**University at Buffalo**

*The State University of New York*

**School of Public Health and Health Professions**

**Department Name:** Dept. of Exercise and Nutrition Sciences

**Program Name:** Nutrition

Semester: Fall **Year:** 2013

| **Course No.:** | NTR 110B1/B3 | **Class Day/Time:** | Wednesday,7:30-9:20pm |
| --- | --- | --- | --- |
| **Course Title:** | Nutrition in Practice Lab | **Class Location:** | 206 Diefendorf |
| **Format:** | LAB |

|  |  |
| --- | --- |
| **Instructor(s):** | Brittney Patera |
| **Email:** | bpatera@buffalo.edu |
| **Prerequisite(s):** | NTR 108 |

**I. (a) Course Description:**

Students will have a hand-on opportunity to investigate their own dietary practices using computer analysis and evaluation as well as worksheets provided. Other labs will include differentiation between and analysis of the types of carbohydrates, proteins and fats consumed. Students will also visit, analyze and report on observations made in the community and industry based food systems, food purchasing facilities and cultural food markets.

**(b) Course Rationale/Relationship to Curriculum Design:**

This is a one credit general science course.

**II. Course Objectives / Competency / Instructional Method(s) / Assessment Method(s)**

|  |  |  |  |
| --- | --- | --- | --- |
| Objective |  Competency | Instructional Method(s) | Assessment Method(s) |
| Analyze and interpret information gained through self-observation of community and industry based food systems, food purchasing facilities and cultural food markets. | Explain the relationship of current public health issues and nutritional habits | Lecture on various techniques of dietary assessment. | Labs |
| Effectively utilize basic dietary assessment tools to analyze individuals and populations | Interpret their own dietary practices using computer analysis and evaluation.Analyze and interpret information gained through self-observation of community and industry based food systems, food purchasing facilities and cultural food markets. | Lecture | Labs |
| Recognize the limitations and strengths of various dietary assessment tools. | Interpret their own dietary practices using computer analysis and evaluation. | Lecture | Labs |

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Bottom of Form

**III. Textbooks /Equipment /Required Technologies**

| Resource | Required |
| --- | --- |
| MyDietaryAnalysis (Access code found in the NTR 109 textbook) sold @ the University Bookstore, 200 Lee Entrance, North Campus (phone: 645-6161) | **Yes** |
| Labs will be posted on UBlearns prior to the Lab session each week. Students must use the labs posted on UBlearns. |  |

**IV. Course Requirements and Assignments**

Labs are due each week, due dates are listed on the last page of the syllabus. Students must work individually for all labs. Students that copy will receive a 0. Labs will be available on UBLearns prior to each Lab session. Students must use labs posted on UBLearns (failure to do this will result in a grade of 0) **You must only use the labs posted on UBLearns by your Teaching Assistant. Failure to use the current posted lab will result in a 0 for the lab.**

**V. Course Evaluation**

Students will receive a request to evaluate the course at the end of the semester.

**VI. Grading**

There are 12 labs (each lab is worth 15 points). Labs due dates are listed on the last page of the syllabus. All labs are due at 11:59pm on the dates listed. Attendance will be taken in lab and is worth 20 points, you must be present for the whole class and be an active participant in lab to receive attendance points.

**Late labs will lose 2 points/day late (including weekends). Labs will not be accepted 1 week after the due date. Labs will not be accepted after 12/03/13**.

| Course Component | Due date | Points |
| --- | --- | --- |
| Attendance |  | 20 points |
| Labs | Listed on last page | 15 points each (total 180) |

 **Total: 200 points**

 **Final Grade Determination**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  180 | 200 | A | 140 | 149 | C |
| 175 | 179 | A- | 135 | 139 | C- |
| 170 | 174 | B+ | 130 | 134 | D+ |
| 160 | 169 | B | 120 | 129 | D |
| 155 | 159 | B- | <120 | xx | F |
| 150 | 154 | C+ | xx- | xx |  |

**VII. Other course related information**

See UBlearns for more information

**VIII. Communication**

If you have multiple email accounts, please be sure that you access (or forward) your UB email. Your UB email is the account I will use to send course-related materials.

**IX. Policy Regarding Absences, Attendance, Assignments, Exams, and**

 **University Policy on Incompletes in Courses**

 • **Class Attendance and Absences**

 As many in-class activities will be completed throughout the semester, class attendance is expected. In the case of exceptional circumstances that result in you being late or absent, you must contact me prior to the start of class (either by email). Please be aware that an absence from class under these circumstances does not excuse you from any required assignments.

 • **Late Assignments**

Late labs will lose 2 points/day late (including weekends). Labs will not be accepted 1 week after the due date.

 • **Exams and Final Exam**

 Exams dates are listed on the last page of the syllabus.

 • **Policy on Incomplete Grades for the Course**

Incomplete grades will be given only if there are extenuating circumstances (i.e. severe illness) that preclude the student from completing the course. The student must have satisfactorily completed all course work and successfully passed all exams (B or better) up until the time an incomplete is requested.

 • **University Policy on Incomplete Grades**

 A grade of incomplete (“I”) indicate that additional course work is required to fulfill the requirements of a given course. Students may only be given an “I” grade if they have a passing average in coursework that has been completed and have well-defined parameters to complete the course requirements that could result in a grade better than the default grade. An “I” grade may not be assigned to a student who did not attend the course. Prior to the end of the semester, students must initiate the request for an “I” grade and receive the instructor’s approval. Assignment of an “I” grade is at the discretion of the instructor.

 The instructor must specify a default letter at the time the “I” grade is submitted. A default grade is the letter grade the student will receive if no additional coursework is completed and/or a grade change form is not filed by the instructor. “I” grades must be completed within 12 months. Individual instructors may set shorter time limits for removing an incomplete than the 12-month time limit. Upon assigning an “I” grade, the instructor shall provide the student specification, in writing or by electronic mail, of the requirements to be fulfilled, and shall file a copy with the appropriate departmental office.

 Students must not re-register for courses for which they have received an “I” grade.

 Applicable dates regarding the 12-month provision:

 Courses taken in (semester): Will default in 12 months on:

 Fall December 31

 Spring May 31

 Summer August 31

 The “I” must be changed to a grade before the degree conferral date if the students plans to graduate in that semester. At any time prior to the default date, students may elect to change the “I” grade to the default grade using the Grade Retrieval Form.

 A default grade an be “A-,” “B+,” “B-,” “C+,” “C-,” “D+,” “D,” or “F.” (If a student selected an S/U grading option, it will replace the default letter grade when the grade defaults.)

 **Disability Policy**

 If you have any disability which requires reasonable accommodations to enable you to participate in this course, please contact the Office of Disability Services (ODS), 25 Capen Hall, 645-2608, and also the instructor of this course during the first week of class. ODS will provide you with information and review appropriate arrangements for reasonable accommodations.

**Netiquette**

You will be interacting with your Teaching Assistant through email or on UBlearns. You’ve probably taken many traditional college courses in the past, and are used to the structure, and cultural norms associated with them. We like to call this online etiquette.

1. **The rules of the classroom are the same regardless of location.** Remember just because you’re interacting online, doesn’t mean you stop having respect for your professors, and fellow classmates. You’re communicating with a real person, not a computer screen.
2. **Remember your audience.** When communicating online it’s important to remember who you’re communicating with. When sending a message to a professor, please refrain from using “text speak”. For example, Shakespeare never intended for you to type “2B or not 2B”. Also, stay away from typing in all capital letters; it will appear as if you’re shouting.
3. **Avoid strong language.** Language can easily be misinterpreted in an online setting. Be sure to review your work before submitting, making sure the reader won’t be able to misinterpret it as strong, or offensive. Sarcasm doesn’t translate well online. Your audience can’t see your facial expressions, or body language. Try to be as straight forward and professional as possible.
4. **Read everything, twice.** Be sure to thoroughly read all course materials before beginning to work on your assignments. If you have a question, or need clarification, re-read the materials. You may have glanced over an important detail the first time. If you’re still having difficulties, then e-mail your professor.
5. **Review all materials before submitting.** When responding to discussion board posts, be sure to read all previous postings before you post your own. This way you won’t duplicate someone else’s comments. Also, it’s a good idea to write, and save your work in Microsoft Word first. In case of a technical issue, you have a backup copy.

 **Academic Integrity**

 Students who are suspected of academic dishonesty will be dealt with severely in accordance with the Department and University Policy. This may include a grade of 0 for an assignment and/or failure in a course.

 *Academic Dishonesty:* Actions that compromise academic integrity include, but are not limited to the following examples:

* *Previously submitted work:* Submitting academically required material that has been previously submitted – in whole or in substantial part – in another course, without prior and expressed consent of the instructor.
* *Plagiarism.* Copying or receiving material from any source and submitting that material as one’s own, without acknowledging and citing the particular debts to the source (quotations, paraphrases, basic ideas), or in any other manner representing the work of another as one’s own.
* *Cheating.* Soliciting and/or receiving information from, or providing information to, another student or any other unauthorized source (including electronic sources such as cellular phones and PDAs), with the intent to deceive while completing an examination or individual assignment.
* *Falsification of academic materials.* Fabricating laboratory materials, notes, reports, or any forms of computer data; forging an instructor’s name or initials; resubmitting an examination or assignment for reevaluation which has been altered without the instructor’s authorization; or submitting a report, paper, materials, computer data, or examination (or any considerable part thereof) prepared by any person other than the student responsible for the assignment.
* *Misrepresentation of documents.* Forgery, alteration, or misuse of any University or Official document, record, or instrument of identification.
* *Confidential academic materials.* Procurement, distribution or acceptance of examinations or laboratory results without prior and expressed consent of the instructor.
* *Selling academic assignments.* No person shall sell or offer for sale to any person enrolled at the University at Buffalo any academic assignments, or any inappropriate assistance in the preparation, research, or writing of any assignment, which the sellers knows, or has reason to believe, is intended for submission in fulfillment of any course or academic program requirement.
* *Purchasing academic assignments.* No person shall purchase an academic assignment intended for submission in fulfillment of any course or academic program requirement.

**COURSE SCHEDULE**

This schedule is subject to revision due to unforeseen events.

| Date | Due Date | Topic | Points |
| --- | --- | --- | --- |
| 8/28/13 | 9/03/13 | Food Label Lab | 15 pts. |
| 9/04/13 |  | **No Class** |  |
| 9/11/13 | 9/17/13 | Food Purchasing Lab | 15 pts. |
| 9/18/13 | 9/24/13 | Food Analysis # 1 Lab | 15 pts. |
| 9/25/13 | **10/01/13** | Carbohydrates/Fats/Protein Lab**Exam 1 (9/25/13)** | 15 pts. |
| 10/02/13 | 10/08/13 | Vitamin/Mineral Lab | 15 pts. |
| 10/09/13 | 10/15/13 | Ethnic Food Lab | 15 pts. |
| 10/16/13 | 10/22/13 | Let’s Eat Out Lab | 15pts |
| 10/23/13 | 10/29/13 | Fad Diet Evaluation Lab | 15pts |
| 10/30/13 | 11/05/13 | Food Safety Lab**Exam 2 (10/30/13)** | 15 pts. |
| 11/06/13 | 11/12/13 | Body Composition Lab | 15 pts. |
| 11/13/13 | 11/19/13 | Supplement Lab | 15 pts. |
| 11/20/13 | 12/03/13 | Energy Metabolism Lab | 15 pts. |
| 11/27/13 |  | **Fall Recess** |  |
| 12/04/13 |  | **Exam 3 (12/04/13)** |  |