



University of Puerto Rico  
Río Piedras Campus  
College of Natural Sciences  
Nutrition and Dietetics Program  
Bachelor of Science in Nutrition and Dietetics

**Second Semester 2018-2019**

**Course Title:** Integrative Nutrition I: Principles of Foods, Nutrition and Education

**Course Codification:** NUTR 4501

**Number of Hours/Credits:** 1 hour per week / 1 credit

**Instructor:** Nancy Correa-Matos. PhD, RDN, LND.

**Section:** 0U1

**Course type:** Hybrid

**Time:** Wednesdays 3:00-3:50 p.m. **Location:** EFAN 205  
(temporary room: EFAN 105)

**Instructor's office:** EFAN 204 (temporarily EFAN 107)

**Office Hours:** Mondays, 10:00 a.m. – 12:00 m; Wednesdays, 9:30 a.m.- 11:30 a.m., Wednesdays  
2:00-3:00 p.m. or by appointment.

**Phone number:** Temporary phone number: 787-764-0000 ext. 88581/ 88586

**Email:** [nancy.correa@upr.edu](mailto:nancy.correa@upr.edu) (primary contact)

**Course Prerequisites:** NUTR 4031, NUTR 4041, NUTR 4045, NUTR 4170

**Concurrent course:** NUTR 4198

**Course Description:** Discussion of contemporary issues in foods, nutrition and dietetics according to current trends and health priorities. The course covers professional core knowledge, skills and competencies in food science and nutrient composition, nutrition and supporting sciences, education and communication, and research to prepare students for local and national professional examinations, which is one of the requirements to enter the Nutrition and Dietetics profession.

**Descripción del curso:** Discusión de temas contemporáneos en alimentos, nutrición y dietética según las tendencias actuales y prioridades de salud. El curso incluye los conocimientos, destrezas y competencias profesionales medulares en la ciencia de los alimentos y composición nutricional, nutrición y ciencias relacionadas, educación y comunicación, e NUTR 4501-Integrative Nutrition I

investigación. Prepara los estudiantes para el examen de reválida profesional local y nacional, uno de los requerimientos para entrar a la profesión de Nutrición y Dietética.

**Mission of the Didactic Program in Dietetics:** The mission of the Didactic Program in Dietetics is to provide the academic preparation necessary to form Nutritionists-Dietitians qualified to offer educational, administrative and clinical services in medical nutritional therapy and in the management of food service systems. The Program capacitates professionals to work in different scenarios within an ever-changing and culturally diverse society. The integration of knowledge & skills specialized in foods and nutrition will permit graduates to promote the general welfare of the individual, the family and the community, helping them to obtain optimal nutrition in health or in sickness throughout their life cycle.

**Learning Objectives:** Upon completion of the course NUTR 4501 each student should have acquired the knowledge and skills to:

1. Identify contemporary issues in the field of foods, nutrition and dietetics.
2. Describe the nutritional composition of foods and their physiological effects.
3. Integrate the chemical and physical properties of foods to human physiology.
4. Translate nutrition science, guidelines and policies to educational recommendations for individuals and communities.
5. Describe various investigational study designs and methods used in current nutrition research.
6. Apply local and national professional codes of ethics in the field of nutrition and dietetics
7. Integrate recent scientific and professional research regarding current topics into evidence-based practice.

**Knowledge requirements for registered dietitian nutritionists (KRDN):**

KRDN 1.3: Apply critical thinking skills.

KRDN 2.2: Describe the governance of nutrition and dietetics practice, such as the Scope of Nutrition and Dietetics Practice and the Code of Ethics for the Profession of Nutrition and Dietetics; and describe interprofessional relationships in various practice settings.

KRDN 2.6 Demonstrate an understanding of cultural competence/sensitivity

KRDN 5.3: Integrate the effects of different environmental exposures on biochemical processes and subsequent health outcomes.

KRDN 5.3 Learning activities must prepare students for professional practice with patients/clients with various conditions, including, but not limited to overweight and obesity; endocrine disorders; cancer; malnutrition and cardiovascular, gastrointestinal and renal diseases.

**Minimum requirements of the course:**

- Computer with internet access/webcam
- Computer skills in the use of internet webpages, excel, word and Power Point, email and cell phone applications.

- Calculator
- Use of Moodle Platform
- Microphone, speakers and webcam
- Phone/ cellphone access



**Required text book:**

- Commission on Dietetic Registration of the Academy of Nutrition and Dietetics, Study Guide for the Registration Examination for Dietitians, 10th ed., ISBN 978-0-88091-970-8.SKU 062517.

Available at:

<https://admin.cdrnet.org/vault/2459/web/files/RD%20Study%20Guide%20Order%20Form%202017.pdf> or <https://www.eatrightstore.org/product-type/study-guides/study-guide-for-the-registration-examination-for-dietitians-10th-edition>; <https://www.eatrightprep.org/rdn-exam#pricing-link>

**Recommended books and materials:**

- Hess & hunt Inc. Review of Dietetics: Manual for the Registration Examination for Dietitians, 2017-2019 edition;[http://www.hessandhunt.com/q\\_n\\_a.html](http://www.hessandhunt.com/q_n_a.html);  
[http://www.hessandhunt.com/ROD\\_Order\\_form\\_2017.pdf](http://www.hessandhunt.com/ROD_Order_form_2017.pdf)
- Academy of Nutrition and Dietetics. eatrightPREP for the RDN Exam.Available at:<https://www.eatrightstore.org/product-type/subscriptions/eatrightprep>.
- Visual Veggies RD Practice Exam Software: <https://visualveggies.com/>
- RD Prep App- Med Preps for Samsung / Registered Dietitian Exam Prep for iPhone.
- -RD in a flash: <http://www.rdinaflash.com/>

**Course Outline and Time Distribution:**

Units	MODULE – DOMAIN, TOPICS, AND OUTLINE	Approximate time in hours
<b>DOMAIN – PRINCIPLES OF FOOD NUTRITION AND SUPPORTING SCIENCES</b>		
1	<b>Nutrition and Supporting Sciences</b> 1. Principles of normal nutrition 2. Principles of normal human anatomy, physiology, and biochemistry 3. Health determinants and epidemiology	3-4
2	<b>Research</b> 1. Types of research and research design 2. Statistical evaluation, interpretation and application 3. Evidence-based research	4
3	<b>Food Science and Nutrient Composition</b> 1. Food science 2. Composition of food	4
	<b>Education and Communication</b> 1. Components of the educational-plan 2. Theories of educational readiness 3. Implementation	4

	4. Evaluation of educational outcomes	
		<b>Total</b>
		<b>15-16</b>

### **Instructional Techniques:**

This is a hybrid course. The instructional techniques are: Conferences, videos, discussions, virtual forums, in-classroom or virtual workshops, group projects, cooperative learning, field work, online educational modules, virtual assignments, chats, online exams and quizzes. The class require 50% face to face interventions.

### **Minimal Resources Required for hybrid course:**

- Basic to intermediate skills in computer use
- Access to a computer with Internet connection
- Activated institutional e-mail (upr.edu) account
- Microsoft Office or compatible equivalent software (Word, Excel, Powerpoint in particular)
- Access to the distance education platform: Moodle
- Speakers, microphone for computer
- Web-cam
- Skype or equivalent audio-video communication software

**Evaluation Techniques:** Students must complete all required work to pass the class. This include: perfect attendance to online sessions, participation in discussion boards, forums and take the 5 examinations, with a minimum of 75% in the comprehensive final exam.

Make ups can be offered in any of the following formats: written, oral or online exams.

Exams/quizzes: At the beginning and at the end of the course, students are required to take an online comprehensive exam. The pre- test will serve as a diagnostic indicator of student dominion of the knowledge, skills and competencies, and the final test should demonstrate improved student dominion. Test questions will aim to simulate national and local exam style questions and may be generated from the *Study Guide for the Registration Examination for Dietitians*, in addition to a variety of other professional sources. This test will comprise 100% of the course evaluation. The exams/quizzes: one diagnostic exam, 3 quizzes and one comprehensive final exam. Will be given in Biblioteca Lázaro- Programa de Instrucción al Usuario- 2nd floor. No make up will be given to students not attending to exams except the student bring a justification for his/her absence (medical, travel or funeral).

### Forum and discussion boards:

Students must participate in 4 forum/discussion boards for course credits. Topics will be assigned for discussion. Each student must generate one discussion and react or respond to two (2) other students. Discussion must be evidenced-based and must include a clear and focused idea. No credit will be given to incomplete discussions. For guidelines on discussion board, visit [file:///C:/Users/user/Downloads/discussion\\_board\\_1.pdf](file:///C:/Users/user/Downloads/discussion_board_1.pdf)

Online meetings/sessions: Several online sessions for special topic discussions will be through Moodle- *Big Blue Button*. Participation is required for credit. Instructions on how to use big blue button available at: <https://bigbluebutton.org>.

**Grading Scheme:**

Non-quantifiable with grades of PS (Pass / Highly Satisfactory), P (Pass / Approved) or NP (No Pass / Not Approved)

≥ 85% = Pass / Highly Satisfactory and all work completed

≥75% = Pass / Approved and all work completed

< 75% = No Pass / Not Approved - incomplete or not done work

As a predictable indicator of success on the professional entry-level examination, students should aim for a grade of PS (Pass / Highly Satisfactory).

**Reasonable Accommodation:**

The University of Puerto Rico complies with all state and federal laws and regulations related to discrimination, including “The American Disabilities Act” (ADA law) and Law #51 from the Puerto Rico Commonwealth (*Estado Libre Asociado de Puerto Rico*). Every student has the right to request and receive reasonable accommodation and Vocational Rehabilitation Services (VRS). Those students with special needs that require some type of particular assistance or accommodation shall explicitly communicate it directly to the professor. Students who are receiving VRS services shall communicate it to the professor at the beginning of the semester so that appropriate planning and the necessary equipment may be requested according to the Disabilities Persons Affairs Office (*Oficina de Asuntos para las Personas con Impedimentos* (OAPI)) from the Students’ Deanship office. Any other student requiring assistance or special accommodation shall also communicate directly with the professor. Reasonable accommodations requests or services DO NOT exempt the student from complying and fulfilling academic and course related requirements and responsibilities.

**Academic Integrity:**

The University of Puerto Rico promotes the highest standards of academic and scientific integrity. Article 6.2 of the UPR Students General Bylaws (Board of Trustees Certification 13, 2009-2010) states that academic dishonesty includes, but is not limited to: fraudulent actions; obtaining grades or academic degrees by false or fraudulent simulations; copying the whole or part of the academic work of another person; plagiarizing totally or partially the work of another person; copying all or part of another person answers to the questions of an oral or written exam by taking or getting someone else to take the exam on his/her behalf; as well as enabling and facilitating another person to perform the aforementioned behavior. Any of these behaviors will be subject to disciplinary action in accordance with the disciplinary procedure laid down in the UPR Students General Bylaws.

**Student Responsibilities:**

Students are responsible for following this course in Moodle (<https://online.uprrp.edu/> ) in order to access course documents and assignments for each week. In addition, the selected e-platform will serve as the source for e-mail-generated communications from the professors. Students are responsible for following instructions, for printing their course materials if desired, and for keeping up to date with course assignments, whether they are electronic or on paper.

Students are also responsible for accessing and following the Student Handbook for the Nutrition and Dietetics Program, available online at the Program web page:

<http://nutricion.uprrp.edu/news/74/66/DPD-Student-Handbook-Updated-MARCH-27-2017> , as well as El Reglamento de Estudiantes, Recinto de Río Piedras, Universidad de Puerto Rico

aprobado el 06 de diciembre de 2016 (Certificación 44-SA-2016-2017), available online through the institutional web page:

<http://procuraduria.uprrp.edu/wp-content/uploads/2017/05/CSA-44-2016-2017-Reglamento-Estudiantes-de-R%C3%ADo-Piedras.pdf>.

**Certification 112:** (Spanish version: Certificación Núm. 112 (2014-2015) de la Junta de Gobierno):

“Guía para la creación, codificación uniforme y el registro de cursos en la Universidad de Puerto Rico, establece que es un curso en el cual el 75% o más de las horas de instrucción requieren la presencia física del estudiante y el profesor en el salón de clases. Esta definición posibilita, si así lo decide el profesor, en común acuerdo con los estudiantes matriculados, que el de las horas contacto de un curso presencial se ofrezcan usando otra modalidad. Debe quedar claro que solo hasta un máximo del de las horas contacto del curso, como lo establece la definición de curso presencial, pueden ejecutarse haciendo uso de la tecnología o de otras experiencias de aprendizaje, tales como excursiones, internados, aprendizaje en servicio, visitas instruccionales y otras de igual calidad académica. Por ejemplo, si el curso fue registrado como uno de 45 horas contacto, puede ofrecer hasta un máximo de 11.25 horas contacto haciendo uso de otra modalidad”.

**Student Handbook:**

Students are also responsible for accessing and following the Student Handbook for the Nutrition and Dietetics Program, available online at the Program web page:

<http://nutricion.uprrp.edu/news/32/66/DPD-Manual-del-Estudiante-actualizado-enero-2015>.

**“Netiquette”:**

The term netiquette, or ‘network etiquette’, refers to the informal rules of good online communication, founded on the principles of common courtesy and respect for individuals – their backgrounds and beliefs, their experience and expertise, resources, time and bandwidth. (Shea, 1994). In the University setting, netiquette concerns guidelines for student-student and student-staff dialogue, such as the content of posts, their frequency and length, appropriate language, style and grammar. In brief, the three principles that underpin student behavior are: the acknowledgement that all members of the University community have rights, respect for the rights of others and recognition that rights come with responsibilities. For more information visit: <https://socialmediaforlearning.com/2015/08/12/netiquette-and-appropriate-use-of-web-2-0/>

Schedule NUTR4501: First Semester 2018-19			Meeting dates: Wednesdays
Note: Can be changed by professor at any time. Students will be notified by Moodle of any changes.			Meeting times: 3:00 p.m.
Date: 2019	Assignment	Topic	
1/16	Discussion of the Syllabus	Introduction to course;	Class meeting- EFAN 105 (face to face)
1/23	Introduction	Overview to online courses	BBB session 3 pm at your computer
1/30	Diagnostic test	EXAM: Diagnostic Test	Given at: Biblioteca Lázaro- Programa de

			Instrucción al Usuario-2nd floor.
2/6	<b>I. Nutrition and Supporting Sciences:</b>	Nutrition and Supporting Sciences: Principles of normal nutrition	Forum/ Discussion Board Posted
2/13	Supporting materials and textbook	Nutrition and Supporting Sciences: Principles of normal human anatomy, physiology, and biochemistry	<b>Forum/ Discussion Board DUE</b>
2/20	Supporting materials and textbook	Nutrition and Supporting Sciences: Health determinants and epidemiology	<u>Online meeting</u> session using BBB; 3:00 p.m. or other time designated.
<b>2/27</b>		<b>Quiz 1: Nutrition and Supporting Sciences</b>	Given at: Biblioteca Lázaro- Programa de Instrucción al Usuario-2nd floor.
3/6	<b>II. Food Science and Nutrient Composition</b>	Food Science and Nutrient Composition: Food science	<b>Class meeting- EFAN 105 (face to face)</b>
3/13	Supporting materials and textbook	Food Science and Nutrient Composition: Composition of food	<b>Forum/ Discussion Board DUE</b>
3/20	Supporting materials and textbook	Food Science and Nutrient Composition: Nutrients	<u>Online meeting</u> session using BBB; 3:00 p.m. or other time designated.
<b>3/27</b>		<b>QUIZ 2: Food Science</b>	Given at: Biblioteca Lázaro- Programa de Instrucción al Usuario-2nd floor.
4/3	<b>III. Research</b>	Research: Types of research and research design	<b>Class meeting- EFAN 105 (face to face)</b>
4/10	Supporting materials and textbook	Research: Statistical evaluation, interpretation and application	<b>Forum/ Discussion Board DUE</b>
4/17	<b>IV. Education and Communication</b>	Education and Communication: Components of the educational plan	<u>Online meeting</u> session using BBB; 3:00 p.m. or other time designated.
4/24	Supporting materials and textbook	Education and Communication: Theories of educational readiness & Implementation; Evaluation of educational outcomes	<b>Class meeting- EFAN 105 (face to face)</b>
<b>5/1</b>		<b>QUIZ 3: Education and communication/research</b>	Given at: Biblioteca Lázaro- Programa de Instrucción al Usuario-2nd floor.
5/8		<b>Review (optional)</b>	EFAN 205
<b>5/10</b>		<b>FINAL EXAM: Comprehensive Final Exam</b>	Given at: Biblioteca Lázaro- Programa de Instrucción al Usuario-2nd floor. ( 3-5 pm)



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To analyze nutrient content of foods, visit the USDA National Nutrient Database for Standard Reference at <http://ndb.nal.usda.gov/>