



# SUMMER 2025 FSHN 120 CONTEMPORARY NUTRITION

Syllabus for Toni Gist's Class

## Nutrition for U



**Author**  
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## 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.

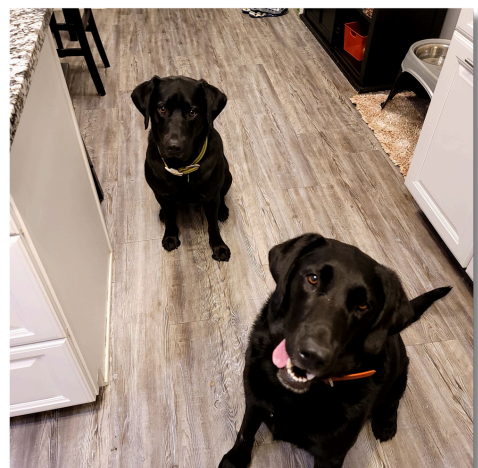
Her name is "Oskee Bow Wow".

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  
Getting Questions Answered  
Class Setup  
University Policies  
Course Assessments  
Grading  
Make-Up / Missed Work



# 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 (notes packet) in conjunction with Canvas (the learning management platform)

- **(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, ask AristAI or post in our Help Discussion Board in Canvas. We are here for you!

## Course Materials

- **Required Text: Nutrition for U textbook (updated for summer 2025)**
  - Recently updated with a dynamic and engaging book containing lectures, video quizzes, definition inquisitions, reflective assignments, & semester "step" project guidelines. It can be either:
    - If off campus, order directly from the publisher at Stipes Publishing <https://buy.stipes.com>
    - If on campus, personally pick it up from Illini Union Bookstore, 809 S Wright St, Champaign

## 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

**Course Topic or Structure Questions:** FSHN 120 has a trained ChatBot named "AristAI" that can provide quick answers in less than one minute.

**Specific / Assessment Questions:** Subscribe to Remind Text Messages and you can text Toni directly to her phone. If she is available, you should get a reply within 1 hour.

**General Question that Could Help Another Student:** FSHN 120 also has a "help" discussion board in Canvas where general course-structure questions can be answered quickly within 24 hours. We are doing this together, and your question could help others struggling with the same question.

**Urgent Matters:** If it is an urgent/personal matter, e-mail Toni at [Burkhalt@Illinois.edu](mailto:Burkhalt@Illinois.edu).

### Concerning e-mail expectations:

- Please, e-mail from your UIUC e-mail (for various reasons, we do not use Canvas email)
- The subject line should begin with FSHN 120, followed by the topic in a few words
- Address the concern, propose possible solutions, and a date for resolution
- Close your e-mail with your full name, UIN, and contact information

**IMPORTANT:** Communication outside the above formats may take longer or not receive a response. For various reasons, "assignment notes" should never be used for correspondence.



### 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+" who helped design the course and act as consultants to student questions/concerns. Most of our teaching team has been a part of the team for three or more years, with majors from all over campus. We have designed this class with you in mind. Almost all of the teaching team members have been in your shoes.



## CLASS SETUP

## CHAPTER 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 book pages to get acclimated
- Login to Canvas and work from top to bottom within the first chapter folders:
  - Complete the **video quiz** multiple times 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** before the chapter deadline
  - Share your answers to the chapter "**step**"

## EXTRA CREDIT - UP TO 30 POINTS

You can earn extra credit during four unique weeks focusing on wellness. The wellness week activities are optional but are designed to support student success meaningfully. Student responses will be used to better serve students in FSHN 120.

Additionally, you can earn extra credit by connecting/meeting with another student in the class to discuss nutrition. It is expected that the learning is shared outside the class platform with accurate information and tagged with #FSHN120 to help squish myths & misconceptions. The social media post will be shared in Canvas for extra credit.

## 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](mailto: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 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/>. Students are expected to adhere to the outlined guidelines for each assessment in FSHN 120. Students should not screenshot, save, share, or discuss any assessment questions until those assessments are graded and released.



## COURSE ASSESSMENT DETAILS

All course assessments are submitted asynchronously through Canvas



### **100 points total for Chapter/chapter Video Quizzes - (10 points each)**

Each of the 12 graded chapters 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) chapter 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 chapter 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) chapter DI grades dropped.

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

Each of the 12 chapters has a reflective assignment that is graded on accuracy, not merely completion. Questions cover topics from anywhere in the chapter. There is one submission of each chapter reflective assignment. The two lowest (or missed) chapter 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 chapters 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 chapter 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 calculation step. It is important to note that we are focused on health. Thus, if medically needed there is an alternate project for students upon request and approval.

# GRADING & MAKEUP WORK



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

Video Quizzes (10 pts each for the top 10)	100 points
Definition Inquisitions (20 pts each for the top 10)	200 points
Reflective Assignments (40 pts each for the top 10)	400 points
Semester Project Steps (30 pts each for the top 10)	300 points
<b>Total</b>	<b>1,000 points</b>

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 chapter assessments in each category (ex: video quiz) is not offered. However, if there is approved documentation for a third+ in a chapter category, two in each chapter category will be dropped. If there is a third+ missed, an approved category assessment(s) will be made up with alternate proctored and timed materials administered beginning at 11:30 AM and ending at 1 PM on the 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 they make 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.