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NUIP 4440-001

## ADVANCED HUMAN NUTRITION

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FALL 2022

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### CLASS TIME AND LOCATION

This is a 4-credit hour in-person/hybrid class. We will meet on Tuesdays and Thursdays from 12:25 p.m. to 1:45 p.m. in HPER E 206. In addition to that, there will be weekly online assignments.


My intent for this class is to create a space where students feel included, heard, and respected. 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 a 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.



 **Sabine Krautgasser-Tolman, MS, RD, RYT**

 Sports Dietitian, Associate Instructor

 [sktolman@huntsman.utah.edu](mailto:sktolman@huntsman.utah.edu) (mailto:sktolman@huntsman.utah.edu)

 Department of Nutrition and Integrative Physiology

 Office hours: By Appointment

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### TEACHING ASSISTANT INFORMATION

TBD

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## 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.

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## 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.

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## 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.

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## 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 explain the role of nutrition in the causation, prevention, and treatment of diseases such as heart disease, hypercholesterolemia, hypertension, cancer, diabetes, iron deficiency anemia, and osteoporosis.
- To explain the interdependence of nutrients and the importance of their proper balance.
- To critically evaluate current nutrition information and recommendations.

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## 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.

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## LEARNING ASSESSMENTS

- **Written Assignment #1: Hunger/Fullness Scale**
  - **Overview:** For this assignment, you will track your hunger and fullness over four days, reflect on your personal patterns and how to utilize that information.
  - Detailed instructions on Canvas, under Assignments
- **Written Assignment #2: Scientific Article Evaluation**
  - **Overview:** This assignment is designed to help you learn to evaluate nutrition information reported in the media critically.
  - Detailed instruction on Canvas, under Assignments
- **In-class Activities:**
  - **Overview:** We will have in-class activities relating to the course material that week.
- **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.

- **Exams:** (3 total)

- The first two exams will be taken online via Canvas. The final exam will be taken in class, during the assigned final exam time. 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.

Syllabus Quiz	5 points
Hunger/Fullness Scale Assignment	50 points
Scientific Article Evaluation Assignment	50 points
Pre-work	80 points
In-class Activities / Foods Lab	60 points
Mastering Nutrition Online Modules	225 points
Exam 1	75 points
Exam 2	75 points
Exam 3	75 points
<b>TOTAL CLASS POINTS POSSIBLE</b>	<b>695 points</b>



## GRADE SCHEME

The following grading standards will be used in this class:

<b>Grade</b>	<b>Range</b>
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.

The instructor will make sure that assignments and exams will be graded and returned in a timely manner. Every effort will be made to have assignments and exams graded within one week.

The best time to discuss course-related materials is by email or scheduling an appointment. All e-mail communication should be conducted through your University designated e-mail account or through Canvas. Emails sent from outside the University (i.e. gmail, yahoo, etc.) will not have follow-up with a response from the instructor.

While it is always important for me to respond promptly, please expect a response to your e-mail within a reasonable time frame (~24 hours during weekdays and ~48 hours during weekends).

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 at least 48 hours in advance, and I will work with you.**

## Exams:

- Exams will be completed online, on Canvas.
- If you miss an exam with prior permission from the 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.). The instructor must be notified within 24 hours of the missed exam.
- Missed exams without prior permission or written excuse will be assigned 0 points.

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 framework. 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.

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## UNIVERSITY POLICIES

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### COVID-19 CAMPUS GUIDELINES

#### IMPORTANT: UPDATED JUNE 1, 2022 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 • Quarantining after exposure

#### Vaccination

- **Get a COVID-19 vaccination and the booster shot recommended for pairing with your vaccine** 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.
- University of Utah students are required (as of August 27, 2021) to complete a cycle of COVID-19 vaccination and booster shot with an approved vaccine, or complete an exemption form. The university provides three convenient vaccination options:
  - Attend one of the regularly scheduled **[vaccine events \(https://www.cns-cares.org/covid19\)](https://www.cns-cares.org/covid19)** at the Student Union on campus.
  - Schedule an appointment with **[Student Health \(https://utah.medicatconnect.com/login.aspx\)](https://utah.medicatconnect.com/login.aspx)**.
  - 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 not 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
    - With high transmission rates in Salt Lake County, the CDC recommends: “Everyone should wear a mask in public indoor settings.”
  - Treat masks like seasonal clothing (i.e.during community surges in COVID transmission, masks are strongly encouraged indoors and in close groups outside).
  - In cases of classroom exposure, masks should be worn for the quarantine period (see details below).

## 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 \(https://alert.utah.edu/covid/testing/\)](https://alert.utah.edu/covid/testing/)**
    - 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/)

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## 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).

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## 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).

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## 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>) 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.)

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## 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

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## 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

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## 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

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## 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

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## 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.

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### **STUDENT SUPPORT SERVICES (TRIO)**


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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

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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

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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

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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

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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

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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

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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


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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


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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**

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

 418 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

## **WOMEN**


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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**


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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 \(https://inclusive-excellence.utah.edu/\)](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**

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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/>)

## CANVAS INFORMATION

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

- Access Canvas through [utah.instructure.com](https://utah.instructure.com) or through **CIS** (<https://cis.utah.edu>)
- For Canvas, Passwords, or any other computer-related technical support contact the **Campus Help Desk** (<https://it.utah.edu/help/>).
  - 801 581-4000
  - <http://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	Due
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 **Introduction to Mastering Nutrition**

due by 11:59pm

<https://utah.instructure.com/courses/796097/assignments/11086559>Sun Aug 28, 2022

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 **Syllabus Quiz**

due by 11:59pm

<https://utah.instructure.com/courses/796097/assignments/11086536>

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Tue Aug 30, 2022

 **Chapter 1 & 2 Pre-Work**

due by 12:25pm

<https://utah.instructure.com/courses/796097/assignments/11086542>

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Sun Sep 4, 2022

 **Chapters 1 and 2: Overview of Nutrition**

due by 11:59pm

<https://utah.instructure.com/courses/796097/assignments/11086556>

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Thu Sep 8, 2022

 **Chapter 3 Pre-Work**

due by 12:25pm

<https://utah.instructure.com/courses/796097/assignments/11086545>

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Sun Sep 11, 2022

 **Chapter 3: Digestion**

due by 11:59pm

<https://utah.instructure.com/courses/796097/assignments/11086544>

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Thu Sep 15, 2022

 **Chapter 4 Pre-Work**

due by 12:25pm

<https://utah.instructure.com/courses/796097/assignments/11086547>

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Sun Sep 18, 2022

 **Chapter 4: Carbohydrates**

due by 11:59pm

<https://utah.instructure.com/courses/796097/assignments/11086546>

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Tue Sep 20, 2022

 **Chapter 5 Lipids Pre-Work**

due by 12:25pm

<https://utah.instructure.com/courses/796097/assignments/11086551>

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Sun Sep 25, 2022

 **Chapter 5: Lipids**

due by 11:59pm

<https://utah.instructure.com/courses/796097/assignments/11086550>

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 **Written Assignment #1: Hunger/Fullness Scale**

due by 11:59pm

<https://utah.instructure.com/courses/796097/assignments/11086561>

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Thu Sep 29, 2022











 **Chapter 5 CVD Pre-Work**

due by 12:25pm

<https://utah.instructure.com/courses/796097/assignments/11086549>

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Sun Oct 2, 2022	 <b><u>Chapter 5: Coronary Artery Disease</u></b> ( <a href="https://utah.instructure.com/courses/796097/assignments/11086548">https://utah.instructure.com/courses/796097/assignments/11086548</a> )	due by 11:59pm
Thu Oct 6, 2022	 <b><u>Exam 1: Chapters 1-5</u></b> ( <a href="https://utah.instructure.com/courses/796097/assignments/11086534">https://utah.instructure.com/courses/796097/assignments/11086534</a> )	due by 10pm
Sun Oct 23, 2022	 <b><u>Chapter 6: Protein</u></b> ( <a href="https://utah.instructure.com/courses/796097/assignments/11086552">https://utah.instructure.com/courses/796097/assignments/11086552</a> )	due by 11:59pm
Tue Oct 25, 2022	 <b><u>Chapter 7 Pre-Work</u></b> ( <a href="https://utah.instructure.com/courses/796097/assignments/11086554">https://utah.instructure.com/courses/796097/assignments/11086554</a> )	due by 12:25pm
Sun Oct 30, 2022	 <b><u>Chapter 7: Energy Metabolism</u></b> ( <a href="https://utah.instructure.com/courses/796097/assignments/11086553">https://utah.instructure.com/courses/796097/assignments/11086553</a> )	due by 11:59pm
Thu Nov 3, 2022	 <b><u>Chapter 13 Pre-Work</u></b> ( <a href="https://utah.instructure.com/courses/796097/assignments/11086543">https://utah.instructure.com/courses/796097/assignments/11086543</a> )	due by 12:25pm
Sun Nov 6, 2022	 <b><u>Chapter 8 and 13: Micronutrients in Metabolism and Weight Management</u></b> ( <a href="https://utah.instructure.com/courses/796097/assignments/11086555">https://utah.instructure.com/courses/796097/assignments/11086555</a> )	due by 11:59pm
Sun Nov 13, 2022	 <b><u>Written Assignment: Scientific Research Evaluation</u></b> ( <a href="https://utah.instructure.com/courses/796097/assignments/11086562">https://utah.instructure.com/courses/796097/assignments/11086562</a> )	due by 11:59pm
Thu Nov 17, 2022	 <b><u>Chapter 10: Antioxidant Function</u></b> ( <a href="https://utah.instructure.com/courses/796097/assignments/11086538">https://utah.instructure.com/courses/796097/assignments/11086538</a> )	due by 11:59pm
Tue Nov 29, 2022	 <b><u>Chapter 11 Pre-Work</u></b> ( <a href="https://utah.instructure.com/courses/796097/assignments/11086540">https://utah.instructure.com/courses/796097/assignments/11086540</a> )	due by 1:45pm

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Sun Dec 4, 2022

**Chapter 11: Bone Health**

due by 11:59pm

<https://utah.instructure.com/courses/796097/assignments/11086539>

Sun Dec 11, 2022

**Chapter 12: Blood Health and Immunity**

due by 11:59pm

<https://utah.instructure.com/courses/796097/assignments/11086541>

Tue Dec 13, 2022

**Final Exam**

due by 12:30pm

<https://utah.instructure.com/courses/796097/assignments/11086537>**Foods Lab #1**<https://utah.instructure.com/courses/796097/assignments/11086558>