UNIVERSITY of BRIDGEPORT NUTRITION INSTITUTE

Course:	560G	Lifelong He	ealing with Foods
Term/Semester:	Summer 2013		
Credits:	4		
Time:	Start date: June 17th, 2013 End date: October 11th, 2013	Location:	Online
Course Instructor:	Dr. Elana Gelman, Naturopathic Doctor EMAIL: egelman@bridgeport.edu		
Office Hours:	By Appointment		

Pre Course Preparation

The following readings are required prior to course start date.

(Online Jun 17/ On Campus Jun 16). Any edition of the books are acceptable..

- 1. Food Politics: Introduction, Part 1 and Part 2 (Chapters 1-7)
- 2. Read *Perfection Salad:* Prologue, Chapters 4 and 8.
- 3. Read *Fast Food Nation:* Chapters 1, 2, 6, & 9.

We are excited to offer this course which has been developed by Stefanie Sacks, MS CNS CDN, Culinary Nutritionist and Dr Elana Gelman, Naturopathic Doctor.

This course requires significant reading of a variety of books on food environment, theory and practice. It is important that you read the syllabus carefully when received and keep up with the required reading in preparation for your classwork, which unlike reading textbooks, is quite fascinating.

These are the required books for this class:		ISBN -10	ISBN-13
1. Food Politics by Marion Nestle	520254	031 978	0520254039
2 Perfection Salad by Laura Shapiro	0520257	383 978	-0520257382
3. Fast Food Nation by Eric Schlosser	547750331	978-054775	0330
4. Safe Food by Marion Nestle	52026	6064 978	-0520266063
5. Food and Healing by Annemarie Colbin, Ph.D	034530)3857 978-	-0345303851
6 Eat, Drink and Be Healthy by Walter Willett, M.I	D 74322	6420 978	-0743266420
7. How We Eat by Leon Rappoport	1550225634	978-1550225	6631
8. The Longevity Kitchen by Rebecca Katz	1607742942	978-1607742	2944
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All of these books retail for between \$10 and \$20. Additional readings are assigned throughout the class but the books are not required to be purchased. Instructors will advise further on these.

These books will add to your practitioner library as you move forward.

Course Description: This course focuses on the general knowledge and skills needed to educate your clients about food and to facilitate healing through food. By examining theory through application students will gain a strong foundation of the power of food in health outcome. Emphasis will be placed on food supply, choice and consumption and the related benefits and problems associated with these topics as well as the role, responsibilities, and duties of the Nutritionist in this realm. Multiple food theories, fads, and special "medical" diets will be examined in depth.

Instructional Objectives: This course develops students': content knowledge, client assessment capabilities and individualized nutrition prescription options at the basic level.

Expected Learning Outcomes: Upon the completion of this course students are expected to be able to:

- 1. Demonstrate understanding of the general landscape of the United States food and agriculture system.
- 2. Demonstrate the ability to locate and assess safe and healthy food choice options for clients and transfer this information to clients in a manner that optimizes care.
- 3. Identify the food theories, fads and special medical diets covered in the course and demonstrate the ability to apply knowledge accurately to client care scenarios.
- 4. Identify a variety of psychological factors that contribute to food behaviors and health outcomes and articulate that information to clients so they may avoid common obstacles.
- 5. Create menu plans based upon client need and health status with practical application techniques.

Required Books:

- Food Politics by Marion Nestle
- Perfection Salad by Laura Shapiro
- Fast Food Nation by Eric Schlosser
- Safe Food by Marion Nestle
- Food and Healing by Annemarie Colbin, Ph.D.
- Eat, Drink and Be Healthy by Walter Willett, M.D.
- *How We Eat* by Leon Rappoport
- *The Longevity Kitchen* by Rebecca Katz

Course Outline:

This course is divided into 5 modules:

Module 1 - Landscape of US Food and Agriculture System

Module 2 - Navigating the Food System

Module 3 - Food Fads, Food Theories and Special Medical Diets Uncovered

Module 4 - Food and Behavior

Module 5 - The Nutrition Prescription

Course Material:

Each module coincides with specific required reading and viewing assignments. These assignments vary from selected readings from required books, videos, and PowerPoint presentations. These assignments will be posted online on Canvas.

In addition, there are also supplemental resources posted under Course Material that are available as additional references. Due to the limited time of this course combined with the immense amount of information to cover, any information that will not be covered will be provided as supplemental resources posted in this section.

Assignments: (See Assignment Schedule Handout for Details on Due Dates)

Introductions:

Since this is an online course, taking time for introductions is a very important part of this class so we feel like a cohesive group. It is required to watch the Introduction Video, which will review the syllabus and course expectations. Also, it is required to post an introduction about yourself during the first week of the course.

Discussion Board Questions/Posts:

The discussion board is your way to demonstrate to me that you are participating in the readings and being active on Canvas. Discussion questions (DQ's) are not created to stump you or to be overly complicated. Rather, they are intended to create discussion and critical thinking regarding each assignment.

DQ's are divided into the following components: Primary Posts and Secondary Posts. A Primary Post is the first post submitted which will begin the discussion thread. A reply to a Primary Post is called a Secondary Post. ALL students are required to make both a Primary Post and a Secondary Post each week a DQ is assigned. (See Assignment Schedule for specifics.)

Questions to clarify:

When will a DQ for that week be posted?

• For weeks when DQ's are assigned, DQ's will be posted at the start of the week by Monday no later than 8:00 am EST.

When are Primary Posts due?

• Primary posts are due on a Thursday no later than 11:59 pm EST. This gives you enough time at the beginning of the week to review resources that are required to help you write a complete post.

When are Secondary Posts due?

• Secondary Posts are due by Saturday, of that same week, no later than 11:59 pm EST. Secondary Posts can be made to any of the Primary Posts, not including your own Primary Post.

What if I have more to say after I do an initial post?

• I encourage students to continue adding to the discussion board throughout the weekend.

How many points are posts worth?

• Primary posts are each worth 30 points and each secondary post is worth a maximum of 10 points.

What needs to be included in a post to get maximum points?

- *Grading Criteria for Primary Posts: (maximum of 30 points)
- · Answer the discussion question completely. (maximum of 25 points)
- · Information used is referenced. References can include required readings associated with posts, videos viewed during course, or peer reviewed articles that helped you to start the discussion. (5 points)
- · Posts should be no less than 2 paragraphs and no more than 3 paragraphs (5 points will be deducted for going below or above)
- · Primary Posts posted later than Thursday by 11:59 pm EST will be deducted 5 points for each day past the deadline.

^{*}Grading Criteria for Secondary Posts: (maximum of 10 points)

A Secondary Post must include at least one of the following to earn maximum points:

- · Additional information you would like to add to a Primary Post
- · Ideas of how this information can be utilized in your clinical practice
- · Present a theoretical case in which the current topic can be applied. Allow for other students to analyze and figure out how they can utilize this information if this were a real client.
- · Secondary Posts posted later than Saturday by 11:59 pm EST will be deducted 5 points for each day past the deadline.

General Discussion Board Questions:

If you have any questions after you have watched the introduction video and reviewed the syllabus please POST QUESTIONS TO THE GENERAL QUESTION FORUM. This is a place where you can post any GENERAL question and is open for EVERYONE to read. I will respond to all questions within 48 hours. Often times, if one person has a question, many others do too. So, don't hesitate to ask a question, BUT before asking a question look in the General Question section to see if your question has already been answered!

Projects: *Additional details along with grading rubrics will be provided during each respective module.

There will be a total of 4 projects for this course:

- **1. Project 1**: Take friend or family member to grocery store for a shopping education and write a paper about your experience including how to address the issues related to safe food consumption, healthy food choices specific to your "client" and please describe your psychosocial interaction with your "client."
- **2. Project 2:** Diet Analysis: Review a food fad, theory or special medical diet and prepare a position paper covering the background of the author, the science behind the theory and your position on it and how you would use it (if at all) in practice. (Book will be assigned)
- **3. Project 3:** Create a patient intake form that will give you, the practitioner, all the information you need to help your patient transition to a healthier food lifestyle.
- **4. Project 4:** Create a plan of action including menus and other related food and nutrition tools as needed for your assigned case.

Exam:

There will be one exam for this course. This comprehensive final exam will be multiple choice covering all of the material covered in the course. This exam will be available online for a 7 day period during the last week of the course (Saturday, October 5th from 8 am EST and will CLOSE Friday, October 11th at 11:59 pm EST). You will have 60 minutes to complete 25 multiple-choice questions. More information about the exam will be reviewed during Module 5. Points will be deducted if you go over the time limit - refer to the beginning of the syllabus to review UB policies for going over time or missing exams.

Student Assessment Criteria: A grade for the course will be assigned based upon the percentage of total points earned for performance in the areas as defined below:

		Percentage of
Criterion	Points	Grade
Discussion Questions	400	40%
Project 1	50	5%
Project 2	150	20%
Project 3	50	10%
Project 4	150	15%
Final Exam	200	20%

Grand Total	1000	100%

All point values are subject to change at the discretion of the instructor.

MS NUTRITION INSTITUTE PROGRAM POLICY AND GUIDELINES 03-29-13

THE PROGRAM

The Human Nutrition Program at the University of Bridgeport is accessible to students with busy schedules. Classes are held online via the interactive Canvas system or via weekend only campus classes. The program is designed to be completed in 28 consecutive months if two classes are taken per cycle. Graduation is contingent upon completing the program and passing the comprehensive exam within 5 years from program start date. Students must remain in the program they enrolled in (online or on campus). UB does require some courses to be taken online by all students.

ATTENDANCE CAMPUS WEEKEND FORMAT

Each class period represents 20% of a four credit course or 25% or a three-credit course. Class attendance and participation are indispensable parts of the educational process that are required throughout the program. Since classes only meet 4 or 5 times, depending on whether the course is 3 or 4 credits, it is imperative that students attend class. In the event of absence due to illness or family emergency, please notify the Assistant Director and the instructor immediately. If more than one class is missed during the semester for either a 3 or 4 credit course you will receive a failing grade for the class and will have to repeat it. This includes absences for illness. Makeup examinations due to absence **WILL NOT** will not be permitted without an approved legitimate excuse with full documentation (see makeup policies) and will result in a grade of zero for that exam. Students **ARE NOT PERMITTED** to leave class prior to 5pm unless prior authorization is received from the Assistant Director and this would require the same guidelines for approval as an absence. Prior approval must be sought during normal administration business hours Monday – Friday. Those who leave class early without prior approval or subsequent documentation of illness or emergency that meet the guidelines specified under makeup policies below will be penalized with a 20% grade deduction on their course grade.

ATTENDANCE ONLINE FORMAT

Online courses start and end on specific dates. Late entry into courses is not permitted. Students are expected to participate in a course multiple times per week. Assignments and exams are due on specific dates. Late assignment submissions will result in grade penalties. Makeup exams are subject to the same approval criteria as for the campus weekend format. Lack of participation in a class for a week or more will subject the student to being dropped from the class unless approved by the instructor and Assistant Director.

MAKE-UP POLICIES CAMPUS AND ONLINE FORMAT

Make-up examinations and assignments will not be permitted without a legitimate excuse or prior approval from the instructor and assistant director and will result in a grade of zero. An acceptable excuse for prolonged illness, or family emergency, entitling a student to a make-up examination, requires a legitimate detailed doctor's note (with diagnosis) by a U.S. licensed physician or official documentation of family emergency, which must be submitted to the Program Assistant Director and approved. Please note that only one make-up examination is allowed per course regardless of instructor approval. Missed exams must be taken before the

next scheduled examination and may be modified and made more difficult by the instructor. Make-ups will not be granted for reasons of personal convenience, such as traveling, weddings and vacations.

PLAGIARISIM POLICY

Plagiarism is taken very seriously in the program. The UB policy on plagiarism can be found in the student handbook, Ch 2 at: http://www.bridgeport.edu/life/servicesforstudents/key.aspx

Students are also highly encouraged to take the on-line tutorial in avoiding unintentional plagiarism at http://www.indiana.edu/~istd/

Please be advised that UB faculty have access to "Turn It In" software which scans electronically for plagiarism from any published source and your assignments and discussion board posting may be screened using this tool.

ETHICS STATEMENT OF CONFIDENTIALITY

Students enrolled in the program are expected to honor confidentiality as it pertains to student disclosure. Shared information, comments, or opinions expressed by another student or the faculty member during the course of classroom discussion should never be used in a manner which is intended to humiliate, embarrass, harass, damage, or otherwise injure other students in their personal, public, or business lives. In addition, confidentiality must be upheld by not disclosing any information that would identify any particular individual.

WITHDRAWAL FROM A COURSE

Withdrawal from a course should be made after consultation with the course professor and the Assistant Program Director. A request to withdraw from a course must be made in writing. Only an official withdrawal will result in a grade of W, instead of F, for the course and prorated refund of tuition based on published UB policy. A student who stops attending a course without withdrawing will earn a grade of "F" for the course and will be ineligible for tuition refund.

WITHDRAWAL AND TUITION REFUND SCHEDULE

All University fees are non-refundable after the first day of the semester and only tuition will be due according to the following schedule:

Nutrition Online Format and On Campus Format:

The percentages listed below are what is due to the University based on when the student withdraws from a course.

0% Tuition due end of 1st week

20% Tuition due end of 2nd week

40% Tuition due end of 3rd week

60% Tuition due end of 4th week

80% Tuition due end of 5th week

100% Tuition due after 5th of classes

Verbal notification will **NOT** be accepted as an official withdrawal from class. Written verification must be forwarded to the Nutrition Institute and also the University of Bridgeport, Registrar's Office, 126 Park Avenue, Bridgeport, CT 06601. Withdrawals may also be completed online at www.bridgeport.edu/webadvisor.

FINANCIAL AID

The Human Nutrition Program is considered full-time for financial aid and loan deferment purposes. Subsidized and unsubsidized Federal Stafford Loans are available for qualified students who register for a minimum of <u>six credits</u> each semester. The Free Application for Federal Student Aid (FAFSA) and a University of Bridgeport Financial Aid Application must be completed. Many employers offer scholarships and /or tuition reimbursement programs. Contact the Financial Aid Office at (203) 576-4568 or <u>sfs@bridgeport.edu</u> for more information.

HUMAN NUTRITION PROGRAM TUITION PAYMENT POLICY

Tuition is \$700 per credit.* Non-tuition fees are \$200 per semester plus a graduation fee of \$150. The total tuition including fees is \$30,050 (not including textbooks or other out of pocket costs). There are two payment plans available to students.

Plan A. Full Tuition Plan

The Full Tuition Plan requires the total amount of tuition and non-tuition fees per semester to be paid in full on or before the first day of class each semester. Tuition is due at the time of registration. Payments may be made by check or money order, credit card, or credited through a financial aid award. The payments for each semester are as follows:

1 st Semester	2nd Semester
\$700 x 8 credits + \$200 fee = \$5,800	\$700 x 6 credits + \$200 fee = \$4,400
3rd Semester	4th Semester
\$700 x 7 credits + \$200 fee = \$5,100	\$700 x 6 credits + \$200 fee = \$4,400
5th Semester	6th Semester
\$700 x 7 credits + \$200 fee = \$ 5,100	\$700 x 7 credits + \$ 200 fee = \$ 5, 100

^{*}Tuition subject to change

Interest-Free 10 or 9 Month-Payment Plan

The Interest-Free Monthly Payment Plan enables families to spread all or part of their tuition, room and board fees over 10 or 9 equal monthly payments. This eliminates the need to make lump sum payments at the start of each semester. One of the major benefits of this option is that there are no interest charges. For detailed information about the payment plans, call Tuition Management Systems (TMS) at 1-800-722-4867 or (401) 849-1550; or write to the company at 127 John Clarke Road, Newport, RI 02842. Those interested in payment plan options should determine the cost of attending the University for the coming year, subtract all net financial aid received (not including Federal Work-Study), and budget the remaining balance through Tuition Management Systems. If your monthly payment exceeds your ability to pay, the Borrow Smart option is available through TMS and can help meet the cost of attendance by combining the Interest-Free Monthly Payment Plan with a low-interest loan.

The first payment is due on July 1st or August 1st and the last payment is due on April 1st (10 or 9 equal payments) The Plan is very flexible, allowing participants to increase or decrease their budget amount as needed. An annual enrollment fee for the Payment Plan option is applicable for each academic year.

EVALUATION AND GRADING

The GPA is determined based on the following scale.

A = 4.00, A = 3.67, B + = 3.33, B = 3.00, B = 2.67, C + = 2.33, C = 2.00, C = 1.67, D + = 1.33, D = 1.00, I = 1.00,

Any course with a grade of C- or a numerical grade of 73 or less must be repeated to earn graduate credit. Other courses may be repeated if the student needs to raise the GPA. When a course is repeated, only the second grade will used to calculate the GPA. Tuition must be paid again for all classes that are required to be re-taken (no exceptions). Evaluation and grading are the responsibility and province of the professor. All students in a course will be graded consistently or equivalently. Students may be penalized for late or missed work. Questions regarding grades should be addressed to the course professor.

GRADE DISPUTES

A disputed grade may be appealed in writing as follows:

First Appeal: Directly to the instructor within 30 days of receipt of grade

Second Appeal: To Assistant Director of Nutrition Institute

Third Appeal: To Director of Nutrition Institute/Vice Provost of Health Sciences

Final Appeal: To the Provost

TRANSFER CREDITS

The Program Director, with the Dean's approval, may allow up to six semester hours (eight hours in the case of laboratory courses) of **graduate** transfer credits from a regionally accredited college or university. The courses being considered for transfer must have been completed within the past seven years, with a grade of "B" or better, and be comparable to the University of Bridgeport's graduate courses. Physicians (i.e.: medical, osteopathic, chiropractic, naturopathic, etc.) may request advanced standing for 560A and 560B. However, many choose to take 560B (Biochemistry) if they have not had the course in many years, as a review and preparation for course 560D (Clinical Biochemistry). Advanced transfer credit for physicians will only be granted for courses where a grade of "B" or better was achieved.

INCOMPLETE COURSEWORK

An "I" (Incomplete) designates incomplete work at the time of grading for reasons beyond the control of the student, fully documented, and corresponding to UB makeup policies as stated above, and determined to be bona-fide by the instructor and the Assistant Program Director. Incomplete coursework should be completed by the end of the semester immediately following the one in which the incomplete was granted. If the work has not been completed and no grade has been submitted as indicated, the grade automatically becomes F. STUDENTS WHO ARE FAILING A COURSE ARE NOT PERMITTED TO TAKE AN INCOMPLETE AND REPEAT THE COURSE TO ATTAIN A NEW GRADE. A GRADE OF "F" WILL BE ISSUED AND THE COURSE WILL HAVE TO BE REPEATED BY RE-REGISTERING FOR THE COURSE.

GOOD ACADEMIC STANDING PROBATION AND SEPARATION

Good academic standing is achieved when a student maintains a 3.0 GPA. If the GPA drops below 3.0, the student will be placed on academic probation. A student, who receives a <u>second</u> grade of "D" or "F" in any

course, or is placed on probation in two different semesters, will be separated from the program. In cases of academic probation, the student should consult with the Program Assistant Director for advice and planning to raise the GPA. In cases of separation from the program, a student may make a written appeal to the Director within ten days of the notification of separation. If an appeal is granted, the student will remain on academic probation and his progress will be monitored periodically during the semester.

RESEARCH IN NUTRITION - COURSE 560J

The research project can be taken as an elective, and is not required, as part of the Human Nutrition Program. The project can be a literature-based study or an original research project. Students have one semester to complete the project before incurring a fee. If thesis completion exceeds the one semester limit, the student must maintain continuous matriculation by registering for ADMIN 600, each semester, until the thesis has been completed.

GRADUATION REQUIREMENTS

The minimum number of credits required for graduation is 41; the minimum GPA required is 3.0. Students are expected to complete class work for the degree within five years of initial enrollment in the program.

Successful completion of ALL sections of the comprehensive competency examination is required for graduation. This examination and all required re-takes are given on-site on the UB campus on a <u>Saturday</u> (exact dates published several months prior to each examination) and <u>will not be given by proctor at other sites or on alternate days of the week (no exceptions)</u>. If you can- not take examinations on a Saturday for any reason please consider the above policy <u>before</u> entering the program. Study guides and sample questions will be available to all students eligible to sit the examination by the distance learning department. Any sections that are not successfully completed must be <u>re-taken on the UB campus</u> at assigned dates. Only two attempts will be allowed without remediation, as assigned by the program director.

I have read the above policies and guidelines (revision 03-29-13) and have been given a copy of said policies and guidelines. Please submit this signature page back to the Nutrition Institute prior to registering for classes located at: University of Bridgeport, Nutrition Institute, 30 Hazel Street, Bridgeport, CT 06604.

This signature page must be submitted to the Nutrition Institute before the beginning of the first semester coursework or registration will not occur. This signature reflects acceptance of these policies and guidelines and all revisions made to them during the course of my studies in the UB masters of nutrition program. All updates and or changes will be furnished to me via the individual syllabi received in each course by the professor.

Signed:	(Student) ID#		
Duint Nome			
Print Name:			
Date:			