

**NUT 10V (100% online course)**  
**DISCOVERIES AND CONCEPTS IN NUTRITION (3 units) – Spring 2019**

**INSTRUCTOR:** Dr. Debbie Fetter  
Lecturer (PSOE)  
Department of Nutrition  
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**VIRTUAL OFFICE HOURS:**  
M: 1:30-2:30PM  
T: 2:00-3:00PM  
W: 1:00-2:00PM

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## COURSE BASICS

**Course Objectives:** To present the concepts and rationale of nutrition in the context of personal, cultural, and world aspects of human nutrition. Since this course has no prerequisites, the scientific rationale is developed with a minimum of assumptions and scientific terminology.

*At the end of the course, you will be able to:*

1. **Explain** the key features of nutrients and identify good food sources of various nutrients.
2. **Describe** the basic functions of nutrients over the life cycle.
3. **Apply** knowledge of characteristics and functions of nutrients to understand the interactions between the body and food, particularly in terms of weight loss and health risks, such as obesity and other chronic diseases.
4. **Analyze** popular nutritional developments, trends, and fads to evaluate potential health impacts and inform healthful decision-making.
5. **Analyze** personal health data to evaluate potential health impacts and inform healthful decision-making.
6. **Integrate** understanding of nutritional concepts to enhance/advance/further personal, academic, and/or career goals.

**Format:** NUT 10V (100% online) – **Pre-recorded module videos are watched online** through Canvas.

- Online, **ungraded** practice quiz questions, called PlayPosit questions, are embedded in the module videos and appear every 4-7 minutes.
- **After each module, a 5-point open-book chapter quiz is to be taken on Canvas by the deadline** (quiz contains a random assortment of PlayPosit questions and eBook chapter quiz questions). **The 2 lowest quiz scores will be dropped.**
- Students keep a personal diet diary and make calculations of nutrient intake – Diet Project (see course eBook and the Virtual Diet Project assignment on Canvas).
- **Online closed-book exams:** Two midterm examinations and one final examination.
- Virtual office hours held through the Zoom meeting software.
- Grade based on 12.5% Chapter Quizzes; 12.5% Virtual Diet Project; 75% for exams (25% Midterm 1, 25% Midterm 2, and 25% Final Examination). Letter grades and P/NP: Several online extra credit opportunities will also be available – announcements made via email and Canvas.

**Required eBook:** *Nutrition Basics for Better Health and Performance* (Applegate, L., Ed. 3, 2017 Kendall-Hunt ISBN is 978-1-5249-4920-4). The eBook contains assigned reading, PowerPoint diagrams, charts, and practice chapter quizzes.



Students can purchase the eBook two ways:

1. Purchase through the UC Davis bookstore here:

<http://ucdavisstores.com/CourseMaterials#9781524949204> (search using the ISBN: 9781524949204). Please email Carlo Chavez (cachavez@ucdavis.edu) if you are having any trouble with getting your eBook. Cost = \$45.47.

\*\*\*\*If you purchase through the UC Davis Bookstore, you will need to **pick-up the physical access code in the campus store located at the Memorial Union.**

2. Purchase through the Kendall-Hunt publisher here:

<https://he.kendallhunt.com/product/nutrition-basics-better-health-and-performance-ebook-digital-diet-project-0>. Select the “eBook Package” option to receive an email with your access code to the eBook. Cost = \$43.20.

\*\*\*\*You will receive **immediate access after purchase**

Once you purchase the eBook, **you will also receive an additional access code to download the Virtual Diet Project Forms.** The downloaded Virtual Diet Project Forms will have your name pre-filled in. **Note: Only the Virtual Diet Project Forms with your name pre-filled in will be accepted for submission. Scanned printed copies from the paper book will not be accepted.**

### Topical Outline:

- Nutrients and establishing nutrient requirements; homeostasis; body composition and fluids; digestion.
- Proteins and amino acids. Structure and state of body proteins. Requirements during the life cycle; effects of exercise. High protein diets – do they work?
- Energetic basis of nutrition. Fiber and health. Properties of carbohydrates and fats; integration of metabolism. High protein/ low carb diets. Are fats and calories dangerous to your health?
- Metabolic regulation: How much body fat is unhealthy? What’s too thin? Regulation of food intake, eating disorders; diet and heart disease connection; culture, food choices and disease.
- Minerals: Is calcium intake a problem? Water fluoridation. Anemia - who’s at risk? Should we avoid salt?
- Vitamins: How much is enough? Functions and dietary significance of the vitamins. Enrichment.
- Are dietary supplements safe.... are they necessary?
- Diet and cancer - are you at risk? Fad diets – do detoxes and colon cleanses work?
- Cultural influence on nutrition and health.
- Nutritional effects of alcohol.
- Nutrition and athletic performance.
- Nutrition labeling, dietary guidelines for optimal health, and how-tos on MyPlate.

## VIRTUAL OFFICE HOURS

Weekly virtual office hours will be held using a Zoom meeting. The link to join the Zoom meeting will be provided on Canvas.

	Dr. Fetter (Instructor) 	Britt (Head TA) 	Jiye (Diet Project TA) 	Christine (TA) 	Desiree (TA) 	Riley (TA) 
		“Head TA”	“Diet Project”	“Diet Project Assist”	“ProctorU/Quizzes”	“Jeopardy”
Mon	1:30PM-2:30PM				10:00AM-11:00AM	12:00PM-1:00PM
Tues	2:00PM-3:00PM		10:00AM-11:00AM			
Wed	1:00PM-2:00PM			10:00AM-11:00AM		
Thurs		1:30PM-2:30PM	12:00PM-1:00PM			
Fri		2:00PM-3:00PM				

### Nutrition 10V teaching staff email addresses

Dr. Fetter: [dsfetter@ucdavis.edu](mailto:dsfetter@ucdavis.edu)

Britt Robinson: [brobinson@ucdavis.edu](mailto:brobinson@ucdavis.edu)

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Christine Richardson: [cerrichardson@ucdavis.edu](mailto:cerrichardson@ucdavis.edu)

Desiree Sigala: [dmsigala@ucdavis.edu](mailto:dmsigala@ucdavis.edu)

Riley Hughes: [rlhughes@ucdavis.edu](mailto:rlhughes@ucdavis.edu)

## MODULE VIDEO SCHEDULE → Print this out and track your progress!

DISCOVERIES AND CONCEPTS IN NUTRITION – Spring 2019	
Week	Modules & Activities (Reading/lecture ppt/quiz chapter noted in parenthesis)
1 (April 1 <sup>st</sup> – April 7 <sup>h</sup> )	<ul style="list-style-type: none"> <li>• Speaking of Nutrition...Some Basics. (Chapter 1) <ul style="list-style-type: none"> <li><input type="checkbox"/> Watch Videos 1 – 6</li> </ul> </li> <li>• Protein – The Versatile Nutrient. (Chapter 2, pgs 11-19) <ul style="list-style-type: none"> <li><input type="checkbox"/> Watch Videos 1 – 4</li> </ul> </li> <li>➤ <b>Diet Project Action Items: Read the directions in the eBook starting on page 284 and download the Virtual Diet Project forms using your access code. Decide which 3 days you will track your food intake.</b></li> <li>➤ <b>Extra Credit Opportunity: Schedule “NUT 10V – Midterm 1 Exam” ProctorU appointment by <u>April 18<sup>th</sup></u> at 5:00 PM and <u>upload a screenshot on the assignment in Canvas</u></b></li> </ul>
2 (April 8 <sup>th</sup> – April 14 <sup>th</sup> )	<ul style="list-style-type: none"> <li>• How Your Body Processes Protein. (Chapter 2, pgs 20-31) <ul style="list-style-type: none"> <li><input type="checkbox"/> Watch Videos 1 – 4</li> </ul> </li> <li>• Meeting Protein Needs &amp; Food Choices. (Chapter 2, pgs 31-40) <ul style="list-style-type: none"> <li><input type="checkbox"/> Watch Videos 1 – 4</li> </ul> </li> <li>➤ <b>Quizzes DUE April 14<sup>th</sup> at 5:00 PM</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Chapter 1</b></li> <li><input type="checkbox"/> <b>Chapter 2</b></li> </ul> </li> <li>➤ <b>Diet Project Action Items: Complete your food record forms.</b></li> <li>➤ <b>UC Davis students: Complete Academic Participation Verification: <a href="http://participate.ucdavis.edu">participate.ucdavis.edu</a></b></li> </ul>
3 (April 15 <sup>th</sup> – April 21 <sup>st</sup> )	<ul style="list-style-type: none"> <li>• Calories – The Energy Basis of Nutrition. (Chapter 3) <ul style="list-style-type: none"> <li><input type="checkbox"/> Watch Videos 1 – 6</li> </ul> </li> <li>• Carbohydrates – The Energy Nutrient. (Chapter 4, pgs 59-88) <ul style="list-style-type: none"> <li><input type="checkbox"/> Watch Videos 1 – 4</li> </ul> </li> <li>• Prepare for Midterm 1 on Thursday, April 25<sup>th</sup> <ul style="list-style-type: none"> <li><input type="checkbox"/> Download Midterm 1 Review slides</li> <li><input type="checkbox"/> Read Midterm 1 Review slides</li> <li><input type="checkbox"/> Download Midterm 1 Calculation Review</li> <li><input type="checkbox"/> Watch Midterm 1 Calculation Videos</li> <li><input type="checkbox"/> MT1 Review: Monday, April 22<sup>nd</sup>, 6:00-8:00PM</li> </ul> </li> <li>➤ <b>Quizzes DUE April 21<sup>st</sup> at 5:00 PM</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Chapter 3</b></li> </ul> </li> <li>➤ <b>Diet Project Action Items: Complete your calculations page and summary form.</b></li> </ul>
	<ul style="list-style-type: none"> <li>• Prepare for the midterm <ul style="list-style-type: none"> <li><input type="checkbox"/> Read Midterm Review slides</li> <li><input type="checkbox"/> Watch Calculations Videos</li> </ul> </li> </ul>

<p style="text-align: center;"><b>4</b></p> <p style="text-align: center;"><b>(April 22<sup>nd</sup> – April 28<sup>th</sup>)</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> MT1 Review: Monday, April 22<sup>nd</sup>, 6:00-8:00PM</li> <li>• <b>START MIDTERM 2 MATERIAL:</b> Carbohydrates – The Energy Nutrient. (Chapter 4, pgs 59-88) <ul style="list-style-type: none"> <li><input type="checkbox"/> Watch Videos 5 – 7</li> </ul> </li> <li>• Fat – The Misunderstood Nutrient. (Chapter 5, pgs 91-97) <ul style="list-style-type: none"> <li><input type="checkbox"/> Watch Videos 1 – 2</li> </ul> </li> <li>➤ <b>Quizzes DUE April 28<sup>th</sup> at 5:00 PM</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Chapter 4</b></li> </ul> </li> <li>➤ <b>Diet Project Action Items: Complete your MyPlate page. Read the food group descriptions carefully to use the proper units and conversions.</b></li> <li>➤ <b>Extra Credit Opportunity: Schedule “NUT 10V – Midterm 2 Exam” ProctorU appointment by <u>May 9<sup>th</sup></u> at 5:00 PM and <u>upload a screenshot</u> on the assignment in Canvas</b></li> </ul>	
<p style="text-align: center;"><b>Exam</b></p>	<p style="text-align: center;"><b>April 25<sup>th</sup></b> (Thurs.)</p>	<p style="text-align: center;"><b>MIDTERM 1 – Covers Introduction Video #1 to Carbohydrates Video #4</b></p>
<p style="text-align: center;"><b>5</b></p> <p style="text-align: center;"><b>(April 28<sup>th</sup> – May 5<sup>th</sup>)</b></p>	<ul style="list-style-type: none"> <li>• Fat – How the Body Processes and Utilizes Fats. (Chapter 5, pgs 97-117) <ul style="list-style-type: none"> <li><input type="checkbox"/> Watch Videos 3 – 7</li> </ul> </li> <li>• Keep Your Heart Healthy with the Right Foods. (Chapter 6) <ul style="list-style-type: none"> <li><input type="checkbox"/> Watch Videos 1 – 6</li> </ul> </li> <li>➤ <b>Quizzes DUE May 5<sup>th</sup> at 5:00 PM</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Chapter 5</b></li> <li><input type="checkbox"/> <b>Chapter 6</b></li> </ul> </li> <li>➤ <b>Diet Project Action Items: Extra help virtual office hours this week and optional Canvas pre-check to make sure your project is correct.</b></li> </ul>	
<p style="text-align: center;"><b>6</b></p> <p style="text-align: center;"><b>(May 6<sup>th</sup> – May 12<sup>th</sup>)</b></p>	<ul style="list-style-type: none"> <li>• Obesity, Weight Control &amp; Eating Disorders – The Facts. (Chapter 7, pgs 139-153) <ul style="list-style-type: none"> <li><input type="checkbox"/> Watch Videos 1 – 4</li> </ul> </li> <li>• Obesity Continued: Treatment. (Chapter 7, pgs 153-163) <ul style="list-style-type: none"> <li><input type="checkbox"/> Watch Videos 1 – 5</li> </ul> </li> <li>• Prepare for Midterm 2 on Thursday, May 16<sup>th</sup> <ul style="list-style-type: none"> <li><input type="checkbox"/> Download Midterm 2 Review slides</li> <li><input type="checkbox"/> Read Midterm 2 Review slides</li> <li><input type="checkbox"/> Download Midterm 2 Calculation Review</li> <li><input type="checkbox"/> Watch Midterm 2 Calculation Videos</li> <li><input type="checkbox"/> MT2 Review: Monday, May 13<sup>th</sup>, 6:00-8:00PM</li> </ul> </li> <li>➤ <b>Quizzes DUE May 12<sup>th</sup> at 5:00 PM</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Chapter 7</b></li> </ul> </li> <li>➤ <b>Diet Project Action Items: Extra help virtual office hours this week and optional Canvas pre-check to make sure your project is correct.</b></li> </ul>	

		➤ <b>Extra Credit Opportunity: Virtual Jeopardy! Play for one day on either 5/6, 5/7, or 5/8. Details will be sent through an announcement.</b>
<b>Diet Projects Due</b>	<b>May 7<sup>th</sup></b> (Tues.)	<b>VIRTUAL DIET PROJECTS DUE BY 5 PM – Must turn in fillable PDF forms on Canvas</b>
<b>7</b> <b>(May 13<sup>th</sup> – May 19<sup>th</sup>)</b>		<ul style="list-style-type: none"> <li>• Prepare for Midterm 2 on Thursday, May 16<sup>th</sup> <ul style="list-style-type: none"> <li><input type="checkbox"/> Read Midterm 2 Review slides</li> <li><input type="checkbox"/> Watch Midterm 2 Calculation Videos</li> <li><input type="checkbox"/> MT2 Review: Monday, May 13<sup>th</sup>, 6:00-8:00PM</li> </ul> </li> <li>• <b>START FINAL EXAM MATERIAL:</b> Minerals – From Bones to Hormones – The Work-Hard Nutrients. (Chapter 8, pgs 167-178) <ul style="list-style-type: none"> <li><input type="checkbox"/> Watch Videos 1 – 4</li> </ul> </li> </ul>
<b>Exam</b>	<b>May 16<sup>th</sup></b> (Thurs.)	<b>MIDTERM 2 – Covers Carbohydrates Video #5 to Obesity Treatment Video #5 (DIET PROJECTS RETURNED ON NOV. 9<sup>th</sup>)</b>
<b>8</b> <b>(May 20<sup>th</sup> – May 26<sup>th</sup>)</b>		<ul style="list-style-type: none"> <li>• More on Minerals. (Chapter 8, pgs 178-189) <ul style="list-style-type: none"> <li><input type="checkbox"/> Watch Videos 1 – 4</li> </ul> </li> <li>• Vitamins – Water-Soluble Vitamins and Food Enrichment/Fortification. (Chapter 9, pgs 193-210) <ul style="list-style-type: none"> <li><input type="checkbox"/> Watch Videos 1 – 6</li> </ul> </li> <li>➤ <b>Quizzes DUE May 26<sup>th</sup> at 5:00 PM</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Chapter 8</b></li> </ul> </li> <li>➤ <b>Diet Project Action Items: Work on Diet Project Reflection Assignment (details on Canvas). If you receive a “No Pass,” refer to the announcement for details on resubmissions. Resubmissions are due on May 30<sup>th</sup> by 5:00PM.</b></li> </ul>
<b>9</b> <b>(May 27<sup>th</sup> – June 2<sup>nd</sup>)</b>		<ul style="list-style-type: none"> <li>• Vitamins: Fat Soluble Vitamins and Dietary Supplements. (Chapter 9, pgs 210-222) <ul style="list-style-type: none"> <li><input type="checkbox"/> Watch Videos 1 – 5</li> </ul> </li> <li>• Special Topics that May Save Your Life. (Chapter 10) <ul style="list-style-type: none"> <li><input type="checkbox"/> Watch Videos 1 – 5</li> </ul> </li> <li>➤ <b>Quizzes DUE June 2<sup>nd</sup> at 5:00 PM</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Chapter 9</b></li> <li><input type="checkbox"/> <b>Chapter 10</b></li> </ul> </li> <li>➤ <b>Extra Credit Opportunity: Schedule “NUT 10V - Final Exam” ProctorU appointment by <u>June 6<sup>th</sup></u> at 5:00 PM and <u>upload a screenshot</u> on the assignment in Canvas</b></li> <li>➤ <b>Diet Project Action Items: Work on Diet Project Reflection Assignment (details on Canvas). If you receive a “No Pass,” refer to the announcement for details on resubmissions. Submit your resubmission on Canvas by May 30<sup>th</sup> at 5:00 PM.</b></li> </ul>

<b>10</b> <b>(June 3<sup>rd</sup> – June 9<sup>th</sup>)</b>		<ul style="list-style-type: none"> <li>• Nutrition and Athletic Performance. (Chapter 11) <ul style="list-style-type: none"> <li><input type="checkbox"/> Watch Videos 1 – 6</li> </ul> </li> <li>• Putting it All Together – Dietary Guidelines for Americans and Food Labeling. (Chapter 12) <ul style="list-style-type: none"> <li><input type="checkbox"/> Watch Videos 1 – 6</li> </ul> </li> <li>• Prepare for the Final Exam on Thursday, June 13<sup>th</sup> <ul style="list-style-type: none"> <li><input type="checkbox"/> Download Final Exam Review slides</li> <li><input type="checkbox"/> Read Final Exam Review slides</li> <li><input type="checkbox"/> Final Review: Wednesday, June 5<sup>th</sup>, 6:00-8:00PM</li> </ul> </li> <li>➤ <b>Quizzes DUE June 9<sup>th</sup> at 5:00 PM</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Chapter 11</b></li> <li><input type="checkbox"/> <b>Chapter 12</b></li> </ul> </li> <li>➤ <b>Diet Project Action Items: Finish Diet Project Reflection Assignment and turn in on Canvas by 5:00 PM on Thursday, June 6<sup>th</sup>.</b></li> </ul>
<b>Diet Project Reflection Due</b>	<b>June 6<sup>th</sup></b> (Thurs.)	<b>DIET PROJECT REFLECTION ASSIGNMENT DUE BY 5:00PM</b>
<b>Final Exam</b>	<b>June 13<sup>th</sup></b> (Thurs.)	<b>FINAL EXAM – Minerals Video #1 to Dietary Guidelines Video #6</b>

## ASSESSMENTS AND GRADING

**Grading Plan:** Grades will be based on a total of 400 points, allocated as follows:

Midterm exam 1	100 (25% of grade)
Midterm exam 2	100 (25% of grade)
Final exam (noncumulative)	100 (25% of grade)
Chapter Quizzes	50 (12.5% of grade)
Diet Project	50 (12.5% of grade)
<b>Total Points</b>	<b>400</b>

Grades will be assigned on the basis of score, NOT on a grading distribution curve (399+ = A+; 365 – 398 = A; 360 – 364 = A-; 355 – 359 = B+; 325 – 354 = B; 320 – 324 = B-; 315 – 319 C+; 276 – 314 = C; 270 – 275 = C-; 260 – 269 = D+; 251 – 259 = D; 245 – 250 = D-; < 245 = F).

**Virtual Exam Information:** Exams will be held online in Canvas using the virtual proctoring system, ProctorU. Students will book a proctoring appointment through ProctorU. **You must schedule your exam within 72 hours of the exam day or you will be charged a \$5 premium fee to book your appointment.**

MIDTERM 1: April 25<sup>th</sup>, 2019→1 hour and 20 min exam, **schedule appointment between 7:00 AM to 7:00 PM**

- Schedule “NUT 10V - Midterm Exam” ProctorU appointment by April 18<sup>th</sup> and upload a screenshot on the assignment in Canvas for extra credit**

MIDTERM 2: May 16<sup>th</sup>, 2019→1 hour and 20 min exam, **schedule appointment between 7:00 AM to 7:00 PM**

- Schedule “NUT 10V - Midterm Exam” ProctorU appointment by May 9<sup>th</sup> and upload a screenshot on the assignment in Canvas for extra credit**

FINAL EXAM\*: June 13<sup>th</sup>, 2019→1 hour and 20 min exam, **schedule appointment between 7:00 AM to 7:00 PM**

- Schedule “NUT 10V - Final Exam” ProctorU appointment by June 6<sup>th</sup> and upload a screenshot on the assignment in Canvas for extra credit**

\***Optional Early Final:** We will be offering an optional, early final on Monday, June 10<sup>th</sup>

**Exam format and requirements:** Each examination will be comprised of multiple-choice questions given as traditional multiple choice, check all that apply, true-false, structured short answer/essay questions, and calculations.

**Make-up exams:** Missed exams require a documented medical excuse. You must notify Dr. Fetter within 24 hours of examination time of your inability to take the exam as scheduled.

**Exam review sessions:** Review PowerPoint slides and calculations review videos will be provided before the exam. **Review sessions will be recorded live on the below dates/times and the recording can be watched on Canvas the next day.**

- MT1 Review:** Monday, April 22<sup>nd</sup>, 6:00-8:00PM
- MT2 Review:** Monday, May 13<sup>th</sup>, 6:00-8:00PM
- Final Review:** Wednesday, June 5<sup>th</sup>, 6:00-8:00PM

#### **ProctorU Account Creation:**

1. Go to the ProctorU sidebar tab on Canvas.
2. Click **Test-Taker** to create an account and complete your profile.
3. At the bottom of the page, read and agree to ProctorU’s Terms of Service by clicking the check box to complete the profile.
4. Subsequent logins will direct you to the **My Sessions** page. You will be asked to confirm your account via email address within 72 hours.

#### **Scheduling Online Exams:**

1. Go to the ProctorU sidebar tab in Canvas.
2. Go to the **My Sessions** page.
3. Select **Schedule New Session**. Confirm your institution, select the exam term and specific exam.
4. Click **Find Session** and proceed to the scheduling page. You must schedule your exams more than 72 hours before the exam takes place.
5. Make sure you select the **Process Order** button to confirm your appointment.

#### **ProctorU FAQ:**

1. ProctorU provides free technical support here: [www.proctoru.com/testitout](http://www.proctoru.com/testitout)
2. You will need a high-speed internet connection, webcam (internal or external), Windows or Apple Operating System, a government-issued photo ID, and a quiet, private room.
3. ProctorU recommends that you visit [www.proctoru.com/testitout](http://www.proctoru.com/testitout) prior to your proctoring session to test your equipment.

#### **Virtual Diet Project Information (50 points total):**

**Due on Canvas: May 7<sup>th</sup> (40 points); Late Submission: May 9<sup>th</sup> (20 points); Re-Grades Due: May 30<sup>th</sup>**

Use your access code to download the virtual Diet Project fillable PDF forms. **These forms are your unique forms printed with your name and date of download. Instructions are in your course eBook starting on page 284.** Only original PDF forms from your course eBook will be accepted for credit – pictures or photocopies will NOT be accepted.

You will also turn in a **reflection assignment on Canvas about your diet project worth 10 additional points on June 6<sup>th</sup> by 5:00 PM** (total Virtual Diet Project grade is 50 points). Details will be announced on Canvas.

**Extra Credit (28 total points possible)**

Extra credit opportunities will include **scheduling your ProctorU exams in advance**: (1 point for each exam); **Health Goal Assignment** (10 extra credit points); **NUT 10 Virtual Jeopardy Gameshow: Week of May 6<sup>th</sup>** (5 extra credit points); More information on extra credit will be announced on Canvas.

**Extra Credit Lectures (5 pts each):**

Extra Credit Lecture #1 Watch on Canvas and take a quiz between May 30<sup>th</sup>-June 2<sup>nd</sup>

Extra Credit Lecture #2 Watch on Canvas and take a quiz between June 4<sup>th</sup>-June 7<sup>th</sup>

**CANVAS LEARNING MANAGEMENT SYSTEM**

The NUT 10V Canvas site contains information you will need on a regular basis including:

- Announcements and Canvas email-messenger system—**make sure your notification preferences under your Canvas profile are set to “notify me right away” (go to Account → Notifications)**
- Schedule of virtual office hours
- Virtual extra credit, exams, and online quizzes
- External link to Piazza and virtual office hours
- A variety of resources under the “files” tab, such as, review session resources (PowerPoint slide handouts and review questions); video tutorials for a variety of NUT 10V projects; etc.
- View module videos, exam review materials, and extra credit activities on the Canvas site. **All video lectures for Midterm 1 material will be open at the beginning of the quarter. Midterm 2 material will be released April 25<sup>th</sup> (after midterm 1). The remaining material will be released May 16<sup>th</sup> (after midterm 2).**

*If you experience technical difficulties using Canvas, contact the Canvas support staff available 24/7 at (844) 303-8285 or the live chat through “Help” on the sidebar.*

**COMMUNICATION POLICY**

**Piazza Q&A forum Netiquette:** Before sending an email, consider using Piazza to ask general course questions. As with email, using Piazza should be viewed as a professional form of communication, but much “quicker” in format as you will be writing brief sentences (questions, clarifications, etc.) Log on to Piazza—it’s easy to set up. Instructions are on the Piazza page in Canvas.

1. **Link on Piazza on Canvas (left hand margin).**
2. **The first time you link up, you will enter a name (your email will already be displayed)**
3. **Set up a password**
4. **Enter the access code: nut10v**
5. **Check the "Terms of Use" box\* and you're ready to use Piazza!**

Piazza is a great tool to ask questions and get your questions answered. Many students have similar questions to you, so start using Piazza to stay up with class material, fill out your chapter quizzes and study for exams. Questions will be answered by the instructors. You can also answer other students' questions -- **you must give a page number from the eBook as back up for your answer.** Correct answers will then be endorsed by the instructors to ensure accurate information is posted on Piazza. **NOTE: Piazza is NOT a complaint forum. If you have an issue of concern please address this to Dr. Fetter.**

**\* Students have the ability (but not the requirement) to opt-in to Piazza Careers (via an active opt-in selection process) as part of the Piazza sign up flow. Subsequent to opting in, students have the ability to opt-out at any time. If you opt-in, Piazza will share your student information with recruiters and UC Davis will no longer be able to control with whom your information is shared.**

**Email and Canvas Messenger Etiquette:** If asking a direct question to the instructor, the fastest way to get a response is via Dr. Fetter’s UCD email address listed on page 1. You may also use the Canvas messaging feature, but response time is slightly slower. Before you send an email, double-check that your answer hasn’t already been answered on Piazza. When sending an email, remember you are a student in a large course with hundreds of other people, and it is especially important to keep these email etiquette points in mind:

**The basics:**

- Use a proper email title with the course name.



- Use correct grammar and spelling; write in complete sentences.
- Refrain from using slang; it can be perceived as disrespectful.
- Use a polite, respectful tone.

#### Other Important Email Etiquette Points:

- Asking course questions by email should actually be a last resort. Be resourceful – look at the course syllabus, the Canvas site, or visit office hours.
- Please email one person with a question. Please do not send separate emails to separate NUT 10V staff members with the *same* content just to see who might answer first. If you are not sure whom to send your email to, simply copy (CC) the teaching staff in one email.
- Response time for emails is 24 to 48 hours (UCD email is faster than Canvas messaging).

### TIPS FOR SUCCESS

The NUT 10V team is dedicated to the success of all students and will be available via office hours and email throughout the quarter. While we provide all the help and resources necessary for EVERYONE to be successful in NUT 10V, you have to put in the effort! Follow the tips below to get the most out of this course!

#### ✓ WATCH THE MODULES!!

##### NUT 10V students

- While you don't physically "go to class," it is important that you are fully engaged and tuned-in when watching each module video.
- Set aside a time and location where you can watch lectures with little distraction. Don't binge watch! That's for Netflix, not for this class ;).
- Avoid multi-tasking while watching the module videos to ensure you don't miss important information.
- Ask questions via Piazza.

#### ✓ Use Your NUT 10V eBook to Follow Along During the Videos.

- Each module closely follows the concepts covered in your eBook.
- Key diagrams/pictures are featured in your eBook.

#### ✓ Form Study Groups

- Wondering if your answers on the chapter quizzes are correct? Having a group of classmates to work through problems with is a great way to take your studying to the next level. Participating in Piazza and virtual office hours could help you form connections with other students, as well as give you practice with answering other student's questions.

#### ✓ Visit Virtual Office Hours

- Having trouble working through a chapter quiz? Stumped by a concept brought up in class? Attend virtual office hours to get all your questions answered! Remember, the NUT 10V team is dedicated to student success!

#### ✓ Take the Chapter Quizzes on Time

- The chapter quizzes (found in Canvas > quizzes) will give you an excellent idea of the format and content of your actual exams.
- If you have any questions, ask a classmate and/or visit virtual office hours.

#### ✓ Read the Review Session Materials

- These review session materials are full of exam tips and hints and VERY worth your while.

#### ✓ Complete the End-of-Chapter Quizzes in the eBook

- Test your knowledge by completing the chapter quiz at the end of each chapter in your eBook. These quizzes are also good practice for your exams.

#### ✓ Do the Extra Credit!

- We provide many extra credit opportunities in NUT 10V – so, don't miss out as every point counts!

#### ✓ Utilize UC Davis Student Academic Success (SAS) Center Resources

- Looking for a tutor? Need study tips? The SAS Center helps students thrive at UC Davis and beyond by providing academic, personal, social, and transitional support. <http://success.ucdavis.edu/>

**Diversity and inclusion statement**

The Nutrition 10V team embraces the diversity of students, faculty, and staff, honors the inherent dignity of each individual, and welcomes their unique cultural, migratory, and religious experiences, beliefs, and perspectives. We all benefit from a diverse living and learning environment, and the sharing of differences in ideas, experiences, and beliefs help us shape our own perspectives.

**Student accommodations statement**

Students registered with the Student Disability Center (SDC) are responsible for personally reaching out to the Instructor, Dr. Fetter, via email no later than April 18<sup>th</sup> to confirm your need for SDC-specified accommodations. This early communication between instructor and student will ensure exam accommodations are agreed upon no later than one week before the first exam and should be made in addition to the general Letter of Accommodation sent to Dr. Fetter by the SDC.

**Notice of the Code of Academic Conduct**

This Code of Academic Conduct exists to support high standards of behavior and to ensure fair evaluation of student learning. Students who violate the Code of Academic Conduct are subject to disciplinary sanctions that include censure, probation, suspension, deferred separation or dismissal from the University of California. Link to the [Code's webpage](#).