

# NUTR 560 - General Information

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## Course Overview

This course introduces students to research methods in nutritional assessment. Students will gain both conceptual knowledge and hands-on experience in a collaborative setting while working with the College Health and Nutrition Assessment Project (<https://chanasprojectunh.weebly.com>).

## Steps Prior to Registration

1. Read through the sample syllabus on the next page. This document should give you a reasonable overview of the experience and requirements. Keep in mind the syllabus is an older version and some changes are possible.
2. Consider your own academic and personal schedule. This course adds 2-credits to your academic commitment. The nature of NUTR 560 requires some very, very busy weeks (i.e. During the weeks of data collection students will devote 10+ hours towards the course); other weeks are quiet. In other words, it is not an experience that is evenly distributed throughout the semester. Students seem to get a lot out of the class/experience, however, it is a unique commitment (buyer beware!)
3. Commit to professionalism and integrity. The nature of the experience requires students who can appreciate and follow rigid guidelines related to important topics such as punctuality, adhering to training directions, safety protocols, following a dress code, confidentiality, and research ethics. I expect 100% compliance in these areas.
4. Confirm your understanding that students enrolled in NUTR 560 will participate in assessments involving the collection of participant's blood and anthropometric measures (e.g. waist circumference). Only students comfortable with these measurements should sign up for NUTR 560.
5. Verify #1-4 are acceptable to you by sending an email to [jesse.morrell@unh.edu](mailto:jesse.morrell@unh.edu) acknowledging this. **Include your student ID#.** We will arrange permission for you to enroll in the course (you'll still need to add this course via Webcat.)

# NUTR 560 - Intro to Research in Nutrition (Sample Spring)

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## Course Overview

This course introduces students to research methods in nutritional assessment. Students will gain both conceptual knowledge and hands-on experience in a collaborative setting while working with the College Health and Nutrition Assessment Project (<https://chanasprojectunh.weebly.com>).

NUTR 560 (2 credits) is offered during the fall and spring terms by permission only. Special fee: \$75. In addition to a weekly meeting (1 hour), students will complete, on average, 3 hours per week attending training sessions and completing health assessments.

## Course Objectives

1. To gain skills in the collection of anthropometric, biochemical, clinical, and dietary assessments.
2. To build an understanding of the responsible conduct of research.
3. To participate in the collection of nutrition- and health-related data.
4. To gain experience reading and interpreting primary literature in the health sciences.
5. To gain skills using library tools and online resources to search peer-reviewed information.

## Course Logistics

Meeting Times: Mondays, 11:10am - 12 pm - Kendall 106  
\*See Course Schedule for additional trainings and hours

Instructor Info: Jesse Stabile Morrell, Ph.D. [jesse.morrell@unh.edu](mailto:jesse.morrell@unh.edu)  
115 Kendall Hall 603 862-2547  
Office Hours: By appointment via [calendly.com/jesse-morrell/unh](https://calendly.com/jesse-morrell/unh)

## Course Policies

### Integrity

- "The scientific enterprise is built on a foundation of trust. Society trusts that scientists are honest and researchers equally trust that their colleagues have gathered data carefully and have reported their results accurately and have treated the work of others with respect" - On Being a Scientist - A Guide to Responsible Conduct in Research.
- Participation in NUTR 560 involves working in a collaborative team with confidential research data; all students, faculty, and staff are expected to maintain 100% compliance with all policies and protocols established by the instructor and the University of New Hampshire

## MyCourses

- Each student is responsible for checking the course MyCourses site following each class and at least one other day per week. All information regarding class assignments, schedule updates, online trainings will be posted on this resource

## Attendance

- Absence from class - regardless of the reason - is a lost opportunity to engage the material, to raise questions, and to contribute to the experience.
- Students have a responsibility to notify the instructor **in advance** of the occasional and rare absence.
- Special circumstances resulting in *extended* absences are coordinated through the Dean's Office of a student's academic college. Students are responsible for contacting the administration promptly if such a situation arises. It is also advisable to let the instructor know as soon as possible of such circumstances.
- Full attendance credit (i.e. 100%) will be earned by students who attend all NUTR 560 activities
- Partial credit will be prorated according to the level of attendance

## Participation

- Students earn up to 10% of their final grade according to their level of participation
- Full participation credit (i.e. 100%) will be earned by students who **engage fully, ask thoughtful questions, are attentive, and professional** during all NUTR 560 activities
- Partial credit will be earned according to the level of participation: most of the time (80%), some of the time (60%), infrequently (40%), or rarely (20%).

## Data Collection & Entry

- Students will gain skills and experience by contributing assistance during the following Health Assessments & Data Entry weeks:
  - Health Risk Screening (8 - 12 hours)
  - Fitness Screening (6 - 8 hours)
  - Fracture Risk Screening (6 - 8 hours)
  - Data Management (2 - 8 hours)
- Each student will complete a total of 24 hours of combined Health Assessment & Data Entry effort

## Personal Electronic Devices

- Use of electronic devices (e.g. cell phones, iPods, tablets) in class or during any data collection is prohibited.
- Laptops may not be used for non-class purposes (e.g. Facebook, email, etc.)
- Students who use these devices to talk, text, listen, post or play will be asked to leave class.

## Student Accommodations

- The University is committed to providing students with documented disabilities equal access to all university programs and facilities.
- If you think you have a disability requiring accommodations, you must register with [Student Accessibility Services \(SAS\)](#). Contact DSS at (603) 862-2607 or visit them in 201 Smith Hall.
- If you have received Accommodation Letters for this course from SAS, please provide this information privately so that it can be reviewed carefully.
- Student-athletes in need of accommodations related to scheduled competitions or travel need to provide the instructor with written notification from UNH Athletics by the end of the Add/Drop period.

## Health, Wellness & Your Academic Success

- Your academic success in this course is very important to me. Although there are many resources available to you, please let me know if I can help you find the right supports should it be necessary.
- UNH's [Health & Wellness](#) provides all UNH students with medical care and related services. Students can [make an appointment](#) by calling 603 862-2856.
- If, during the semester, you find emotional or mental health issues are affecting that success, please contact the University's [Psychology and Counseling Center](#) (**Smith Hall - 603 862-2090**), which provides [counseling appointments](#) and other [mental health services](#).

## Evaluation Criteria:

Final Course Grade Components - NUTR 560	
Weekly Class Attendance	20%
Data Collection Attendance	40%
Participation	20%
Literature Search	20%
<b>Total</b>	<b>100%</b>

94-100	A	80-83.99	B-	67-69.99	D+
90-93.99	A-	77-79.99	C+	64-66.99	D
87-89.99	B+	74-76.99	C	60-63.99	D-
84-86.99	B	70-73.99	C-	Below 60.0	F

# Course Schedule

Date	Topic	Related Reading or Material
<b>Mon, 1/28</b>	Course Introduction & Overview	Syllabus
<b>Mon, 2/4</b>	Young Adult Health	Nelson et al
<b>Mon, 2/11</b>	CHANAS Project Overview Responsible Conduct of Research – Human Subjects	Burke et al; CHANAS Consent Form UNH RCR Module – Human Subjects
<b>Mon, 2/18</b>	Anthropometric Assessments	NHANES Modules
<b>Mon, 2/25</b>	Blood borne Safety	Morrell et al; UNH EHS Blood borne Pathogen Training
<b>Friday, 3/1</b>	Biochemical & Clinical Assessments (Friday AM - Time TBA)	LDX System Certification
<b>Mar 4, 5, 6</b>	Health Risk Screening (M – Wed 6:30-11:30am)	None
<b>Week of March 11th</b>	Spring Break   No UNH Classes	Have fun!!
<b>Mon, 3/18</b>	Fitness Assessments	Sachek et al; Morrell et al
<b>Mon, 3/25</b>	Fitness Training – Hands On	
<b>Week of 4/1</b>	NUTR 400 Fitness Assessment   M, Tu, W UNH Whittemore Center	None
<b>Mon, 4/8</b>	Searching the Health Science Literature Special Guest: Megan Bresnahan, UNH Library	None
<b>Mon, 4/15</b>	Data Management	UNH RCR Module – Data Management
<b>Fri, 4/19</b>	Bone Health Assessment Training - TBA, Kendall 116	
<b>Week of 4/22</b>	Fracture Risk Screening (M, Tu, W – NUTR 400 Labs)	
<b>Mon, 4/29</b>	Course Wrap - Up	Literature Search Due