

**NUIP 4440: Advanced Human Nutrition**  
**Fall 2019**  
**Tuesday & Thursday, 4:35-5:50 p.m., HPR N 218**

Instructor	Amy Reeder, MS, RD, CDE
Email	<a href="mailto:amy.reeder@hsc.utah.edu">amy.reeder@hsc.utah.edu</a>
Office	HPR W 108F
Office Hours	Tues/Thurs 3:15-4:15
Teaching Assistant	Kai Benedict
Email	<a href="mailto:kai.benedict@utah.edu">kai.benedict@utah.edu</a>
Office	HPR W 108
Office Hours	Tues 11-12

**GENERAL INFORMATION:**

Required prerequisites: NUTR 1020 and BIOL 1010 or 1210. You should not enroll in this course if you have not taken the prerequisites. BIOL 2420 and BIOL 3510 are recommended, but not required. Students should have a basic understanding of macro- and micronutrients, biochemistry, and human physiology. This class will follow the same themes as NUTR 1020, but at a more advanced level that further explores the science of nutrition. This class also involves writing, and it is expected that you will be able to write at a college-appropriate level.

Course description: The purpose of this course is to obtain an advanced knowledge about nutrients, energy, and metabolism. The course will also focus on discussion of the causes of major chronic diseases such as obesity, cardiovascular disease and diabetes, as well as the role of nutrition in preventing these diseases. An emphasis will be placed on the current research as it relates to each disease. Students will learn how to find and interpret the scientific literature and apply it to their own health.

Student Learning Outcomes:

- To evaluate individual nutrients, sources, functions, requirements and relationships to health and disease processes.
- To understand the role of nutrition in the causation, prevention and treatment of diseases such as obesity, heart disease, hypercholesterolemia, hypertension, cancer, diabetes, iron deficiency anemia, and osteoporosis.
- To understand the interdependence of nutrients and the importance of their proper balance.
- To assess individual disease risk based on anthropometrics, body composition and lipid profile.
- To critically evaluate current nutrition information and recommendations.

*Note: this course fulfills the upper division core requirement for the Nutrition Minor and the Intellectual Exploration-Applied Science requirement.*

**Please read the assigned readings PRIOR to class.** This will help you solidify new information and allow you the opportunity to do well on assignments and exams.

**CLASS MATERIAL REQUIRED:**

***The Science of Nutrition***, 5<sup>th</sup> edition (2020), Thompson, Manore, Vaughan. Published by Pearson. This text will be integrated on Canvas. You will see a link on Canvas to the electronic text and course modules.

## ONLINE CLASS MODULES:

Approximately each week there will be a “Mastering Nutrition” online module to complete. Since this is a hybrid course, we will have 3 credit hours of classroom instruction per week and 1 credit hour of online instruction in the form of Instructional Modules. The online modules are linked into the course calendar that is found on “Mastering Nutrition” website. After you complete each module it is automatically graded and entered into the grade book.

## CLASS ASSIGNMENTS:

Detailed instructions for each of the 3 assignment are found on Canvas.

1. **Scientific article evaluation** (detailed instructions on Canvas)

**Overview:**

Complete article review and turn it in on Canvas. Detailed instructions on how to complete the article review are on Canvas. The scientific article link will be provided to you.

2. **Diet analysis** (detailed instructions on Canvas)

**Overview:**

Compare your typical diet to an alternative diet. Follow your typical diet for one day, then switch to 1 of 3 alternative diet choices (vegan, lacto-ovo vegetarian, low-carb). Download the assignment instructions on Canvas to get a copy of the questions that you must answer after analyzing your diet.

3. **Cooking lab**

We will have 2 cooking labs held in HPR N 227. Class will be divided into 2 groups and each group will participate in 2 cooking labs. In Lab 1 we will learn how to cook vegetables in ways that are healthy and tasty. In Lab 2 we will prepare vegetarian meals. We will discuss the nutritional content of each meal and what physiological function they have in health and disease. We eat what we cook! Groups and dates will be coordinated during the first week of class.

## CLASS POLICIES AND GRADING SCALE:

### Assignments:

- All assignments are turned in on Canvas. Late assignments are deducted 10 points per day after the due date.
- Individual assignments showing signs of plagiarism will be given a zero, and the student may fail the course.

### Exams:

- Format is multiple choice, true/false, matching, short answer.
- You **MUST** write your name on the scantron sheet or you will receive a 0 for the exam!
- If you must miss an exam, notify instructor at least 1 week prior to exam date; an alternative date can be coordinated.
- Makeup exams will be taken at the Testing Center in the Student Services Building.
- If you miss an exam without prior permission from Instructor you will be allowed to take a makeup exam **ONLY** if you have a legitimate excuse that can be verified (physician note, accident report, etc.). Instructor must be notified within 24 hours of missed exam.
- Missed exams without prior permission or written excuse will be assigned a 0 grade.

## TENTATIVE CLASS SCHEDULE – *may be subject to changes depending on lecture schedule*

Aug. 20	Syllabus review, Chapter 1: Overview of nutrition, needs, assessment, scientific method
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Aug. 22	Chapter 2: Nutrition labels, health claims, digestion
Aug. 27	Chapter 3: Digestion
Aug. 29	Chapter 3: Digestion
Sept. 3	Chapter 4: Carbohydrates, sweeteners
Sept. 5	Chapter 4: Blood glucose regulation and diabetes
Sept. 10	Chapter 4: Blood glucose regulation and diabetes
<b>Sept. 12</b>	<b>EXAM 1</b>
Sept. 17	COOKING LAB: Vegetables
Sept. 19	COOKING LAB: Vegetables
Sept. 24	Chapter 5: Lipids
<b>Sept. 26</b>	Chapter 5: Lipids, <b>SCIENTIFIC ARTICLE EVALUATION ASSIGNMENT DUE</b>
Oct. 1	Diet and coronary artery disease
Oct. 3	Diet and coronary artery disease
<b>Oct. 7-13</b>	<b>FALL BREAK</b>
Oct. 15	Chapter 6: Proteins
Oct. 17	Chapter 6: Proteins and vegetarian diets
<b>Oct. 22</b>	<b>EXAM 2</b>
Oct. 24	Chapter 7-8: Micronutrients, energy metabolism
Oct. 29	Chapter 7-8: Micronutrients, energy metabolism
Oct. 31	Chapter 7-8: Micronutrients, energy metabolism
Nov. 5	Chapter 10: Antioxidants
Nov. 7	Chapter 10: Antioxidants
<b>Nov. 12</b>	Chapter 12: Nutrients for blood, vision and immunity <b>DIET ANALYSIS ASSIGNMENT DUE</b>
<b>Nov. 14</b>	<b>EXAM 3</b>
Nov. 19	COOKING LAB: Vegetarian meal
Nov. 21	COOKING LAB: Vegetarian meal
Nov. 26	Chapter 13: Achieving and Maintaining Healthy Weight
Dec. 3	Chapter 13: Achieving and Maintaining Healthy Weight
Dec. 5	Chapter 16: Food equity and sustainability
<b>Dec. 10</b>	<b>FINAL EXAM, 6:00-8:00 PM, HPR N 218</b>

**University of Utah Grading Scale:**

A	93-100%	C	73-77%
A-	90-92%	C-	70-72%
B+	88-89%	D+	68-69%
B	83-87%	D	63-67%
B-	80-82%	D-	60-62%
C+	78-79%	E	<59%

**POINT BREAKDOWN FOR ASSIGNMENTS AND EXAMS:**

Scientific Article Evaluation and Group Presentation	50 points
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Diet Analysis Assignment	50 points
Cooking Labs 1 & 2 Participation	25 points
Mastering Nutrition Online Modules	100 points
Exam 1	100 points
Exam 2	100 points
Exam 3	100 points
Exam 4	100 points
<b>TOTAL CLASS POINTS POSSIBLE</b>	<b>625 points</b>

**UNIVERSITY SAFETY STATEMENT:**

The University of Utah values the safety of all campus community members. To report suspicious activity or to request a courtesy escort, call campus police at 801-585-COPS (801-585-2677). You will receive important emergency alerts and safety messages regarding campus safety via text message. For more information regarding safety and to view available training resources, including helpful videos, visit [safeu.utah.edu](http://safeu.utah.edu).

**SPECIAL NEEDS AND/OR DISABILITIES:**

Any student requiring special accommodations either in class or during lab should contact instructor to make suitable arrangements as recommended by the Center for Disabled Student Services. The University of Utah and the Division of Nutrition seek to provide equal access to its programs, services and activities for people with disabilities. If you need accommodations in class, reasonable prior notice needs to be given to the Center for Disability Services (CDS), 162 Olpin Union Bldg, 801-581-5020 (V/TDD). CDS will work with you and the instructor to make arrangements for accommodations. All written information in this course can be made available in alternative format with prior notification to the Center for Disability Services.

**ADDRESSING SEXUAL MISCONDUCT ON CAMPUS:**

Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a Civil Rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age, status as a person with a disability, veteran’s status or genetic information. If you or someone you know has been harassed or assaulted, you are encouraged to report it to the Title IX Coordinator in the Office of Equal Opportunity and Affirmative Action, 135 Park Bldg, 801-581-8365, or the Office of the Dean of Students, 270 Union Bldg, 80-581-7066. For support and confidential consultation, contact the Center for Student Wellness, 426 SSB, 801-581-7776. To report to the police, contact the Department of Public Safety, 801-585-2677 (COPS).

**ADD/DROP POLICY:**

Classes begin	Monday, Aug. 1901-581
Last day to add without permission code	Friday, Aug. 23
Last day to add, drop, elect CR/NC, or audit classes	Friday, Aug. 30
Last day to withdraw from classes	Friday, Oct. 18
Last day to reverse CR/NC option	Wednesday, Nov 27
Classes end	Thurs., Dec. 5

Students can drop classes through Aug. 30 and the classes will not appear on transcripts. Students can withdraw from classes through Oct. 18, but will be held responsible for tuition and a “W” will appear transcripts.