



Part 1: Course Information

Academic Year	Fall 2022
Course	KINE 354
Course Title	Nutrition in Health and Disease
Faculty	Amy Rains, MS Department of Kinesiology & Health Sciences 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 Monday and Wednesday (1:45 - 2:00) 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	<p>1. Nutrition and Diet Therapy, 10th edition by DeBruyne, Pinna and Whitney, ISBN: 9780357391747</p> <p>You can purchase through W&M Bookstore, Cengage, or VitalSource.</p>
Course Information	Face to Face meetings: M, W 2:00 - 3:20 Location: Boswell 20
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: 8/31 Labor Day (no class): 9/5 Add/drop deadline: 9/12 Fall break: 10/13 - 10/17 Withdraw deadline: 10/31 Thanksgiving holiday: No Class Week of November 22 - 27th Last day of classes: 12/9 (last day in this class is 12/6) Final exam: December 13th (Tuesday) 2:00 pm - 5:00pm</p>
Last Revised	August 31st, 2022

Part 2: Course Description



Course Description	This course is an introductory-level course for students who may be interested in learning more about how the use of nutrition therapy can decrease risk of chronic disease, care and prevention for intercurrent disease conditions, and modify diets to reduce the risk of the disease recurrence. Coverage of current research topics will elucidate specialty areas and advanced subjects. My hope is that this course will spark a lifetime interest in nutrition science and its effects on health.
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Part 3: Evaluation and Assessments (Grading):

1. Exams: 4 Section exams (75 points each: 300 points total)

- **Exams:** A section exam is scheduled at the end of each of the four sections. Each exam consists of 40 questions: multiple choice, T/F, fill-in-the-blank, matching, and/or short answer questions and is worth 75 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. **The final exam cannot be rescheduled without permission from the Dean of Students!!**

2. Case Studies (40 points each: 80 points total)

- 2 case studies will be assigned throughout the semester.
- **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:** will be accepted, however, you will lose 5 points for each day late. After the 3rd day, they will no longer be accepted.

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, or for religious holidays if you observe a holiday that is in direct conflict with class time. Please submit your letter from your coach at the start of the semester so I know in advance. If you will miss class due to a religious holiday, please let me know in advance so I can excuse the absence.
- **Taking attendance:** will be done through Blackboard using a password for that day. It will open promptly at 9:30am and be unavailable at 11am. It is not to be shared with friends/classmates, I will notice who is and isn't in class. Please use honest behavior!

Assessments	Contribution to Final Grade
Exams	75%
Case Studies	20%
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	No reading	
	Introduction to Nutrition	Chapter 1	
	Nutritional Care + Nutrigenomics	Chapters 14 - 15 + articles in your folder	
	Metabolism and Obesity	Chapters 6 - 7	
	Section 1 Exam, September 28th		
Section 2	Digestion + absorption	Chapter 2	Case Study #1 due 10/12
	Carbohydrates + Microbiome	Chapter 3 + article in folder	
	Upper GI tract + lower GI tract	Chapter 17 - 18	
	Malabsorption	Chapter 19	
	Section 2 Exam, October 24th		



Section 3	Diabetes Fats + Cardiovascular Disease Immune system Cancer + HIV	Chapter 21 Chapter 4 + 24 Article in folder Chapter 25 + article in folder	Case Study #2 due 11/9
	Section 3 Exam, November 14th		
Section 4	Liver/Gallbladder Protein Kidney Disease + Pulmonary disease Brain health	Chapter 20 Chapter 5 Chapter 23 - 24 Articles in folder	
	Section 4/Final Exam, December 19th 2:00 - 5:00		

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!
- Cell phone usage:** Phones must remain on silent and out of sight during the class period. They can be used to sign into blackboard.
- Laptops/tablets:** can be used for taking notes, but please refrain from doing other work on your laptop or tablet. This is distracting!
- Be respectful:** Please be respectful of the learning environment and your fellow students.
- 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 and Inclusion Plan and Statement:

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

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
- Zoom Office Hours by appointment or 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