



## **NUTRITION IN HEALTH**

### **BIOS 207**

#### **Course Description**

This course introduces students to nutrition through a medical perspective that will require independent study as well as small group discussions. Several topics are available for this course including studies in obesity, sports nutrition, and nutrition during pregnancy and early infancy.

**Credit: 2 credits**

**Repeatable: Yes (maximum 8 credits)**

#### **Course Structure**

This online course utilizes modules developed by the Nutrition in Medicine Team at the University of North Carolina in Chapel Hill North Carolina. The modules selected for the course are high quality learning platforms that include slides, videos, and formative quizzes. Topics selected will focus on a specific topic for the course and require the student demonstrate self-directed, independent learning. As part of the course, the student will complete several assignments and participate in group discussions. Modules can be accessed at <http://nutritioninmedicine.org/portal/>

#### **Competencies**

This course emphasizes competencies to enhance skills essential for a future health care professional.

- Knowledge
  - **Demonstrate content knowledge and skills in foundational courses required by biomedical professionals**
  - **Demonstrate information literacy**
  - Demonstrate quantitative reasoning
  - **Demonstrate longitudinal learning through coursework**
- Critical Thinking
  - Develop the skills of self-reflection and peer assessment to improve personal performance.
  - **Demonstrate the ability to analyze literature and written material**
  - **Demonstrate the ability to distinguish between well-reasoned and poorly reasoned arguments**
- Communication Skills
  - **Demonstrate effective presentation skills to faculty and peers.**
  - **Demonstrate effective listening skills**
  - Demonstrate effective written communication

**Objectives:**

By the end of the BIOS 206 course, students should be able to:

- Obtain greater knowledge in a selected area of nutrition.
- Recognize the importance of reliable sources for information about nutrition.
- Identify common misconceptions about nutrition and health.
- Practice critical thinking about nutrition in the local area.
- Develop a plan that demonstrates an understanding of the metrics learning and assess the outcomes.
- Demonstrate good communication skills through group discussions.

**Schedule:** Dates and times to be posted at the beginning of the term on the online calendar.

**Assignments:**

- Complete two or three (decided by course coordinator depending on the rigor of module) online modules and quizzes.
  - During each module, create a vocabulary list of unfamiliar words or abbreviations and a list of concepts needing additional study.
  - In a small group, discuss the lists to increase your understanding.
- Develop a question from the modules that would answer a community question.
  - For the project, define the question and submit a paper on how this question could be approached using skills learned in Research Methods. Include an Introduction with background information, the question, a plan (method) to answer the question, how the results will be assessed, and references.

**Textbooks and Reference Materials:**

- Modules can be accessed at <http://nutritioninmedicine.org/portal/>

**Evaluation:**

Students have to select the module of their choice and discuss with course coordinator to check if the modules consist of appropriate rigor. After approval of module, the students go through the module, discuss in small group or discuss with course coordinator and complete the online quiz. First module to be completed before 7<sup>th</sup> week and second module must be completed before 13<sup>th</sup> week. The grades are cumulative of two quiz scores and description of two module question.

**Points:**

	Points*
Assignment 1	15
Quiz 1	35
Assignment 2	15
Quiz 2	35
Total points	100

\*Points are approximate and may be adjusted during the term. Students will be notified of changes.

**Grade:**

Percent of Points	Letter Grade
95-100%	A(h)
90-94%	A
85-89%	B+
80-84%	B
75-79%	C+
70-74%	C
<70%	F

**Attendance:**

Students must attend all group discussions and project presentations.

**Policies:**

Professional Demeanor

The student should be thoughtful and professional when interacting with faculty and other students. Inappropriate behavior includes the use of offensive language, gestures, or remarks with sexual overtones. Students should maintain a neat and clean appearance, and dress in attire that is generally accepted as professional when presenting class presentations.

Honesty

Students are expected to demonstrate honesty and integrity in all aspects of their education and in their interactions with faculty, administration, physicians, patients, and fellow students. They will not cheat, plagiarize, or assist others in the commission of these acts.

**Course Coordinator and Office Hours:**

Dr. Manish Mishra, Associate Professor

Student can schedule an appointment by email.