Instructor: Nancy Driscoll, MS, RD; nancya@email.arizona.edu

Teaching Assistant: Ms. Yael Greenblatt; yaelg@email.arizona.edu

Office Hours: Shantz Room 320, Monday 11:00AM – 12:00PM and Thursday 3:30-4:30PM or by appointment

COURSE DESCRIPTION, OBJECTIVES, and EXPECTATIONS
Please read through this entire document carefully and contact your instructor if you have questions.

1. Course Identification, Course Number: NSC 301: Nutrition and The Life Cycle

2. Prerequisites: NSC 101 or 170C1 must be completed prior to enrollment in NSC 301. This course familiarizes you with basic nutrition concepts.

3. Course Description: Nutrition and the Life Cycle involves the study of special nutritional needs, physiology, and health concerns of pregnant and lactating women, infants, children, adolescents, adults and older adults. Humans require the same nutrients throughout their lifespan however the amount of specific nutrients varies at different stages in the life cycle and varies according to gender, activity level and growth. Certain health conditions and diseases similarly alter nutritional requirements. Course components include readings, activities, and discussions that highlight the relationships between nutrition and physical and psychological growth, development and aging.

4. Course Objectives:
   By actively participating in this course, the student will be able to:
   • Discuss, contrast, and evaluate the roles of nutrition and wellness within the complex processes of pregnancy, lactation, child development, growth and aging.
   • Recognize, discuss, and discriminate between the relationship between nutrition and wellness and the course of child development and the development of lifestyle-related degenerative diseases.
   • Distinguish, adapt for, and design nutrition and wellness interventions which integrate the social, psychological and physical influences on maternal and child development, growth and aging.

   Upon completion of this course, the student will:
   • Understand the role of nutrition and changes in nutritional requirements that occur during the life cycle in humans.
   • Understand how and why nutrient needs change during each stage of the life cycle.
   • Identify major areas of nutritional concern in each stage of the life cycle, including the impact of physiological and developmental changes.
   • Identify nutritional risk factors that may lead to chronic disease through case studies of various stages of the life cycle.
   • Apply knowledge of nutritional requirements for each age group to their dietary needs and food choices.

5. Expectations: Please read this entire document carefully and contact your instructor if you have any questions. This is a professional course. This implies that the student is expected to display professional characteristics in the following areas: time management, submission of assignments, interaction with peers, presentation of written material, participation in class activities and discussions. We expect every student to apply themselves to learning the nutrition concepts presented in this course. We promise to serve you as facilitators and mentors, but you must do the learning. This class is delivered electronically. You are expected to fully participate in this
class by communicating with the instructor and other students through email. The deadlines for turning in work are rigid. You must read the textbook, look at the PowerPoint slides and login to D2L regularly.


7. **Resources:**
   - CDC Growth Charts: [http://www.cdc.gov/growthcharts/](http://www.cdc.gov/growthcharts/) - through this address, you can find, download and print growth charts.

8. **Special Needs and Accommodations Statement:** Students who need special accommodations or services should contact the Disability Resources Center, 1224 East Lowell Street, Tucson, AZ 85721, (520) 621-3268, FAX (520) 621-9423, email: uadrc@email.arizona.edu, HYPERLINK [http://drc.arizona.edu/](http://drc.arizona.edu/). You must register with the DRC so you are identified on the DRC website. Please plan to email me to discuss accommodations and how my course requirements and activities may impact your ability to fully participate. The need for accommodations must be documented by the appropriate office.

9. **Class Notes:** This syllabus, all assignments and many course materials will be available on the Desire2Learn (D2L) course management system. You may access d2l at [http://d2l.arizona.edu](http://d2l.arizona.edu) with your UANetID and password. When you enroll in the class, you are automatically able to access this class on D2L.

10. **Attendance Policy:** The course will be delivered online in an asynchronous environment, meaning that at no time are students and instructors required to be online at the same time. You are expected to fully participate in this class by completing graded work, participating in discussions and making connections with the instructor and other students through Email. The deadline for turning in work is rigid. You must use the textbook and login to D2L regularly.

11. **Communicating with the Professor:** If you need help in the class, please contact me. You are welcomed and encouraged to email me or visit me in my office. Yael is also very willing to assist you and can be reached by email.

12. **Scholastic Ethics:** All students at the University of Arizona are considered responsible adults and, as such, are accountable for their own personal behavior. All students are expected to conform to local, state and federal laws. The Code of Academic Integrity of the University of Arizona places the responsibility on each student for the conduct and integrity of all academic work submitted as homework or examinations. The guiding principle of academic integrity is that a student's submitted work, examinations or projects are that student's own work. Students must in no way misrepresent or be party to another student's failure to maintain academic integrity. Copies of the Code are available from the Office of the Dean of Students, 203 Old Main Hall. Failure of any student to maintain the integrity of any assignment will result in an automatic grade of 0 points on that assignment, and a written notification of this grade, and the reason for it, to the student, the Department Head and Office of Resident Instruction, College of Agriculture. Please note that students failing to maintain the academic integrity of their work diminish their own education and discredit the academic community.

13. **Confidentiality of Student Records:** This course conforms to the University’s policy pertaining to the confidentiality of student records as represented at [http://www.registrar.arizona.edu/ferpa/default.htm](http://www.registrar.arizona.edu/ferpa/default.htm)

14. **Written Assignments:** Written assignments should be well written with correct spelling and grammar. Be sure to check your spelling and grammar before saving and attaching your papers. Make sure that your completed
documents have been saved as one of the following type files: .doc, .docx. Other formats cannot be opened and will be considered late.

15. Detailed Information Regarding Graded Work: Auto graded work including the case studies and the preview quizzes will not be accepted after the due date. The D2L discussions will also not be accepted after the due date. Dropbox assignments will lose 10% per day if they are late. All assignments will be submitted through D2L according to the directions. Students that need technical help can ask the instructor for help, contact the U of A Help (621-HELP) or go to computer labs for help if on campus. We have also posted a ‘Technical Help’ handout on the content page. Follow instructions carefully! Pay attention to directions on what you are to do and how to express your answers/posts/papers. Due dates extend to 11:59 pm of the listed day ACCORDING TO THE CCIT SERVER CLOCK (ARIZONA TIME)!!

Discussion Posts (25pts each): There are two discussions in this class. You must pay attention to the detailed instructions for each discussion found under the forum in the “discussion” link. The discussion posts will be graded as is but you are welcome to ask for feedback to improve your score on discussion 2.

Case Studies (20pts each): You will be responsible for completing the assigned case studies, which are real-life situations. The case studies will require application of the nutrition care process including assessment, nutrition diagnosis, intervention, monitoring and evaluation as it applies to the lifecycle. Material addressed in the case studies will be covered in the textbook and you may need to look at outside resources for further clarification or information.

Dropbox Assignments: There are three Dropbox assignments. These have no time requirement other than the final due date. Each assignment will include specific instructions. The Dropbox has an anti-plagiarism tool. If the program identifies 20% or more material has been improperly used from another source, you will lose points. To avoid these penalties, refrain from paraphrasing work and write IN YOUR OWN WORDS. You should use a word processing program because spelling and grammar will also be evaluated. Points will be assigned based on adequate length, addressing the content issued in the instructions, and proper writing skills. You must pay attention to the due dates and allow yourself enough time to adequately complete the assignments. If you wait until the last minute and have a problem with submitting, or if you do not submit your attachment, the work will be late. D2L will send a receipt to you when a file has been properly attached AND submitted.

Nutrition Assessment Assignment (50 pts): This is one of the Dropbox assignments and requires that you record the intake of the person you are assessing for three days, enter the diet information into the USDA SuperTracker website, and compare their dietary intake to various recommendations. A file that will help you to navigate the SuperTracker website is posted on the Content page under ‘Syllabus and Helpful Materials’. The SuperTracker website gets bogged down at times so if you wait until the last day to enter your dietary information there is a good chance you will run into technical problems. To avoid this, at least enter the foods and generate the required reports well in advance of the due date.

Exams (40pts each): There are five exams given in this class. Please make a note of these dates now. There is no such thing as a "make-up" in this class - no exceptions. Exams are not given after the scheduled date. Contact the instructor is you need to take an exam early. If you have many conflicts with the exam schedule (those with Dean's excuses), you must arrange with the instructor to have them set for an earlier time. If you qualify for DRC extended time you must register with the DRC so your name is identified when I go to the DRC website and email me to let me know. Exams are the only timed work that is extended for DRC students. All other work has already considered time allotment for different learning styles and strategies.

Grade Determination
Each unit consists of a preview quiz, a discussion, a case study and an exam. There are also 3 Dropbox assignments.
3 Dropbox Assignments (50 pts, 80 pts and 70 pts) 200 pts
19 Preview Quizzes (10 pts each x 18 – 1 dropped) 180 pts
2 Discussions (25 pts each) 50 pts
5 case studies (20 pt each) 100 pts
5 exams (40 pt each) 200 pts
Participation Points (5 pts each X10) 50 pts

740 Points Possible

701 and above  = >90%  = A
623 - 700  = 80% - 89.9% = B
517 - 622  = 70% - 79.9% = C
467 - 516  = 60% - 69.9% = D
Below 467  = <60%  = E

16. Course Policies:
1. You must read the SYLLABUS!
2. Students will use the UA email to communicate with the instructor and teaching assistant. Students are expected to check their email on a regular basis. Emails must be signed with your first and last name in order for the instructor/TA to identify who the message is from.
3. Students are expected to check the “Course Home” page for any special announcements. You should check for news on a daily, regular basis. Any changes or additions to the course will be posted there.
4. Be aware that if you would like to contest a grade on course work, you must do so no later than 5 DAYS after the work is graded. It is recommended that you review all graded work.
5. Please allow at least 15 hours for email responses. As such, please look at assignments early, and if you have questions do not hesitate to ask Nancy or Yael.
6. Exams will be given on the posted date. Students WILL NOT be permitted to take any exam after the test date. Arrangements to take an exam early must be requested 1 week in advance.
7. All assignments are due by 11:59 pm on the due date indicated by the class schedule. Please plan ahead.
8. Assignments turned in late will lose 10% of their assigned value for each day late.
9. The chapter assignments and case studies are auto-graded therefore misspelled words and incorrect grammar will not be accepted. Make sure you spell correctly.
10. Answers are not case sensitive so D2L will accept capital or small case letters.
11. The answers to all submitted work that is auto-graded (assignments and case studies) can be viewed the day after the last date of submission. To view the correct answers go to the assignment (or case study) and click on “Submissions” and then click on “Attempt1”. This will open up the assignment with your answers and the correct answers.
12. The instructor and the TA are here as a resource for you. Please do not hesitate to contact us.

Subject to Change: Information contained in the course syllabus, other than the grade and absence policy, may be subject to change with advance notice, as deemed appropriate by the instructor.

Good Luck and learn a lot!

NSC 301 Schedule of Course Work Deadlines Fall 2013

<table>
<thead>
<tr>
<th>Unit 1</th>
<th>Week of:</th>
<th>Chapter Assignments Due</th>
<th>Chapter Preview Quizzes</th>
<th>Case Studies Due</th>
<th>Discussions Due</th>
<th>Assignments Due</th>
<th>Exams Due</th>
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<tbody>
<tr>
<td>Aug 26</td>
<td>Ch 1 - 8/27 Ch 2 - 8/29</td>
<td>Ch 1 - 8/28 Ch 2 - 8/29</td>
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<tr>
<td>Sept 2</td>
<td>Ch 2 - 9/3 Ch 3 - 9/5</td>
<td>Ch 3 – 9/4</td>
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<td>Role of Food - Due 9/5</td>
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<tr>
<td>Sept 9</td>
<td>Ch 4 - 9/12</td>
<td>Ch 4 -9/11</td>
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<td></td>
<td></td>
<td>Exam 1 – Ch 1 - 3 September 10</td>
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</tbody>
</table>
| Unit 2 | Sept 16 | Ch 4 - 9/17  
|        |         | Ch 5 - 9/17 & 9/19  
|        |         | Ch 5 – 9/16  
|        | Sept 23 | Ch 6 - 9/24 & 9/26  
|        |         | Ch 7 - 9/26  
|        |         | Ch 6 – 9/23  
|        |         | Ch 7 – 9/25  
|        | Sept 30 | Ch 7 – 10/1  
|        |         | Pregnancy: due 9/19  
|        |         | Discussion 1 Due 9/23 & 9/26  
|        |         | Exam 2 – Ch 4 -7: Tues, Oct 3  
| Unit 3 | Oct 7   | Ch 8 - 10/8 & 10/10  
|        |         | Ch 9 -10/10  
|        |         | Ch 8 – 10/7  
|        |         | Ch 9 – 10/9  
|        | Oct 14  | Ch 9 - 10/15  
|        |         | Ch 10 - 10/15 & 10/17  
|        |         | Ch 11 – 10/17  
|        |         | Ch 10 – 10/14  
|        |         | Ch 11 – 10/12  
|        | Oct 21  | Ch 11 - 10/22  
|        |         | Preschooler: due 10/17  
|        |         | Exam 3 – Ch 8-11: Thurs, Oct 24  
| Unit 4 | Oct 28  | Ch 12 - 10/29  
|        |         | Ch 13 – 10/31  
|        |         | Ch 12 – 10/28  
|        |         | Ch 13- 10/30  
|        |         | Discussion 2 Due 10/21 & 10/24  
|        | Nov 4   | Ch 13 - 11/5 & 11/7  
|        |         | Ch 14 - 11/7  
|        |         | Ch 14 – 11/6  
|        |         | Adolescent: due 11/7  
|        |         | Nutrition Assessment -11/14  
|        | Nov 11  | Ch 15 – 11/12  
|        |         | Ch 15 – 11/11  
|        |         | Exam 4 – Ch 12-15: Thurs, Nov 14  
| Unit 5 | Nov 18  | Ch 16 & 17 -11/19  
|        |         | Ch 17 - 11/21  
|        |         | Ch 18 - 11/21  
|        |         | Ch 16 – 11/18  
|        |         | Ch 17 – 11/20  
|        |         | Adult: due 11/21  
|        | Nov 25  | Ch 18 – 11/26  
|        |         | Ch 18 – 11/25  
|        | Dec 2   | Ch 19 – 12/3 & 12/5  
|        |         | Ch 19 – 12/2  
|        |         | Older Adult: due 12/5  
|        | Dec 9   |         | Exam 5 – Ch 16-19: Tues, Dec 10  
|        |         |         |