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
  \cite{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

<table>
<thead>
<tr>
<th>Date</th>
<th>Material Covered</th>
<th>Recording</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/31</td>
<td>Course logistics, Intro to nutrition</td>
<td>Click link here</td>
</tr>
<tr>
<td>4/7</td>
<td>Food Diary Project tutorial, Protein</td>
<td>Click link here</td>
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<tr>
<td>4/14</td>
<td>More on protein, Energy, Midterm Exam questions</td>
<td>Click link here</td>
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<tr>
<td>4/21</td>
<td>Examity automated proctoring review, Midterm #1 Question &amp; Answer, Carbohydrate practice problems</td>
<td>Click link here</td>
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<tr>
<td>4/28</td>
<td>Review of Carbohydrates videos #5-7, Started review of Fat, Midterm #2 practice problems</td>
<td>Click link here</td>
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<tr>
<td>5/5</td>
<td>Review of Fats unit, Midterm #2 practice problems</td>
<td>Click link here</td>
</tr>
<tr>
<td>5/12</td>
<td>Review of Obesity unit, Midterm #2 practice problems</td>
<td>Click link here</td>
</tr>
<tr>
<td>5/19</td>
<td>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</td>
<td>Click link here</td>
</tr>
</tbody>
</table>
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
Make Learning Fun!

Daily Value Fiber = \(0.9 \div 25g/d\)

\(\%DV = \frac{7g}{fiber}\)

the percent daily value for protein, just for fiber.

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

Dietary link is strong:

- 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).
- 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).
Social Media for Student Engagement

- Quarterly health promotion campaigns
  - NUT 10 MOVES!
  - Back 2 School
  - Rocks the Rainbow
- Scientific literacy
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.)
Questions?

Thank You!

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