



Course timeframe: Dec 19th-Jan 8th

Course format, day & time: Online asynchronous - One chapter per day – no specific lecture time

Class Location: Wherever YOU choose! ☺

About the Instructor:

Name Affiliation	Sepideh Kaviani, Ph.D. Assistant Professor of Nutrition
Work Phone	(618)-650-3398
Email	skavian@siue.edu
Office hours	Zoom meeting by Appointment

Welcome!

I am glad to have the opportunity of sharing my knowledge with each and every one of you. I strive for my classroom to be not only a dynamic learning environment, but to also encourage and empower your individual and group capabilities in pursuit of your educational and career goals.

Bio:

I love problem solving, and puzzles entertain me. Therefore, I am passionate about conducting meaningful human nutrition research. My research interests include the relationship between nutrition and chronic diseases particularly cancer, dietary fatty acids and metabolism, inflammation and coagulation, along with appetite and weight management.

Teaching Philosophy:

As a teacher, my mission is to wake and promote creativity, innovation and logical thinking in my students. By engaging my students in discussions and activities, I intend to establish the belief that you are going to be a proactive part of your own learning experience.

Communicating with the instructor:

- The best way to communicate with me is through **email**.
 - o My typical response time to student emails is within 24 hours.
 - o It is very likely that I won't be able to respond to emails during the weekends.
 - o To better assist you, please include your name and NUTR 250 either in the subject line or body of your email.
- SIUE recognizes the inherent dignity of all individuals and promotes respect for all people. As such, SIUE is committed to providing an environment free of all forms of discrimination including sexual and gender-based discrimination, harassment, and violence like sexual assault, intimate partner violence, and stalking. If you (or someone you know) has experienced these types of behaviors, know that you are not alone. Resources and support are available: you can learn more at [siue.edu/eoa](https://www.siue.edu/eoa) and [siue.edu/sexual-assault](https://www.siue.edu/sexual-assault). Please know that if you choose to confide in me, I am mandated by the University to report to the Title IX Coordinator, as the University and I want to be sure you are connected with all the support the University can offer. You do not need to respond to outreach from the university if you do not want to.

*You can also make a report yourself, including an anonymous report, through the form at <https://www.siue.edu/eoa/reporting-options-resources/report-an-incident.shtml>.



About the Course:

Course description:

This course introduces the principal elements (e.g., carbohydrates, fats, protein, vitamins, minerals, and water) in nutrition and their primary role in body functions; explains the relationship between nutrition and health outcomes/conditions (e.g., diabetes, cardiovascular diseases, cancer, osteoporosis, and obesity); and emphasizes the impact of diet and physical activity on weight control and overall health.

Course goals and objectives:

- Understand the general health impact of nutrition
- Define the major concepts in nutrition
- Describe the role of nutrients in body functions
- Explain a relationship between a specific health outcome/condition and diet
- Integrate nutrition into physical activity and weight control
- Practice nutrition in health education
- Locate, analyze, and utilize accurate and updated information from multiple resources

Course textbook:

Nutrition: An Applied Approach, 5th Edition by Janice Thompson and Melinda Manore.

*I will be using the textbook for my own reference to put together the course schedule and to plan the order of discussing topics. You are not required to purchase the textbook in order to succeed in this course.

Teaching strategies:

Recorded lectures (voice or video), instructional videos available online, reading scientific articles, and regular evaluation of student performance

Course Requirements:

Course and University policies:

1. If you want to earn an A you must study the daily class material, complete the daily assignments by their specified deadlines, and strive to BE a part of the class, even though we are fully online. What I mean by the statement above is, spend time and energy to study, pay attention to emails and announcements about changes and due dates, follow instructions, ALWAYS email me FIRST if you have questions or concerns, and ask to schedule virtual meetings with me whenever necessary.
2. Plagiarism includes either presenting someone else's words without quotation marks or presenting someone else's ideas without citing that source (DO NOT USE YOUTUBE OR OTHER ONLINE VIDEOS IN YOUR ASSIGNMENTS, PRESENTATIONS, etc.). If you are caught plagiarizing, you will fail this course and be reported to the Provost for further inspection of the offense which could lead to suspension or expulsion from the university.
3. Cheating on exams and assignments will result in a score of zero for that exam or assignment. All assignments, quizzes and final exam are online. However, not all students will receive the same set of questions.



Academic Integrity: The expectations and academic standards outlined in the Student Academic Code (3C2) apply to all courses, field experiences and educational experiences at the University, regardless of modality or location.

The full text of the policy can be found here: <https://www.siu.edu/policies/3c2.shtml>.

Plagiarism - 116

The University recognizes plagiarism as a serious academic offense. Plagiarism, the act of representing the work of another as one's own, may take two forms. It may consist of copying, paraphrasing or otherwise using the written or oral work of another without acknowledging the source or it may consist of presenting oral or written course work prepared by another as one's own.

Normally a student who plagiarizes shall receive a grade of 'F' in the course in which the act occurs. The offense shall also be reported to the Provost. In addition, any graduate student who has been found to have committed an act of plagiarism may be dropped from his or her graduate degree program by his or her department. A student who is reported a second time shall be suspended from the University for a period of not less than one term. Should a student who has been suspended for plagiarism be readmitted and be again found guilty of the offense, he/she shall be permanently expelled from the University.

Student Academic Standards and Performance (<http://www.siu.edu/policies/116.shtml>)

4. Late submission of quizzes and assignments is not worthy of 100% credit; therefore, you will not receive full credit. Please do not ask if you can email quizzes to me after the due date. Computer and internet connection issues are not sufficient grounds for an extension. HOWEVER, if something unexpected has come up, please email me, you'll find I am really very easy to work with.
5. Emailed quizzes/assignments are not worthy of full credit, even if it's on time.
6. If you need to discuss your grade at any point during the semester, you **MUST** email me and schedule an appointment to talk about it (appointments will be virtual for the time-being).
 - a. If we schedule a Zoom meeting and for ANY reason, you do not show up within 15 minutes after the scheduled time, I will end the meeting. This will not have any consequences if it happens **ONCE**. **Excluding the first time, there will be an 8-point deduction of your total grade (which equals 2% of your final grade) for each time that you do not show up without prior notice.**
 - b. You will need to inform me at least one hour before our meeting time if you cannot meet. For every **TWO** times that you cancel a scheduled meeting and/or do not show up, you will be restricted from having a meeting for two weeks.
7. **It is your responsibility to check blackboard and/or your emails often for announcements, grade postings.** Any discrepancies or questions regarding assignment/exam grades must be brought to the attention of the instructor within one week of being returned and/or posted on Blackboard. Do **NOT** wait until finals week. Your grade will not be changed on any assignment, nor will your final grade be adjusted unless justifiably warranted (i.e. error in grading). Grade adjustments (e.g., poorly worded question on an exam) will occur at the instructor's discretion.



8. The breakdown of what questions you had missed on assignments and quizzes as well as what the correct answers are will be available to the whole class right after the assignment's corresponding deadline. You can do so by going to "My Grades" on Blackboard and click on your grade for that assignment and/or quiz to access those details.
9. Faculty recordings of lectures and/or other course materials are meant to facilitate student learning and to help facilitate a student catching up who has missed class due to illness or quarantine. As such, the recording, as well as replicating or sharing of any course content and/or course materials without the express permission of the instructor of record, is not permitted, and may be considered a violation of the University's Student Conduct Code (3C1), linked here: <https://www.siue.edu/policies/3c1.shtml>.

Health and Safety

The measures outlined below are required and any student who does not comply may be in violation of the COVID-19 People-Focused Health and Safety Policy, as well as the University's Student Code of Conduct.

The full text of the COVID-19 People-Focused Health and Safety Policy can be found here: <https://www.siue.edu/policies/Covid.shtml>.

General Health Measures

At all times, students should engage in recommended health and safety measures, which include:

- Conducting a daily health assessment. If you have COVID-19 symptoms, but not yet tested positive, have had COVID-19 close contact exposure, or are COVID-19 diagnosed as presumptive or confirmed positive, stay home and contact your health provider or SIUE Health Service at cougarcare@siue.edu or 618-650-2842. More information on reporting procedures is available [here](#).
- Frequent washing or disinfecting of hands.
- Adhere fully to the current face mask and physical distancing rules as articulated in policy: <https://www.siue.edu/about/announcements/coronavirus/safety-guidelines-support/face-mask-pick-up.shtml>
- If present, adhere to directional signs and traffic flow patterns in buildings and offices. In many spaces, doors for entering and exiting buildings are designated.

Classrooms, Labs, Studios, and Other Academic Spaces (might not apply to the format of this class)

Under current University policy, whether in the classroom, lab, studio, or other academic spaces, students (regardless of vaccination status) shall wear face coverings that fully cover the nose and mouth and practice physical distancing measures to the extent practicable based on the specific classroom capacity and pedagogy. Classroom furniture should not be rearranged, and furniture that has been taped off or covered should not be used.

Students who forget to wear a face covering will be reminded of their obligation to comply with SIUE's COVID-19 People-Focused Health and Safety Policy and temporarily asked to leave the class until they are able to conform to the policy. Students who forget or lose their face coverings may be able to obtain replacements from a friend, a faculty member, or a nearby departmental office. Face coverings are also available for purchase in the Cougar Store (MUC).



Students who refuse to wear a face covering will be asked to leave the classroom and referred to the Dean of Students for non-compliance with community health and safety protocols. Repeated non-compliance may result in disciplinary actions, including the student being administratively dropped from an on-ground/face-to-face course or courses without refund if no alternative course format is available.

If a student has a documented health condition which makes wearing a face covering medically intolerable, that student should contact ACCESS to explore options with the understanding that ACCESS will not grant accommodations which excuse the need for a face covering while on campus or in the classroom. ACCESS will work with qualifying individuals to find reasonable alternatives, whenever such solutions are available. Please call or contact the ACCESS Office via email to schedule an online appointment to discuss potential alternatives. ACCESS office (Student Success Center, Room 1203, 618-650-3726, and myaccess@siue.edu).

Accessibility

Students needing accommodations because of medical diagnosis or major life impairment will need to register with Accessible Campus Community & Equitable Student Support (ACCESS) and complete an intake process before accommodations will be given. The ACCESS office is located in the Student Success Center, Room 1270. You can also reach the office by e-mail at myaccess@siue.edu or by calling (618)-650-3726. For more information on policies, procedures, or necessary forms, please visit the ACCESS website at www.siue.edu/access.

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ACCESS office (Student Success Center, Room 1203, 618-650-3726, and myaccess@siue.edu).

Additional Support

As an enrolled SIUE student, you have a variety of support available to you, including:

- Lovejoy Library Resources
- Academic Success Sessions
- Tutoring Resource Center
- The Writing Center
- Academic Advising
- Financial Aid
- Campus Events
- Counseling Services

If you find that you need additional support, please reach out to me and let me know.



Subject to change notice - Potential for Changes in Course Schedule or Modality

As the COVID-19 pandemic continues, there remains a possibility that planned classroom activities will need to be adjusted. Depending on circumstances and following state-issued recommendations, potential changes include alterations to distancing requirements, course modality (e.g., transition from face-to-face to online, hybrid, or hy-flex, mask wearing, in-course activities, etc.). These changes would be implemented to ensure the successful completion of the course while preserving health and safety. In these cases, students may be provided with an addendum to the class syllabus that will supersede the original version. If the course schedule or modifications significantly alter expectations, a new syllabus will be issued.

Points

Assignment	Total Points	Percentage
Daily Assignments (14 daily assignments each worth 10 points)	140	70%
Final Assignment	60	30%
Total Points Possible	200	100%

Grading scale

Points	Percentage	Grade
≥ 180	≥ 90%	A
160 – 179.9	80-89 %	B
140 – 159.9	70-79 %	C
120 – 139.9	60-69%	D
≤ 119.9	≤ 59%	F



Course Schedule

Week	Day	Date	Chapters to be discussed	Assignments Due Dates
Week 1	D0	12/19 Mon	Introduction – Syllabus Review Assignment D0	Due Sun, 12/25 at 11:59 pm
	D1	12/20 Tues	Chapter 1 - Role of Nutrition in our health Assignment D1	Due Sun, 12/25 at 11:59 pm
	D2	12/21 Wed	Chapter 2 – Designing a healthful diet Assignment D2	Due Sun, 12/25 at 11:59 pm
	D3	12/22 Thurs	Chapter 3 – Are we really what we eat? Assignment D3	Due Sun, 12/25 at 11:59 pm
	D4	12/23 Fri	Chapter 4 – Carbohydrates Assignment D4	Due Sun, 12/25 at 11:59 pm
Week 2	D5	12/26 Mon	Chapter 5 – Fats Assignment D5	Due Sun, 1/1 at 11:59 pm
	D6	12/27 Tues	Chapter 6 - Proteins Assignment D6	Due Sun, 1/1 at 11:59 pm
	D7	12/28 Wed	Chapter 7 – Electrolytes/Fluid Balance Assignment D7	Due Sun, 1/1 at 11:59 pm
	D8	12/29 Thurs	Chapter 8 – Antioxidants Assignment D8	Due Sun, 1/1 at 11:59 pm
	D9	12/30 Fri	Chapter 9 – Nutrients for tissue health Assignment D9	Due Sun, 1/1 at 11:59 pm
Week 3	D10	1/2 Mon	Chapter 10 – Healthful Weight Maintenance Assignment D10	Due Sat, 1/8 at noon
	D11	1/3 Tues	Chapter 11 – Nutrition & Physical Activity Assignment D11	Due Sat, 1/8 at noon
	D12	1/4 Wed	Chapter 12 – Food Safety Assignment D12	Due Sat, 1/8 at noon
	D13	1/5 Thurs	Chronic Kidney Disease (CKD) *not in book Assignment D13	Due Sat, 1/8 at noon
	D14	1/6 Fri	No new material-Review previous chapters	
	D16	1/8 Sun	Final Assignment (cumulative) due <i>This assignment is available on Bb on Sun, 1/1 at noon</i>	Due Sun, 1/8 at noon