COURSE: NUTR 2220 Prenatal and Infant Nutrition

CREDIT HOURS: 2

CLASS SCHEDULE: Online at http://canvas.weber.edu

PROFESSOR/INSTRUCTOR: Jennifer Turley, PhD  
Nutrition Professor  
Email: jturley2@weber.edu  
Phone: 801-626-6933  
Office Hours: by appointment

COURSE DESCRIPTION: 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.

PREREQUISITES: NUTR LS1020

REQUIRED TEXTBOOK:  

MAJOR CONTENT AREAS
1. Preconception nutrition  
2. Nutrition during pregnancy (prenatal nutrition)  
3. Nutrition during lactation  
4. Infant Nutrition  
5. Nutritional Issues and Community Resources

MEASURABLE LEARNING OUTCOMES
Upon completion of NUTR 2220, students will have demonstrated their:  
1. Knowledge of preconception 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 lactation, the benefits of breastfeeding and maternal nutrition.  
4. Knowledge of infant nutrition, introduction of solid foods and their effects on the growth and development of the baby.  
5. Knowledge of common inborn errors of metabolism and the special dietary protocol needed to stabilize the disease/condition.  
6. Development of problem solving, communication, and application of knowledge skills.

Summary of Course Requirements:

<table>
<thead>
<tr>
<th>Course Work</th>
<th>Learning Outcomes</th>
<th>Description</th>
<th>Due Date</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chapter 1 Quiz</td>
<td>1</td>
<td>Preconception Nutrition</td>
<td></td>
<td>20</td>
</tr>
<tr>
<td>Chapter 2 Quiz</td>
<td>1,5</td>
<td>Preconception Conditions &amp; Interventions</td>
<td></td>
<td>20</td>
</tr>
<tr>
<td>Chapter 3 Quiz</td>
<td>2</td>
<td>Nutrition during Pregnancy</td>
<td></td>
<td>20</td>
</tr>
<tr>
<td>Chapter 4 Quiz</td>
<td>2,5</td>
<td>Nutrition during Pregnancy</td>
<td></td>
<td>20</td>
</tr>
<tr>
<td>Assignment</td>
<td>Chapter Range</td>
<td>Content Description</td>
<td>Total Points</td>
<td></td>
</tr>
<tr>
<td>------------------------------------</td>
<td>---------------</td>
<td>-----------------------------------------------------------</td>
<td>--------------</td>
<td></td>
</tr>
<tr>
<td>Preconception or Prenatal Diet History Assignment</td>
<td>6</td>
<td>Diet history quiz with diet history and food frequency application</td>
<td>50</td>
<td></td>
</tr>
<tr>
<td>Growth Grid Assignment</td>
<td>6</td>
<td>Demonstrate mastery of plotting infant growth charts. Complete an infant diet history. Evaluate the infants growth grids and diet history.</td>
<td>50</td>
<td></td>
</tr>
<tr>
<td>Extra Credit</td>
<td>n/a</td>
<td>End of Course Evaluation</td>
<td>10</td>
<td></td>
</tr>
</tbody>
</table>

**500 total points**

*Note chapter numbers correspond to the custom textbook which is chapters 2-9 of the Brown 6th edition © 2017 Nutrition through the lifecycle textbook.*

**EVALUATION:** Grades are based on a percentage of the total possible points earned in the class using the grade scale below.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>≥93%</td>
</tr>
<tr>
<td>A-</td>
<td>90%</td>
</tr>
<tr>
<td>B+</td>
<td>87%</td>
</tr>
<tr>
<td>B</td>
<td>83%</td>
</tr>
<tr>
<td>B-</td>
<td>80%</td>
</tr>
<tr>
<td>C+</td>
<td>77%</td>
</tr>
<tr>
<td>C</td>
<td>73%</td>
</tr>
<tr>
<td>C-</td>
<td>70%</td>
</tr>
<tr>
<td>D+</td>
<td>67%</td>
</tr>
<tr>
<td>D</td>
<td>63%</td>
</tr>
<tr>
<td>D-</td>
<td>60%</td>
</tr>
<tr>
<td>E</td>
<td>&lt;60%</td>
</tr>
</tbody>
</table>

Grades can be accessed in the WSU Online canvas class under “Grades”.

**REQUIREMENTS & POLICIES:**

- **Communication:** Email, announcements, and discussions will take place in the WSU canvas class.
- **Quizzes:** There are 8 timed quizzes over the required course content; one quiz per chapter. They are available in Canvas and according to the dates in the class schedule. Quizzes are 20 questions worth 1 point each to be completed in 40 minutes. There is one attempt per quiz. **Quizzes total 160 points and 32% of the course grade.**
- **Case Studies:** There are 8 case studies over the required course content; one quiz per chapter. They are available in Canvas and according to the dates in the class schedule. **Case Studies are 25 points each and total 200 points and 40% of the course grade.**
• **Discussions/Activities:** There are 4 discussions over the required course content; one per learning module and major content areas 1-4. They are available in Canvas and according to the dates in the class schedule. Discussions are worth 10 points each. Follow the instructions posted in the Canvas class regarding the specific discussion and the course discussion board instructions. *Discussions total 40 points and 8% of the course grade.*

• **Assignments:** Assignments are found in detail in Canvas. Students can access the assignments electronically and submit the assignment through Canvas. *Assignment totals 100 points and 20% of the course grade.*

• **Exams:** There are no exams in this course.

• **Important Dates:** *Class starts: 8/28* *Holidays/Breaks (9/4), Last Day to Withdraw (10/9), Class Ends (10/19).*

• **Graded Work:** Course work (quizzes, case studies, discussions, and assignments) is usually graded within 1 week. Quizzes and case studies with true/false and multiple choice questions are graded immediately upon submission. Students can review their graded work through the online submission and My Grades.

• **Late Work:** Work is due on the date and time indicated in the class schedule. Late work is docked -20% per day late. If a student has a conflict with a submission date, then it is the student’s responsibility to make *prior* arrangements (this means several days before class work is due) for an alternative submission opportunity.

• **Extra Credit:** Students may earn 10 points extra credit by completing the anonymous end of course evaluation on Chitester.

• **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 Services 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/).

• **Student Conduct:** Students enrolled in this class will adhere to the 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)

• **Academic Dishonesty:** Any individual caught cheating on any class work, plagiarizing, not following testing center policies, or sharing or attempting to share exam information with others will receive an automatic “E” for their final grade. Furthermore, a letter will go into the student's file describing the situation.

• **Course Fee:** There is no course fee for NUTR 2220.

• **Campus Closure:** In the event that the WSU campus is closed for face to face classes, the class will continue to meet at WSU Online [http://canvas.weber.edu](http://canvas.weber.edu)

• The Department of Athletic Training and Nutrition offers a major in Nutrition Education with concentration in Integrative or Sports Nutrition and a major in Athletic Therapy. A minor in Nutrition Education and a fully online Bachelors of Integrated Studies (BIS) emphasis in Nutrition is also available. See [http://www.weber.edu/nutrition/](http://www.weber.edu/nutrition/) and contact Rachel Brock (rachelbrock@weber.edu) for advisement.

### TENTATIVE CLASS SCHEDULE

<table>
<thead>
<tr>
<th>Week</th>
<th>Dates</th>
<th>Topic</th>
</tr>
</thead>
</table>
| 1    | 8/29-9/3 | Course syllabus  
Chapter 1 quiz and case study due 9/1 |
| 2 | 9/4-9/10 | Labor day holiday 9/3  
Chapter 2 quiz and case study due 9/6  
Module 1 discussion due 9/8 |
|---|---|---|
| 3 | 9/11-9/17 | Chapter 3 quiz and case study due 9/13  
Chapter 4 quiz and case study due 9/15 |
| 4 | 9/18-9/24 | Module 2 discussion due 9/20  
Diet History Quiz & Assignment due 9/22 |
| 5 | 9/25-10/1 | Chapter 5 quiz and case study due 9/27  
Chapter 6 quiz and case study due 9/29 |
| 6 | 10/2-10/8 | 10/9 last day to officially withdraw from class  
Module 3 discussion due 10/4  
Chapter 7 quiz and case study due 10/6 |
| 7/8 | 10/9-10/15 | Chapter 8 quiz and case study due 10/11  
Growth Grid Assignment due 10/13  
Module 4 discussion due 10/18 |