 – 04/21	**Chapter 12:** Major Minerals.	1. Read Chapter 12 2. Review the slides – and make notes 3. Understand the material covered in the study guide 4. Read the supplemental readings 5. Watch the posted videos 6. Complete the Padlet assignment 7. Complete the practice quiz
Folder 13 05/01– 05/07	**Chapter 13:** The Trace Minerals.	1. Read Chapter 13 2. Review the slides – and make notes 3. Understand the material covered in the study guide 4. Read the supplemental readings 5. Watch the posted videos 6. Complete the Padlet assignment 7. Complete the practice quiz

Spring Break – April 22nd – 30th		
Folder 14 05/08 – 05/14	**Chapter 14:** Fitness: Physical Activity, Nutrients, and Body Adaptations. **Submit Part 4 of your DAP**	1. Read Chapter 14 2. Review the slides – and make notes 3. Understand the material covered in the study guide 4. Read the supplemental readings 5. Watch the posted videos 6. Complete the Padlet assignment 7. Complete the practice quiz 8. Complete Part 4 of your DAP
Diet Analysis Project Part 4. Due on or Before Thursday May 11th **Submit on Blackboard.**		
REMINDER: Wednesday, May 15th is the LAST DAY TO WITHDRAW WITH A GRADE OF W		
Folder 15 04/15 – 04/16	**Class Wrap-up**	• Complete the Padlet assignment
Online Exam 4. Chapters 11, 12, 13, 14 **Begins: May 16th @ 11 am** **Ends: May 17th @ 9 pm**		

Course Assessment and Grading Policy

Assessments will include: 4 exams; a Diet Analysis Project, and Attendance/Participation (**which is based upon completion of chapter quizzes, folder assignments, and Padlet participation**).

The relative weight of each course component is as follows:

Assessment	Weight
Exam 1	20%
Exam 2	20%
Exam 3	20%
Exam 4	20%
Diet Analysis Project	15%
Participation & Attendance	5%
Total Points	100%

The grading system for the course follows guidance in the Hunter Catalog.

Letter Grade	Quality Points	Percentage
A+	4.0	97.5 - 100
A	4.0	92.5 - 97.4
A-	3.7	90.0 - 92.4
B+	3.3	87.5 - 89.9
B	3.0	82.5 - 87.4
B-	2.7	80.0 - 82.4
C+	2.3	77.5 - 79.9
C	2.0	70.0 - 77.4
D	1.0	60.0 – 69.9
F	0.0	0.0 – 59.9

Evaluation criteria for exams, diet analysis project, and attendance

Exams

There are 4 exams worth 20% each and all exams are mandatory. The exams are multiple choice and you will take each one as a closed book, timed test directly on Blackboard. They must be taken in one sitting. ****If you are registered with the Office of Accessibility, please email me the appropriate paperwork by the second day of the first week of the semester.**

Please mark all the exam dates in your phone/organizer/calendar now and plan to be available to take the exam at some time during each 2-day window. You may choose any time during the designated period in which to log on, and you must start and complete the exam in one sitting. You cannot log off once you have started. You may take the exams during the day or in the evening during the window. The calendar and syllabus give the dates for all the exams. Arrange your schedule as needed now so that you will be able to take it during the designated time period. Barring documented emergencies, there are no make-ups. If you have sketchy wifi at home or wherever you plan to take the exams, you should arrange to take the class in a Hunter computer room or library on campus.

Exam questions are based on chapter and lecture content. Lectures will guide you through the most important areas to highlight from the chapters. Any info included in class lectures is fair game for exam questions. The chapter quizzes are meant to get you used to the exam question style and testing format.

There are no make-ups, rewrites, or course extra credit allowed. A missed exam will count as a zero. Exams missed for one of the following reasons (i.e., illness, family emergencies, and military obligation, court-imposed legal obligations, or participation in university athletic or scholastic activities) have to be made up within 1 week of the scheduled date. In cases of scheduled obligations (military service, legal obligations, university athletic/scholastic activities), notification must be requested by email at least two days prior to the exam. In the

case of last-minute emergencies (illness, family), notification of the problem must be provided during the test.

Diet Analysis Project

The project accounts for 15% of your course grade. It is divided into 4 parts and each part will be graded separately; the total points are combined to create the final grade for the project. The project guidelines and grading rubric will be available in the diet analysis folders on Blackboard.

Attendance/Participation

Attendance accounts for 5% of your final course grade and is **based upon completion of the chapter quizzes, folder assignments, and Padlet Posts.**

Course Policies

Attendance and class participation

You are expected to "attend" each class; since this is an online-only class, attendance with be evaluated by your participation in each weekly folder, which includes mandatory BB postings, Padlet Posts, and chapter quizzes. The quiz score will not be counted towards your grade, but completing it will count towards your attendance score.

Please make sure you check for all Blackboard announcements emails daily, and read them carefully and completely.

Late/incomplete submission of assignments

Project assignments and exams are due on the dates listed on the syllabus and in the weekly modules. **Unexcused late project assignments and exams will receive a grade of zero.**

Make-ups, rewrites, and extra credit

There are no make-ups, rewrites, or extra credit allowed. A missed exam will count as a zero.

Exams missed because of a legitimate excuse (i.e., illness, family emergencies, military obligation, court-imposed legal obligations, or participation in university athletic or scholastic activities) have to be made up within ONE week of the scheduled date. Written documentation from appropriate authority is required.

Expectations of students

- Be respectful of instructor and classmates.
- Be prepared to participate, learn and be intellectually challenged.
- Take responsibility for their success.

- Take full advantage of the resources provided.
- Communicate with the instructor about challenges and concerns.

Expectations for the instructor

- Provide each student the opportunity to learn by presenting appropriate, current material and assigning work that enhances understanding.
- Remain professional at all times in knowledge and course/class management.
- Be fair and objective in the development and grading of assessments and assignments and assign students the grade they earn.
- Be available as a resource to support student success.
- Communicate clearly and in a timely manner.

Hunter Institutional Policies

❖ Hunter College Policy on Academic Integrity Hunter College regards acts of academic dishonesty (e.g., plagiarism, cheating on examinations, obtaining unfair advantage, and falsification of records and official documents) as serious offenses against the values of intellectual honesty. The College is committed to enforcing the CUNY Policy on Academic Integrity and will pursue cases of academic dishonesty according to the Hunter College Academic Integrity Procedures."

❖ ADA Policy In compliance with the American Disability Act of 1990 (ADA) and with Section 504 of the Rehabilitation Act of 1973, Hunter College is committed to ensuring educational parity and accommodations for all students with documented disabilities and/or medical conditions. It is recommended that all students with documented disabilities (Emotional, Medical, Physical, and/or Learning) consult the Office of AccessABILITY, located in Room E1214B, to secure necessary academic accommodations. For further information and assistance, please call: (212) 772-4857 or (212) 650-3230

❖ **Hunter College Policy on Sexual Misconduct** In compliance with the CUNY Policy on Sexual Misconduct, Hunter College reaffirms the prohibition of any sexual misconduct, which includes sexual violence, sexual harassment, and gender-based harassment retaliation against students, employees, or visitors, as well as certain intimate relationships. Students who have experienced any form of sexual violence on or off campus (including CUNY-sponsored trips and events) are entitled to the rights outlined in the Bill of Rights for Hunter College.

a. Sexual Violence: Students are strongly encouraged to immediately report the incident by calling 911, contacting NYPD Special Victims Division Hotline (646-610-7272) or their local police precinct, or contacting the College's Public Safety Office (212-772-4444).

b. All Other Forms of Sexual Misconduct: Students are also encouraged to contact the College's Title IX Campus Coordinator, Dean John Rose (jtrose@hunter.cuny.edu

or 212-650-3262) or Colleen Barry (colleen.barry@hunter.cuny.edu or 212-772-4534) and seek complimentary services through the Counseling and Wellness Services Office, Hunter East 1123.

CUNY Policy on Sexual Misconduct Link:
https://www.cuny.edu/wp-content/uploads/sites/4/page-assets/about/administration/offices/ovsa/policies/Sexual-misconduct-8.30.18-PSM-2018-005.pdf

Student Verification in online courses: Faculty teaching online courses make extensive use of performance-based assessment and active learning in online instruction. Through these activities, faculty are able to identify patterns in writing styles, levels of achievement, basic content knowledge, and typical types of interaction specific to each student. Such high exposure and high feedback instruction enables faculty to make professional judgments regarding any atypical assignments/assessments turned in that do not match student patterns established throughout the semester. Every online course syllabus contains a statement of expectations and preventative measures to ensure academic integrity. Assessments include but are not limited to papers, projects, group discussions, and/or online chats on a weekly basis. Faculty can check any written work, from discussion posts to submitted papers, with anti-plagiarism software. SUPH has an academic integrity policy about falsifying information including submitted work and plagiarism.

Click this link to the Hunter Undergraduate Catalog for institutional policies on:

- Accessibility
- Academic Integrity/Plagiarism
- Course Withdrawals & Grading including the Pass/No Credit option
- Grade Incompletes
- Grade Appeals
- Sexual Misconduct
- Counseling and Wellness Support