



NUIP 1020-001: SPRING 2022

SCIENTIFIC FOUNDATIONS IN NUTRITION AND HEALTH

INSTRUCTOR/COURSE INFORMATION



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

Office location: HPR-W 108 F and **Zoom:**

<https://utah.zoom.us/j/91452564698>

<https://utah.zoom.us/j/91452564698>

Office hours: Tues. 2:00-3:30 and by appointment

This is a 3-credit hour in-person class. We will meet on Tuesdays and Thursdays from 12:25 p.m. to 1:45 p.m. in SFEBB 1110.

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.

TEACHING ASSISTANT INFORMATION

Brooke Walters

Office Location: HPR-W 108

Office Hours: TBD

STUDENT LEARNING OUTCOMES



1. Understand the scientific method and hypothesis testing. Learn about experimental models used in nutrition research; discern the reliability of nutrition information based on scientific evidence.
2. Integrate the scientific knowledge of nutrition, genetics, chemistry, metabolism, exercise and lifestyle to evaluate and manage diets that support life-long health.
3. Describe how the human body digests food, metabolizes and utilizes the nutrients and Calories in health or disease; and identify risks factors for developing chronic disease including the interpretation of biochemical, clinical and anthropometrical laboratory measures.
4. Evaluate food package label information - analytically and critically determine the contribution of nutrients in packaged foods to the foundation of a healthy diet.
5. Utilize basic nutritional scientific terminology; describe the essential nutrients and their role in normal metabolism; and identify good dietary sources of nutrients.

PREREQUISITES

None

REQUIRED MATERIAL

McGraw-Hill Connect Tab

E-text: Contemporary Nutrition, A Functional Approach, 6th edition, Wardlaw G, Smith A, Collene A. McGraw Hill Publishers. This is bundled with the McGraw-Hill Connect materials we use in class. (This is an Inclusive Access e-book; there is no hardcopy textbook. If you chose to Opt-Out and obtain your own course materials you can do so anytime up through the first two weeks of class.)

See instructions in Getting Started module for accessing McGraw-Hill Connect and the e-book.

LEARNING ASSESSMENTS

WRITTEN ASSIGNMENTS: Detailed instructions are found within each assignment. Summaries are below:

Assignment #1 - Article Evaluation: Given the large amount of nutrition and health related news in all areas of the media, this assignment is designed for you to critically review a nutrition article.

Article Evaluation Assignment #1 due 1/30/20

Assignment #2 - Diet Analysis: You will record your daily intake for 3 days (2 weekdays, 1 weekend day) and analyze your intake in NutritionCalc Plus. You will compare your diet to set RDAs in your analysis, and reflect on your food choices.

Diet Analysis Assignment #2 due 3/19/20

Assignment #3 - Health Assessment: You will review a case study and assess for chronic disease risk and prevention measures.



Health Assessment Assignment #3 due 4/14/20

HOMEWORK ASSIGNMENTS: Approximately every week you will have a Connect "LearnSmart" assignment to reinforce the e-text readings and material presented in class. To access these homework assignments, you will need to log in to Connect to establish your account. Instructions located in the Getting Started module. Connect assignment links are located in each chapter module and in the Assignments tab.

EXAMS: Format is multiple choice and true/false. Exams will consist of 50 questions worth 2 points each, 100 points total.

- **If accommodations are required, please see me prior to the exam in order to make arrangements.**
- If you are to miss an exam **you must notify me prior** to the exam date.
- Makeup exams will be taken at the Testing Center in the Student Services Building.
- If you miss an exam without prior permission you will be allowed to take a make-up exam **only if you have a legitimate excuse that can be verified** such as an illness accompanied by a written physician's excuse, an accident report, etc.
- Missed exams without prior permission or a written excuse will be assigned a '0' for a grade.
- **CHEATING:** If you are caught cheating you will receive an automatic '0' on the exam and be liable for receiving an 'F' in the class. See University of Utah Policies for more information.

FREQUENTLY ASKED QUESTIONS

- **How can I find out how I did on exams and assignments?**

All assignment and exam grades/feedback will be available on Canvas, approximately one week after the due date or exam date.

- **I missed an assignment due date, now what?**

Please communicate with me if you need an extension on any assignment (written or homework). I am willing to work with you. Assignments submitted late without communication with me will be deducted 50%. If you experience technical difficulties with submitting written assignments on Canvas, contact U-online for technical assistance at 801-585-5959.

- **What if I miss an exam?**

There will be no make-up exams without prearranged permission from the instructor. If the incident resulting in a missed exam occurs on the due date - you will have 24 hours to contact me to make the necessary arrangements. Physician's verification is required for illnesses or other documentation (e.g., doctor's note, accident report, death certificate) for medical or emergency circumstances beyond your control. Late exams must be completed within one week of the *first* date the exam is offered. Missed exams without permission or acceptable medical or emergency excuse will be assigned a grade of zero, per University policy.

If you know in advance that you need to take the exam at a different time than scheduled, I will work with you to make arrangements. These *arrangements must be scheduled in advance* of the exam for a time before the originally planned test date (i.e., if you are jetting to Cabo during the week of the exam, you may take the exam before you leave.)



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 RESPONSIBILITIES

Class Etiquette

- Please, pretty please, do not talk in class while I am presenting class material. It is extremely difficult to teach when there are side conversations going on. But please DO ask questions and talk to one another when we have class discussions and activities!

Communication

- Do not hesitate to contact me via Canvas message or email if you have any questions, concerns or issues! I will respond within 24-48 hours.

UNIVERSITY POLICIES

COVID-19 CAMPUS GUIDELINES

Important: Updated Fall 2021 Instructional Guidelines

University leadership has urged all faculty, students, and staff to model the vaccination, testing, and masking behaviors we want to see in our campus community. These include: • Vaccination • Masking indoors • If unvaccinated, getting weekly asymptomatic coronavirus testing



Vaccination

- **Get a COVID-19 vaccination** if you have not already done so. Vaccination is proving highly effective in preventing severe COVID-19 symptoms, hospitalization, and death from coronavirus. Vaccination is the single best way to stop this COVID resurgence in its tracks.
- Many in the campus community already have gotten vaccinated:
 - More than 80% of U employees
 - Over 70% of U students
- Visit [My Chart \(http://mychart.med.utah.edu/\)](http://mychart.med.utah.edu/), [Vaccine Information \(https://alert.utah.edu/covid/vaccine/\)](https://alert.utah.edu/covid/vaccine/), or [CDC Vaccine.gov \(http://vaccines.gov/\)](http://vaccines.gov/) to schedule your vaccination.

Masking

- While masks are no longer required outside of Health Sciences facilities, UTA buses, and campus shuttles, CDC guidelines now call for everyone to wear face masks indoors.
 - Check the [CDC website \(https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html\)](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html) periodically for masking updates
 - Treat masks like seasonal clothing (i.e. during community surges in COVID transmission, masks are strongly encouraged indoors and in close groups outside).

Testing

- If you are not yet vaccinated, get weekly asymptomatic coronavirus tests. This is a helpful way to protect yourself and those around you because asymptomatic individuals can unknowingly spread the coronavirus to others.
 - Asymptomatic testing centers are open and convenient:
 - Online scheduling
 - Saliva test (no nasal swabs)
 - Free to all students returning to campus (required for students in University housing)
 - Results often within 24 hours
 - Visit [Testing and Vaccine Information \(https://alert.utah.edu/covid/\)](https://alert.utah.edu/covid/) Campus Alert
- Remember: Students must self-report if they test positive for COVID-19 via the [Campus Covid Response \(https://coronavirus.utah.edu/\)](https://coronavirus.utah.edu/) webpage.

Student Mental Health Resources

- Rates of burnout, anxiety, depression, isolation, and loneliness have noticeably increased during the pandemic. If you need help, reach out for campus mental health resources, including counseling, training, and other support.
- Consider participating in a [Mental Health First Aid \(https://studentaffairs.utah.edu/mental-health-first-aid.php\)](https://studentaffairs.utah.edu/mental-health-first-aid.php) or other [wellness-themed training \(https://wellness.utah.edu/workshops-training/\)](https://wellness.utah.edu/workshops-training/) provided by our Center for Student Wellness and sharing these opportunities with your peers, teaching assistants, and department colleagues.

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)

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 \(https://registrar.utah.edu/academic-calendars/index.php\)](https://registrar.utah.edu/academic-calendars/index.php).

PLAGIARISM AND CHEATING

It is assumed that all work submitted to your instructor is your own work. When you have used the 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 the [use and distribution of class Content \(https://regulations.utah.edu/academics/6-400.php\)](https://regulations.utah.edu/academics/6-400.php) and materials. 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 safety information 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 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/)

📍 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

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. Its 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 [\(https://linguistics.utah.edu/\)](https://linguistics.utah.edu/)

📍 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 and 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/)

📍 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/)

📍 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/>)

📍 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 outlined 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/>) (<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/>)

🌐 studentsuccess.utah.edu/resources/student-support (<https://studentsuccess.utah.edu/resources/student-support/>)