

Syllabus

NSD 225 M002: Nutrition in Health Fall 2025

Class meets on Tuesday/Thursday from 2.00-3.20 pm in FALK 200.



Welcome to NSD 225!

I'm excited to work with you this semester as we explore the role of nutrition in promoting health and well-being. I want you to succeed and learn to make better food choices as we move along in the semester.

Help hours (office hours): Tuesdays/ Thursdays 1.00-2.00 pm

Room Number: FALK 543

**Professor: Dr. Latha
Ramalingam**

Email: iramalin@syr.edu

Course Description

This course is designed to welcome learners from all backgrounds and levels of experience. Together, we will explore the fascinating field of nutrition and its impact on health in a supportive environment.

Nutrient requirements, functions and sources. Interrelationships and application to food selection for healthy individuals. Weight control, sports nutrition and dietary supplements are discussed. The course is for 3 credits

Additional Course Description

In this course, I will cover the introductory concepts of human nutrition, the nutrients and their functions and how the body utilizes them, how they are obtained through food and supplements and recommendations for intake to promote optimal growth, health and prevention of disease, throughout the lifespan. Students will explore their own eating habits and evaluate their own dietary intake through the dietary analysis assignment.

Audience

This course is open to all students.

Learning

Objectives

After taking this course, students will be

able to:

- Develop an understanding of the functions and processes of nutrients in foods and in the body.
- Identify specific nutrition needs or concerns throughout the life cycle.
- Describe current nutrition recommendations related to enhanced health and prevention of disease.

Bibliography/Texts/Supplies- Required

your course materials will be provided through Orange Instant Access. You are automatically enrolled and your required course material will be accessible via Blackboard – all you need to do is log in.

Title	Author	Publisher	ISBN	Price to Student	Duration
Connect Master 2.0: Why Nutrition?	Anne Smith	McGraw-Hill Education	Sanctuary	McGraw-Hill Education	9781265934774

Your course materials will be provided through Orange Inclusive Access (OIA). You are automatically enrolled, and your required course material will be accessible via Blackboard – all you need to do is log in. Price will be charged to your Bursar account

Date	Topic/Assignment	Reading from the Book	Due Dates *All assignments due by 11:59 pm on Sunday
Week 1 08/26-08/30	<p>Introductions to the course. Unit 1: What's in Your Pizza</p> <ul style="list-style-type: none"> • What is nutrition and how is it related to health? • How to record your dietary intake. 	Text: Unit 1 Module 1	<p>1) Diet Analysis Assignment:</p> <p>Record your dietary intake for 3 consecutive days (ideally 2 weekdays and 1 weekend day) and enter it into NCP before completing the first Diet Analysis assignment due in Week 2</p> <p>2) Homework: Week 1 Homework due</p>

<p>Week 2 09/02-09/04</p>	<ul style="list-style-type: none">• What is nutrition and how is it related to health?• Introduction of the Nutrients, Calories and Food Groups	<p>Text: Unit 1 Module 2</p>	
<p>Week 3 09/09-09/11</p>	<p>Unit 1: What's in Your Pizza?</p> <ul style="list-style-type: none">• Micronutrients, food labels, nutrient density, enrichment/fortification.• In depth look at the nutrients: vitamins, minerals, water,	<p>Text: Unit 1 Module 3 lessons 1-5</p>	<ul style="list-style-type: none">• Homework: Week 3 Homework due• Diet Analysis 1• Food Groups, Vitamins and Minerals, Water (using your own reports from Week 1)

<p>Week 4 09/16-09/18</p>	<p>Unit 1: What's in Your Pizza: Carbohydrates and protein</p>	<p>Text: Unit 1 Module 4-5</p>	<ul style="list-style-type: none"> • Diet Analysis Assignment 2: Carbohydrates and Protein (using your own reports from Week 1) • Week 4 Homework due
<p>Week 5 09/23-09/25</p>	<ul style="list-style-type: none"> • Unit 1: What's in Your Pizza: Lipids, Oils vs. solid fats, finding them in foods and making decisions. • Human body 	<p>Text: Unit 1 Module 6 and Unit 2: Module 1</p>	<p>Diet Analysis Assignment 3: Lipids (using your own reports from Week 1)</p> <p>Week 5 Homework due</p>
<p>Week 6 09/30-10/02</p>	<p>Human Body Hunger and Satiety. Review</p>	<p>Text: Unit 2 Module 2,3,4</p>	<p>Week 6 Homework due</p>

7 Week- Oct 7-9	Exam-1 and Unit 2: The Human Body User Manual	Text: Unit 2 Module 1 lessons 2,3,4	Week 7 Homework due
Week 8 Oct 16	Unit 2: Diabetes and Cardiovascular Disease	Text: Unit 2 Module 2 lessons 1-6	Week-8 homework due
Week 9 Oct 21-23	Unit 3: Take Care of Yourself <ul style="list-style-type: none"> • Making Sense of Nutrition Science • Scientific Method • Manage Weight: Do you Need to Lose Weight? How does Adipose Tissue Work? • What are the Best Strategies for Weight Loss? 	Text: Unit 3 Modules 1 & 2	Week 9 Homework due
Week-10 Oct 28-30	Unit 3: Take Care of Yourself <ul style="list-style-type: none"> • Sports Nutrition • Bone health 	Text: Unit 3 Module 3-4	Week 10 Homework due Diet Analysis 4: Energy Balance: (using your own reports from Week 1)

<p>Week 11 Nov 4-6</p>	<p>Unit 4: Food Choices in College</p> <ul style="list-style-type: none"> • What to Eat for Breakfast • What to Order for Lunch • What to Buy at the Grocery Store 	<p>Text: Unit 4</p>	<p>Week 11: Homework due</p>
<p>Week 12 Nov 11-13</p>	<p>Unit 5: Pills and Powders</p> <p>Dietary Supplements</p> <p>Energy Drinks</p> <p>Micronutrients</p>	<p>Text: Unit 5</p>	<p>Homework due</p> <p>Diet Analysis Assignments 5 – Revisiting Your Diet</p>
<p>Week 13 Nov 18-20</p>	<p>Unit 6: Lifespan</p> <p>The first 1000 Days</p> <p>Childhood to Older Adulthood</p>	<p>Text: Unit 6</p>	
<p>Week-14 Thanksgiving break</p>			
<p>Week-15 Dec 2 -4</p>	<p>Review and exam-2 on Thursday</p>		

Course Requirements and Expectations

Exams: ~ 30% of the grade

There are two multiple-choice exams based on lectures and reading assignments. You must take all exams at the specified time. Exam grades will be posted on Blackboard in a timely manner. Your exams will not be returned in class.

Make-up exams: If you have a legal excuse (illness or death in the family) or authorized athletic event, please clear this with the instructor and arrange a make-up time with the graduate teaching assistant. Make-up exams will only be offered if a valid excuse is provided WITH documentation. Make-up exams must be completed within 5 days after your official excused absence. Excuses need to be informed before the exam for you to retake the exam.

Homework in McGraw Hill's Connect: ~45 % of grade

You will have 12 homework assignments in Connect. These assignments will consist of activities in McGraw Hill Connect, which may include a variety of activities such as viewing a video, answering multiple choice, sorting or matching questions. Assignment due dates are listed in the course schedule. Late assignments will receive a 10% deduction per day.

Attendance and Participation:

Attendance is highly encouraged as students who attend (both by being in class and paying attention) receive higher grades. Class activities will enhance your understanding of the readings and lectures.

Dietary Analysis Assignment: 25% of grade

You will conduct your own personal dietary analysis using web-based software through Connect to analyze your dietary intake and critically evaluate your eating habits in relation to dietary guidance.

*Trigger warning: For some students, diet analysis assignments may be stressful and trigger disordered eating behaviors. If you do not feel comfortable recording your own dietary intake, please talk to Professor during the first week of class to determine an alternative plan.

Extra Credit:

Extra credit will be regularly offered in the form of SmartBook Activities or in class activities. All students will have equal opportunity to participate. No additional extra credit will be offered after the last week of class. Please stay on top of your grades. I encourage you to check Blackboard regularly to determine your success in class along the way.

Chapter Reading Assignments:

Each chapter will have a reading assignment and outline to encourage reading and comprehension. It is recommended that readings be completed before class, but they may be completed at any time.

Grading:

Evaluation Component	Points
Exams (2 exams of 50 points each)	100
Homework (1- 10 @ 15 points each)	150
Diet Analysis	100
	Total Possible Points = 350
Extra Credit	
SmartBook (20 chapters @ 2 points each)	Up to 40

Grades*	Grade points/credit*	Percentage range
A	4.0	≥93-100
A-	3.66	≥90-92.99
B+	3.33	≥87-89.99
B	3.0	≥83-86.99
B-	2.66	≥80-82.99
C+	2.33	≥77-79.99
C	2.0	≥73-76.99
C-	1.66	≥70-72.99
D	1.0	≥60-69.99
F	0	<60

E-mail Communication:

Things you will use through your college and professional life.

When sending an e-mail to any of your professors, use the following structure to receive response: -

- Send the e-mail from your syr.edu e-mail address –
- Include “**NSD 225**” and say tues/thurs in the subject heading to get a response–
- Begin with a greeting – you can address professors as Dr. _____ or Professor _____ - Clearly write out your question or request –
- End the e-mail with a sign-off – such as “Thank you. Best, Your name”
- I typically check e-mails during the day between 9:00AM – 5:00PM on weekdays. Having said that, expect up to 24 hours for a response.

ACADEMIC DROP DEADLINE

As part of our efforts to track satisfactory academic progress, the Academic Drop Deadline and the Financial Drop deadline will both occur on September 16, 2024, for the fall semester and November 22, 2024, for the fall semester. Students may still withdraw from courses after these deadlines; this would place a 'WD' grade on their transcripts. Students enrolled in "flex" classes (Flexibly formatted classes) have different deadlines and will need to check MySlice for the academic drop deadline that pertains to their class.

Use of Class Materials and Recordings

Original class materials (handouts, assignments, tests, etc.) and recordings of class sessions are the intellectual property of the course instructor. You may download these materials for your use in this class. However, you may not provide these materials to other parties (e.g., web sites, social media, other students) without permission. Doing so is a violation of intellectual property law and of the student code of conduct.

Course-Specific Expectations and Policies

Faculty and Student Responsibilities

University courses are necessary preparation for a professional career. Therefore, the NSD faculty expect you to treat all courses in a professional manner. Professional behavior includes meeting deadlines, taking responsibility for your own learning, and respect for others. Active participation is monitored, expected, and is an indicator of professional behavior.

Verification of medical condition

Excuses for failure to meet deadlines for medical reasons will be given only if such absences are advised by a health care provider, based on clinical findings and prescribed treatment recommendations.

Syracuse University Policies

Syracuse University has a variety of other policies designed to guarantee that students live and study in a community respectful of their needs and those of fellow students. Some of the most important of this concern the policies below.

Blackboard Learning Management System

This class will use the Blackboard Learning Management to house the syllabus, course content, links to external course materials, assignments, quizzes, exams, feedback, and grades. Note when submitting materials that the University's Blackboard Learning Management System is on Eastern Time. Student access to Blackboard class page is activated when the instructor makes the course "available". Information about Blackboard is available on [Answers Blackboard](https://answers.syr.edu/display/blackboard01/Blackboard#space-menu-link-content) (<https://answers.syr.edu/display/blackboard01/Blackboard#space-menu-link-content>); alternatively, you can contact Information Technology Services by sending an email to help@syr.edu, (<mailto:help@syr.edu>) calling 315.443.2677, or in-person at the ITS Service Center, located at 1-227 CST in the Life Sciences Complex. Business hours for the Service Center can be found on the ITS Website at http://its.syr.edu/its_service_center/ (http://its.syr.edu/its_service_center/).

Disabilities and Accommodations

Syracuse University values diversity and inclusion; we are committed to a climate of mutual respect and full participation. There may be aspects of the instruction or design of this course that result in barriers to your inclusion and full participation in this course. I invite any student to contact me to discuss strategies and/or accommodations (academic adjustments) that may be essential to your success and to collaborate with the Center for Disability Resources (CDR) in this process. If you would like to discuss disability-accommodations

or register with CDR, please visit [Center \(https://disabilityservices.syr.edu/\)](https://disabilityservices.syr.edu/) for Disability Resources (<https://disabilityservices.syr.edu/>). Please call (315) 443-4498 or email disabilityresources@syr.edu (<mailto:disabilityresources@syr.edu>) for more detailed information. The CDR is responsible for coordinating disability-related academic accommodations and will work with the student to develop an access plan. Since academic accommodations may require early planning and generally are not provided retroactively, please contact CDR as soon as possible to begin this process.

Discrimination or Harassment

Federal and state law, and University policy prohibit discrimination and harassment based on sex or gender (including sexual harassment, sexual assault, domestic/dating violence, stalking, sexual exploitation, and retaliation). If a student has been harassed or assaulted, they can obtain confidential counseling support, 24-hours a day, 7 days a week, from the [Sexual and Relationship Violence Response Team \(https://ese.syr.edu/bewell/sexual-and-relationship-violence/\)](https://ese.syr.edu/bewell/sexual-and-relationship-violence/) at the Counseling Center (315-443-8000, Barnes Center at The Arch, 150 Sims Drive, Syracuse, New York 13244). Incidents of sexual violence or harassment can be reported non-confidentially to the University's Title IX Officer (Sheila Johnson Willis, 315-443-0211, titleix@syr.edu (<mailto:titleix@syr.edu>), 005 Steele Hall). Reports to law enforcement can be made to the University's Department of Public Safety (315-443-2224, 005 Sims Hall), the Syracuse Police Department (511 South State Street, Syracuse, New York, 911 in case of emergency or 315-435-3016 to speak with the Abused Persons Unit), or the State Police (844-845-7269). I will seek to keep information you share with me private to the greatest extent possible, but as a professor I have mandatory reporting responsibilities to share information regarding sexual misconduct, harassment, and crimes I learn about with the University's Title IX Officer to help make our campus a safer place for all.

Email Policy

An official email address is established and assigned by Information Technology Services (ITS) for each registered student, as well as for all active faculty and staff members. All University communications sent via email will be sent to this address. Faculty and staff members must use the officially established University email address to communicate with students registered in their classes. Keep in mind that student records sent to a non-syr.edu email address may create a FERPA violation (See the complete policy at [Syracuse University Email Policy \(http://supolicies.syr.edu/it/email.htm\)](http://supolicies.syr.edu/it/email.htm)).

Academic Integrity

Exams can be stressful, and stress can weaken our ability to make good decisions, including our choices about academic integrity. Please know that receiving, offering, or giving unapproved assistance on any exam is a Level 2 Academic Integrity violation. The sanctions for a Level 2 violation are at minimum a 0 on the exam and a 6-month academic integrity probation, and could be as severe as course failure and probation. Paying a service like Chegg or others to answer questions on an exam could be classified as a Level 3 violation, which could result in suspension or expulsion. If you find yourself considering requesting, offering, or giving unapproved assistance on this exam, please reconsider

Syracuse University's [Academic Integrity Policy \(https://class.syr.edu/academic-integrity/policy/\)](https://class.syr.edu/academic-integrity/policy/) reflects the high value that we, as a university community, place on honesty in academic work. The policy holds students accountable for the integrity of all work they submit and for upholding course-specific, as well as university-wide, academic integrity expectations. The policy governs citation and use of sources, the integrity of work submitted in exams and assignments, and truthfulness in all academic matters, including course attendance and participation. The policy states that any work a student submits for a course must be solely their own

unless the instructor explicitly allows collaboration or editing. The policy also requires students to acknowledge their use of other peoples' language, images or other original creative or scholarly work through appropriate citation. These expectations extend to the new, fast-growing realm of artificial intelligence (AI) as well as to the use of websites that charge fees or require uploading of course materials to obtain exam solutions or assignments. Students are required to ask their instructor whether use of these tools is permitted – and if so, to what extent – before using them to complete any assignment or exam. Students are also required to seek advance permission from instructors if they wish to submit the same work in more than one course. Failure to receive this permission in advance may violate the Academic Integrity Policy. Under the policy, instructors who seek to penalize a student for a suspected violation must first report the violation to the Center for Learning and Student Success (CLASS). Students may not drop or withdraw from courses in which they face a suspected violation. Instructors must wait to assign a final course grade until a suspected violation is reviewed and upheld or overturned. Upholding Academic Integrity includes abiding by instructors' individual course expectations, which may include the protection of their intellectual property. Students should not upload, distribute, or otherwise share instructors' course materials without permission. Students found in violation of the policy are subject to grade sanctions determined by the course instructor and non-grade sanctions determined by the School or College where the course is offered, as outlined in the Violation and Sanction Classification Rubric. Students are required to read an online summary of the University's academic integrity expectations and provide an electronic signature agreeing to abide by them twice a year during pre-term check-in on MySlice.

It would be better to contact Dr. Ramalingam directly, admit that you are not ready for the exam, and ask what you should do about it.

University Attendance Policy

Attendance in classes is expected in all courses at Syracuse University. Students are expected to arrive on campus in time to attend the first meeting of all classes for which they are registered. Students who do not attend classes starting with the first scheduled meeting may be academically withdrawn as not making progress toward degree by failure to attend. Instructors set course-specific policies for absences from scheduled class meetings in their syllabi.

It is a federal requirement that students who do not attend or cease to attend a class to be reported at the time of determination by the faculty. Faculty will use "ESPR" and "MSPR" in Orange Success to alert the Office of the Registrar and the Office of Financial Aid. A grade of NA is posted to any student for whom the Never Attended flag is raised in Orange SUccess. More information regarding Orange SUccess can be found [here](http://orangesuccess.syr.edu/getting-started-2/) (<http://orangesuccess.syr.edu/getting-started-2/>), at <http://orangesuccess.syr.edu/getting-started-2/> (<http://orangesuccess.syr.edu/getting-started-2/>).

If a student is unable to participate in-person or virtually for an extended period of time (48 hours or more), the student may request an absence notification from their home school/college Dean's Office or through Student Outreach and Retention (SOaR) office. Instructors will be notified via the "Absence Notification" flag in Orange SUccess.

Barnes Center at the Arch (Health, Counseling, etc.) staff will not provide medical excuse notes for students. When Barnes Center staff determine it is medically necessary to remove a student from classes, they will coordinate with SOaR case management staff to provide appropriate notification to faculty through Orange Success. For absences lasting less than 48 hours, students are encouraged to discuss academic arrangements directly with their faculty.

Diversity and Disability (ensuring that students are aware of their rights and responsibilities in a diverse, inclusive, accessible, bias-free campus community) can be found at:

<https://www.syracuse.edu/life/accessibilitydiversity/> (<https://www.syracuse.edu/about/accessibility/>).

Religious Observances Notification and Policy (steps to follow to request accommodations for the observance of religious holidays) can be found [here](#)

(http://supolicies.syr.edu/studs/religious_observance.htm), at:

http://supolicies.syr.edu/studs/religious_observance.htm

(http://supolicies.syr.edu/studs/religious_observance.htm).

Orange SUccess (tools to access a variety of SU resources, including ways to communicate with advisors and faculty members) can be found [here](#) (<http://orangesuccess.syr.edu/getting-started-2/>), at:

<http://orangesuccess.syr.edu/getting-started-2/> (<http://orangesuccess.syr.edu/getting-started-2/>).

TRIGGER WARNING: Because of the nature of the topics covered in this class, the course readings or class discussions may generate intellectual and emotional discomfort. These responses are natural parts of intellectual growth. If, however, your emotional response becomes acute psychological distress (triggering), please communicate with me. I invite you to contact me if you have concerns in this regard.

THE FAMILY EDUCATIONAL RIGHTS AND PRIVACY ACT

The Family Educational Rights and Privacy Act (FERPA) sets forth requirements regarding the privacy of student records. FERPA governs both the access to and release of those records, known as education records, and the information they contain. Under FERPA, faculty have a legal responsibility to protect the confidentiality of student records. For additional information about FERPA and Syracuse University's FERPA policy, see [Compliance with the Family Education Rights and Privacy Act](#) (https://ultra.content.blackboardcdn.com/ultra/uiv3900.116.0-rel.23_475c9ba#) or contact the Office of the Registrar (315.443.2422). In recent years it has become increasingly common for parents and other family members to contact faculty directly with questions about a student's academic performance. If this happens, you are encouraged to consult your department chair or senior associate dean for guidance. Even seemingly innocuous statements about matters such as class attendance or participation can constitute FERPA violations. Students may file FERPA waiver forms, which allow university personnel to discuss their academic records and performance with specified individuals.

FAITH TRADITION OBSERVANCES

[Syracuse University's Religious Observances Policy](#)

(https://ultra.content.blackboardcdn.com/ultra/uiv3900.116.0-rel.23_475c9ba#) recognizes the diversity of faiths represented in the campus community and protects the rights of students, faculty, and staff to observe religious holy days according to their traditions. Under the policy, students are given an opportunity to make up any examination, study, or work requirements that may be missed due to a religious observance, provided they notify their instructors no later than the academic drop deadline. For observances occurring before the drop deadline, notification is required at least two academic days in advance. Students may enter their observances in MySlice under Student Services/Enrollment/My Religious Observances/Add a Notification.