

WELCOME TO...



SPRING 2024 FSHN 120 CONTEMPORARY NUTRITION

Syllabus for Toni Gist's Class

Nutrition for U



Author
Toni Marie Gist

COURSE DESCRIPTION AND OBJECTIVES

FSHN 120 leads to the development of a general understanding of human nutrition. By the end of the semester, students should be able to:

- list essential macronutrients and micronutrients and their food sources
- explain and discuss functions of nutrients
- analyze a personal diet record
- evaluate the validity of nutrition/health claims
- identify nutritive and non-nutritive components of food that may protect from disease
- develop a life-long interest in nutrition

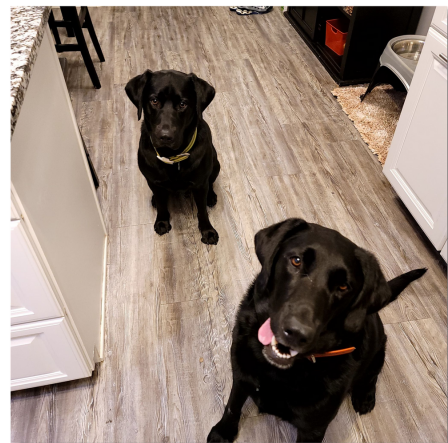
WE HAVE A MASCOT

Before we dive into FSHN 120, meet our mascot.

Her name is "Oskee Bow Wow".

She is a little bit goofy, but full of love.

She (and her sister Vegas) will be popping up in course announcements and reminders.



A LOOK AT WHAT'S INSIDE THE SYLLABUS:

About FSHN 120 / Resources - 2
Getting Questions Answered - 3
Class Setup - 4
University Policies - 5
Course Assessments - 6
Grading - 7
Make-Up / Missed Work - 7
Course Calendar - 8

ABOUT FSHN 120 AND YOUR RESOURCES

Meet Your Professor

Toni Marie Gist has a passion for the sciences and education. She holds two Master's degrees from UIUC and has taught classes that focus on the effects of exercise and nutrition on the body as well as food processing for over 2 decades. She has won local and national teaching and advising awards. Toni is always looking to improve herself and the classroom experience for her students by responding to student needs. She enjoys the outdoors with her husband, traveling with friends, hosting gatherings at her house, bonding with her kids, and hiking with her dogs Oskee and Vegas.



Class Location/Time: Course materials can be found in the required interactive course textbook in conjunction with Canvas (the learning management platform)

- **(section A)** In-person students will meet Toni Tuesdays and Thursdays from 12:30-1:50p in Bevier Hall
- **(section BLC)** Living Learning Community students meet on Wednesdays from 3-4:45p in 2050 SDRP
- **(section ONL)** Online students will work asynchronously on lecture materials
 - All materials submitted in Canvas at <https://canvas.illinois.edu/>

Reminders for the Class: Review course announcements and subscribe to the "remind text messages"

General Course Related Questions Online: <https://publish.illinois.edu/nutrition-fshn120/fshn-120-faq/> - if your question is not answered on the FAQ link above, visit the Tutoring Center or post in our Help Discussion Board in Canvas. We are here for you!

Course Materials

- **Required Text-- "Nutrition for U : a guidebook for FSHN 120" 1st edition, Spring 2024**
 - Recently updated with a dynamic and engaging book containing lectures, video quizzes, definition inquiries, reflective assignments, & semester "step" project guidelines.
 - Purchase from the Illini Union Bookstore 809 S Wright St. Champaign, IL
 - Information online at <http://bookstore.illinois.edu/>
 - It is recommended that you walk into the bookstore to pick up the text personally

Useful Websites:

- Learning management system (Canvas): <https://canvas.illinois.edu/>
- Course website: <https://publish.illinois.edu/nutrition-fshn120/consider120/>
- UIUC student e-mail: <https://techservices.illinois.edu/services/email>
- End of semester final grades: <https://registrar.illinois.edu/check-your-grades>

GETTING QUESTIONS ANSWERED

General Course-Structure Questions: FSHN 120 has "help" discussion boards in Canvas where general course-structure questions get quickly answered by members of our teaching team (as well as fellow students). We are in this together and your question could help others who may be struggling with the same question.

Specific / Assessment Questions Visit Toni and other FSHN 120 Team members either in the In-Person Tutoring Center at 017 Bevier Hall or the Virtual Tutoring Center using the Zoom link on the left side of the course page. They are open during select times throughout the week. If you have course-related or assessment questions you want clarification on or you want to discuss healthful living, these types of questions are best addressed synchronously.

Urgent Matters: If students have a question during Tutoring Center Hours, it is expected that students first visit the Virtual Tutoring Center to attempt to get the matter resolved "real-time". However, if it is an urgent/personal matter, e-mail Toni at Burkhalt@Illinois.edu.

- Please, e-mail from your UIUC e-mail
- The subject line should begin with FSHN 120 followed by the topic in a few words
- Clearly address the concern, propose possible solutions, and a date for resolution
- Close your e-mail with your full name, UIN, and contact information

IMPORTANT: E-mails that do not follow this format can easily get lost in cyberspace and/or are very difficult to find for reference. They may take much longer for a reply.



Who is on the teaching team for FSHN 120?

We have a Teaching Team consisting of Graduate Students majoring in the field as well as undergraduates who successfully completed FSHN 120 with an "A" or "A+". Many of our team members have been a part of the class for almost four years with majors from all over campus. Our robust and diverse teaching team can help you succeed in FSHN 120 with guidance, advice, and a listening ear. Almost all of the teaching team have been in your shoes.



CHAPTER/MODULE FORMAT

Graded chapter materials have the same assessment format and are specifically designed to be predictable while allowing multiple student learning styles to succeed.

- Flip through the entire required textbook / notes packet to get acclimated
- Login to Canvas and work from top to bottom within the first module folders:
 - Complete the **video quiz** while mastering the basic concepts
 - Work through the **definition inquisition** using the key terms from the book
 - Take notes using the online or in-person lecture options
 - Submit the **reflective assignment** prior to the module deadline
 - Share your answers to the module "**step**"

EXTRA CREDIT - UP TO 30 ATTENDANCE POINTS

All sections can earn extra credit during four unique weeks focusing on wellness. Student responses will be used to better serve students in FSHN 120.

In-person students (section A) will earn 1 point of extra credit for every class they are present and participating. Students must remain for the duration of the class and complete a short attendance quiz before leaving to earn the extra credit. In-person attendance extra credit will be posted every two weeks.

Living Learning Community (section BLC) can earn extra credit by participating in hands-on activities such as cooking classes and hosting a food drive for campus.

Online students (section ONL) will earn extra credit by sharing the learning outside the class platform with accurate information and tagged with #FSHN120 to help squish myths & misconceptions. The social media post should be shared in Canvas for extra credit. Reach out to Toni for an alternate if you do not use social media.

IT IS "OK" - GIVE YOURSELF PERMISSION

It is "ok" to do the best you can. Today's best may look different than yesterday's best. We understand and created a flexible syllabus for you. We are here if we can help in any way. If you are having a difficult time with your mental health, [there are resources available](#).

COURSE ETIQUETTE

It is important that all students maintain themselves in a polite and courteous manner.

- Refrain from using "slang" terms or vulgar language in person or online
- Be respectful. Let's create an amazing learning environment. We are in this together!
 - If you are disrespectful, we reserve the right to report or remove you from the class
 - If there is a meeting discussing conduct, the meeting will be recorded

UNIVERSITY POLICIES

Students with Disabilities

To obtain disability-related academic adjustments and/or auxiliary aids, students with disabilities must contact the course instructor and the Disability Resources and Educational Services (DRES) as soon as possible. To contact DRES, you may visit 1207 S. Oak St., Champaign, call 333-4603, e-mail disability@illinois.edu or go to the DRES website. If you are concerned you have a disability-related condition that is impacting your academic progress, there are academic screening appointments available on campus that can help diagnosis a previously undiagnosed disability by visiting the DRES website and selecting “Sign-Up for an Academic Screening” at the bottom of the page. If you have a disability, be sure to submit your documentation in Canvas for accommodations. For more information visit: <https://www.disability.illinois.edu/>

Family Educational Rights and Privacy Act (FERPA)

Any student who has suppressed their directory information pursuant to Family Educational Rights and Privacy Act (FERPA) should self-identify to the instructor to ensure protection of the privacy of their attendance in this course. See <http://registrar.illinois.edu/ferpa> for more information on FERPA.

Emergency Response Recommendations

- Emergency response recommendations can be found at the following website: <http://police.illinois.edu/emergency-preparedness/>
- I encourage you to review this website and the campus building floor plans website within the first 10 days of class. <http://police.illinois.edu/emergency-preparedness/building-emergency-action-plans/>

Academic Integrity

The University of Illinois at Urbana-Champaign Student Code should also be considered as a part of this syllabus. Students should pay particular attention to Article 1, Part 4: Academic Integrity. Read the Code at the following URL: <http://studentcode.illinois.edu/>. It is expected that students adhere to the outlined guidelines for each assessment in FSHN 120. Students may discuss module assessment concepts with friends, but should not share answers as this is a violation of academic integrity. Students should not discuss pre-exam case study questions, exam questions, or comprehensive review questions until those assessments are graded and released.



COURSE ASSESSMENT DETAILS

All course assessments are submitted asynchronously through Canvas



100 points total for Chapter/Module Video Quizzes - (10 points each)

Each of the 12 graded modules contains a video to introduce the topic. Students will be tested using a video quiz with unlimited takes and the highest score recorded. Although students will be able to see the questions and points earned upon review, they will not be permitted to see the correct answer until the deadline passes. The two lowest (or missed) module video quiz scores are dropped. The top 10 video quiz scores are included in the grade book total points.

200 points total for Definition Inquisitions / DIs - (20 points each)

In the sciences, terms are the language used to discuss the topic with accuracy and depth. The glossary in the required text helps you understand and apply the key terms. Each of the 12 module DIs has three takes with the highest score counting in the grade book. The top 10 DIs are included in the total points with the two lowest (or missed) module DI grades dropped.

400 points total for Reflective Assignments - (40 points each)

Each of the 12 modules has a reflective assignment that is graded on accuracy, not merely completion. Questions cover topics from anywhere in the module. There is one submission of each module reflective assignment. The two lowest (or missed) module reflective assignment scores will be dropped with the top 10 reflective assignments included in the total points.

300 points total for the 12-Step Semester Project - (30 points each)

Each of the 12 modules expects students to complete a semester project "step" towards a healthier lifestyle. The traditional semester project is a dietary analysis project with specific guidelines for each of the 12 "steps". Although late steps cannot be accepted, the two lowest (or missed) steps are dropped with the top 10 module steps included in the total points. As this is a science class, for full consideration, it is required to show work and include proper units in each step of a calculation. It is important to note that we are focused on health. Thus, there is an alternate project for students if the traditional project would be triggering.

GRADING & MAKEUP WORK



Grade Point Total - FSHN 120 is a points-based class

Video Quizzes (10 pts each x 10)	100 points
Definition Inquisitions (20 pts each x 10)	200 points
Reflective Assignments (40 pts each x 10)	400 points
Semester Project Steps (30 pts each x 10)	300 points
Total	1,000 points

Grading scale based on total points reported in Canvas at the end of the semester
points will never go down - they only go up

A = 900-1,000 points / B = 800-899.9 points / C = 700-799.9 points / D = 600-699.9 points / F <600 points

Grades are entered as a solid letter grade of an A, B, C, D, or F as noted above (no +/-)

Exception: Students earning over 1,000 points as reported in Canvas will earn an "A+"

OTHER COURSE NOTES

Makeup Work

The lowest/missed two assessments in each category are dropped to allow for student success. If an item is not completed for any reason, it is entered as a "0" in the grade book. Even if documented and approved, makeup work for the first two module assessments in each category (ex: video quiz) is not offered. However, if there is approved documentation for a third+ in a module category, two in each module category will be dropped. If there is a third+ missed and assessment that is approved for makeup, it will be made up with alternate proctored and timed assessment in person beginning at 11:30 AM and ending at 1 PM on UIUC reading day. Any and all makeup work will be permitted if approved documentation is provided and it can be demonstrated to have a positive impact on a student's grade. **Makeup work is not offered during the regularly scheduled semester. Assessments can only be requested if it makes a positive impact on a student's final letter grade.**

Rounding Scores at the End of the Semester

For a variety of reasons, grades will not be curved/rounded up. Though it seems to be a 90, 80, 70, 60 percent breakdown, grades are based on points, not percentages. Except for the A+, there will not be any other +/- grades. Points will be posted on the class Canvas website in the GRADES tab. Point totals can only go up.

Extra Credit for Finding Coding/Typing Error

Because we are revising the course materials, we may have a coding/other error. If you are the first student to respectfully post on the correct Extra Credit Discussion Board letting us know about the coding error or misinformation, you can earn +1 extra credit point for each error you find. Again, we are in this together.