



Edit

# NUIP 4440-01 | Advanced Human Nutrition

SPRING 2021

## CLASS TIME AND LOCATION

This is a fully online synchronous class conducted via Zoom (Tuesdays, 12:25-1:45 p.m.), Canvas and the e-Text/Learning Management System Mastering Nutrition. This is a 4-credit hour class.

My intent for this class is to create a space where students feel included, heard, and respected, and that students' diverse identities and backgrounds are valued and viewed as an asset to our shared learning experience. We all come to this course with unique life experiences, and there will be diversity of perspectives in our discussions. If you have a conflict with a class or assignment and a religious/cultural/spiritual event, please notify me beforehand and we will make arrangements.

Please read Faculty Inclusive Statement During Pandemic [here](#).

## INSTRUCTOR INFORMATION



**Amy Reeder, MS RD CDE**

**Instructor**

*amy.reeder@hsc.utah.edu*

***[Department of Nutrition and Integrative Physiology \(https://health.utah.edu/nutrition-integrative-physiology/\)](https://health.utah.edu/nutrition-integrative-physiology/)***

*Office: HPR W 108F*

**Zoom class link (Tuesdays, 12:25-1:45 pm): <https://utah.zoom.us/j/97692026928> (<https://utah.zoom.us/j/97692026928>)**

**Zoom class passcode: 4440**

**Zoom Office Hours by appointment according to your schedule.**



## TEACHING ASSISTANT INFORMATION

**Amber Lawrence**

*u1261025@utah.edu*

***Department of Nutrition and Integrative  
Physiology (<https://health.utah.edu/nutrition-integrative-physiology/>)***

## COURSE DESCRIPTION

Advanced study of macro- and micronutrients and their relationships to disease states, e.g., heart disease, cancer, diabetes, hypertension, and osteoporosis. Body composition determination and weight issues. Physiological and metabolic bases of nutrient needs during the life cycle with clinical examples.

## PRE- OR CO-REQUISITES

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.

## REQUIRED MATERIAL

***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 associated chapter assignments.



## STUDENT LEARNING OUTCOMES

By the end of this course, you will be able to:

- 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 critically evaluate current nutrition information and recommendations.

## TEACHING AND LEARNING METHODS

The course is dependent upon the required e-textbook with additional resources on Canvas and Mastering Nutrition. It is recommended that you read the assigned readings prior to accessing the associated online Mastering assignments. Doing so will create a foundation for course material and will allow you to follow the concepts more easily. Exam material will come from both online assignment material and chapter/other posted readings. The calendar has suggestions for what chapters you should be covering each week, as well as all due dates. See the Course Design & Instructions page for more information.

## LEARNING ASSESSMENTS

**Written Assignment: Diet analysis** (detailed instructions on Canvas, under Assignments)

**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 using the diet analysis software in the e-text/Mastering Nutrition system.

**Written Assignment: Scientific Article Evaluation** (detailed instruction on Canvas, under Assignments)

**Overview:**

This assignment is designed to help you learn to critically evaluate nutrition information reported in the media.



## In-class Activities:

### Overview:

In each Zoom class meeting we will have an in-class activity relating to the course material that week. Each activity is worth 10 points. You will be allowed to miss 4 of the 9 available activities.

**Extra Credit Discussion Assignment: Vegetable Cooking Demo** (detailed instructions on Canvas, under Discussions)

### Overview:

In this extra credit assignment we will discuss the importance of vegetables as part of health maintenance and disease prevention. You will pick a vegetable to prepare and submit a cooking demonstration video showing your prep technique(s) and answering questions about the final product.

## Mastering Nutrition Online Assignments:

Each Canvas module (chapter or chapter grouping) will have a corresponding Mastering Nutrition online assignment that will count toward your grade. These assignments can be accessed in each Module.

**If you need an extension on any of the written or Mastering Nutrition assignments, please contact me in a timely manner and I will work with you.**

**Exams:** (4 total, non-cumulative)

Exams will be taken on Canvas. The exams are a combination of multiple-choice questions, true/false, matching, fill-in-the-blank, calculation, and short answer questions. They will be timed at 90 min. each. Thorough study guides are available for each chapter at the end of the module.

|  |             |
|--|-------------|
| Diet Analysis Assignment                 | 50 points   |
| Scientific Article Evaluation Assignment | 50 points   |
| In-class Activities (5 of 9 possible)    | 50 points   |
| Veggie Video Extra Credit                | (10 points) |
| Mastering Nutrition Online Modules       | 200 points  |
| Exam 1                                   | 75 points   |
| Exam 2                                   | 75 points   |



Exam 3 75 points

Exam 4 75 points

TOTAL CLASS POINTS POSSIBLE 650 points

## GRADE SCHEME

The following grading standards will be used in this class:

| Grade | Range             |
|-------|-------------------|
| A     | 100 % to 92.5%    |
| A-    | < 92.5 % to 89.5% |
| B+    | < 89.5 % to 87.5% |
| B     | < 87.5 % to 82.5% |
| B-    | < 82.5 % to 79.5% |
| C+    | < 79.5 % to 77.5% |
| C     | < 77.5 % to 72.5% |
| C-    | < 72.5 % to 69.5% |
| D+    | < 69.5 % to 67.5% |
| D     | < 67.5 % to 62.5% |
| D-    | < 62.5 % to 59.5% |
| F     | < 59.5 % to 0.0%  |

## COURSE POLICIES AND RESPONSIBILITIES

### Department of Nutrition and Integrative Physiology Code of Conduct

The Department of Nutrition and Integrative Physiology takes academic integrity very seriously. Violations of the student code of conduct erode the equitable learning environment that we strive for in all of our courses. Therefore, we are requiring all students in our courses to agree to the academic integrity statement in this document prior to receiving access to the course on Canvas.

All students are expected to adhere to policies set forth by instructors on assignments, exams, homework, etc. Students may work collaboratively on projects or assignments *only if*

*specifically* permitted by the instructor of the course. Any activity that falls outside of the instructor-permitted exceptions is considered inappropriate and may constitute academic misconduct. Incidents of academic misconduct, including cheating, plagiarizing, research misconduct, misrepresenting one's work, and/or inappropriately collaborating on an assignment, will be dealt with in accordance with the Student Code (Policy 6-400, Section V). Instances of academic misconduct could result in a failing grade for the course; probation, suspension, or dismissal from a program; suspension or dismissal from the university; or revocation of a degree or certificate.

All study materials in this course are considered intellectual property of the instructor and the University of Utah; this includes videos, lecture slides, case studies, exams, answer keys, etc. Unauthorized uploading or distribution of the aforementioned materials to any website, either during or after the semester, is prohibited and may be addressed both as a violation of the behavioral standards as well as an act of academic misconduct. The Department will actively monitor websites for unauthorized distribution and refer all instances of the violation to the Vice President for Student Affairs and the College of Science Academic Affairs Committee for investigation. You need written permission from the instructor permitting you to upload any material to any website.

### **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.

**If you need an extension on any written or Mastering Nutrition assignment please let me know in a timely manner and I will work with you.**

### **Exams:**

- Exams will be completed online, on Canvas.
- If you miss an exam without prior permission from Instructor you will be allowed to take a makeup exam 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.

Online courses require significant self-motivation. Online courses are different than on-campus courses and online learning is not ideal for everyone. Some lessons take a considerable amount of time to complete. Please note that not all modules are created equal. Some may take a bit more time than others. Some people believe this to be a much easier way to study this subject than in the on-campus frame work. Others may feel very intimidated at first. Be patient as you work your way through the first few modules. If you are serious about the material, you will learn as much as, if not more than, most on-campus students about this subject and develop reading and communication skills that are vital to the workforce of the 21st century.

- **Electronic or equipment failure**: It is your responsibility to maintain your computer and related equipment in order to participate in the online nature of the course.
- **Document archiving**: You are responsible for making sure your assignments, including attachments, are received before the deadline. Students are also responsible for ensuring that the documents submitted are the correct document to be graded.
- **Naming conventions and software type**: You are responsible for submitting the assignment with the required naming convention, correct file extension, and using the software type and version required for the assignment. See assignment instructions for acceptable formats.
- **Classroom equivalency**: Discussion threads, e-mails, and chat rooms are all considered to be equivalent to classrooms, and student behavior within those environments shall conform to the University of Utah Student Code. Specifically:
  - Posting photos or comments that would be off-topic in a classroom are still off-topic in an online posting.
  - Off-color language and photos are never appropriate.
  - Using angry or abusive language is called "flaming", is not acceptable, and will be dealt with according to the Student Code.
  - Course e-mails, e-journals, and other online course communications are part of the classroom and as such, are University property and subject to GRAMA regulations and the Student Code. Privacy regarding these communications between correspondents must not be assumed and should be mutually agreed upon in advance, in writing.

## UNIVERSITY POLICIES

## COVID-19 CAMPUS GUIDELINES

**Students are required to self-report if they test positive for COVID-19.** To report, please contact:

**COVID-19 Central @ The U**

📞 801-213-2874

🌐 [coronavirus.utah.edu \(https://coronavirus.utah.edu/\)](https://coronavirus.utah.edu/)

To reduce the spread of COVID-19 on campus, **face coverings are required in all in-person classes for both students and faculty.** Face coverings are required to cover both your mouth and your nose. Please note that face shields alone are not an acceptable form of face covering unless also worn with a covering or mask for the nose and mouth.

Based on CDC guidelines, the University requires everyone to wear face coverings in shared public spaces on campus, including our classroom. As a reminder, when I wear a face covering, I am protecting you. When you wear a face covering, you are protecting me and all of your classmates. If you

forget your face covering, I will ask you to leave class to retrieve it. **If you repeatedly fail to wear a covering in class, I will refer you to the Dean of Students for a possible violation of the Student Code.**

Note that some students may qualify for accommodations through the Americans with Disabilities Act (ADA). If you think you meet these criteria and desire an exception to the face covering policy, contact the **Center for Disability and Access** (<https://t.e2ma.net/click/vlufyz/js70keu/biaugte>) (CDA).

Accommodations should be obtained prior to the first day of class so that I am notified by CDA of any students who are not required to wear a face covering.

If you believe you meet these criteria, contact:

### Center for Disability & Access

📞 801-581-5020

🌐 [disability.utah.edu](https://disability.utah.edu) (<https://disability.utah.edu/>)

📍 162 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

Everyone is encouraged to wash their hands, use hand sanitizer, and clean their desks with wipes, which will be available at classroom entrances and at “sanitizing stations” in multi-use buildings, including Marriott Library. Read more information about the building cleaning schedule on [coronavirus.utah.edu](https://coronavirus.utah.edu) (<https://coronavirus.utah.edu/>).

## DROP/WITHDRAWAL POLICIES

Students may drop a course within the first two weeks of a given semester without any penalties.

Students may officially withdraw (W) from a class or all classes after the drop deadline through the midpoint of a course. A “W” grade is recorded on the transcript and appropriate tuition/fees are assessed. The grade “W” is not used in calculating the student’s GPA.

For deadlines to withdraw from full-term, first, and second session classes, see the U's **Academic Calendar** (<https://registrar.utah.edu/academic-calendars/index.php>).

## PLAGIARISM & CHEATING

It is assumed that all work submitted to your instructor is your own work. When you have used ideas of others, you must properly indicate that you have done so.

Plagiarism and cheating are serious offenses and may be punished by failure on an individual assignment, and/or failure in the course. Academic misconduct, according to the University of Utah



Student Code,



*“...Includes, but is not limited to, cheating, misrepresenting one’s work, inappropriately collaborating, plagiarism, and fabrication or falsification of information...It also includes facilitating academic misconduct by intentionally helping or attempting to help another to commit an act of academic misconduct.”*

For details on plagiarism and other important course conduct issues, see the U's [Code of Student Rights and Responsibilities \(http://regulations.utah.edu/academics/6-400.php\)](http://regulations.utah.edu/academics/6-400.php).

## COURSE MATERIALS COPYRIGHT

**The Content is made available only for your personal, noncommercial educational and scholarly use.** You may not use the Content for any other purpose, or distribute, post or make the Content available to others, unless you obtain any required permission from the copyright holder. Some Content may be provided via streaming or other means that restrict copying; you may not circumvent those restrictions. You may not alter or remove any copyright or other proprietary notices included in the Content.

Please see the [Code of Student Rights and Responsibilities \(https://regulations.utah.edu/academics/6-400.php\)](https://regulations.utah.edu/academics/6-400.php), Section III.A.5 regarding use and distribution of class Content and materials.

[https://regulations.utah.edu/academics/6-400.php \(https://regulations.utah.edu/academics/6-400.php\)](https://regulations.utah.edu/academics/6-400.php) Section III.A.5. prohibits the following:

Sale or distribution of information representing the work product of a faculty member to a commercial entity for financial gain without the express written permission of the faculty member responsible for the course. (“Work product” means original works of authorship that have been fixed in a tangible medium and any works based upon and derived from the original work of authorship.)

## SAFETY AT THE U

The University of Utah values the safety of all campus community members. 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 \(http://safeu.utah.edu\)](http://safeu.utah.edu).

To report suspicious activity or to request a courtesy escort, contact:

### Campus Police & Department of Public Safety

☎ 801-585-COPS (801-585-2677)

🌐 [dps.utah.edu \(https://dps.utah.edu\)](https://dps.utah.edu)

📍 1735 E. S. Campus Dr.  
Salt Lake City, UT 84112



## WELLNESS AT THE U

Your personal health and wellness are essential to your success as a student. Personal concerns like stress, anxiety, relationship difficulties, depression, or cross-cultural differences can interfere with a student's ability to succeed and thrive in this course and at the University of Utah.

Please feel welcome to reach out to your instructor or TA's to handle issues regarding your coursework.

For helpful resources to manage your personal wellness and counseling options, contact:

### Center for Student Wellness

📞 801-581-7776

🌐 [wellness.utah.edu](http://wellness.utah.edu) ([http://wellness.utah.edu/](http://wellness.utah.edu))

📍 2100 Eccles Student Life Center  
1836 Student Life Way  
Salt Lake City, UT 84112

### Women's Resource Center

📞 801-581-8030

🌐 [womenscenter.utah.edu](https://womenscenter.utah.edu) (<https://womenscenter.utah.edu/>)

📍 411 Union Building  
200 S. Central Campus Dr.  
Salt Lake City, UT 84112

<http://www.wellness.utah.edu>)

## ADDRESSING SEXUAL MISCONDUCT

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 university officials:

### Title IX Coordinator & Office of Equal Opportunity and Affirmative Action


📞 801-581-8365




 [oeo.utah.edu \(https://oeo.utah.edu/\)](https://oeo.utah.edu/)

 135 Park Building  
201 Presidents' Cir.  
Salt Lake City, UT 84112

### Office of the Dean of Students

 801-581-7066

 [deanofstudents.utah.edu \(https://deanofstudents.utah.edu/\)](https://deanofstudents.utah.edu/)


 270 Union Building  
200 S. Central Campus Dr.  
Salt Lake City, UT 84112

To file a police report, contact:

### Campus Police & Department of Public Safety

 801-585-COPS (801-585-2677)


 [dps.utah.edu \(https://dps.utah.edu/\)](https://dps.utah.edu/)

 1735 E. S. Campus Dr.  
Salt Lake City, UT 84112


If you do not feel comfortable reporting to authorities, the U's Victim-Survivor Advocates provide **free, confidential** and **trauma-informed** support services to **students, faculty, and staff** who have experienced interpersonal violence.

To **privately** explore options and resources available to you with an advocate, contact:

### Center for Student Wellness

 801-581-7776

 [wellness.utah.edu \(http://wellness.utah.edu/\)](http://wellness.utah.edu/)

 328 Student Services Building  
201 S. 1460 E.  
Salt Lake City, UT 84112

## AMERICANS WITH DISABILITIES ACT (ADA)

The University of Utah seeks to provide equal access to its programs, services, and activities for people with disabilities.

All written information in this course can be made available in an alternative format with prior notification to the Center for Disability & Access (CDA). CDA will work with you and the instructor to make arrangements for accommodations. Prior notice is appreciated. To read the full accommodations policy for the University of Utah, please see Section Q of the **[Instruction & Evaluation regulations \(http://regulations.utah.edu/academics/6-100.php\)](http://regulations.utah.edu/academics/6-100.php)**.

If you will need accommodations in this class, or for more information about what support they provide, contact:



### **Center for Disability & Access**

📞 801-581-5020

🌐 [disability.utah.edu \(https://disability.utah.edu/\)](https://disability.utah.edu/)

📍 162 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

## DIVERSE STUDENT SUPPORT

Your success at the University of Utah is important to all of us here! If you feel like you need extra support in academics, overcoming personal difficulties, or finding community, the U is here for you.

### **Student Support Services (TRIO)**

TRIO federal programs are targeted to serve and assist low-income individuals, first-generation college students, and individuals with disabilities.

Student Support Services (SSS) is a TRIO program for current or incoming undergraduate university students who are seeking their first bachelor's degree and need academic assistance and other services to be successful at the University of Utah.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

### **Student Support Services (TRIO)**

📞 801-581-7188

🌐 [trio.utah.edu \(https://trio.utah.edu/\)](https://trio.utah.edu/)

📍 Room 2075

1901 E. S. Campus Dr.

Salt Lake City, UT 84112

### **American Indian Students**

The AIRC works to increase American Indian student visibility and success on campus by advocating for and providing student centered programs and tools to enhance academic success, cultural events to promote personal well-being, and a supportive “home-away-from-home” space for students to grow and develop leadership skills.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:



## American Indian Resource Center

📞 801-581-7019

🌐 [diversity.utah.edu/centers/airc/](https://diversity.utah.edu/centers/airc/) (<https://diversity.utah.edu/centers/airc/>)

📍 Fort Douglas Building 622

1925 De Trobriand St.

Salt Lake City, UT 84113

## Black Students

Using a pan-African lens, the Black Cultural Center seeks to counteract persistent campus-wide and global anti-blackness. The Black Cultural Center works to holistically enrich, educate, and advocate for students, faculty, and staff through Black centered programming, culturally affirming educational initiatives, and retention strategies.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

### Black Cultural Center

📞 801-213-1441

🌐 [diversity.utah.edu/centers/bcc/](https://diversity.utah.edu/centers/bcc/) (<https://diversity.utah.edu/centers/bcc/>)

📍 Fort Douglas Building 603

95 Fort Douglas Blvd.

Salt Lake City, UT 84113

## Students with Children

Our mission is to support and coordinate information, program development and services that enhance family resources as well as the availability, affordability and quality of child care for University students, faculty and staff.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

### Center for Childcare & Family Resources

📞 801-585-5897

🌐 [childcare.utah.edu](https://childcare.utah.edu/) (<https://childcare.utah.edu/>)

📍 408 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

## Students With Disabilities

The Center for Disability Services is dedicated to serving students with disabilities by providing the opportunity for success and equal access at the University of Utah. They also strive to create an inclusive, safe, and respectful environment.



For more information about what support they provide and links to other resources, view their website or contact:

### **Center for Disability Services**

📞 801-581-5020

🌐 [disability.utah.edu \(https://disability.utah.edu/\)](https://disability.utah.edu/)

📍 162 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

## **Students of Ethnic Descent**

The Center for Ethnic Student Affairs offers several programs dedicated to the success of students with varied cultural and ethnic backgrounds. Their mission is to create an inclusive, safe campus community that values the experiences of all students.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

### **Center for Ethnic Student Affairs**

📞 801-581-8151

🌐 [diversity.utah.edu/centers/cesa/ \(https://diversity.utah.edu/centers/cesa/\)](https://diversity.utah.edu/centers/cesa/)

📍 235 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

## **English as a Second/Additional Language (ESL) Students**

If you are an English language learner, there are several resources on campus available to help you develop your English writing and language skills. Feel free to contact:

### **Writing Center**

📞 801-587-9122

🌐 [writingcenter.utah.edu \(http://writingcenter.utah.edu/\)](http://writingcenter.utah.edu/)

📍 2701 Marriott Library

295 S 1500 E


Salt Lake City, UT 84112

### **English for Academic Success (EAS) Program**

📞 801-581-8047




 [linguistics.utah.edu/eas-program](https://linguistics.utah.edu/eas-program/) (<https://linguistics.utah.edu/eas-program/>)

 2300 LNCO

255 S. Central Campus Dr.

Salt Lake City, UT 84112

### English Language Institute

 801-581-4600

 [continue.utah.edu/eli](http://continue.utah.edu/eli) (<http://continue.utah.edu/eli>)

 540 Arapeen Dr.

Salt Lake City, UT 84108


## Undocumented Students

Immigration is a complex phenomenon with broad impact—those who are directly affected by it, as well as those who are indirectly affected by their relationships with family members, friends, and loved ones. If your immigration status presents obstacles that prevent you from engaging in specific activities or fulfilling specific course criteria, confidential arrangements may be requested from the Dream Center.

**Arrangements with the Dream Center will not jeopardize your student status, your financial aid, or any other part of your residence.** The Dream Center offers a wide range of resources to support undocumented students (with and without DACA) as well as students from mixed-status families.

For more information about what support they provide and links to other resources, view their website or contact:

### Dream Center

 801-213-3697

 [dream.utah.edu](http://dream.utah.edu) ([http://dream.utah.edu/](http://dream.utah.edu))

 1120 Annex (Wing B)

1901 E. S. Campus Dr.


Salt Lake City, UT 84112

## LGBTQ+ Students

The LGBTQ+ Resource Center acts in accountability with the campus community by identifying the needs of people with a queer range of [a]gender and [a]sexual experiences and responding with university-wide services.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

### LGBTQ+ Resource Center

 801-587-7973

 [lgbt.utah.edu](http://lgbt.utah.edu) ([http://lgbt.utah.edu/](http://lgbt.utah.edu))



📍 409 Union Building  
200 S. Central Campus Dr.  
Salt Lake City, UT 84112

## Veterans & Military Students

The mission of the Veterans Support Center is to improve and enhance the individual and academic success of veterans, service members, and their family members who attend the university; to help them receive the benefits they earned; and to serve as a liaison between the student veteran community and the university.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

### Veterans Support Center

📞 801-587-7722

🌐 <http://lgbt.utah.edu/veteranscenter.utah.edu> (<http://veteranscenter.utah.edu/>)

📍 418 Union Building  
200 S. Central Campus Dr.  
Salt Lake City, UT 84112

## Women

The Women's Resource Center (WRC) at the University of Utah serves as the central resource for educational and support services for women. Honoring the complexities of women's identities, the WRC facilitates choices and changes through programs, counseling, and training grounded in a commitment to advance social justice and equality.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

### Women's Resource Center

📞 801-581-8030


🌐 [womenscenter.utah.edu](https://womenscenter.utah.edu/) (<https://womenscenter.utah.edu/>)

📍 411 Union Building  
200 S. Central Campus Dr.  
Salt Lake City, UT 84112

## Inclusivity at the U

The Office for Inclusive Excellence is here to engage, support, and advance an environment fostering the values of respect, diversity, equity, inclusivity, and academic excellence for students in our



increasingly global campus community. They also handle reports of bias in the classroom as outline below: 

*Bias or hate incidents consist of speech, conduct, or some other form of expression or action that is motivated wholly or in part by prejudice or bias whose impact discriminates, demeans, embarrasses, assigns stereotypes, harasses, or excludes individuals because of their race, color, ethnicity, national origin, language, sex, size, gender identity or expression, sexual orientation, disability, age, or religion.*

For more information about what support they provide and links to other resources, or to report a bias incident, view their website or contact:

### Office for Inclusive Excellence

📞 801-581-4600

🌐 [inclusive-excellence.utah.edu \(https://inclusive-excellence.utah.edu/\)](https://inclusive-excellence.utah.edu/)  
<http://continue.utah.edu/eli>

📍 170 Annex (Wing D)  
1901 E. S. Campus Dr.  
Salt Lake City, UT 84112

## Other Student Groups at the U

To learn more about some of the other resource groups available at the U, check out:

🌐 [getinvolved.utah.edu/ \(https://getinvolved.utah.edu/\)](https://getinvolved.utah.edu/)

🌐 [studentsuccess.utah.edu/resources/student-support](https://studentsuccess.utah.edu/resources/student-support)  
[\(https://studentsuccess.utah.edu/resources/student-support/\)](https://studentsuccess.utah.edu/resources/student-support/)

## CANVAS INFORMATION

Canvas is the where course content, grades, and communication will reside for this course.

- Access Canvas through [utah.instructure.com \(http://utah.instructure.com\)](http://utah.instructure.com) or through [CIS \(https://cis.utah.edu\)](https://cis.utah.edu)
- For Canvas, Passwords, or any other computer-related technical support contact the [Campus Help Desk \(https://it.utah.edu/help/\)](https://it.utah.edu/help/).
  - 801 581-4000
  - [http://it.utah.edu/help \(https://it.utah.edu/help/\)](https://it.utah.edu/help)
  - [helpdesk@utah.edu \(mailto:helpdesk@utah.edu\)](mailto:helpdesk@utah.edu)
- For Canvas related issues or bugs, contact the Teaching & Learning Technologies help desk
  - 801-581-6112 ext 2

- [classhelp@utah.edu](mailto:classhelp@utah.edu) (<mailto:classhelp@utah.edu>)








## COURSE SCHEDULE

*Note:* Our schedule is subject to revision based on the needs of our class; any updates will be made available for students through Canvas.

### Course Summary:

| Date             | Details  |            |
|------------------|--|------------|
|                  | <b><u>Prepare for Exam 1</u></b><br><a href="https://utah.instructure.com/calendar?event_id=2140030&amp;include_contexts=course_659799">https://utah.instructure.com/calendar?event_id=2140030&amp;include_contexts=course_659799</a>                          | 12am       |
| Mon Sep 21, 2020 | <b><u>NUIP 4440-001 Fall 2020 Adv Human Nutrition</u></b><br><a href="https://utah.instructure.com/calendar?event_id=2140027&amp;include_contexts=course_659799">https://utah.instructure.com/calendar?event_id=2140027&amp;include_contexts=course_659799</a> | 5pm to 6pm |
| Wed Sep 23, 2020 | <b><u>Exam 1 Opens</u></b><br><a href="https://utah.instructure.com/calendar?event_id=2140031&amp;include_contexts=course_659799">https://utah.instructure.com/calendar?event_id=2140031&amp;include_contexts=course_659799</a>                                | 6am        |
| Fri Sep 25, 2020 | <b><u>Exam 1 Closes</u></b><br><a href="https://utah.instructure.com/calendar?event_id=2140032&amp;include_contexts=course_659799">https://utah.instructure.com/calendar?event_id=2140032&amp;include_contexts=course_659799</a>                               | 10pm       |
|                  | <b><u>Prepare for Exam 2</u></b><br><a href="https://utah.instructure.com/calendar?event_id=2140033&amp;include_contexts=course_659799">https://utah.instructure.com/calendar?event_id=2140033&amp;include_contexts=course_659799</a>                          | 12am       |
| Mon Oct 12, 2020 | <b><u>NUIP 4440-001 Fall 2020 Adv Human Nutrition</u></b><br><a href="https://utah.instructure.com/calendar?event_id=2140039&amp;include_contexts=course_659799">https://utah.instructure.com/calendar?event_id=2140039&amp;include_contexts=course_659799</a> | 5pm to 6pm |
| Wed Oct 14, 2020 | <b><u>Exam 2 Opens</u></b><br><a href="https://utah.instructure.com/calendar?event_id=2140034&amp;include_contexts=course_659799">https://utah.instructure.com/calendar?event_id=2140034&amp;include_contexts=course_659799</a>                                | 6am        |







| Date             | Details  |                |
|------------------|--|----------------|
| Fri Oct 16, 2020 |  <b>Exam 2 Closes</b><br><a href="https://utah.instructure.com/calendar?event_id=2140035&amp;include_contexts=course_659799">https://utah.instructure.com/calendar?event_id=2140035&amp;include_contexts=course_659799</a>                          | 10pm           |
| Mon Nov 9, 2020  |  <b>Prepare for Exam 3</b><br><a href="https://utah.instructure.com/calendar?event_id=2140036&amp;include_contexts=course_659799">https://utah.instructure.com/calendar?event_id=2140036&amp;include_contexts=course_659799</a>                     | 12am           |
| Wed Nov 11, 2020 |  <b>Exam 3 Opens</b><br><a href="https://utah.instructure.com/calendar?event_id=2140037&amp;include_contexts=course_659799">https://utah.instructure.com/calendar?event_id=2140037&amp;include_contexts=course_659799</a>                           | 6am            |
| Fri Nov 13, 2020 |  <b>Exam 3 Closes</b><br><a href="https://utah.instructure.com/calendar?event_id=2140028&amp;include_contexts=course_659799">https://utah.instructure.com/calendar?event_id=2140028&amp;include_contexts=course_659799</a>                          | 10pm           |
| Wed Nov 25, 2020 |  <b>Discussion Assignment Initial Post Due</b><br><a href="https://utah.instructure.com/calendar?event_id=2140038&amp;include_contexts=course_659799">https://utah.instructure.com/calendar?event_id=2140038&amp;include_contexts=course_659799</a> | 11:59pm        |
| Mon Dec 7, 2020  |  <b>Exam 4 Opens</b><br><a href="https://utah.instructure.com/calendar?event_id=2140029&amp;include_contexts=course_659799">https://utah.instructure.com/calendar?event_id=2140029&amp;include_contexts=course_659799</a>                         | 6am            |
| Fri Jan 22, 2021 |  <b>Canvas Academic Integrity Quiz</b><br><a href="https://utah.instructure.com/courses/659799/assignments/8464834">https://utah.instructure.com/courses/659799/assignments/8464834</a>   | due by 11:59pm |
|                  |  <b>Course Basics Quiz</b><br><a href="https://utah.instructure.com/courses/659799/assignments/8464831">https://utah.instructure.com/courses/659799/assignments/8464831</a>   | due by 11:59pm |
| Sun Jan 24, 2021 |  <b>Introduction to Mastering Nutrition</b><br><a href="https://utah.instructure.com/courses/659799/assignments/8464850">https://utah.instructure.com/courses/659799/assignments/8464850</a>  | due by 11:59pm |
| Sun Jan 31, 2021 |  <b>Chapters 1 and 2: Overview of Nutrition</b><br><a href="https://utah.instructure.com/courses/659799/assignments/8464848">https://utah.instructure.com/courses/659799/assignments/8464848</a>  | due by 11:59pm |
| Sun Feb 7, 2021  |  <b>Chapter 3: Digestion</b><br><a href="https://utah.instructure.com/courses/659799/assignments/8464841">https://utah.instructure.com/courses/659799/assignments/8464841</a>   | due by 11:59pm |



| Date             | Details   |                |
|------------------|---|----------------|
|                  |  <b><u>Written Assignment: Scientific Research Evaluation</u></b><br><a href="https://utah.instructure.com/courses/659799/assignments/8536970">(<a href="https://utah.instructure.com/courses/659799/assignments/8536970">https://utah.instructure.com/courses/659799/assignments/8536970</a>)</a>                     | due by 11:59pm |
| Sun Feb 14, 2021 |  <b><u>Chapter 4: Carbohydrates</u></b><br><a href="https://utah.instructure.com/courses/659799/assignments/8464842">(<a href="https://utah.instructure.com/courses/659799/assignments/8464842">https://utah.instructure.com/courses/659799/assignments/8464842</a>)</a>   | due by 11:59pm |
| Fri Feb 19, 2021 |  <b><u>Exam 1: Chapters 1-4</u></b><br><a href="https://utah.instructure.com/courses/659799/assignments/8464836">(<a href="https://utah.instructure.com/courses/659799/assignments/8464836">https://utah.instructure.com/courses/659799/assignments/8464836</a>)</a>   | due by 10pm    |
| Sun Feb 28, 2021 |  <b><u>Chapter 5: Coronary Artery Disease</u></b><br><a href="https://utah.instructure.com/courses/659799/assignments/8464843">(<a href="https://utah.instructure.com/courses/659799/assignments/8464843">https://utah.instructure.com/courses/659799/assignments/8464843</a>)</a>                                     | due by 11:59pm |
|                  |  <b><u>Chapter 5: Lipids</u></b><br><a href="https://utah.instructure.com/courses/659799/assignments/8464844">(<a href="https://utah.instructure.com/courses/659799/assignments/8464844">https://utah.instructure.com/courses/659799/assignments/8464844</a>)</a>  | due by 11:59pm |
| Fri Mar 5, 2021  |  <b><u>Exam 2: Chapter 5 Lipids &amp; Cardiovascular Disease</u></b><br><a href="https://utah.instructure.com/courses/659799/assignments/8464833">(<a href="https://utah.instructure.com/courses/659799/assignments/8464833">https://utah.instructure.com/courses/659799/assignments/8464833</a>)</a>                  | due by 10pm    |
| Sun Mar 14, 2021 |  <b><u>Extra Credit Veggie Cooking Demo Video</u></b><br><a href="https://utah.instructure.com/courses/659799/assignments/8464838">(<a href="https://utah.instructure.com/courses/659799/assignments/8464838">https://utah.instructure.com/courses/659799/assignments/8464838</a>)</a>                               | due by 11:59pm |
| Sun Mar 21, 2021 |  <b><u>Chapter 6: Protein</u></b><br><a href="https://utah.instructure.com/courses/659799/assignments/8464845">(<a href="https://utah.instructure.com/courses/659799/assignments/8464845">https://utah.instructure.com/courses/659799/assignments/8464845</a>)</a>   | due by 11:59pm |
| Sun Mar 28, 2021 |  <b><u>Chapter 7: Energy Metabolism</u></b><br><a href="https://utah.instructure.com/courses/659799/assignments/8464846">(<a href="https://utah.instructure.com/courses/659799/assignments/8464846">https://utah.instructure.com/courses/659799/assignments/8464846</a>)</a>   | due by 11:59pm |
| Sun Apr 4, 2021  |  <b><u>Chapter 8 and 13: Micronutrients in Metabolism and Weight Management</u></b><br><a href="https://utah.instructure.com/courses/659799/assignments/8464847">(<a href="https://utah.instructure.com/courses/659799/assignments/8464847">https://utah.instructure.com/courses/659799/assignments/8464847</a>)</a> | due by 11:59pm |
| Fri Apr 9, 2021  |  <b><u>Exam 3: Ch 6, 7, 8, 13</u></b><br><a href="https://utah.instructure.com/courses/659799/assignments/8464832">(<a href="https://utah.instructure.com/courses/659799/assignments/8464832">https://utah.instructure.com/courses/659799/assignments/8464832</a>)</a>   | due by 10pm    |
| Sun Apr 18, 2021 |  <b><u>Chapter 10: Antioxidant Function</u></b><br><a href="https://utah.instructure.com/courses/659799/assignments/8464839">(<a href="https://utah.instructure.com/courses/659799/assignments/8464839">https://utah.instructure.com/courses/659799/assignments/8464839</a>)</a>                                     | due by 11:59pm |



| Date             | Details  |                |
|------------------|--|----------------|
|                  |  <b><u>Written Assignment: Dietary Analysis</u></b><br><a href="https://utah.instructure.com/courses/659799/assignments/8464851">https://utah.instructure.com/courses/659799/assignments/8464851</a>                            | due by 11:59pm |
| Sun Apr 25, 2021 |  <b><u>Chapter 11 Bone Health and Chapter 12 Blood Health and Immunity</u></b><br><a href="https://utah.instructure.com/courses/659799/assignments/8464840">https://utah.instructure.com/courses/659799/assignments/8464840</a> | due by 11:59pm |
| Mon May 3, 2021  |  <b><u>Exam 4: Chapters 10-12</u></b><br><a href="https://utah.instructure.com/courses/659799/assignments/8464835">https://utah.instructure.com/courses/659799/assignments/8464835</a>  | due by 10pm    |
|                  |  <b><u>Get to Know You</u></b><br><a href="https://utah.instructure.com/courses/659799/assignments/8464849">https://utah.instructure.com/courses/659799/assignments/8464849</a>   |                |