

Syllabus for UWXHE209

Nutrition and Weight Management

NOTE: This syllabus document contains the basic information of this course. The most current syllabus is available in the full course.

Course Description

This course introduces you to the group and team processes that are at the root of building, developing, and maintaining work teams in various workplaces and contexts, including the medical and healthcare fields, and the effective functioning of such teams. The course also provides an overview of leadership development techniques and a discussion of the uses of various communication technologies in the team building and functioning processes.

Prerequisite(s)

None.

Course Outcomes

Upon completing this course, you will be able to do the following:

- Analyze the relationship among nutrition, physiology, and enhancement of health.
- Analyze the effect nutrition has on chronic disease and over wellness.
- Demonstrate the ability to access reliable nutrition information, products, and services.
- Analyze and create the ability to use decision making skills to set goals, self-evaluate, and practice nutrition related behaviors that promote nutrition and wellness.
- Demonstrate the ability to promote and support a sustainable, nutritious food supply, personally, and locally.
- Analyze nutritional needs across the life span.
- Evaluate factors that affect food safety from production through consumption.
- Integrate the importance of the combination of nutrition and fitness on overall health.
- Examine and evaluate the contribution of beverages on nutrition.

Course Requirements/Components

Readings

For each lesson, you will be required to read a given set of materials. This may include, but is not limited to, instructor commentaries, textbook readings, case studies, journal articles, and web-based and multimedia sources.

Discussion Forums

Throughout this course, you will participate in online discussions with other learners in your course. All discussions will take place in the Discussion Forum in Canvas.

My Fitness Pal Logs

MyFitnessPal is a food and exercise tracking program that you can sign up for on your computer. You will need to access a computer to obtain the weekly log to upload to Canvas. It also has a free smartphone app and website that tracks diet and exercise to determine optimal nutrients and caloric intake for the user's goals.

Assignments

Assignments for the course are as follows:

- MyFitnessPal Logs
- MyFitnessPal Assignments (carbohydrates, proteins, vitamins, minerals, fluid balance)
- Topic Assignments (label reading, digestive disorders, nutrition through the lifespan)
- Personal Fitness Plan
- Restaurant Health Code Violation
- Food Sustainability
- Final Reflection Paper

Quizzes

Quizzes will be included for all topics and the syllabus.

The quizzes will be based on course readings, videos, lectures, and any other content provided by the instructor. Most questions will be multiple-choice, true/false, and fill in the blank format.

Grading

The following grading scale will be used to evaluate all course requirements and to determine your final grade: (examples below)

Grade	Percentage Range	Points
A	93% - 100%	381 – 410

A-	90% - 92%	369 – 380
B+	88% - 89%	361 – 368
B	83% - 87%	340 - 360
B-	80% - 82%	328 – 339
C+	78% - 79%	320 – 327
C	73% - 77%	299 – 319
C-	70% - 72%	287 – 298
D+	68% - 69%	279 – 286
D	63% - 67%	258 – 278
D-	60% - 62%	246 – 257
F	0 - 59%	0 – 245

Assignment	Points
Discussions	40
Lesson Assignments	110
Quizzes	130
Final	100
MyFitnessPal Logs	30
Total Points	410