

NFS 095
The Science of Energy Balance
A One-Credit Online Course
Winter 2018 Session
December 26, 2017 – January 12, 2018

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Course Description:

This online course is designed as an introduction to the concepts related to energy utilization in nutritional science, and the application of these concepts to our daily lives. Students will learn the components of energy balance (intake and expenditure), the role of macronutrients and micronutrients, the use of nutrition labeling information related to energy balance, and how to apply all of this information to maintain a healthy body weight. Students will also calculate and analyze their personal energy intakes and expenditures over a three day period and create a personal action plan.

Course Requirements:

This is an entirely online “Web-based” course. You will have unlimited access to the course Website between December 26, 2017 and January 12, 2018. You are free to work through the lessons and activities at your own pace. However, you will be required to complete seven short (10 questions each) online quizzes after each lesson. You will also be required to complete a personal 3-day dietary record of your entire food intake, and a three day record of your physical activity estimates. You will then be required to analyze your diet using a diet analysis tool and draft a personal action plan. Finally, we are very interested in obtaining feedback on all aspects of the course (usability of the website, clarity of the course content, usefulness of the course activities and videos, etc.). So, you will be required to complete a course evaluation (not graded) at the end of the course.

Course Overview Video:

I have prepared a short (approximately 10 minute) video which describes everything you need to do to successfully complete this course. Be sure to watch this video before class begins on December 26th. You can access the video from the “Course Materials” folder in the class Blackboard site.

Syllabus

Completed (recommended sequence) between December 26, 2017 – January 12, 2018

Lesson One: Where does energy come from?

Lesson Two: What is energy balance?

- Begin 3-Day Food Recall and 3-Day Physical Activity Recall (using the MyEnergyBalance.net website)

Lesson Three: The components of energy expenditure

Lesson Four: Energy intake – macronutrients

Lesson Five: Energy intake – micronutrients

Lesson Six: Food labeling

Lesson Seven: Weight maintenance and health

- 3-Day Energy Balance Assignment
- Personalized Action Plan Assignment

Final Knowledge Assessment

Course Evaluation

Grading:

Completed:	Lesson Quizzes	50	Points
	3-Day Energy Balance Assignment	50	Points
	3-Day Food Recall		
	3-Day Physical Activity Recall		
	Personalized Action Plan	30	Points
	Final Knowledge Assessment	50	Points
	Course Evaluation (not graded)	<u>20</u>	<u>Points</u>
		200	Points

191 - 200	Points = A+
180 - 190	Points = A
170 - 179	Points = B+
160 - 169	Points = B
150 - 159	Points = C+
140 - 149	Points = C
130 - 139	Points = D+
120 - 129	Points = D
Below 120	Points = F

Grading: You will not be graded on the nutritional quality of your diet or your physical activity level. Instead, you will be graded on the completion of your 3-day Food Recalls, 3-Day Physical Activity Recalls, 3-Day Energy Balance Assignment and Action Plan. Your responses to the seven Lesson Quizzes and the Final Knowledge Assessment will be graded. You will receive points only if you answer the questions correctly.

Academic Integrity

The principal objective of the Academic Integrity Code is to promote an intellectual climate and support the academic integrity of the University of Vermont. Academic dishonesty or an offense against academic honesty includes acts that may subvert or compromise the integrity of the educational process. Such acts are serious offenses that insult the integrity of the entire academic community.

Each student is responsible for knowing and observing this code. Please review the Academic Integrity Code at <http://www.uvm.edu/~uvmppg/ppg/student/acadintegrity.pdf> Since this class is offered entirely “online,” it is expected that all students will complete all quizzes, assessments, and assignments independently, without the aid of other individuals and without referring to any printed or online sources, unless otherwise noted and allowed.