



Part 1: Course Information

Academic Year	Fall 2022
Course	KINE 352
Course Title	Nutrition and the Brain
Faculty	Amy Rains, MS Department of Kinesiology & Health Sciences Office: Adair Hall 115-A William & Mary amrains@wm.edu
Student Chats (AKA Office hours)	<p>Thursday 1-3 (by zoom or in my office), AND by appointment. OR you can come to me for a quick 10 minute pre class discussion Tuesday and Thursday (7:45 - 8:00) This is more of a hall pass if you just have something quick you want to discuss with me.</p> <p>Please do not email me directly to schedule either regular office hours. Simply use the online book system to make a 15-minute appointment that works for you. In the comments section of the appointment invitation, please let me know the topic for the meeting and any relevant questions so that I am prepared for our discussion.</p> <p>Although I plan my schedule to be available on Thursday from 1-3, I may not be in my office if no one is scheduled. Please do reach out.</p> <p>Use this link to schedule: https://outlook.office365.com/owa/calendar/OfficeHourswithARains@wmedu.onmicrosoft.com/bookings/</p>
Required Texts	<ol style="list-style-type: none">The Psychology of Eating and Drinking, by Alexandra Logue<ul style="list-style-type: none">I will provide a PDF copy of this book to you that is in Blackboard. You are also free to purchase a hard copy from a different bookstore.Brain Food, by Lisa Mosconi<ul style="list-style-type: none">This book is available at the William and Mary Bookstore or can be purchased on Amazon.This is Your Brain on Food, by Uma Naidoo<ul style="list-style-type: none">This book is available on Amazon, Barnes and Noble or wherever most books are sold.
Course Information	Face to Face meetings: T, TH 8:00 - 9:20 Location: Boswell 201
Credit Hours	3.0



COLL 200	<p>This course meets the requirements for COLL 200 and resides in the NQR Domain reaching out to the CSI Domain.</p> <p>The Natural World and Quantitative Reasoning (NQR): Courses in this domain examine the natural world and physical universe and the means by which humans observe, measure, model, and interpret it. Courses explore the process of scientific discovery, including the methods required to gather and assess empirical data, investigate the predictions of existing theories, and develop experimentally testable hypotheses. Courses may also focus on mathematical or computational methods as applied to these investigations. Students develop their understanding not only of the foundations, implications, and uses of scientific knowledge but also how scientific approaches can be used to create tangible products.</p> <p>Cultures, Societies, and the Individual (CSI): Courses in this domain examine the realm of human cultures, societies, and individuals through their development, organization, and interaction. Some courses employ mathematical modeling, statistical analysis, and scientific experimentation; some, the analysis of artifacts and texts; and others, observation, inference, and extrapolation. Students learn to describe, theorize, and explain human cultures, societies, and individuals in their variety over time and space</p>
Course Format and Technology	<ul style="list-style-type: none">• Please check Blackboard daily! Blackboard will be our home base for lecture notes, study materials, additional reading, assignment listing/information, grade book, course calendar, and taking your exams. The class is divided into 4 sections with an exams at the end of each section.• Written Assignments must be submitted as a PDF file unless otherwise specified. This is a requirement and not a choice. Please do not email assignments to me directly as they will not be graded, they must be uploaded to blackboard.
Important W&M Dates	<p>The course begins: 9/1 Add/drop deadline: 9/12 Fall break: 10/13 - 10/16 Withdraw deadline: 10/31 Election Day (NO CLASS): 11/8 Thanksgiving holiday: No Class Week of November 22 - 27th Last day of classes: 12/9 Final exam: December 13th (Tuesday) 2:00 pm - 5:00pm</p>
Last Revised	August 31st, 2022



Part 2: Course Description

Course Description	This course exposes students to one of the most important elements of health— the effect of what one eats and drinks on health, growth, and maintenance. Although the science of nutrition and brain function is relatively new and is still evolving, certain nutrients in foods are known to be essential to human brain function. The ability to use simple to complex information in daily life (cognition) becomes more important as people age. While the aging population presents its own unique challenges for nutritional neuroscience, all individuals need to be aware of the growing body of literature examining the behavioral effects of specific nutrients found in foods. Nutritional and functional interventions at any age can have important bearings on brain development, mood, behavior, and function. This course will examine the role of these specific macro and micro nutrients in brain function and behavior.
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Part 3: Evaluation and Assessments (Grading):

1. Exams: 4 Section exams (60 points each: 240 points total)

- **Exams:** A section exam is scheduled at the end of each of the four sections. Each exam consists of 30 questions: multiple choice, T/F, fill-in-the-blank, matching, and/or short answer questions and is worth 60 points. Each exam is closed note/book. I will conduct a review prior to each exam to adequately prepare you.
- All 4 exams will be given in Blackboard. **You must bring a charged laptop to class on the day of exams. A cell phone is not an appropriate device to take a test!**
- If you need to reschedule/defer your final exam, you must email a request to me prior to the last week of class.

2. Term Paper (140 points total)

- This class meets the major writing requirement therefore your primary assignment is an 8 – 10 page term paper that will cover a topic chosen from a list of topics relating to nutrition and the brain. The term paper assignment includes 3 separate assignments: an Outline (40 points), 1st Draft (50 points) and Final Paper (50 points). Specific information and instructions regarding the term paper assignments is included in its folder in *Assignments* on Blackboard.
- **Writing Standards** – Written communication is a critical component of research writing. You must be able communicate effectively to your target audience. I highly recommend using the Writing Resource Center (WRC), <https://www.wm.edu/as/wrc/>, for help because all work submitted in this course, whether in draft or final form, must be your own and must be cited appropriately. The WRC can help you with that.
 - You **MUST** use **APA Guidelines, 7th ed**, for all assignments. Information for this edition can be found at the Purdue OWL website: https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/general_format.html. Not following appropriate guidelines (reminder, 7th ed) will show you did not read instructions and will result in points deducted. Not following appropriate guidelines may also indicate plagiarism and will result in points deducted, a zero for the assignment, AND/OR a potential referral to the Honor Council, depending on the extent to which sources are not cited.
- **Extensions:** All reasons for requesting an extension on an assignment will be considered on a case by case basis. I will not accept “I’m so busy” or “I didn’t have time” as an excuse. Not knowing about an assignment or exam because of a lack of participation is not an acceptable excuse. Waiting until the due date to request an extension is unacceptable as it tells me you waited until the last day to do the work.
- **Late Assignments:** of the outline and 1st draft of your paper will be accepted, however, any assignment submitted late will receive a 5 point deduction for each day late, up to the 3rd day after the due date. Any assignment submitted after the 3 day period will be a zero (unless an extension has been approved). The Final term paper will not be accepted late and will receive a zero, except in cases



of an approved extension.

3. Attendance (20 points total)

- **Attendance:** will be part of your grade this semester (5%) and worth 20 points total. Each class attended is worth 1 point (with the exception of exam dates). You may earn up to 22 points for attendance which gives you 2 extra credit points. Or you can use these 2 extra points for “sick” days. I understand that illness may keep you from class which is why I built in the few extra sick days (I even understand mental health days as well). If you have an illness that prevents you from coming to class for longer than a week, it may be excused on a case by case basis (COVID test, hospitalization, etc), and be sure to email me to let me know! Do not contact me every time you will be missing class unless it’s a serious issue that will keep you out for longer than a week.
- **Excused absences:** will be granted for athletic travel days and religious holidays that are observed by your religion. Please submit your letter from your coach at the start of the semester so I know in advance. Please tell me at the beginning of the semester if you intend to miss class for a religious holiday.
- **Taking attendance:** will be done through Blackboard using a password for that day. It will open promptly at 8am and be unavailable at 9:30. It is not to be shared with friends/classmates, I will notice who is and isn’t in class. Please use honest behavior!

<i>Assessments</i>	<i>Contribution to Final Grade</i>
Exams	60%
Term Paper	35%
Attendance/Participation	5%

Grading Scale

A standard grading scale will be employed to determine the final course grade. Please note, rounding up will not occur in this course (exceptions may be given for something like a 89.99, but not for an 89.5). I am consistent with this, so keep in mind that every point earned in this class matters!

A	>93
A-	90-92.9
B+	87-89.9
B	83-86.9
B-	80-82.9
C+	77-79.9
C	73-76.9
C-	70-72.9
D	60-69.9
F	<60



Part 4 Course Outline:

Unit	Lecture Topics	Req'd Reading	Assignments
Section 1	Introduction to Course/Syllabus		
	Brain Anatomy	Logue Ch 1	Paper topic due on September 13th
	Neurotransmitters	Mosconi, Ch 1-2	
	Macronutrients: Protein, Carbs, Fat	Mosconi, Ch 4-6	
Micronutrients: Vitamins and minerals	Mosconi, Ch 7		
	Section 1 Exam, September, 27th		
Section 2	Taste and Smell	Logue Ch 4-5	Outline of term paper due October 13th
	Food Preferences	Logue Ch 6-8	
	Regulation of appetite/hunger hormones	Logue Ch 2 + article	
	Obesity	Logue Ch 10	
	Thirst and Fluid intake	Logue Ch 3, Mosconi Ch 3	
	Section 2 Exam, October 25th		
Section 3	Gut and Brain Connection	Mosconi Ch 9, Naidoo Ch 1	
	Heart health and brain health	Article	
	Anxiety, Depression, ADHD	Naidoo Ch 2, 3, 5	
	Section 3 Exam, November 17th		
Section 4	Dementia, Brain Fog, Alzheimers	Naidoo Ch 6	First Draft Paper: Due November 22
	Designing a diet for the brain/fad diets	Mosconi Ch 11	
	Alcohol	Logue Ch 11	Final Draft: December 6th
	Sleep	Article in folder	
	Exercise	Mosconi Ch 10	
	Section 4/Final Exam, December 13th 2:00		

Part 5: Class Policies

- Attendance/Participation:** Regular attendance is required at every class to help you understand the material. I will require you to sign in when entering the classroom using a password on blackboard. This is to help me determine who is regularly attending and is part of your grade. See above in the grading section. I will also use our small classroom to have regular discussions. I invite you to be inquisitive and ask questions throughout class!



- 2. Cell phone usage:** Phones must remain on silent and out of sight during the class period. They can be used to sign into blackboard.
- 3. Laptops/tablets:** can be used for taking notes, but please refrain from doing other work on your laptop or tablet. This is distracting!
- 4. Be respectful:** Please be respectful of the learning environment and your fellow students.
- 5. Be responsible:** An important step to maturity is taking responsibility for your successes as well as your failures. However, if you feel you were not graded fairly on an assignment or exam please feel free to make an appointment with me to discuss it.

Part 6: Student Ethics and Other Policy Information:

Honor Code

Do not cheat! The College of William & Mary has had an honor code since at least 1779. Academic integrity is at the heart of the university, and we all are responsible for upholding the ideals of honor and integrity. The student-led honor system is responsible for resolving any suspected violations of the Honor Code, and I will report all suspected instances of academic dishonesty to the honor system. The Student Handbook (www.wm.edu/studenthandbook) includes your responsibilities as a student and the complete Code. Your full participation and observance of the Honor Code are expected. To read the Honor Code, see www.wm.edu/honor

ADA accommodations at W&M

It is the policy of William and Mary to accommodate students with disabilities and to qualify for diagnosed conditions following federal and state laws. Any student who feels s/he may need an accommodation based on the impact of a learning, psychiatric, physical, or chronic health diagnosis should contact Student Accessibility Services staff at 757-221-2509 or sas@wm.edu to determine if accommodations are warranted and to obtain an official letter of accommodation. For more information, please visit <http://www.wm.edu/sas>

Diversity Plan

The Department of Kinesiology & Health Sciences is committed to supporting a diverse and inclusive environment. To advance that commitment in concrete ways, the Department adopted a diversity and inclusion plan <https://www.wm.edu/as/kinesiology/diversity-plan/index.php>

It is my intent that students from all diverse backgrounds and perspectives be well served by this course, that students' learning needs be addressed both in and out of class, and that the diversity that students bring to this class be viewed as a resource, strength and benefit. Some of the research and science discussed in this class will include differences among ethnic groups, socioeconomic status, and gender as it pertains to nutrition and the human body. It is my intent to present materials and activities that are respectful of diversity: gender, sexuality, disability, age, socioeconomic status, ethnicity, race, culture, and political views. It is also my intent to provide you with resources and readings in this class that represent diverse experiences; not just those that reflect my own experiences! Your suggestions are always encouraged and appreciated! Please let me know ways to improve the effectiveness of the course for you personally or for other students or student groups. In addition, if any of our class meetings conflict with your religious events, please let me know so that we can make arrangements for you.

Mental and Physical Well-Being

William & Mary recognizes that students juggle different responsibilities and face challenges that make learning difficult. Asking for help is a sign of courage and strength. Many resources are available at W&M to help students navigate emotional/psychological, physical/medical, material/accessibility concerns. If you or someone you know is experiencing any of these challenges, we encourage you to reach out to the following offices:

- For psychological/emotional stress, please consider contacting the W&M Counseling Center <https://www.wm.edu/offices/wellness/counselingcenter/>; or (757) 221-3620, 240 Gooch Dr., 2nd floor. Services are free and confidential.
- For physical/medical concerns, please consider reaching out to the W&M Health Center at <https://www.wm.edu/offices/wellness/healthcenter/>; or (757) 221-4386, 240 Gooch Drive.



- For additional support or resources, please contact the Dean of Students by submitting a Care Report <https://www.wm.edu/offices/deanofstudents/services/caresupportservices/index.php>; or by calling 757-221-2510, or by emailing deanofstudents@wm.edu.
- For a list of many other resources available to students, see [Health and Wellness Resources for Students](#)

Part 5: The COVID-19 PIVOT

I encourage you to ask questions in class or access the [Q&A in the W&M News](#) if you are looking for more information about the COVID-19 situation on campus. In terms of our class, please review the information below:

Delivering Instruction if you are Sick, Quarantined, or Isolated

If you are sick and need to miss more than 2 classes, please contact me and let me know so I am aware of the situation and can help you succeed in the class while being absent. The following resources are available to you:

- Lecture slides accessible on BB within 24 hours of scheduled meeting time.
- All readings and articles will be posted in BB
- Office Hours (Thursdays 1-3PM)

Delivering Instruction if I am Sick, Quarantined, or Isolated

If I am absent the following resources are available to you:

- Asynchronous learning on Blackboard
- Asynchronous lectures recorded via zoom that will be accessible on Blackboard
- Special office hours will be set up to offer additional opportunities for you to ask questions on any asynchronous learning that occurs as a result of my absence