

FN40-52161-2018 Spring Web  
NUTRITION

Final: due May 16, 2018 12:00 p.m. noon.  
Mid Term: due March 8, 2018 12:00 p.m. noon

Mr. Avakian  
Spring 2018  
ARR  
Reedley College

Virtual Office Hours: MW 9-10 am  
Email Preferred: Through  
Canvas Commucations  
Teacher's response time is up 48 business hours

Skills Level: Eligible for Eng. 125 and Eng. 126, Math 101 previously or concurrently, or equivalent.

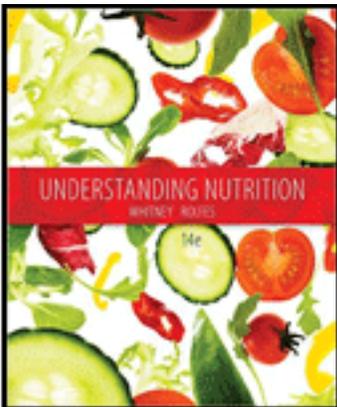
### CLASS POLICY

I. Text: MindTap Access Code for Canvas: In order to access Cengage and use the Canvas classroom, you will need to purchase an access code. You can either purchase that at the Reedley Bookstore or online through the publisher on Canvas. You will have the option. Also, you can register in our course and have access without a code until Sunday, January 21, 2018.

PICK ONE OF

UNDERS NUTRI (LL) W/UPDATE & LMS MINDTAP  
Author: WHITNEY ISBN: 9781337350402 Edition  
2015 Publisher: CENGAGE

Copyright: 14TH 15 Published Date:



Or

## UNDERSTANDING NUTRITION-ACCESS (6 MON.)

Author: WHITNEY ISBN: 9781305407169

Edition/Copyright: 14TH 16 Published Date: 2016

Publisher: CENGAGE L

Please make sure you have the correct edition! Please do not try to get through the course without the MindTap Access Code Number.

Note: Each student is required to register a new online MindTap Access Code Number by Sunday, January 21, 2018.

### II. Internet & Email

Access to broadband internet is required. If you do not have an internet connection, you may use the resources in the Reedley College Library or at other computer labs on campus.

A SCCCD email address is required for all students. You can obtain an email address through the RC Library.

Please note: I teach multiple courses (and multiple sections of some courses) so I have strict rules about email. They are as follows:

1 Use the subject line correctly. Each email you send to me must include the following line: Course number, your first and last name, and the subject you are writing about for example, FN40-52161 John Doe Question about Diet Project.

2 Use the spell checker.

3 Use proper grammar.

You are to address me as Mr. Avakian and at the end of the message include your first and last name.

All others will be treated as spam.

### III Catalog Description:

Nutrients and their ingestion, digestion, absorption, transport, metabolism, interaction, storage, and excretion. The relationship of diet to physical and emotional health, diet patterns through the life cycle, consumer concerns, and recent developments.

#### IV. Objectives - Student will be able to:

A. Describe the fundamentals of chemical structures and understand the composition of foods, tissues, and certain elementary nutrients.

B. Outline the elements of anatomy and physiology, understand the body processes of digestion, absorption, metabolism, and excretion.

- C. Summarize the use of carbohydrates, fats, proteins, vitamins, and minerals in building and maintenance of tissues.
- D. Recognize the factors influencing the requirements and recommended allowances for the various nutrients: size, age, physical activities, etc.
- E. Apply reasoning in nutrition to evaluate food fads and fallacies, advertisements, practices in enrichment, fortification, and practices in supplementation.
- F. Compare his/her nutrient intake to that of the U.S. Recommended Dietary Allowances.

V. Course Outline:

- A. Human Physiology and Nutrition
- B. Diet Planning
- C. Diet and Disease
- D. The Carbohydrates: Sugar, Starch and Fiber
- E. The Lipids: Fats and Oils
- F. The Proteins and Amino Acids
- G. The Vitamins
- H. Minerals and Water
  - I. Energy Balance and Weight Control
- J. Nutrition and the consumer
- K. Food Technology and Safety
- L. Nutrition Assessment
- M. Nutrition Throughout the Life Cycle
- N. World Food and Hunger

NOTE: It is the student's responsibility to put forward the time, effort, and ability needed to master these course objectives upon completion of this course. The lower the student's ability, the higher will be the student's effort and time needed to master the objectives.

I. Grading:

The final grade will be averaged from the scores of exams and assignments. You are encouraged to periodically check with the instructor concerning your progress in the course. Exams, assignments, and the final grade are based on 100%...

100 - 90	A
89 - 80	B

79 - 70      C  
 69 - 60      D  
 59 - 0        F

Mid term & Final Exams	200	450-500	A
Diet and Wellness Analysis	50	400-449	B
Discussion Boards	50	350-399	C
Quizzes	200	300-349	D
Total	500	0 -299	F
Extra Credit	20		

VI. Assignments and Exams:

- A You are expected to read the text each week to familiarize yourself with the highly technical terminology used in nutrition. A broad range of topics is covered extensively and quickly, which demands strenuous study at a rapid pace. It is your responsibility to stay current with reading, notes, and assignments. We will cover about 1 chapter per week. There will be at least 1 quiz, assignments, exam, or projects due every week. You are to spend at least 9 hours on study each week.  
 You are to log onto the course regularly, see announcements, check email and view the course content.
- B. Assignments are due at the day and time stated on Canvas Assignments Calendar and will not be accepted late. All work is to be original and submitted via Canvas.
- C. Assignments are graded on the following basis:
  - 1. Accuracy of the assignment.
  - 2. Completeness of assignments.
  - 3. Your evaluation and presentation of materials.
  - 4. Organization and presentation of materials.
- D. Make-up policy -I am well aware that sometimes emergencies arise both in your personal life and with the technology that you may be using. To account for these unexpected events, I have made the following allowances:

Two attempts are allowed for quizzes.

- Remember you have two attempts for the mid term and final with the highest attempt being the recorded score.
- Twenty points extra credit will be offered.
- Missing the mid term or final exam will result in a score of 0.
- There are no makeups for any missed discussion boards, diet and wellness projects, quizzes, midterm or the final exam.

E. Technology-This class requires students to access MindTap cengage.com in a timely manner, so a computer with a high speed connection is needed. Your browser (i.e. internet explorer, firefox, etc.) must have specific plug-ins. Firefox or Google Chrome seem to be the best browsers to use with Cengage MindTap. Clearing your cookies and allow pop-ups avoids issues as well. A dial-up connection is too slow for this class. Students need to make sure they have access to the proper technology before proceeding in this class. Most labs have the proper technology. (Please note that technology problems are not an excuse to missing assignments, quizzes, or exams.)

F. Attendance- The weekly attendance is based on “academically related activity” which includes:

- Meaningful participation in an online discussion.
- Quizzes, diet and wellness assignments, mid term exam, final, or assignment submissions.

Failure to complete an academically related activity within the first week of class will result in being dropped from the course. Two weeks of absences may result in being dropped from the course.

- Checking your email daily is also a part of your attendance. Students are responsible for any and all information sent to them in emails or posted on the Canvas site.. Not checking your email is not an excuse for anything!

- It is your responsibility to make sure you have a good internet connection and that the computer you are using is able to handle the necessary software for the course. Technology problems will not be accepted as excuses to get extensions, second chances or exceptions for any assignment, especially on tests. If your computer 'freezes' during an online exam, you will not be given access to it again and you will receive a grade of zero for that exam.

- Exams will be available beginning and ending at 12 noon. All assignments are due at 12 noon.

G. Academic Dishonesty: Reedley College rules on plagiarism will be strictly enforced. Academic dishonesty in any form is a very serious offense and will incur serious consequences, including but not limited to receiving a grade of F in the course.

VIII. Canvas The website is: [www.reedleycollege.edu](http://www.reedleycollege.edu)

The standard login is:

Username: student id number

Password: student id number

F Accommodations for students with disabilities: If you have a verified need for an academic accommodation or materials in alternate media (i.e.: Braille, large print, electronic text, etc.) per the Americans with Disabilities Act (ADA) or Section 504 of the Rehabilitation Act, please contact me, or the DSPS office – ext. 3332 as soon as possible.

All of your Canvas activity is statistically collected and evaluated by the Instructor.

G. It will be helpful to find a study buddy who is willing to share notes and study together.

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Name & Email

**H. DROP DEADLINE IS March 9, 2018**

To drop a course, the student may do so using Web Advisor.

Let's work together for a great learning experience

**I acknowledge the class policies of FN40 in accordance with the instructor's syllabus.**

