COURSE: Nutr 2220, Online class, Fall 2015, 24222

Prenatal and Infant Nutrition: This course focuses on nutrition and diet as they apply to birth outcome, the maintenance of maternal health, and the growth of the infant. Breastfeeding and community programs will be discussed in support of maternal and infant health. Prerequisite: NUTR LS 1020.

CREDIT HOURS: 2

CLASS SCHEDULE: Online at https://weber.instructure.com

INSTRUCTOR: Lynne Dawson, M.Ed, RD, CD, IBCLC

Class e-mail or ldawson@weber.edu

801-774-8751

Office hours by appointment. E-mail me

MAJOR CONTENT AREAS

1. Pre-conceptual Nutrition
2. Prenatal Nutrition
3. Infant Nutrition
4. Nutritional Issues and Community Resources

MEASURABLE LEARNING OUTCOMES

Upon completion of NUTR 2220, students will have demonstrated their:

1. Knowledge of pre-conceptual nutrition and its effects on fertility and birth outcome.
2. Knowledge of prenatal nutrition and its effects on maternal health, complications of pregnancy and birth outcome.
3. Knowledge of infant nutrition, introduction of solid foods and their effects on the growth and development of the baby.
4. Knowledge of common inborn errors of metabolism and the special dietary protocol needed to stabilize the disease/condition.

5. Knowledge of lactation, the benefits of breastfeeding and maternal nutrition.

6. Development of research and writing skills.

**PRIMARY REFERENCE (Required Textbook):**


This book is also used in Child and Adolescent Nutrition offered at WSU

**Course Direction**

1) Module 1 focuses on pre-conceptional nutrition and nutrition during pregnancy. It looks at various nutrients and how the body's need for them changes during pregnancy, lactation and infancy. It also examines other factors such as smoking, drugs and exercise and how they affect the outcome of a pregnancy.

2) Module 2 examines the various aspects of Lactation. It looks at the anatomy of breastfeeding, advantages of breastfeeding, how to teach a woman to breastfeed and what kinds of problems a breastfeeding woman may encounter as well as possible solutions for those problems.

3) Module 3 deals with the growth of infants during the first year of life, their nutrient needs, normal newborn characteristics and how they relate to feeding the newborn. It looks at how nutrient needs are different for the premature and low birth weight infant. Finally, it will examine infant formulas and the introduction of solid foods to an infant's diet.

**Policies**

**Student Responsibilities:** Each student will be responsible to: 1) Read and be accountable for all policies and assignments included in the course outline. 2) Complete all requirements and assignments by the established deadlines.

**Late Work:** Late assignments and exams may not receive full points. There will be up to a 20% point reduction for late assignments. No Late assignments will be accepted after the last day of class per the official university academic calendar.
You have a full week to take each exam. Please make time to take it during that time. If you cannot take it during the scheduled times, makeup exams will be offered during the last week of classes for a 10% point reduction for students with special circumstances and with ADVANCE approval from the instructor.

**Academic Honesty and Dishonesty**: Students enrolled in this class will adhere to the Department of Athletic Training and Nutrition (ATN) "Student Conduct Policy" available online at [http://www.weber.edu/atn/ATN_Student_Code.html](http://www.weber.edu/atn/ATN_Student_Code.html). It is unacceptable to give other students' information about exam questions, their answers or correct answers on assignments. Any individual caught cheating on examinations, plagiarizing or copying another person's homework assignments will receive an automatic "E" for their final grade. Furthermore, a letter will go into the student's file describing the situation.

**Avoiding Plagiarism**: WSU subscribes to TurnItIn.com, an electronic service that verifies the originality of student work. Enrollment in this course may require you to submit some or all of your assignments to it this semester, and documents submitted to TurnItIn.com are retained, anonymously, in their databases. Continued enrollment in this course constitutes an understanding of and agreement with this policy.

**Evaluation**

**Grades**: Grades are based on a percentage of the total possible points earned in the class. You can see the current points that have been earned at any one time in the semester online using the "My Grades" tool. You can determine what grade percentage you have by doing the following: add up the total points you have earned so far in the semester. Then add up the total points possible on those same assignments. Divide your points by the points possible and multiply that number by 100. That will give you your current percentage.

You should discuss grade concerns with me throughout the semester or within 1-week of the semester end. Graded work is not on file indefinitely. Points are given as follows: 3 Exams (200 pts each) 600 pts; Dietary analysis 150 pts; WIC Clinical Experience 100 pts; Research paper 200 pts; Nutrient Report 50 pts; Diet History Assignment 50 pts; Community Breastfeeding Class Observation 100 pts; Case Studies 40 pts; Participation in discussions 20 pts; Total possible Points 1310 pts.

**Grading Scale**: Grading Scale A = 93%; A- = 90%; B+ = 87%; B = 83%; B- = 80%; C+ = 77%; C = 73%; C- = 70%; D+ = 67%; D = 63%; D- = 60%
**Exams**: The three exams will be on ChiTester in the testing center on campus. Each exam will be in the testing center for one week. There are several testing centers. The exams can be taken at any of them. The main testing center is located in the Student Services Building, room 262; phone: (801)626-6802. Call the testing center for more information on various locations and on their hours of operation. You must arrive at the testing center one hour before the center is scheduled to close, and have a valid picture I.D. **Students who are outside Weber, Davis, or Morgan counties may request a proctor for secure online testing. See the Chi Tester Users' Manual for information about setting up a Remote Proctor (Links to an external site.).** Do this at the beginning of the semester because it takes a while for the online people to set it up. See the section under "exams" in the online class for more information.

**Other Valuable Information**

Students With Disabilities: Any student requiring accommodations or services due to a disability must contact Services for Students with Disabilities (SSD) in room 181 of the Student Service Center. SSD can also arrange to provide course materials (including the syllabus) in alternative formats if necessary. For more information contact SSD at 801-626-6413, ssd@weber.edu, or [http://departments.weber.edu/ssd/](http://departments.weber.edu/ssd/) (Links to an external site.).

**ASSIGNMENT DUE DATES**

**Diet History Assignment** (50 points): Week 2--Sept 8th.

Nutrient Report (50 points): **Nutrient Assignment Discussion** Monday of Week 3--Sept 14th: submit in discussion section for comments from other students; **Nutrient Assignment** Monday of week 4--Sept 21st: finish revising and submit in assignment section for grading.

**Case Studies** (10 points each--30 points total)

* **Pregnancy Case Studies**: week 7 (Nov 16)

* **Lactation Case Studies**: week 10 (Nov 23)

* **Infant Case Studies**: week 14 (Dec 4)

**Participation Points** in discussion area: 20 points (see the assignment section for details)

**Community Breastfeeding Assignment** (100 points): Week 11 (Nov 13)

**Dietary Analysis Assignment** (150 points): Week 12 (Nov 20)

**WIC Experience Assignment** (100 points): Week 15 (Monday) (Dec 7)
Students may turn in some assignments before the due date if the assignment is completed early. (i.e. WIC or Community Breastfeeding class).

**Research Paper Due Date**

**Research Paper Assignment** (200 points): DIFFERENT FOR EACH STUDENT DEPENDING ON THE CHOSEN TOPIC. Due in the discussion section at the beginning of the week your chosen subject is studied in class. Paper with revisions due on the Monday of the next week in the Assignment section of the class for grading.

If you choose a topic that would be due the last week of class, turn it in a week early so that there is time to grade it. In other words, the final copy is due on Monday of Week 15 (Dec 7th).

**EXAM DUE DATES**

Exams will be given on Chitester in any of the testing centers on any of the WSU campuses or in a proctored environment if you live more than 50 miles from campus.

If you live more than 50 miles from campus, you will need to find a proctor and sign a proctor agreement at the beginning of the semester. Click on the "Testing Information Page" link for more information.

Each exam consists of 45-50 questions. There are multiple choice, true-false, and essay questions on each exam. Each is worth 200 points.

The Exam Schedule is as follows:

Exam 1: Week 7--Nov 14 - Nov 20
Exam 2: Week 13--Nov 25 - Dec 3
Exam 3: Week 15--Dec 9 - Dec 17

Exams will be graded within a week after the ending date of each exam.

You have a full week to take each exam. Please make time to take it during that time. Makeup exams will be offered during the last week of classes for a 10 % point reduction for students with special circumstances and with ADVANCE approval from the instructor.

CLICK THE FOLLOWING BLUE WORDS to see the Fall Semester Timetable