

Nutrition 10V (100% Online): Discoveries & Concepts in Nutrition



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Challenges

- Attention
- Isolation
- Course navigation
- Self-monitoring
- Technical difficulties

- Less likely to engage in...
 - collaborative learning
 - student-faculty interactions
 - discussions with diverse others



(McKnight K, et al., *JRTE*)

(*JCHE*, 2018)

(Selwyn N, *Teaching in Higher Education*)

Nutrition 10V: Discoveries and Concepts in Nutrition

- 100% online (exams, assignments, office hours, videos, reviews, etc.)
- Intro general education course
- Launched Winter 2018
 - 100 student pilot
- Accommodates ~700-900 students per quarter (cross-campus)
- Spring & Fall 2020: >1,100 students



NUT 10V TA Dream Team!



Ziwei
"Head TA"



Britt
"Head TA"



Cynthia
"Food Diary TA"



Sarah
"Food Diary TA"



Kirsten
"Exam Expert"



Jiye
"Extra Credit"



Zahra
"Quiz Guru"

Communication is Key!

- Importance of consistency and modularization in course structure
(J Comput Assist Learn, 2017)
- Weekly overview announcements
 - Sent out Mondays at 9:00 AM
 - Summarizes previous week + upcoming week
 - Links to key areas on Canvas site
 - Personalization (emojis, current events)
 - Event/internship opportunities



Re-Frame the Name: “Study Hall”

- Spring 2020: Transformed an office hour into a “study hall”
- Held live on Tuesdays from 1:30-2:30 PM & recorded on Zoom
- TA present to help manage chat box

Study Hall Office Hour Recordings		
Date	Material Covered	Recording
3/31	<ul style="list-style-type: none">• Course logistics• Intro to nutrition	Click the link here ⚡ (begin at 2:53)
4/7	<ul style="list-style-type: none">• Food Diary Project tutorial• Protein	Click the link here ⚡ (begin at 9:13)
4/14	<ul style="list-style-type: none">• More on protein• Energy• Midterm Exam questions	Click the link here ⚡ (begin at 10:49)
4/21	<ul style="list-style-type: none">• Examiity automated proctoring review• Midterm #1 Question & Answer• Carbohydrate practice problems	Click the link here ⚡ (begin at 2:08)
4/28	<ul style="list-style-type: none">• Review of Carbohydrates videos #5-7• Started review of Fat• Midterm #2 practice problems	Click the link here ⚡
5/5	<ul style="list-style-type: none">• Review of Fats unit• Midterm #2 practice problems	Click the link here ⚡
5/12	<ul style="list-style-type: none">• Review of Obesity unit• Midterm #2 practice problems	Click the link here ⚡
5/19	<ul style="list-style-type: none">• Review of Minerals unit• Minerals practice problems• For more information about the difference between osteoporosis and osteoarthritis, see this resource ⚡• Phytates are found in plant seeds, so quinoa does contain phytates	Click the link here ⚡

Piazza

- Online question & answer platform
- Available on website or smartphone app
- Promotes student-student & student-instructor interaction
- Helps with email overload
- Student-generated exam question
- Secret Piazza exam question

The screenshot shows a Piazza interface with a blue header bar containing navigation links: Q & A, Resources, Statistics, and Manage Class. The user profile 'Deborah Fetter' is visible in the top right. Below the header, a breadcrumb trail shows 'midterm_1' (29), 'midterm_2' (3), 'final_exam' (2), 'diet_project' (18), 'extra_credit' (6), 'miscellaneous' (3), and 'course_logistics' (8). A 'Note History' progress bar is also present.

The main content area features a note titled 'STUDENT-GENERATED EXAM QUESTIONS ON PIAZZA: Midterm #1 Exam Practice Questions' with 401 views and an 'Actions' dropdown. The note text includes instructions for students to generate and answer exam questions, with a 2-point reward for the selected question. It also includes a 'Happy studying!' message, a '#pin' tag, and a 'midterm_1' tag. The note was updated 13 days ago by Deborah Fetter.

Below the note is a 'followup discussions' section with a filter for 'Resolved' (selected) and 'Unresolved'. A discussion by 'Conan Lee (anon. to classmates)' from 13 days ago asks: 'The RDA of protein for both men and women is ___ kg protein / (kg body weight x day).'

At the bottom, there are statistics for 'Average Response Time' and 'Special Mentions', and a status bar showing 'Online Now' and 'This Week'.

Make Learning Fun!

Daily Value Fiber = 25grd

7g fiber

%DV = the percent daily value for protein, just for fiber.

PIAZZA NUT 010V 001 WQ 2018

midterm_1 midterm_2 final diet_project chapter1 chapter2 chapter7 extra_credit jeopardy course_logistics miscellaneous

New Post Search or add a post...

Filtering by: Unread Posts Add shortcut

LAST WEEK

Fixing my diet project Mon
On my feedback for my diet project it gave me a 5 and it says to fix subsequent calculations. What does that mean.

WEEK 2/11 - 2/17

Question on Metabolic Syndrome 2/16/18
Hi yall. I have a question out of curiosity. For people who are obsessed with shrinking their waist using corsets, how d

Midterm 1 question 2/14/18
I thought this question was true can someone explain to me why it is false Indigestible energy losses from protein appe

Class at a Glance Updated 13 seconds ago. Reload

- no unread posts
- 1 unanswered questions
- no unresolved followups

86 total posts
294 total contributions
85 instructors' responses
15 students' responses
51 min avg. response time

Student Enrollment
84 enrolled

Download us in the app sto

HIDE QUESTION

Put the following stages of cancer development in chronological order by typing in either 1, 2, or 3 (1= first stage of cancer development, 2 = second stage of cancer development, 3 = third stage of cancer development).

promotion

progression

initiation

SUBMIT

Diet and Cancer

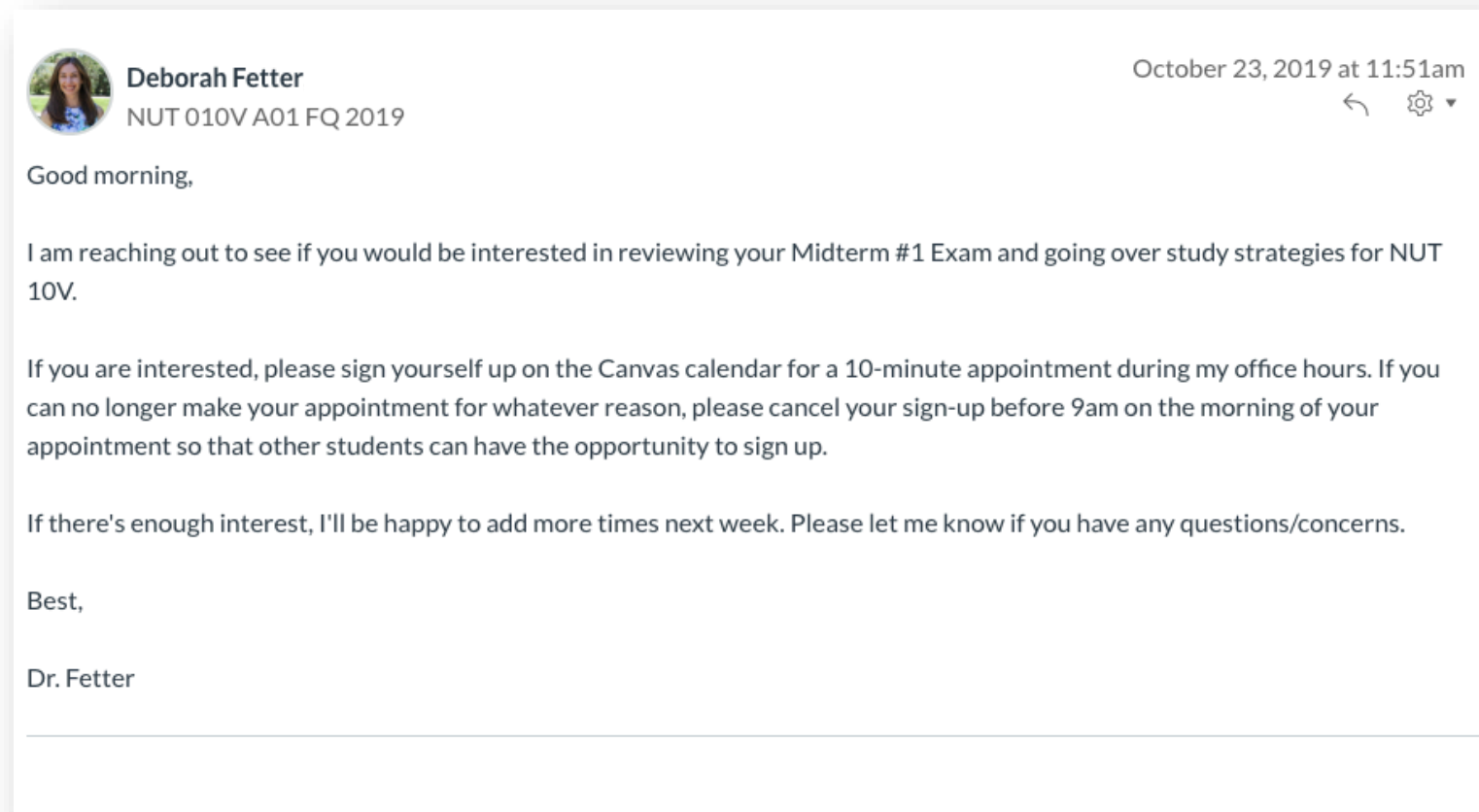
Dietary link is strong:

Revised Assessments

- Closed-book, proctored exams (winter 2018-winter 2020)
 - Timed ~1-hr
 - Virtual proctoring company
 - Challenges/inequities
- Open-book exams (spring 2020-present)
 - Timed ~3-hrs
 - Open-ended, short answer questions
 - Multiple question banks/question versions

Inclusivity in Online Education

- Making yourself & your team accessible
- Contacting students directly that may need extra assistance
- Creating a variety of different learning resources
- Looking through individual student performance



Inclusivity in Online Education

- Pre-course survey
 - Assess background knowledge/potential misconceptions
- “Know Your Students” tool
- Course feedback survey
- Encourage students to work together
 - Take quizzes (open-book)
 - Share study resources (google doc study guides, quizlets, etc.)

The image shows a screenshot of the Quizlet website interface. At the top, there is a blue header with the Quizlet logo, a search bar, and a 'Create' button. Below the header, the page title is 'Nutrition 10V'. On the left side, there is a 'STUDY' section with icons and labels for 'Flashcards' (highlighted), 'Learn', 'Write', 'Spell', and 'Test'. Below that is a 'PLAY' section with icons and labels for 'Match' and 'Gravity'. The main content area is a large white box containing the question: 'Fat provides how many kcal/gram?'. At the bottom of this box, there are navigation arrows, a progress indicator '1/101', and a full-screen icon.

Questions?



Thank You!

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