

# NFS 2143, Nutrition in the Life Cycle

Fall 2023 (3.0 credit hours)

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## **Instructor**

Kelsey L. Rose, MPH, RDN

## **Email**

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## **Office Hours**

By appointment.

## **Course Overview**

Students preparing for careers in nutrition are expected to gain competency for professional practice in a wide range of disciplines and be able to translate nutrition sciences effectively into simple terms for people across their full life span.

This course will increase and refine the student's pre-professional experience in helping people throughout the life cycle, improving their health through a holistic approach to wellness by highlighting a public health approach that recognizes systemic barriers, stigma, and personal experiences that ultimately affect an individual's relationship to food and wellbeing.

Supporting your success is our priority; do not hesitate to schedule a meeting. Prerequisites: NFS 043

**Required Text: Nutrition through the lifecycle; Edition: Seventh edition. Cengage, Boston, MA, 2020.**

*Previous editions of the text will suffice. Let me know if you have any questions/concerns.*

## **Technical support for students**

Please read this technology check list to make sure you are ready for classes.  
<https://www.uvm.edu/it/kb/student-technology-resources/>

Students should contact the Helpline (802-656-2604) for support with technical issues.

## **ACEND Competencies**

The foundational knowledge and skills needed for entry-level dietitians met by the course curriculum are:

- Identify and describe the work of interprofessional teams and the roles of others with whom the registered dietitian nutritionist collaborates in the delivery of food and nutrition services.

## Course Learning Objectives

At the conclusion of the course, students will be able to:

- List, define, and explain nutritional recommendations from pre-pregnancy through end-of life in the normal growth and development of humans through a weight-inclusive lens.
- Recognize and tailor nutritional recommendations from pre-pregnancy through end-of- life in populations with diseases and/or disabilities outside of normal growth and development.
- Improve their capacity to review and apply evidence-based practice for a variety of clients across the lifespan.
- Develop their professional and nutrition education skills by recording and sharing a podcast in the area of life-cycle nutrition.
- Increase their professional, cultural competency to serve the diverse client and population groups better.
- Further, develop their understanding of nutrition programs and policy impacting multiple populations across the life span

## Course Expectations

### Application Activities (200 points)

- Weekly activities are meant to apply the lecture material to a real-world example. Class activities will consist of journal entries and case studies on topics covered in lecture. Each student will have the ability to drop two assignments, no questions asked.

### Quizzes (150 points)

- There will be three quizzes throughout the semester, each worth 50 points. Quizzes will be timed and open note and take place during class periods.

### Final Exam (75 points)

- There will be one final exam, worth 75 points. Similar to the quizzes throughout the semester, it will be timed and open note. The final exam will be cumulative.

### Team Project: Podcast (225 points)

- Team podcast expectations and deadlines are provided under the course materials folder listed “Team Project: Podcast”.

Schedule:

Week	Tuesday	Thursday
Week of August 28	Welcome: Course Orientation	Module 1: Pregnancy

Week of September 4	Module 1: Pregnancy	Class time to work on podcast PODCAST TOPIC DUE
Week of September 11	Module 1: Infant nutrition	Module 1: Infant nutrition
Week of September 18	Module 1: Toddler Nutrition	Module 1: Toddler Nutrition
Week of September 25	Module 1: Metabolic Disorders	Module 1 Quiz
Week of October 2	Module 2: Nutrition Concerns: Food Access  Team Podcast Overview, Outline, and Article Due	Module 2: Special Vitamin and Mineral Considerations
Week of October 9	Module 2: Food Allergies	Module 2: Higher Weights
Week of October 16	Module 2: Pediatric Diabetes	Module 2: Adolescent Nutrition
Week of October 23	Module 2 Quiz	College Aged Nutrition
Week of October 30	Eating Disorders	FLEX
Week of November 6	Hormone Health	Fad Diets and Intuitive Eating
Week of November 13	Chronic Disease	Module 3 Quiz
Week of November 20	No class	No class
Week of November 27	Unique Nutrition Issues in Older Adulthood	Unique Nutrition Issues in Older Adulthood
Week of December 4	Feeding at end of life and ethical considerations	FINAL
Final Exams		

### Grading Criteria/Policies:

The course grade is based on the variety of assignments throughout the semester.

A+: > 98.0%	A: 97.9-93.0%	A-: 92.9-90.0%
B+: 89.9-88.0%	B: 87.9-83.0%	B-: 82.9-80.0%
C+: 79.9-78.0%	C: 77.9-73.0%	C-: 72.9-70.0%
D+: 69.9-68.0%	D: 67.9-63.0%	D-: 62.9-60.0%
F: < 60.0%		

### **ATTENDANCE AND ILLNESS**

If you need to isolate or quarantine, Student Health Services will inform our Dean's office. You should contact me to make arrangements to discuss missed work.

If I need to be absent because of COVID-symptoms I reserve the right to either adjust our schedule to accommodate a cancelled class, or to convene the class remotely on Teams. If I need to be absent or convene a remote session, I will communicate with you as early as possible.

### **DIRE EMERGENCIES**

These emergencies must be documented and are subject to my approval. In such emergencies, the student should contact me within twenty-four hours of the scheduled assessment/due date, unless it is physically impossible for the student to do so, in which case the student should be prepared to document that impossibility. I am willing to work with you if you are experiencing COVID-19 related illness or loss, you must however communicate with me in a timely manner so I can provide this support and alert college student services to pursue possible extensions.

### **LIVED NAME AND PRONOUN INFORMATION**

The UVM Directory includes fields for indicating your lived name and your pronouns. Lived names (preferred names, names in use) are names that an individual wants to be known by in the University community. Entering your pronouns is strongly encouraged to help create a more inclusive and respectful campus community. To update your information, login to the UVM Directory. A preview box will allow you to see how this information will appear in other systems used on campus such as Microsoft Teams and Blackboard.

More information about how to make changes to your lived name and pronouns is available in the Knowledge Base.

### **STATEMENT ON WEIGHT INCLUSIVITY:**

This course will take a weight-inclusive approach with the intention of improving access to health care that is *non-stigmatizing*. This approach is built on scientific evidence that individuals can maintain a healthy body and achieve a state of well-being independent of their weight. This approach moves away from blaming the individual for being unable to lose weight. It allows for a decrease in weight stigma and body shaming, while increasing focus on overall improvement in psychological well-being and social determinants of health. In this course, a weight-inclusive

approach will be applied to all facets of dietetics & nutrition practice, including interventions, training, counseling, and education. This approach is consistent with CALS commitment to Diversity, Equity, and Inclusion.

### **POTENTIAL CHANGES DURING THE SEMESTER**

The University of Vermont reserves the right to make changes in the course offerings, mode of delivery, degree requirements, charges, regulations, and procedures contained herein as educational, financial, and health, safety, and welfare considerations require, or as necessary to be compliant with governmental, accreditation, or public health directives.

### **PROHIBITION ON SHARING ACADEMIC MATERIALS**

Students are prohibited from publicly sharing or selling academic materials that they did not author (for example: class syllabus, outlines or class presentations authored by the professor, practice questions, text from the textbook or other copyrighted class materials, etc.); and students are prohibited from sharing assessments (for example homework or a take-home examination). Violations will be handled under UVM's Intellectual Property policy and Code of Academic Integrity.

### **ACADEMIC INTEGRITY**

UVM has an Academic Integrity policy that should be adhered to during this course. You can find a copy of the policy here: <http://www.uvm.edu/policies/student/acadintegrity.pdf>.

### **RELIGIOUS HOLIDAYS**

Students have the right to practice the religion of their choice. Each semester students should submit, in writing to their instructors, by the end of the second full week of class, their documented religious holiday schedule for the semester. Faculty must permit students who miss work for the purpose of religious observance to make up this work.

### **DISABILITY ACCOMMODATIONS**

Students requiring special assistance due to a disability are asked to contact the instructor during the first week of classes so that reasonable accommodation for the disability can be determined and arranged. Disability documentation, testing, and accommodations are coordinated through the Student Accessibility Services office on campus: <http://www.uvm.edu/~access/>.

### **ACADEMIC-ATHLETIC CONFLICTS**

Student athletes need to notify me of any classes they may miss due to documented athletic conflicts by the end of the second week of the semester. We will then work on a plan to allow the student-athlete to make-up any work they miss because of an athletic conflict.

### **UVM FINAL EXAM POLICY**

This course will abide by the UVM Final Exam Policy:

<http://catalogue.uvm.edu/undergraduate/academicinfo/examsandgrading/>.

### **STUDENT SUPPORT SERVICES**

There are many students support services available to UVM students. You may find the following to be helpful throughout the semester and your time at UVM.

**UVM Counseling and Psychological Services (CAPS) Office:** <http://www.uvm.edu/~chwb/psych/>

**UVM Living Well:** <http://www.uvm.edu/~chwb/psych/?Page=outreach.html>

**UVM Center for Health and Wellbeing:** <http://www.uvm.edu/~chwb/>

**Student Accessibility Services:** [https://www.uvm.edu/academicsuccess/student\\_accessibility\\_services](https://www.uvm.edu/academicsuccess/student_accessibility_services)

**UVM Tutoring Center:** [https://www.uvm.edu/academicsuccess/tutoring\\_center](https://www.uvm.edu/academicsuccess/tutoring_center)

**UVM Writing Center:** <http://www.uvm.edu/wid/writingcenter/>

**C.A.R.E.:** If you are concerned about a UVM community member or are concerned about a specific event, we encourage you to contact the Dean of Students Office (802-656-3380). If you would like to remain anonymous, you can report your concerns online by visiting the Dean of Students website at <https://www.uvm.edu/studentaffairs>

**Alcohol and Cannabis Statement:** As a faculty member, I want you to get the most you can out of this course. You play a crucial role in your education and in your readiness to learn and fully engage with the course material. It is important to note that alcohol and cannabis have no place in an academic environment. They can seriously impair your ability to learn and retain information not only in the moment you may be using, but up to 48 hours or more afterwards. In addition, alcohol and cannabis can:

- Cause issues with attention, memory and concentration
- Negatively impact the quality of how information is processed and ultimately stored

Affect sleep patterns, which interferes with long-term memory formation.

