

Fall 2025 Syllabus

NUTR 30300 16W Essentials of Nutrition (3 credits)

Instructor:

Anita Panjwani, apanjwan@purdue.edu

Virtual Office Hours: See announcements on Brightspace or email Dr. Panjwani

Course Developers: Jay Burgess, Rachel Clark, Jenifer Kruse, Barbara Mayfield, and Donna Zoss

Course Description

Basic nutrition and its application in meeting nutritional needs of all ages.

Learning Outcomes

- Identify, describe, and explain the essential components of the diet and how they are used in the body to maintain health. **(SCI-FLO2-4)**
- Identify, describe, and explain the information and tools used for nutritional guidance and assessment of status. **(SCI-FLO2-4)**
- Critically evaluate the quality of your own diet and identify how to improve for optimal health. **(SCI-FLO1)**
- Identify and explain the link between chronic diseases and diet. **(SCI-FLO2-4)**
- Identify and describe food safety guidelines and concerns. **(SCI-FLO4)**
- Identify, describe, and explain specific nutritional needs throughout the lifecycle. **(SCI-FLO4)**

Science Foundational Core Outcomes (SCI-FLO)

1. **Think and function** as a scientist using critical thinking and analytical inquiry. **(SCI-FLO1)**
2. **Apply** basic scientific, quantitative, and technological methods and knowledge of nature to the solution of scientific problems. **(SCI-FLO2)**
3. Use scientific methods and theories to **analyze** questions in the physical and natural world. **(SCI-FLO3)**
4. Provide **scientific explanations** of the nature of life forms and be able to **distinguish** these explanations **from** the **non-scientific explanations**. **(SCI-FLO4)**

Learning Resources, Technology, & Texts

Course Link on Brightspace

Textbook: Wardlaw's Contemporary Nutrition: A Functional Approach, 7th edition, 2024, Anne M. Smith, Angela L. Collene, Colleen K. Spees- authors
McGraw Hill Education - publisher (textbook only)

The **Packback Questions** platform will be used for online discussion about class topics. Packback Questions is an online curiosity community where you can be fearlessly curious and ask big questions about how what you're studying relates to life and the real world.

To setup Packback, access through the link for the platform in Brightspace. Then follow the

instructions on your screen to finish registration. **Packback will cost \$39.** Each week you will access Packback through the link in Brightspace. Support for technical or financial assistance with Packback can be obtained by email: help@packback.co.

Course Policies and Practice

- [Purdue's Honor's Pledge](#): "As a boilermaker pursuing academic excellence, I pledge to be honest and true in all that I do. Accountable together - we are Purdue."
- All the materials and presentations on the Brightspace website for this course are considered to be 'derivative works' and are subject to the instructors' copyright. As such, they cannot be sold or bartered without express written permission.
- Students are expected to take responsibility for their own learning and mastery of the material presented. To this end, it is essential that you schedule regular times throughout the week to work online. The expected time for each module is about 4-6 hours, and you are expected to complete approximately one module each week. This includes time for reading, viewing the online teaching, completing activities, participating in online discussions, working on projects, and taking quizzes and tests.
- The online structure allows for some flexibility in making progress through the course at a pace of your choosing. If you need to adjust your schedule more than this built-in time framework, due to special circumstances, it is your responsibility to contact the instructor to make arrangements.
- Please feel free to contact the current instructors by email. Messages are checked regularly during the work week and generally responded to within a few workdays. PLEASE put in the subject line: NUTR 303Y followed by module#, project, or assignment you are referencing.

Grading and Participation Policy:

Your grade is based on a variety of items summing up to 800 total points. See the calendar at the end of this document for completion timeframe guidelines and due dates.

The course is divided into 15 learning modules with each topic corresponding to a chapter/section in the textbook. Review the materials at a rate of one module per week. Also, for each topic there will be a Packback Questions discussion.

Your participation on Packback will count toward **150/800 pts** of your final grade.

The goals for using Packback are **for you to reflect on the course concepts and make connections between each module's content and your personal lives. Having an inquiry-based, research-backed discussion will help you become more curious about nutrition. We are excited to see your questions!**

In order to receive your points per week, you must post **1 Question and 2 Responses** relevant to our class subject matter. There may also be a poll question pinned during a given week and responding to the poll counts as one of the responses. Each time you see Packback in the calendar, it means **1 question and 2 responses/polls**. Most modules will have a pinned instructor question/poll. Responding to an instructor question can count as one of your responses (along with a response to a fellow student). However, responding to the instructor question is not required - you can opt to reply to two student posts instead.

Before you start posting, be sure to read the [Community Guidelines](#) found in the tutorial on Packback. If your post doesn't follow the Packback Community Guidelines, there is a chance it will be removed, and you won't receive points for that post.

There will be a **Sunday 11:59 PM EST** deadline for submissions in our community for each posting assignment.

Your achievement on Module assignments (7) will count toward **70/800** points.

Your achievement on one individual project will count toward **100/800** points. The project must be submitted by the due date in order to receive full credit.

Your achievement on four online quizzes will count toward **480/800** points. The four online quizzes must be completed within the periods indicated on the schedule. Quiz 1 will cover modules 1-4. Quiz 2 will cover modules 5-8. Quiz 3 will cover modules 9-11. Quiz 4 will cover modules 12 -15.

These assessments are restricted access. You may use the textbook and notes, but you may not use computer- and smart phone-based search engines during the testing period. To facilitate this restricted access these four online quizzes must be taken within the Respondus LockDown Browser running Brightspace. The Respondus LockDown Browser must first be downloaded to your personal computer. The link for accessing the download can be found [here](#). Once installed launch the browser and navigate to the quiz. There will be an extra credit assessment taken within the first few weeks of the semester to iron out the logistics.

Assessments and projects with specific due dates will not be accepted after the deadline without prior arrangement and/or documentation of illness/etc. Late work, if accepted due to extenuating circumstances, may be penalized up to 5% per day past the due date.

Grading

Total possible points = 800 points

Participation

Packback critical thinking (10 out of 14 @ 15 points each) = 150 pts

Projects

Project 1 – Personal Nutrition Application
(Several parts) = 100 points

Module Assignments

Seven assignments (10 points each) = 70 points

Evaluation

Online Quizzes (4 @ 120 points each) = 480 points

Grading

A+: 776 - 800 points	A: 744 - 775 points	A-: 720 - 743 points
B+: 696 - 719 points	B: 664 - 695 points	B-: 640 - 663 points
C+: 616 - 639 points	C: 584 - 615 points	C-: 560 - 583 points
D+: 536 - 559 points	D: 504 - 535 points	D-: 480 - 503 points
F: < 480 points		

Ethics & Academic Integrity

Purdue University values intellectual integrity and the highest standards of academic conduct. Purdue prohibits “dishonesty in connection with any University activity. Cheating, plagiarism, or knowingly furnishing false information to the University are examples of dishonesty.” [University Regulations, Part 5, Section III, B, 2, a] Furthermore, the University Senate has stipulated that “the commitment of

acts of cheating, lying, and deceit in any of their diverse forms (such as the use of substitutes for taking examinations, the use of illegal cribs, plagiarism, and copying during examinations) is dishonest and must not be tolerated. Moreover, knowingly to aid and abet, directly or indirectly, other parties in committing dishonest acts is in itself dishonest.” [University Senate Document 72-18, December 15, 1972]. “Individuals are encouraged to alert university officials to potential breaches of academic integrity by either emailing integrity@purdue.edu or by calling 765-494-8778. While information may be submitted anonymously, the more information that is submitted provides the greatest opportunity for the university to investigate the concern.” Incidents of academic misconduct in this course will be addressed by the course instructor and referred to the Office of Student Rights and Responsibilities (OSRR) for review at the university level.

Nondiscrimination Statement

Purdue University is committed to maintaining a community that recognizes and values the inherent worth and dignity of every person; fosters tolerance, sensitivity, understanding, and mutual respect among its members; and encourages each individual to strive to reach his or her own potential. In pursuit of its goal of academic excellence, the University seeks to develop and nurture diversity. The University believes that diversity among its many members strengthens the institution, stimulates creativity, promotes the exchange of ideas, and enriches campus life. Purdue’s nondiscrimination policy can be found at: http://www.purdue.edu/purdue/ea_eou_statement.html.

Students with Disabilities

“Purdue University strives to make learning experiences as accessible as possible. If you anticipate or experience physical or academic barriers based on disability, you are welcome to let me know so that we can discuss options. You are also encouraged to contact the Disability Resource Center at: drc@purdue.edu or by phone: 765-494-1247.” <http://www.purdue.edu/drc/faculty/syllabus.html>

Emergency Preparation

In the event of a major campus emergency, course requirements, deadlines and grading percentages are subject to changes that may be necessitated by a revised semester calendar or other circumstances. Information regarding these types of changes would be available on the Blackboard web page or one may e-mail or call your instructor.

Mental Health Statement

If you find yourself beginning to feel some stress, anxiety, and/or feeling slightly overwhelmed, try WellTrack, <https://purdue.welltrack.com/>. Sign in and find information and tools at your fingertips, available to you at any time.

If you need support and information about options and resources, please see the Office of the Dean of Students, <http://www.purdue.edu/odos>, for drop-in hours (M-F, 8am-5pm). If you’re struggling and need mental health services: Purdue University is committed to advancing the mental health and well-being of its students. If you or someone you know is feeling overwhelmed, depressed, and/or in need of support, services are available. For help, such individuals should contact Counseling and Psychological Services (CAPS) at (765) 494-6995 and <http://www.purdue.edu/caps/> during and after hours, on weekends and holidays, or through its counselors physically located in the Purdue University Student Health Center (PUSH) during business hours.

Netiquette

Your instructor and fellow students wish to foster a safe online learning environment. All opinions and experiences, no matter how different or controversial they may be perceived, must be respected in the tolerant spirit of academic discourse. You are encouraged to comment, question, or critique an idea, but you are not to attack an individual. Our differences will add richness to this learning experience. Please consider that sarcasm and humor can be misconstrued in online interactions and generate unintended disruptions. Working as a community of learners, we can build a polite and respectful course ambience.

Please read the Netiquette rules for this course:

- Do not dominate any discussion. Give other students the opportunity to join in the discussion.
- Do not use offensive language. Present ideas appropriately.
- Be cautious in using internet language. For example, do not capitalize all letters since this suggests shouting.
- Avoid using vernacular and/or slang language. This could possibly lead to misinterpretation.
- Keep an open mind about what others are sharing as they may have different experiences and perspectives. Students are encouraged to express even their minority opinions.
- Think and edit before you push the "Send" button.
- Do not hesitate to ask for feedback.

Violent Behavior Policy

Purdue University is committed to providing a safe and secure campus environment for members of the university community. Purdue strives to create an educational environment for students and a work environment for employees that promote educational and career goals. Violent Behavior impedes such goals. Therefore, Violent Behavior is prohibited in or on any University Facility or while participating in any university activity.