

BIBC 120: Nutrition

Summer Session I 2019

Instructor: Chelsea Painter

Email: [cdpainter@ucsd.edu](mailto:cdpainter@ucsd.edu)

Please put BIBC 120 in the subject line of any email. I will do my best to get back to you in 24 hours. If you don't hear back within 48 hours, please email me again. If it is urgent, please put URGENT in the subject line as well. If your question requires a lengthy explanation or discussion, I may ask you to come to office hours.

Office Hours: My office is HSS 1145C and there is a conference room attached to accommodate larger numbers if necessary. I will be in my office Wed 5-6 pm.

Lectures: Mondays, Wednesdays 2 pm to 4:50 pm, MANDE B-210

Class Details: Lectures will be podcasted and they can be found at <http://podcast.ucsd.edu>. We will be using Canvas as the course website. Be sure to check the website frequently for announcements, assignments, scores and IA materials. The slides for class will be uploaded before class for note taking and then the edited, complete slides will be uploaded after class for review.

Discussion sections: Times and locations are as published in the schedule of classes. All discussions will be held in HSS 2154.

Who	Email	What	Where	When
Brian Gutierrez	<a href="mailto:Bmg007@ucsd.edu">Bmg007@ucsd.edu</a>	Sections	HSS 2154	Th 11-12:50 pm, 1-2:50 pm
		Office Hour	Mandler 1539	W 9:50-10:50 am
Joshua Ruiz	<a href="mailto:Jar094@ucsd.edu">Jar094@ucsd.edu</a>	Section	HSS 2154	Th 9-10:50 am
		Office Hour	Commuter Lounge (Price Center)	M, W 12:30-1:30 pm

Discussion sections will be time for questions about the lectures, assigned readings and projects. Also, new material will be presented (esp. videos), which will be covered on the exams. Sections begin on Thursday July 11, 2019. The IAs for each section will allow students from other sections to attend up to the seating capacity of the room. Students enrolled in other sections will be asked to leave to make room for students enrolled in that section if necessary.

Required Learning Materials:

Primary material will come from lectures and lectures slides. Videos will be used from [nutritionfacts.org](http://nutritionfacts.org) (also found on [youtube.com](http://youtube.com)). In addition, there will be some additional reading assignments from journal articles and internet sources (see lecture schedule). These articles will be accessible through Canvas.

Supplementary Learning Materials:

I have decided not to use iClickers for participation points; however, I do think that in-class discussions are a valuable learning tool. Therefore, we will answer clicker-like questions in class.

Optional texts: Several copies are available at Biomed & Geisel Library Reserves.

Wardlaw's Perspectives in Nutrition, 10th Edition. Bryd-Bredbenner, Carol; Moe, Gaile; Berning, Jacqueline; Kelley, Danita

Nutritional Sciences: From Fundamentals to Food, 3rd Edition. M. McGuire and K.A. Beerman.

Basis for Final Grade:

Assessment	Points
Exams	750 total
Midterm 1	
Midterm 2	
Final Exam	
Projects	150 total
Diet Project	
Claims Project	
Participation	100 total
Pre-lecture Quizzes	
Surveys	
Other	

Your Final exam score will count for 30% of your final grade. Of your two midterms, the higher exam score will count for 25% of your final grade and your lower test score will count for 20% of your final grade. Your diet project will be worth 5% of your final grade and your nutritional claims project will be worth 10% of your final grade.

Grades will be based on the following uncurved scale. The grade cutoffs may be adjusted downward at the instructor's discretion.

905-1000	A (A+ >950)	760-779	C+
895-904	A-	695-759	C

880-894	B+	675-694	C-
800-879	B	590-674	D
780-799	B-	0-589	F

#### Exams:

Exams will consist of True/False, multiple choice, fill-in-the-blank and short answer questions. The final will be cumulative with emphases on the material covered after the midterm. Please bring your photo ID for all exams. Exams will be returned in your discussion section.

Any unavoidable emergency that prevents you from taking the midterm or final (i.e. death or serious illness or personal tragedy) must be communicated to me directly and immediately. You will need to provide official documentation. If a midterm is missed with a valid excuse (i.e. illness with a doctor's note) and documentation is provided promptly, I will substitute the missing midterm with your final exam score. If you miss a midterm or final without contacting me and without official documentation, you will get a zero in that exam. If you miss the final with valid reason, having informed me and with documentation, you will receive an incomplete grade for the quarter.

#### Projects:

Diet Project: Instructions and downloadable excel sheet will be provided on Canvas. It is due by the end of the second week, July 12th at 11:59 pm, as indicated on the lecture schedule.

Upload the project as an excel file in the course's Canvas site.

Nutritional Claims Project: Instructions and downloadable word document will be provided on Canvas. It is due by the end of the fourth week, July 26th at 11:59 pm, as indicated on the lecture schedule. Upload the project as a pdf file in the course's Canvas site.

Any project submitted late will lose 10% of the total project grade for everyday that it is late, up to five days. No projects will be accepted after five days.

#### Participation:

Pre-lecture quizzes: Instructions and quizzes will be accessible on Canvas. I will do my best to post the quizzes at least a day before by midday and it will be due 10 minutes before class starts (1:50 pm on Mondays and Wednesdays) - (if I am late, I will push the time its due to later).

You will have two attempts for each quiz and the higher of the two grades will be recorded.

Missed quizzes can't be made up, but I will drop your lowest quiz score of the course.

Surveys: Various surveys will be used during the class to gauge interest and poll students.

Completion of these surveys will contribute towards your participation points. Missed surveys can't be made up.

Regrades: It is your responsibility to check your exam for any grading errors compared to the exam key. If an error has been made, you may submit a regrade request to your IA after lecture or discussion. The request must be in writing within two days after the exams have been returned. Please provide details about the error and explain why you would like a regrade. There will be no regrades for exams completed in pencil, non-permanent ink or with any use of whiteout or an equivalent. Please note that any exam submitted for regrade will be regraded entirely.

Important Dates to Remember: All assignments and their due dates are tentative and can be changed at the discretion of the professor.

Class starts	July 1
Midterm 1	July 10th in class
Discussions Start	July 11th
Diet Project Due	July 12th online by 11:59 pm
Midterm 2	July 22nd in class
Nutritional Claims Project Due	July 26th online by 11:59 pm
Final Exam	Aug 2nd 3-5:59 pm

Values: I want our classroom to be an encouraging place where we are all free to explore and learn the material in a way that is respectful and engaging. We should all be able to make mistakes and ask questions in this space. Toward that goal, I have provided a table below that outlines your expectations of me and my expectation of you.

It is expected that students will:

The students can expect that I will:

Honesty

- You will demonstrate your knowledge and abilities without outside aids or looking at the answers of others during exams.

- I will evaluate your knowledge of course concepts objectively and honestly.
- I will admit if a mistake has been made and will correct the mistake.

Responsibility

- You will show up to class on time, ready to think critically about, and engage meaningfully with course material.

- I will use student-centered approaches in the classroom that have been shown to increase retention of course material, improve grades, and lower failure rates for all students, especially first-generation students and under-represented minorities (Eddy and Hogan, 2014).
- I will start class on time.

Respect

- You will use language in the classroom that is inclusive and respectful of myself and your peers.

- I will help facilitate respectful dialogue amongst students.
- I will engage with students in a respectful manner.

Fairness

- You will contribute meaningfully to group discussions, so as not to take advantage of others.

- I will create and grade assessments in a manner that is objective and reasonable.
- I will treat all groups equally.

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|-----------------|---|---|
| Trustworthiness | <ul style="list-style-type: none"> <li>· You will not post any of our course content (slides, practice problems, pre-lecture quiz problems) on the internet.</li> </ul> | <ul style="list-style-type: none"> <li>· I will respond to emails in a timely fashion, if the answer to any question is not in the syllabus.</li> </ul>   |
| Courage         | <ul style="list-style-type: none"> <li>· You will say or do something when you see actions that undermine the above values.</li> </ul>                                  | <ul style="list-style-type: none"> <li>· I will be open to receiving constructive criticism about my teaching at any time.</li> <li>· I will say or do something when I see actions that undermine the above values.</li> </ul> |

Modified with permission from Dr. James Cooke and Dr. Tricia Bertram Gallant

Student Resources:

Tutoring - <https://students.ucsd.edu/academics/success/tutoring-study-programs.html>

Teaching and Learning Commons - <https://commons.ucsd.edu/>

Administrative Questions: See undergraduate enrollment page on TritonLink:

<https://students.ucsd.edu/academics/enroll/undergraduate-enrollment/index.html> for information on adding and dropping classes. Students can also contact Biology Undergraduate Student Affairs Office at Pacific Hall, Room 1129.

UCSD Policy on Academic Integrity: All academic work will be done by the student to whom it is assigned without unauthorized aid of any kind. <http://students.ucsd.edu/academics/academic-integrity/index.html>

UCSD Principles of Community: "To foster the best possible working and learning environment, UC San Diego strives to maintain a climate of fairness, cooperation, and professionalism. These principles of community are vital to the success of the University and the wellbeing of its constituents. UC San Diego faculty, staff, and students are expected to practice these basic principles as individuals and in groups." - <https://ucsd.edu/about/principles.html>

## Course Summary:

Wed Jul 3, 2019	Pre-class Lecture 2	Due by 1:50pm
	Getting to Know You Survey	Due by 1:59pm
	Lecture 2 Slides-PreLecture	To do: 1:59pm
	Midterm 1 Review Times	Due by: 11:59pm
Mon Jul 8, 2019	Pre Class Lecture 3 Quiz-Carbs/Lipids	Due by: 11:59pm
Wed Jul 10, 2019	Midterm 1 Topics Q&A	To do: 1:59pm
Fri Jul 12, 2019	Diet Project	Due by: 11:59pm
Mon Jul 15, 2019	Preclass Lecture 5 Quiz-Vitamins	Due by: 11:59pm
Tues Jul 16, 2019	Lecture Topic Suggestions	Due by: 11:59pm
Wed Jul 17, 2019	Midterm 2 Review Times	Due by 9am
	Class Topic Survey	Due by: 11:59pm
Friday Jul 26, 2019	Nutritional Claims Project	Due by: 11:59pm

Assignments are weighted by group:

Group	Weight
Participation (Quizzes, Surveys, Other)	10%
Exams	75%
Projects	15%
Total	100%