Instructor: Dorothy Klimis-Zacas, M.S., PhD, FACN
Professor of Clinical Nutrition
Cooperating Professor
School of Biomedical Science
Office: 232 Hitchner Hall, University of Maine, Campus
Email: dorothy.klimis@umit.maine.edu

COURSE FORMAT:
All lectures, assignments and exams for this course are accessed via the Internet on Blackboard at http://www.courses.maine.edu. This course contains 12 units, which include pre-recorded weekly lectures. All units are available as shown in this syllabus under “Course Schedule”.

TECHNICAL ASSISTANCE:
For all matters related to access to the course website and technical assistance, please contact the help center:
Help Line Phone Number: 1-877-947-4357
Email: dlitechhelp@umit.maine.edu

For all matters related to e-text book and Nutrition Calc Plus please contact Mac Graw Hill at:
1. Go to www.connectstudentsuccess.com
2. Click on GET STARTED tab

COMMUNICATING WITH THE PROFESSOR:
The main form of communication for this course will be online through Blackboard and email. For questions about course material, assignments and exams not answered in the assignment instructions, syllabus or announcements, please post questions for each other to the Discussion Board (see tab on course menu in Blackboard). Please use proper Netiquette, as your questions are viewed by the entire class. For questions to me please email me at: dorothy.klimis@umit.maine.edu. I will try to respond within 24 hours if an email or post is received during the week (Monday – Friday). If you send a post or an email on Friday afternoon or over the weekend, you will receive a reply within 48 hours.
HARDWARE AND SOFTWARE REQUIREMENTS:
- High-speed internet access (DSL or cable)
- Mozilla Firefox web browser is recommended (available for download at no cost) http://www.mozilla.org/en-US/
- Adobe Acrobat Reader (available for download at no cost): http://get.adobe.com/reader/
- Microsoft Word (if you do not have Microsoft word, download Open Office for free at http://www.openoffice.org)

ACCESSING THE COURSE WEBSITE:
This course is located on Blackboard. You may access the course website by typing in http://www.courses.maine.edu into your Internet Browser’s URL bar (Mozilla Firefox web browser is highly recommended). Please type in your username and password and click on the Login button. Your login information should be the same user name and password that are used to access your MaineStreet account and your UNET (yourname@maine.edu) account. On the right side of the page under “My Courses”, you will now see a list of courses. Please click on “FSN 101-0990: Intro to Food & Nutrition (Summer 2018)”. The Home page for this course will appear. On the left side of the page, you will see a course menu with links to the course syllabus, lecture units, assignments, exams, discussion and announcement boards. If you have any problems with logging in or need technical assistance, please contact:
Help Line Phone Number: 1-877-947-4357
Email: dlltechhelp@umit.maine.edu

COURSE DESCRIPTION
The purpose of the course is to assist the student in developing, understanding and applying concepts and principles of food and human nutrition. Applications will be achieved through laboratory exercises with applications to nutrition.

COURSE OBJECTIVES
Upon completion of the course the student should be able to:

1. develop an understanding of basic nutrition including life processes and the role nutrients play in these processes
2. identify food sources of nutrients
3. relate human requirements for nutrients to food intake utilizing the DRIs (Dietary reference intake), the Dietary Guidelines for Americans and MyPlate
4. construct, modify and evaluate individual dietary plans by applying nutrition principles
5. describe the principles of caloric balance
6. interpret recent controversies in nutrition
Required Text: A. M. Smith and A. Collene “Contemporary Nutrition”
Mc Graw-Hill, 2016, 10e edition, updated with new dietary guidelines for Americans and
NutritionCalc Plus software.

Package at bookstore: Contains printed book, and access to Nutrition Calc Plus (NCP)
OR
1. Go to Go to http://connect.mheducation.com/class/d-klimis-spring-2018-may---10th-
edition

   Click on “Register Now” to start the eBook/NCP purchasing process.

2. For instructions as to how to register to purchase the eBook and NCP please follow: http://createwp.customer.mheducation.com/wordpress-mu/success-academy-student/buying-access-to-a-course/#.We4JQkcUlaQ
   You will find the eBook and NCP on the right side of the course page.

3. If you need MHE tech support to help with registering, please call 800-331-5094.

   For help as to How to use Nutrition Calc Plus (NCP), please follow:

To order textbooks via phone or online:
Orono Bookstore
phone: 207-581-1700
online: www.bookstore.umaine.edu

Augusta Bookstore
phone: 1-800-621-0083
online: www.umabookstore.com

EXPLANATION OF COURSE FORMAT AND REQUIREMENTS

This course follows a weekly schedule. Please be sure to check the course schedule
often (see below for course schedule) to complete assignments, and exams on time.
Communications regarding assignments and tests will be made via Blackboard. The
following components of the course may be accessed from the course menu on the left
side of the page, once you are logged on to Blackboard.

Lecture Units

This course includes 12 units. These units are available on the course website under the
“Lecture Units” tab. Within each unit, you will find a video of the lecture. Please read the
assigned textbook chapter first, and then view the lecture video.
Assignments

The assignments for this course include a 3-part Diet Study. The due date for each assignment is outlined below in this syllabus under “Course Schedule”. Please begin working on these assignments well in advance of the due date. All assignments should be submitted on the course website under the assignment tab. Please do NOT email your assignments. Feedback and grades for assignments will be provided via the course website. Assignments must be completed by 11:00 pm on the respective due dates. Points will be deducted for spelling and grammatical errors. Details of the assignments may be found under the assignments tab on the course website.

Exams

Four exams will be given over the course of the semester. To prepare for the exam, please study your lecture notes and the corresponding chapters in your book. Each exam will be available for 24 hours during the dates listed on this syllabus under “Course Schedule”. Exams may be accessed from the “Exam” tab on the course website. Please enter the dates of your exams in your personal calendar at the beginning of this course. Excuses of forgetting to take the exam or missing the exam due to inexcusable reasons will result in a 0 grade for the exam. The number of minutes allotted for each exam will be 60. Once you begin the exam, you must complete it (there is no pausing or stopping). If you pause or stop, time stills runs. You must complete the exam within the allotted timeframe to receive credit for each exam. Your exam grades will be provided automatically via the course website on Blackboard.

MAKE-UP POLICY

Absence from exams because of death or tragedy or illness must be reported to the instructor prior to the exam. A make-up exam will only be allowed for those students 1) who are ill (with a doctor’s note or health center note), 2) who have an emergency (must show appropriate documentation), or 3) who have a UMaine engagement (requires documentation, and you must email me 1 week prior to the exam). Makeup exams will be not be given unless the instructor is contacted prior to the exam or the day of the exam (in case of illness).

LATE WORK POLICY

For assignments, 10% will be deducted from the total points for each day the assignment is late. No assignment will be accepted after 5 days of the respective due date.

GRADING

<table>
<thead>
<tr>
<th>Course Requirements</th>
<th>Grading Determination</th>
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<tbody>
<tr>
<td>1. Exam #1</td>
<td>100</td>
</tr>
<tr>
<td>2. Exam #2</td>
<td>100</td>
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<tr>
<td>3. Exam #3</td>
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<td>4. Exam #4</td>
<td>100</td>
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<tr>
<td>5. Assignments</td>
<td>200</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>600 points</strong></td>
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<td>3. Exam #3</td>
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<tr>
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<tr>
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<td>200</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>600 points</strong></td>
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A = 600 - 540
A- = 539-522
B+ = 521-504
B = 503-486
B- = 485-468
C+ = 467-450
C = 449-432
C- = 431-414
D+ = 413-390
D = 389-372
D- = 371-354
E = 353- less
ACADEMIC HONESTY POLICY

According to the University of Maine’s Policy on Academic Dishonesty, cheating and plagiarism are violations of the Student Conduct Code. Cheating includes copying answers, as well as discussing or sharing answers to questions on exams with students who have not yet completed their assessments. Any violation of the University’s Academic honesty policy will not be tolerated. Cheating on exams or assignments will result in a failing grade for that exam, or assignment. Plagiarism will also result in a failing grade for that assignment. Students who violate this policy will be referred to Student Judicial Affairs for disciplinary action.

NETIQUETTE

Netiquette refers to network etiquette. Please use proper netiquette when communicating via email and the question board. Read the “Core Rules of Netiquette” at http://ludost.net/netiquette/0963702513p32.html before sending an email or posting to the question board in this course. More information about course netiquette may be found under the “Start Here” tab on the course website.

DISABILITY POLICY

If you have a disability for which you may be requesting accommodations, please Disability Services at East Annex, 581-2319, as early as possible in the semester.

DISRUPTION POLICY

In the event of disruption of normal classroom activities, the format of this course may be modified to enable completion of this course. In that event, you will be provided an addendum to this syllabus that will supersede this.

SEXUAL DISCRIMINATION REPORTING

The University of Maine is committed to making campus a safe place for students. Because of this commitment, if you tell a Professor about an experience of sexual assault, sexual harassment, stalking, relationship abuse (dating violence and domestic violence), sexual misconduct or any form of gender discrimination involving members of the campus, your Professor is required to report this information to the campus Office of Sexual Assault & Violence Prevention or the Office of Equal Opportunity.

If you want to talk in confidence to someone about an experience of sexual discrimination, please contact these resources:

For confidential resources on campus: Counseling Center: 207-581-1392 or Cutler Health Center: at 207-581-4000.

For confidential resources off campus: Rape Response Services: 1-800-310-0000 or Spruce Run: 1-800-863-9909.

Other resources: The resources listed below can offer support but may have to report the incident to others who can help:

For support services on campus: Office of Sexual Assault & Violence Prevention: 207-581-1406, Office of Community Standards: 207-581-1409, University of Maine Police: 207-581-4040 or 911. Or see the OSAVP website for a complete list of services at http://www.umaine.edu/osavp/
# COURSE SCHEDULE

<table>
<thead>
<tr>
<th>Units/Dates</th>
<th>Topics</th>
<th>Assignments</th>
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</thead>
<tbody>
<tr>
<td>Unit 1 Dates: May 14-16</td>
<td>Choosing what you eat and why</td>
<td>Chapter 1</td>
</tr>
<tr>
<td>Unit 2 Dates: May 17-21</td>
<td>Guidelines for designing a healthy diet</td>
<td>Chapter 2 Assignment 1: Record your 3-day food intake for Thursday, May 17, Friday, May 18 and Saturday, May 19 Total points: 20 Due date: May 21</td>
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<tr>
<td>Unit 3 Dates: May 22-24</td>
<td>The Human Body: A nutrition perspective</td>
<td>Chapter 3</td>
</tr>
<tr>
<td>May 25</td>
<td>Exam #1 Chapters 1, 2 and 3</td>
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<tr>
<td>Unit 4 May 28-31</td>
<td>Carbohydrates</td>
<td>Chapter 4</td>
</tr>
<tr>
<td>Unit 5 June 1-6</td>
<td>Lipids</td>
<td>Chapter 5 Assignment 2: Analyze your 3-day food record Total points: 80 Due date: June 1</td>
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<tr>
<td>June 7</td>
<td>EXAM #2 Chapters 4 and 5</td>
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<tr>
<td>Date</td>
<td>Unit</td>
<td>Topic</td>
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<td>June 7-8</td>
<td>Unit 6</td>
<td>Proteins</td>
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<tr>
<td>June 11,12</td>
<td>Unit 7 and Unit 8</td>
<td>Energy Balance and Weight Control</td>
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<tr>
<td>June 13,14</td>
<td>Unit 9</td>
<td>Vitamins</td>
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<tr>
<td>June 15</td>
<td></td>
<td>EXAM #3, Chapters 6, 7 and 8</td>
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<tr>
<td>June 16-19</td>
<td>Unit 10</td>
<td>Water and Minerals</td>
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<tr>
<td></td>
<td></td>
<td>Assignment 3: Evaluate your 3-day food record</td>
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<td>Total points: 100</td>
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<td></td>
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<td>Due date: June 18</td>
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<tr>
<td>June 20</td>
<td>Unit 11</td>
<td>Nutrition: Fitness and Sports</td>
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<tr>
<td>June 21</td>
<td>Unit 12</td>
<td>Eating Disorders</td>
</tr>
<tr>
<td>June 22</td>
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<td>Exam #4, Chapters 9, 10 and 11</td>
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