

NUTR 100 Syllabus

A lecture course for students wishing to learn some basic principles and applications of nutrition.

Pre-requisites:

None. Cannot be taken by students with credit or currently registered in NU FS 305 or other NUTR course.

Objectives:

- To gain an understanding of the need and function of the major nutrients in health and disease;
- To learn how nutrition impacts on health.

Lectures: The course textbook and powerpoint lectures are both located on line in 'WileyPlus'. Online lectures can be accessed by going into 'eClass', scrolling down to the chapter of interest, and then clicking on the online associated with that chapter. Lectures have been recorded on line and questions for you to answer, have been integrated into the on line lectures. The on line lecture questions are worth 5% of your overall mark and are your participation mark.

Full marks will be received for answering the questions (they don't have to be answer correctly – but you do need to listen to the full lecture to obtain participation marks). There are also pdf versions of the lecture, where there are two types of pdf files per lecture: 1 pdf file has one slide per page, whereas the other pdf file has 6 slides per page. Note that in order for your on line lecture question marks to be recorded on line, you need to have an operating system on your computer with Windows 7 or higher (Windows XP will not work).

Student will have until the midterm date to obtain marks for the on line lecture questions for Chapter 1-9, and will have until the last day of classes to obtain marks for the on line lecture questions for Chapter 10 and onwards. In the gradebook, a mark of '1' means that you have full participation marks for answering the on line questions for a chapter, while no mark or a mark of '0' means that you haven't answered the on line questions for a chapter.

Please make sure that you keep track which lecture questions you have answered as the marks for answering the lecture questions will only be updated twice in the term: once right after the midterm (where marks for chapters 1-9 will be entered), and once just after the last day of class (where marks for chapter 10 onwards will be entered).

To access the online lectures, goto the chapter of interest in eClass, and click on the chapter lecture. Once you get to the actual lecture, click on 'play'. This will prompt you to enter your first name, last name and email address (**PLEASE make sure you enter your ualberta email account otherwise you will not get marks for your quiz and PLEASE make sure that your email address is spelled correctly – otherwise your participation marks will not be counted**). After you enter your email address (while your cursor is still in this option), press 'enter' and then click on 'submit and view quiz', which will start the online lecture.

When a quiz question is encountered, click on 'take quiz now'. After you have answered the question, you can click on 'view answer' to view the correct answer. After you have answered the question in the online lecture, continue with the presentation by clicking on 'continue'. Students have until the midterm date to answer questions in lecture for Chapters

1-9, and have until the last day of class to obtain participation marks for chapters 10-16,18, the Clinical Nutrition lecture, and the Eating disorders lecture. Participation marks for chapters 1-9 will be posted in eClass just after the midterm, and marks for chapters 10-16,18, the Clinical Nutrition lecture, and the Eating disorders lecture will be posted in eClass just after the last day of class.

Required Material:

The textbook (eBook or hard copy), the additional required readings (found in eClass) are required for this course.

Textbook: Nutrition: Science and Applications, Canadian Edition by Lori Smolin, Debbie Gurfinkel, Mary Grosvenor (Wiley Canada). Wiley Plus is the on line content associated with textbook for this course and is not required. However, the practice questions in WileyPlus are VERY helpful in preparing you for quizzes and exams.

There are several options for the Textbook:

- 1) Purchase an unbound copy of the new textbook (Binder Ready Version) with WileyPlus
- 2) Purchase the hard (bound) copy of the new textbook with WileyPlus
- 3) Purchase eBook and Wiley Plus as a package just for the term (this can be purchased on line and by clicking on any eBook link in eClass OR can be purchased at the University of Alberta Bookstore).
- 4) You can purchase a 1st edition text, a 2nd edition textbook, or a used textbook (the used text doesn't come with WileyPlus).

The textbook is available at the University of Alberta bookstore.

For this class you will NOT be responsible for the Food Safety Chapter in the textbook (Chapter 17).

Also required are the additional required readings for each chapter. These readings are located as links within each chapter block in 'EClass' and are pdf files. To access a reading from a specific chapter, click on the chapter of interest, and then click on the reading of interest. These additional required readings should be printed out.

Ebook and WileyPlus:

Wiley Plus is a website that is supported by the textbook publisher, Wiley Canada, and is NOT REQUIRED for this course. If you would like **to access the on line text** and the WileyPlus package, click on a link to WileyPLUS in eClass (titled 'Link to Wiley Plus chapters and practice questions'; located in the second block of eClass), which will then allow students to access WileyPLUS. OR students can access the etext and practice questions by clicking on the following website: <http://www.wileyplus.com> and entering the required information.

The very first time a student attempts to access the readings, they will be prompted for a registration code. Once the code has been entered, students will be able to access WileyPLUS through the links in EClass seamlessly. Registration codes are obtained when purchasing a new textbook (hard copy or unbound) or can be obtained through purchase with the ebook at the University of Alberta Bookstore.

The on line textbook can be accessed by clicking on the WileyPLUS link in eClass (titled 'Link to Wiley Plus chapters and practice questions) located in the second block of eClass. Once you are in WileyPLUS, you can choose the chapter to view.

To obtain help and instruction with how to use WileyPLUS, please click on the orange 'HELP' button in the top right corner of the WileyPLUS screen (after you have registered). When you click on this button, there are a number of tutorials that would be valuable for students to access to acquaint themselves with how WileyPLUS works. Below are listed some valuable tutorials and the purpose of the tutorial. Note that each tutorial takes no longer than 4 minutes.

Title of Tutorial	Description of Tutorial
Assignment grades	Shows you how to view your grades for the most recent assignments that you did
Searching the eTextbook	tells you how to search for a keyword or phrase in the on line textbook
Getting Started Using ORION	tells you how you can access the ORION questions for each chapter
Getting Started with WileyPLUS with ORION	This is a video that gives you an overview of what WileyPLUS offers
Getting technical support	this link brings you to the WileyPLUS Help and Support page where you can get help by looking a FAQs, do a live chat, or send an email.
User Guide	this is a powerpoint which describes how to navigate around WileyPLUS
Learning Space Basics	is a video that shows you how to navigate around WileyPLUS
Navigating the E-textbook and My Notes	this is a video that you gives you instructions on how to highlight important topics in the e-text and make notes for yourself (that are not shared with other students in the course). This allows you to make your own personal study guide
Using My Notes	to make notes within each chapter
Learning Space Basics	this is a video that shows you how students can interact with other students in the course. Note that eClass is the official site for all class discussions and the email provided in the course syllabus is the email address where students should ask questions to the instructor (the instructor or ta will not be checking the learning space for student questions).

Once in WileyPLUS, the e-textbook can be accessed by clicking on the symbol in the top left hand corner of the screen with 3 horizontal lines, and the clicking on 'e-textbook'.

WileyPLUS practice questions:

It is STRONGLY encouraged that students do the practice questions in WileyPlus (which aren't required) in order to help prepare them for the exams. There are questions at the end of each chapter called the ORION questions, concept check questions, and Practice Questions. In addition, there are a crossword puzzle, and flashcards. None of these questions are worth marks (even though they may say 'assigned' in the etext – these questions are not worth marks).

The ORION questions consist of a personal, adaptive learning experience to build your proficiency and help you use your study time most effectively. ORION guides you through your studies highlighting both your strengths and the areas where you need to spend more time.

To access the ORION and practice questions, click on 'e-textbook' in the dashboard drop down menu, and then click on the chapter of interest. Then for the 'Practice Questions', click on the 'Study' tab, and click on 'Practice Questions Chapter X' (where X is the chapter of interest) in the bottom right hand corner of the screen. For ORION questions for that chapter, click on the 'ORION' tab while in the e-textbook chapter of interest.

Concept check questions consist of 4-10 questions in each section of a chapter. You can also rate your confidence levels in these questions. To access these questions in WileyPLUS, click on the chapter of interest. In the 'study' tab of each chapter, you will see the concept check questions in each section of the chapter. Just click on the link to start answering the questions.

Crossword and Flashcards: with each chapter there is a crossword puzzle you can do and flashcards you can go through. To access these, go into the e-textbook in WileyPLUS, click on a chapter, click on any section of the chapter (the e-text portion). After you do this you will see three tabs in the top right: click on the 'Resources' tab. Under 'Chapter Resources' just below the tabs, click on arrow associated with the crossword puzzle or flashcards, and then click 'open'.

To get help with WileyPLUS:

Visit the help section: 2 minute tutorials and more at www.wileyplus.com/go/studentfdoc

OR goto www.wileyplus.com/support where you can view FAQs and do a live chat.

How to register for WileyPLUS First Day of Class Video -

<https://www.youtube.com/watch?v=i8ycwzXV9g8&list=UUjre4HYVtSOTN0BXec5iMqw>

EClass:

EClass will be used as the instructional program for this course. EClass (Web Course Tools) is an integrated set of tools for developing and delivering interactive courses or course components over the Web. It allows for the distribution of static content (e.g., syllabi, schedules, announcements, and lecture notes), and also provides access to interactive tools (e.g., discussions, live chat, and online assessments).

Thus, to summarize, eClass contains:

- Link to WileyPlus
- Weekly on line discussions
- All exams (end of chapter quizzes, midterms and final)
- Class announcements
- Links to chapter powerpoints and on line lectures
- Additional required readings
- Course syllabus (located in the eClass course block 'Course materials')

Note that in order to access the online lectures, and additional required readings, please scroll down to the chapter of interest and click on the link (ie Chapter 1 Lecture)

For University of Alberta eClass instructions (ie computer requirements, discussions, taking exams etc), please click on the following link: <https://sites.google.com/a/ualberta.ca/extension-elearning-resources/eclass-orientation>

Frequently asked questions (FAQs) provide information about the reading/lectures, midterm/quizzes/final, on-line discussions, and computer problems. The FAQs can be found at: <https://www.ualberta.ca/agriculture-life-environment-sciences/programs/online-learning>

To log into EClass you will require your Campus Computing ID (CCID) and password. Contact Academic Information and Communication Technologies (AICT) if you don't know your CCID and password (3rd floor GSB or call 492-9400). You will not be able to access EClass until the first day of class (or just prior to this date).

Course Website: (home page) <http://www.ales.ualberta.ca/Courses/AFNSCourses/Nutrition/NUTR100Distance.aspx>

Note, that this website is used as a resource, and is not used very much during the actual implementation of the course.

- contains a copy of the syllabus
- contains information about the midterm and final
- contains information on how discussions work
- contains a list of frequently asked questions (FAQs) that are very valuable when starting the course

Course Instructor

Sabina Valentine, M.Sc.,
4-10 Agriculture-Forestry Centre; The instructor can be contacted through the University of Alberta email system at sparkes@ualberta.ca. In the email title, please specify the course you are writing an email about ie 'nutr100 on line'.

This course also has a contact phone number. This phone will be used to help manage difficulties that can't be managed over email. SO, if you have a question, please try and email myself or a t/a first, and if it still can't be resolved, then please call.

Office hours are on Saturdays from 9-10 am and Mondays from 6-7 pm where I will turn the phone on and be available to answer questions. This phone will also be on during exams and should only be used for emergency situations. You can also call and leave a message on this phone at any time, and your message will be returned as soon as possible.

The course cell phone number is 780-222-1349.

Office Hours

There will be two Chat sessions just before the midterm and final exam respectively. The on line 'chats' can be accessed by scrolling down to the 'Exams' block in eClass (the last block) and clicking on the chat.

Teaching Assistants for the course:

Teaching assistants will be monitoring the on-line discussion, and are available if you need help with the course or computer material. The t/a's for this course can be reached at their respective email addresses (which you will receive once you are in the course).

neiro@ualberta.ca

- **EVALUATION:**

Activity	Date	% of Final Grade
Practice Quiz	First day of class	0%
Midterm	Half way through the term (date TBA in class)	25%
End of Chapter quizzes	Done after you finish each chapter	15%
Final Exam	At end of term (date TBA in class)	40%*
Participation in discussions		15%
Participation in Lecture Questions		5%***

*Note that the final exam is cumulative and covers all material in the course

*Exams (midterm and final) in the course are multiple choice, short answer, and some essay questions

***Students have until the midterm to complete lecture questions from chapters 1-9, and will have until the last day of class to complete lecture questions from chapters 10-18 (not including chapter 17), Eating disorders, and Clinical Nutrition.

DISCUSSIONS

This mark will be based on how involved students become with the course and is worth 15% of your mark. This mark will come from an evaluation of your participation in unmarked on-line discussions. In the fall and winter terms, there are 10 discussions - including the introductory discussion, each worth 1.5%. In the spring term, there are 5 discussions, each worth 3%.

INTRODUCTION

Introduce yourself to the Instructor, T/A, and other students in the class. The submission of this information to the instructor/T/A is required as part of your participation mark, and accounts for 1.5% of your grade (and 3% of your grade in spring term). You will submit the information and photo through the EClass on-line discussion on the second or third week of class. This will give you an introduction on how to be involved in an on-line discussion.

You will have to answer specific questions posed by myself, Sabina, and post a response to those questions. To access the question posed by myself, Sabina Valentine, do the following: goto the EClass homepage and enter the Nutrition 100 course; scroll down until you see 'Discussions'; click on the discussion for this week, and make some posts. For more specific information and instruction on making posts refer to instructions on EClass homepage in the 'Using EClass' section (where you would need to find information about discussions) OR refer to the instructions for discussions in the intro email attachment.

ON-LINE DISCUSSIONS

One controversial question will be posted in the EClass Discussion folder each week, to which students will respond to on-line. For participation marks, students must respond to all 10 on-line discussion questions, which will be posted each week on Wednesday's at 9AM. Once the question is posted, students will have until the following Tuesday at 9AM, after which, the discussion will be closed. If you are responding to another student's post, you can click on 'reply' (responding to another student still counts as a post when we mark discussions). But if you are the first person to start the discussion OR if you want to initiate a new topic then you would 'create topic'. **Note that late discussion posts will not be marked.**

The schedule of on-line discussions is listed below.

Teaching assistants will email out rubrics to the students after discussions 2, 5 and 7 in fall/winter terms to give them feedback on how to improve their future discussions. Teaching assistants will email out rubrics to the students after each discussion in spring term.

Note that Discussion #4 in the fall/winter terms will have a slightly different format than other discussions. The instructions for this discussion will be posted on the appropriate date in 'Discussions' in EClass. In this discussion you will need to: do a grocery store activity on powerpoint, read a case study, and answer questions related to the case study. The grocery tour and the case study will each be worth 0.75 marks each (or 1.5 marks each for spring session courses; .75 marks for the grocery tour, and .75 marks for the case study/assessment). Full marks for the case study questions will be obtained if the answers were correctly answered.

How Discussions are Marked:

Discussions will be marked in accordance with the following criteria (refer to the last 2 pages of this document for a rubric that is associated with how discussions are graded). Each discussion will be graded out of 15, but is only worth 1.5% of the overall mark for fall/winter term and 3% for spring term.

The rubric at the end of this document will be used to mark all of your discussions. Basically, the rubric is set up with the following grading categories (however, please view the rubric for specific guidelines):

- Deadline met (Fri/Sun deadline): 3 marks

- Number of postings: 3 marks
- Responds to classmates: 2 marks
- Spacing of posts: 2 marks
- Depth and accuracy of content and use of resources: 5 marks

Below is a description of some of the grading categories associated with the grading rubric for discussions:

Number of postings required:

- If you post 3 times you will get the maximum mark of 15. BUT, to receive a mark of 15 – they must be good quality posts; making 3 posts does not guarantee a mark of 15 out of 15.
- Post twice, you can receive up to 12/15 marks.
- Post once, and you will only receive a grade (maximum is your posting is AMAZING) of 8/15.

Required timing of postings (Fri/Sun deadline):

- You will lose 2 marks (out of 15) if you do not make your first posting before Friday at 8 pm (each discussion is posted the previous Wednesday at 9 am).
- You will lose 3 marks (out of 15) if you do not make your first post before Sunday at 8 pm (each discussion is posted the previous Wednesday at 9 am) OR you will lose 1 marks (out of 15) if you do not make your second post before Sunday at 8 pm.

Each discussion will be graded in accordance with the standards described above (which are described more specifically in the rubric at the end of this document). **After discussion 2, 5, and 7 have been completed**, the teaching assistant will email each student a rubric of how they did for that particular discussion for fall/winter terms, and after each discussion in the spring term. This will give the students an opportunity to improve their discussions.

For a more thorough description of the discussion grading guidelines, refer to the link on the home page '[information about discussions](#)' (this document can also be found in the intro email attachment). This link may require your CCID student id and password.

EXAMS:

How to take exams in EClass: For the midterms, and final, answer each question by choosing your multiple choice answer/short answer/long answer. The computer automatically saves the answer after you have answered the question (but you can still go back and change your answers after you answer the question).

Once you have completed the exam, go to 'submit' or click on 'finish'. Once marking is complete (5-7 days later), you will receive your mark for the midterm. If for some reason, you are cut off in the middle of an exam, email me or call me as soon as possible in eClass or at sparkes@ualberta.ca, or the t/a who is on-line, then re-enter eClass, go into

'assessments', click on your quiz/exam, and click on 'continue assessment'.

You will be responsible for submitting your quiz on time. You will be cut off when the quiz time has ended' . Thus, you have to submit your quiz on time. You can keep track of time during the quiz, where the time will be visible in the upper left hand corner of the assessment screen.

If you are working on an essay question in the midterm or final exam, make sure that you do something in eClass every couple of minutes to (ie re-save a question) to ensure that you are not timed out of eClass.

Please take note of exam length and exam availability, as they are different. The exam availability is the length of time that the exam is available to access. The exam length is the length of time you have to complete the exam once you start the exam in eClass. For example, the exam availability may be between 1:00-1:35 pm, and the exam length may be 30 minutes. This means that you must access the exam before 1:05 pm if you want to get the full 30 minutes to complete your exam. After 1:35 pm you will not be able to access your exam. This will also apply to all quizzes in the course as well.

End of Chapter Quizzes:

At the end of each chapter in eClass there is a quiz (worth marks) testing the components of just the chapter block in which it is located. The chapter quizzes will consist of multiple choice content related questions from the respective chapter. All exams and quizzes should be written independently and are open book.

Each chapter quiz will be available for 4 business days (96 hours). If this runs over a weekend –then the weekend days will also be included. Each chapter quiz will be available at 5 pm on the day that the chapter is covered in eClass, and will be available for 4 business days after this (the schedule of quizzes is below). There is no time limit on the quiz as long as you finish it before the quiz is no longer available. When you actually open the quiz – you will see a 'time limit of 8-10 days': please ignore this and note the quiz availability dates below in table. To view quiz answers, go into the quiz, and click on your 'attempt'. Note that you won't be able to access your quiz answers until the quiz is no longer available.

Within the 4 business day period that the quiz is available, you can stop and start working on the quiz before you actually submit the quiz for marking. To do this, start working on the quiz and when you are finished for the time being (your answers will automatically be saved), DO NOT submit your quiz. When you want to go back and work on your quiz again, access the quiz in eClass. When you are done working on your quiz and you are ready to submit, click on 'submit' and/or 'finish'. **NO make-up quizzes will be accommodated unless there is an emergency that can be verified. Note also that the top 13 quiz marks out of 17 quizzes will be used to calculate your overall mark (ie your top 13 quiz marks will account for 15% of your mark).**

Midterm and Final Exam: The exams will be open book. The midterm (worth 25%) and final exam (worth 40%) will be multiple choice, true/false, one-word answer, short answer, and long answer. Although the answers will be in your notes, it is strongly advised that you learn the material, versus trying to find the answers in the notes. You will access the exams through 'assessments' in EClass. The exam times are set, and you must take the exams at this time.

The midterm is worth 25%. The midterm tests material from chapters 1-9. This includes all additional required readings for these chapters, as well as the 'Focus' sections, found at the end of some chapters. The midterm will be from 6-7:30pm.

The final exam is worth 40% of the overall mark. The final exam is cumulative, where the final exam will focus more on untested material. For the final, 30-40% of the final exam will test material from chapters 1-9, while 60-70% of the final exam will test material from chapters 10-18 (where chapter 17 is not tested in this course). Note that the final exam will test all textbook chapters (including the 'Focus' sections) and the additional required readings.

Midterm and Final Exam Review: To review what is covered on the midterm and final exam, please refer to a powerpoint presentation titled 'Midterm Review Lecture' and 'Final Exam Review Lecture' respectively. There is no audio component with these lectures. These lectures are located in the 'Exams' lock in eClass (the last block of eClass).

To obtain practice answering long/short questions for the midterm, an assessment titled 'Midterm Long Answer Review Questions' is available for students to take. Also, to obtain practice answering long/short questions for the final exam, an assessment titled 'Final Exam Long Answer Review Questions' is available for students to take. These questions are found in the 'Exams' block in the eClass (the last block of eClass). These questions are NOT worth any marks and will not be graded. To evaluate how you did answering each question, please refer to the question answer.

Missed Midterm and/or Final Exams

- **Missed Midterm Exam:** If a student misses a midterm, a new time can be set between the instructor and/or student for the student to write the midterm or under the discretion of the instructor, the weight of the midterm can be transferred to the final exam.
- **Missed Final Exam:** Instructors can neither give permission to a student to miss the final exam nor grant a request for a deferred final exam. Students are encouraged to check exam schedules prior to making travel or event plans. The decision to grant a deferred final exam can only be granted by their own Faculty (e.g. ALES students go to 2-06 Ag/For to obtain an exam deferral, Science students go to 1-001 CCIS). Acceptable reasons for an excused absence may include illness or bereavement, and unacceptable reasons include weddings, travel arrangements or being on vacation. The University policy on deferred exams can be found in Section 23.3.2 of the University Calendar. It includes specific instructions on how to obtain a deferral.

Practice Quiz: The practice quiz will be available the first day of class until the end of the term. It will consist of 11 multiple choice or true/false questions, and you will have 15 minutes to do it. BUT, **you will have to submit the quiz yourself.** The computer will cut you off at 15 minutes. Thus, you have to submit the practice quiz yourself before or at the 15 minute time mark. This is done to practice how quizzes will actually work (see below for description).

The practice quiz will consist of 15 multiple choice or true/false questions, and you will have 15 minutes to do it. You will be able to try the practice quiz an unlimited number of times, just to get used to taking an exam on EClass. The practice quiz IS NOT worth any marks and will ask questions only from information in Chapter 1 and 2. You will receive a mark of '0' only because the practice quiz is not worth anything – not because you got every answer wrong. To access the practice quiz, go into EClass, click on 'Exams' (near the bottom of eClass), and then click on 'Practice Quiz'.

The practice quiz is not worth any marks, but is MANDATORY. It is VERY important that you do the practice quiz BEFORE your first quiz and midterm #1 to ensure that your computer is set up properly to do exams in EClass. Additionally, the course instructor will be far less sympathetic to computer problems during exams if the practice quiz was not taken.

You can do the practice quiz an unlimited number of times. During the practice quiz you should practice: changing an answer, submitting your exam on time, saving an essay question in Word and then transferring your answer over into EClass, emailing me or a teaching assistant during an exam.

GRADING

The University of Alberta uses a letter grading system with a four-point scale of numerical equivalents for calculating grade point averages. Grades reflect judgments of student achievement made by instructors. These judgments are based on a combination of absolute achievement and relative performance in class. Grades will be assigned as intervals within the overall class scores.

COMPUTER REQUIREMENTS

Please refer to the following link to ensure that each student has the computer set-up required to run EClass.

<https://sites.google.com/a/ualberta.ca/extension-elearning-resources/eclass-orientation/technical-requirements>

So what can you do to prevent computer problems from occurring? Well, here are some suggestions.....

1. Take exams in AICT managed computer labs. The AICT Labs Group does a very good job of maintaining the systems in the various labs that they manage. If students can duplicate errors on AICT-managed computer labs, we can quickly identify the issue and work to resolve the problem, something we cannot do with home computer systems.
2. The other recommendation involves doing a deep scan of your computer system for any parasites or viruses and set any Internet security software to "medium".

If you need assistance, go to <http://www.ualberta.ca/HELP/> for the HelpDesk, or phone 492-9400.

ACADEMIC INTEGRITY

"The University of Alberta is committed to the highest standards of academic integrity and honesty. Students are expected to be familiar with these standards regarding academic honesty and to uphold the policies of the University in this respect. Students are particularly urged to familiarize themselves with the provisions of the Code of Student Behaviour (www.ualberta.ca/secretariat/appeals.htm) and avoid any behaviour which could potentially result in suspicions of cheating, plagiarism, misrepresentation of facts and/or participation in an offence. Academic dishonesty is a serious offence and can result in suspension or expulsion from the University." (GFC 2003)

CODE OF STUDENT BEHAVIOUR

"All students at the University of Alberta are subject to the Code of Student Behaviour, as outlined at <http://www.ualberta.ca/~unisecr/policy/sec30.html>. Please familiarize yourself with it and ensure that you do not participate in any inappropriate behavior as defined by the Code. Key components of the code include the following statements.

30.3.2(1) No Student shall submit the words, ideas, images or data of another person as the Student's own in any academic writing, essay, thesis, project, assignment, presentation or poster in a course or program of study.

30.3.2(2) c. No Student shall represent another's substantial editorial or compositional assistance on an assignment as the Student's own work."

COURSE SCHEDULE OF READINGS:

Assigned Reading in textbook and EClass readings*
Chapter 1: Nutrition: Food for Health
Practice quiz available in Nutrition 100, located in 'Exams' Block in eClass
Chapter 2: Nutrition Guidelines: Applying the Science of Nutrition
Chapter 3: Digestion, Absorption, and Metabolism
Chapter 4: Carbohydrates and additional required readings in eClass
Chapter 5: Lipids Focus on Alcohol and additional required readings in eClass
Chapter 6: Proteins and Amino Acids
Chapter 7: Energy Balance and Weight Management Focus on Obesity Energy Balance: additional required chapter 7 readings in eClass
Chapter 8: Water-soluble Vitamins
Chapter 9: Fat-soluble Vitamins Focus on Phytochemicals
Chapter 10: Water and the Electrolytes
MIDTERM: tests chapters 1-9
Students have until the midterm date (midnight) to complete lecture questions from chapters 1-9
Chapter 11: Major Minerals and Bone Health Focus on Nonvitamin/Nonmineral Supplements
Chapter 12: The Trace Elements Focus on Integrating Nutrient Function The Trace Elements: additional required chapter 12 readings in eClass (on Antioxidant Supplementation and

Immunity)
Chapter 13: Nutrition and Physical Activity Additional required readings for chapter 13 in eClass
Quiz 13 available Nov 1 (5 pm) – Nov 4 (5 pm)
Chapter 14: Nutrition During Pregnancy and Lactation Nutrition During Pregnancy and Lactation: Additional required readings for chapter 14 in eClass
Quiz 14 available Nov 3 (5 pm) – Nov 18 (5 pm)
Chapter 15: Nutrition from Infancy to Adolescence Focus on Eating Disorders Nutrition from Infancy to Adolescence: Additional required readings for chapter 15 in eClass
Lecture on Eating Disorders (in eClass)
Chapter 16: Nutrition and Aging: The Adult Years Nutrition and Aging: The Adult Years: Additional required readings for chapter 16 in eClass
Lecture on Clinical Nutrition (in eClass)
Quiz 16 available Nov 29 (5 pm) – Dec 2 (5 pm) : tests chapter 16 and lecture on Clinical Nutrition
Chapter 17 not covered in this course; no Quiz 17
Chapter 18: World Hunger and Malnutrition World Hunger and Malnutrition: Additional required readings for chapter 18 in eClass
Student will have will have until the last day of class (midnight) to complete lecture questions from chapters 10-18 (not including chapter 17), Eating disorders, and Clinical Nutrition.
<i>Final Exam (2.5 hours)</i>

*Note that all course readings in the textbook include supplementary readings at the end of each chapter. This is different than the ‘additional required readings’ (which are required readings located in eClass).

Rubric for Grading Discussions:

Grade (out of 15)	Deadline met (3)	# Posti	Responds to classmates	Posts are spaced (2)	Depth and Accuracy of content; referencing (5)
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		ings (3)	(2)	ie 1 day between	
A; 14-15; Strong	Fri/Sun - yes (3)	3+ (3)	Tactful and insightful and nice not repetitive, responds often (2)	yes (2)	Excellent application of course content, student has cogent grasp of subject matter. Student makes no errors with key ideas and shows and exemplary knowledge of the subject. Readings support opinions/concepts; references used (5- 4)
B; 13-14; solid	Fri/Sun - yes (3)	3 (3)	Tactful and insightful and nice, responds often (2)	yes (2)	good application of course content. Student has a thorough grasp of the subject matter. Students makes only minor errors with key ideas and demonstrates a comprehensive knowledge of the subject. Readings support opinions/concepts; references used (4-3)
B-/C+; 11-12; average	Fri/Sun - yes (3)	2 (2)	Tactful and insightful and nice, responds often (2)	yes (2)	good application of course content. Student has a thorough grasp of the subject matter. Students makes only minor errors with key ideas and demonstrates a comprehensive knowledge of the subject. Readings support opinions/concepts; references used (4-3)
C; 9-10; competent	Friday deadline met; Second post made after Sunday (2)	2(2)	Tactful and insightful and nice, responds often (2)	Some (1)	Some application of course content. Student has an adequate, though not outstanding, grasp of the subject matter. Student makes few errors with key ideas and shows and average knowledge of the subject. Readings support opinions/concepts; some references used (not all is referenced) (3-2)
D; 7-8; needs improvement	First post made before Sunday deadline (1)	1 (1)	Tactful and insightful and nice, not as responsive (1)	some (1)	Some application of course content. Student has an adequate, though not outstanding, grasp of the subject matter. Student makes few errors with key ideas and shows and average knowledge of the subject. Readings support opinions/concepts; some references used (not all is referenced) (3-2)
F; 4-5; needs improvement	Not met - 0	1 (1)	Tactful and nice, responds very little (0.5)	some (but fewer than in a 'C') (.5)	Some application of readings. Student has an inadequate grasp of the subject matter. Student makes several errors with key ideas and shows a shaky knowledge of the subject. Not a lot of support from readings for opinions/concepts; very few /little references used. (2-1)
F; 1; unacceptable	Not met - 0	0 (0)	rude, non-responsive (0)	none (0)	Student has almost no grasp of the subject matter. Student makes repeated errors with key ideas and shows almost no knowledge of the subject. Opinions/concepts have no support from readings; no references used (1 - 0)

All marks as in parantheses