

**Nutrition and Health**  
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**Fall 2009**

**Instructor**

Jackie M. Abbot, PhD, RD, LD

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**Required Text:** Bredbenner: Perspectives in Nutrition, 8<sup>th</sup> Edition, McGraw-Hill, 2009

**GRADES:** Grades will be calculated on a point system. (*\*This is subject to change*)

*Exams*

Exam 1	100 points
Exam 2	100 points
Exam 3	100 points

*Assignments*

Self Introduction	20 points
<u>Dietary Self-Assessment</u>	<u>130 points</u>

**TOTAL POSSIBLE POINTS      450 points**

**EVALUATION OF STUDENT PERFORMANCE**

	<u>Points</u>	<u>% of Final Grade</u>
Exams	300 pts	66%
Assignments	150 pts	33%

**GRADING SCALE**

A = 90 to 100% (405-450 pts)	D = 60-69% (270-314 pts)
B = 80-89% (360 - 404 pts)	F = <60% (<270 pts)
C = 70-79% (315-359 pts)	

**Exam Policy**

All three Exams are **completed online**. Each exam will be available to complete online during the dates listed on the syllabus. Each exam will cover material from the both the course lecture notes as well as the textbook. Online exams **must be completed in one session** and will be timed, allotting 60 minutes for completion. All exams must be completed during the dates allotted – **NO EXCEPTIONS!** There will be **NO** makeup dates for exams.

**Assignments**

The assignments provide opportunities for the student to explore their diet in depth, identify strengths and weaknesses, and devise a plan for dietary change. There are two assignments in this course. The one major assignment, Dietary Self-Assessment, will allow the student to use the knowledge they gain throughout the semester to evaluate their own diet as it compares to

current healthy dietary guidelines. This assignment is worth 130 points. Late assignments will **NOT** be accepted.

### **Class Chat Room & Threaded Discussions**

Students are encouraged to use this chat room to converse about the **nutrition topics being discussed in the course**. Student will occasionally be expected to participate in a threaded discussion for credit and details about these discussions will be announced on the course website. When posting to the chat room or threaded discussion please be considerate of others – this forum is for learning purposes **only**. *The chat room will be monitored and any inappropriate conversation will be deleted and the student(s) participating notified.*

### **Supplementary Materials**

Within each Unit are supplementary materials – self assessments, links to additional material, useful websites, etc. Completion of these materials are not required for the course; however, completion is strongly recommended as these supplementary materials were chosen specifically to enrich the learning experience.

### **Extra Credit**

There may be limited opportunities to earn extra credit. Opportunities will be announced online if available.