



University of California at Santa Barbara
Department of Exercise and Sport Studies

**ESS W3
Exercise and Sport Studies
Nutrition for Health
Online**

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1. COURSE DESCRIPTION

The ESS 3 course is designed to prepare students with the basic knowledge and understanding regarding nutrition. Emphasis is on basic nutrition principles, proper diet, food selection and making healthful food choices.

2. COURSE OBJECTIVES and LEARNING OUTCOMES:

Learning Outcomes:

During this course students will be able to:

1. Distinguish and categorize the six classes of nutrients and how they lend to or prevent disease.
2. Recognize how nutrients are digested, absorbed and utilized in the human body.
3. Analyze dietary intake using Nutrition Calc Plus and create food tracker reports to reflect on their own personal nutrition and lifestyle choices.
4. Utilize practical skills such as food labels and nutritional information to develop tools that assist in making healthy food choices, eating balanced diet and setting healthy goals.
5. Review and discuss research studies and articles in the field of nutrition.

Learning Outcomes:

After participating in this course students will be able to:

1. Recognize 6 classes of nutrients and nutrient quality in food and supplements to ensure proper nutrient intake.
2. Remember how nutrients are utilized in the human body and how they can be consumed to end toward health and wellbeing.
3. Understand how to monitor dietary intake using Nutrition Calc Plus and make adjustments to dietary intake as a result of lifestyle changes.
4. Apply the learned practical skills and tools to continue making healthy food choices, eating a balanced diet and reaching healthy goals.

3. COURSE MATERIALS

TEXTS/MATERIALS

Required: Schiff, Wendy J. Nutrition for Healthy Living. 6e. McGraw Hill, 2022.

For this course you will be required to purchase McGraw-Hill Education Connect® access for Nutrition for Healthy Living, 6th edition by Wendy Schiff. **You are not required to have a print text. If you purchase a used textbook, you will still need to purchase Connect access.**



MCGRAW HILL CONNECT

McGraw-Hill's Connect is a web-based assignment and assessment solution required for this course. As outlined in this syllabus, Connect assignments will make up a significant portion of your overall course grade.

ACCESS

Connect access can be purchased online at our section's Connect web address, which is reached by clicking the McGraw Hill icon in the course. It can also be purchased through the UCSB bookstore. Either way, you will have the option of purchasing Connect with or without the print copy of the book. NOTE: You can register in Connect and have access to the Connect exercises and ebook without a code for a limited time period (typically two weeks).

COST

Connect (with the e-book) is \$80 through the McGraw Hill link (icon) in the course or \$85 at the UCSB bookstore.

ESS W3 Nutrition for Health

Title	Edition	Author	Publisher	Price
Connect for <u>Nutrition for Healthy Living</u> No ISBN - Order <i>this</i> through the McGraw Hill link in the course	5th	Schiff	McGraw-Hill Education	\$80.00

Connect access codes are also available through the UCSB bookstore, packaged along with the looseleaf copy.

Connect with Looseleaf	Looseleaf with Access Code \$85.00 through the UCSB Bookstore* Also available for purchase through other book vendors
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REGISTRATION

To register in Connect, follow the instructions provided when you click on the McGraw Hill icon within your course.

If you would like a print version of the text to accompany Connect, the bookstore is carrying a discounted bundle of the text, which includes a Connect access code. A print-upgrade option is also available via Connect if you find yourself wanting a print companion at some point during the term. This will be a full color binder-ready version of the text.

Required Readings:

- 1) Textbook assigned chapters
- 2) Articles, videos and podcasts on Canvas

Required Resources:

- 3) Connect Online Course Resource – McGrawHill (activation code comes with textbook)
- 4) NutritionCalcPlus (This FREE diet analysis program located in Connect is required for tracking food intake, creating reports and completing diet analysis assignments)

SPECIAL REQUIREMENTS

- Webcam
- Microphone
- **Proctorio** (Free browser plug-in required for exams)
UCSB is committed to academic integrity of fully online and hybrid-based courses. Your online based exams and quizzes will require online proctoring. You will receive further information once your course opens.
- **McGraw-Hill Education Connect®**

4. STUDENT REQUIREMENTS

Students are expected to:

- Complete the assigned textbook readings and PowerPoint lectures by the noted due dates
- Track food intake using Nutrition Calc Plus for at least 3 days during week 1 of the course. (students may choose to continue tracking for longer than the required timeframe).
- Create specific reports from Nutrition Calc Plus to use as a resource to complete assignments.
- Complete all Connect Diet analysis and other assignments on Connect by noted due date.
- Participate in threaded discussions on Canvas
- Complete the midterm and final exam

5. COURSE REQUIREMENTS AND ASSIGNMENTS

a. Midterm 1 (40 points)

Midterm 1 will be taken online during week 6 of the session. The midterm will consist of 40 true/false and multiple choice questions. Questions will be related to class lectures and assigned readings. Students will use Connect & Proctorio to complete the midterm exam.

b. Final/Midterm 2 (40 points)

The final exam is NOT cumulative will be taken online during the final week of the session. The final will consist of 40 true/false and multiple choice questions. Questions will be related to class lectures and assigned readings reading during the 2nd half of the session. Students will use Connect & Proctorio to complete the final exam.

c. Threaded discussions/Real World Assignments (20 points.)

Real World Assignments will require students to complete an activity in a real world environment. After completion, students will participate in graded discussion forums on Gauchospace. Discussion topics or questions will be posted on Gauchospace and students will create a post that follows the discussion forum requirement. Each post will be related to the Real World assignment and be supported by research or scholarly information. Posts are limited to 200 words or less and students are required to cite all sources. Students are also required to read and respond to a post by at least one other student. Each forum discussion will be worth 10 points.

d. Goals & Reflections Discussions (60 points)

Students will develop an individual goal at the start of the course. Reflection assignments will help students learn and utilize a multitude of resources to help them define and reach their stated goal(s). Reflections will follow discussion prompts and allow students to reflect on and discuss their progress, barriers and strategies regarding their personal goals. Each reflection post will be worth 5-10 points.

e. Food Tracker/Analyze My Diet Assignments (60 points).

Using NutritionCalcPlus, students will log and analyze food groups and nutrients based on their individual dietary intake. Each assignment will involve a tracking and analyzing component (10 points) and a reflection component (10 points). LATE ASSIGNMENTS will not be accepted after the due date.

f. Chapter Quizzes (70 points)

Chapter quizzes will be assigned for 12 Chapters in the textbook. Quizzes are designed as material review and to assess student understanding of the material. Quizzes range from 5 to 20 questions. All quizzes are worth 5 points. Quizzes will be completed on Connect. LATE ASSIGNMENTS will not be accepted. analyzing component (10 points) and a reflection component (10 points). LATE ASSIGNMENTS will not be accepted after the due date.

6. <u>COURSE EVALUATION</u>	<u>POINTS</u>
Midterm 1	40
Final/Midterm 2	40
Threaded discussions/Real World Assignments	20
Goal Setting Discussions	60
Chapter Quizzes	60
Spotlight Assignments	20
Food Tracker/Diet Analysis	60
TOTAL	300

7. COURSE GRADING – based on grade percentages

A	93 – 100
A-	90 – 92
A = precise, careful sophisticated understanding	
B+	87 – 89
B	83 – 86
B-	80 – 82
B = good, solid understanding	
C+	77 – 79
C	73 – 76
C-	70 – 72
C = uneven mix of comprehension and lack of comprehension	
D+	67 – 69
D	63 – 66
D-	60 – 62
D = failure to comprehend	
F	Below 60
F = no effort whatsoever or no assignment completed	

8. POLICIES

Academic Conduct

Students are expected to comply with the University of California at Santa Barbara’s policy regarding academic conduct as described in the General Catalogue.

“The core of a university’s integrity is its scholastic honesty. Academic dishonesty vitiates the university’s educational role and defrauds all who comprise its community. It is expected that students understand and subscribe to the ideal of academic integrity and are willing to bear individual responsibility for their work. Materials submitted to fulfill academic requirements must represent a student’s own efforts. Any act of academic dishonesty, such as plagiarism or other forms of cheating, is unacceptable and will be met with disciplinary action.”

Please familiarize yourself with UCSB’s policy on academic honesty (“Academic Conduct”): http://www.sa.ucsb.edu/Regulations/student_conduct.aspx

If you are caught cheating, you will be reported to judicial affairs, as is required by University policy of all instructors.

Examples of cheating include:

- Copying or borrowing ideas from another student’s assignments
- Collaborating in any way on a midterm or final exam
- This list is not exhaustive.

Assignments

Assignments are due by the posted due date. Assignments will be graded according to the specific guidelines and instructions given.

Late Policy

Any assignment not turned in on the scheduled due date will be considered late. Late assignments may be deducted 50%. Assignments more than 24 hours late will receive a grade of zero.

E-mail

All students are expected to have/obtain a UCSB e-mail account. You are strongly encouraged to use the UCSB e-mail to communicate your questions and comments to the instructor and TA. Emails will receive a reply within 24 hours. Assignments cannot be turned in via e-mail.

SYLLABUS CHANGE POLICY

This syllabus is a guide for the course and is subject to change without advanced notice.

9. COURSE CALENDAR

Start	Topic (Point value is next to required activities)
	<p>Online Orientation Activities</p> <ul style="list-style-type: none"> <input type="checkbox"/> Print and review Syllabus <input type="checkbox"/> Complete all items in the Course Preparation section <ul style="list-style-type: none"> ○ Complete <i>Sign up for a Connect Account</i> assignment ○ Create profile on NutritionCalcPlus ○ Complete 3 day Food Tracking Assignment (10 points) ○ Post to the Discussion Group titled <i>Getting to Know Your Classmates</i> <p>Course Overview</p>
	<p><u>Week1:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Review the Week 1 <i>Introduction Video</i> <input type="checkbox"/> SMARTBOOK WEEK 1 <p>Chapter 01/02: Basics of Nutrition</p> <ul style="list-style-type: none"> <input type="checkbox"/> Review the Chapter 01/02 Highlight Videos <input type="checkbox"/> Review the Chapter 01/02 Lecture Presentations <input type="checkbox"/> Complete Quiz 01/02 in Connect (20 questions; 5 Points; 30-minute time limit)
	<p><u>Week 2:</u></p> <p>Review the Week 2 <i>Introduction Video</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> SMARTBOOK WEEK 2 <p>Chapter 03: Planning Nutritional Diets</p> <ul style="list-style-type: none"> <input type="checkbox"/> Review the Chapter 03 Lecture Presentations <input type="checkbox"/> Review Chapter 3 Highlight Videos <input type="checkbox"/> Complete Quiz 3 in Connect (20 questions; 5 Points; 30-minute time limit) <p>Chapter 04: Body Basics</p> <ul style="list-style-type: none"> <input type="checkbox"/> Review the Chapter 04 Lecture Presentations <input type="checkbox"/> Watch Chapter 4 Highlight Videos <input type="checkbox"/> Complete Quiz 04 in Connect (20 questions; 5 Points; 30-minute time limit)
	<p><u>Week 3:</u></p> <p>Review the Week 3 <i>Introduction Video</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> SMARTBOOK WEEK 3 <p>Chapter 05: Carbohydrates</p> <ul style="list-style-type: none"> <input type="checkbox"/> Review the Chapter 5 Highlight Videos <input type="checkbox"/> Review the Chapter 05 Lecture Presentations <input type="checkbox"/> Complete the Real World: Food Label and Food Choice Assignment <input type="checkbox"/> Post to Discussion Forum (10 Points) due Thursday and response to another student's post due at lesson due date

ESS W3 Nutrition for Health

	<ul style="list-style-type: none"> <input type="checkbox"/> Complete the Diet Analysis: Carbohydrates (10 points) <input type="checkbox"/> Complete Quiz 05 in Connect (20 questions; 5 Points; 30-minute time limit)
	<p><u>Week 4:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Watch the Week 4 <i>Introduction Video</i> <input type="checkbox"/> SMARTBOOK week 4 <p>Chapter 6: Fats and Other Lipids</p> <ul style="list-style-type: none"> <input type="checkbox"/> Watch the Chapter 6 Highlight Videos <input type="checkbox"/> Review the Chapter 6 Lecture Presentations <input type="checkbox"/> Complete the Diet Analysis: Fats (10 points) <input type="checkbox"/> Complete Quiz 06 in Connect (20 questions; 5 Points; 30-minute time limit)
	<p><u>Week 5:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Watch the Week 5 <i>Introduction Video</i> <input type="checkbox"/> SMARTBOOK WEEK 5 <p>Chapter 7: Proteins</p> <ul style="list-style-type: none"> <input type="checkbox"/> Review the Chapter 7 Highlight Videos <input type="checkbox"/> Review the Chapter 7 Lecture Presentations <input type="checkbox"/> Complete the Diet Analysis: Proteins (10 points) <input type="checkbox"/> Complete Quiz 07 in Connect (20 questions; 5 Points; 30-minute time limit)
<p>Midterm 1: ONLINE during week 6 -Chapters 1-7 (40 questions; 40 points)</p>	
	<p><u>Week 6:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Watch the Week 6 <i>Introduction Video</i> <input type="checkbox"/> SMARTBOOK WEEK 6 <p>Chapter 10: Energy Balance and Body Weight Control</p> <ul style="list-style-type: none"> <input type="checkbox"/> Review the Chapter 10 Highlight Videos <input type="checkbox"/> Review the Chapter 10 Lecture Presentations <input type="checkbox"/> Complete the Real World Assignment: Fast Food Assignment <input type="checkbox"/> Post to Discussion Forum (10 Points) due Thursday and response to another student's post due at lesson due date <input type="checkbox"/> Complete Quiz 10 in Connect (20 questions; 5 Points; 30-minute time limit)
	<p><u>Week 7:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Watch the Week 7 <i>Introduction Video</i> <input type="checkbox"/> SMARTBOOK Week 7 <p>Chapter 11: Nutrition for Physically Active Lifestyles</p> <ul style="list-style-type: none"> <input type="checkbox"/> Review the Chapter 11 Highlight Videos <input type="checkbox"/> Review the Chapter 11 Lecture Presentations <input type="checkbox"/> Complete the Energy Metabolism Assignment (10 points) <input type="checkbox"/> Complete Quiz 11 in Connect (20 questions; 5 points, 30-minute time limit)

ESS W3 Nutrition for Health

	<p><u>Week 8:</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Watch the <i>Week 8 Introduction Video</i><input type="checkbox"/> SMARTBOOK WEEK 8 <p>Chapter 8: Vitamins</p> <ul style="list-style-type: none"><input type="checkbox"/> Review the Chapter 8 Highlight Videos<input type="checkbox"/> Review the Chapter 8 Lecture Presentations<input type="checkbox"/> Complete the Diet Analysis: Vitamins (10 points)<input type="checkbox"/> Complete Quiz 08 in Connect (20 questions; 5 Points; 30-minute time limit)
	<p><u>Week 9:</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Watch the <i>Week 9 Introduction Video</i><input type="checkbox"/> SMARTBOOK WEEK 9 <p>Chapter 9: Minerals</p> <ul style="list-style-type: none"><input type="checkbox"/> Review the Chapter 9 highlight videos<input type="checkbox"/> Review the Chapter 9 Lecture Presentations<input type="checkbox"/> Complete Quiz 09 in Connect (20 questions; 5 Points; 30-minute time limit)
	<p><u>Week 10:</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Watch the <i>Week 12 Introduction Video</i><input type="checkbox"/> SMARTBOOK WEEK 12 <p>Lesson 12: Food Safety Concerns</p> <ul style="list-style-type: none"><input type="checkbox"/> Review the Chapter 12 Highlight Videos<input type="checkbox"/> Review the Chapter 12 Lecture Presentations<input type="checkbox"/> Complete Quiz 12 in Connect (20 questions; 5 Points; 30-minute time limit) <p>Lesson 13: Nutrition for a Lifetime</p> <ul style="list-style-type: none"><input type="checkbox"/> Review the Chapter 13 highlight videos<input type="checkbox"/> Review the Chapter 13 Lecture Presentations<input type="checkbox"/> Complete Disordered Eating Assignment (10 points)<input type="checkbox"/> Complete Quiz 13 in Connect (20 questions; 5 Points; 30-minute time limit)
	<p>Final Examination: ONLINE during Finals week Lessons 8-13, Chapters 8-13 (40 questions; 40 points)</p>