

**FN-40-52550 NUTRITION**  
**Syllabus and Class Policy Sheet**  
**Reedley College CCI 203**  
**Tuesday 6:00 p.m. to 8:50 p.m.**  
**Fall 2012**

**Text and Materials:** Understanding Nutrition. Whitney and Rolfes,  
**State Center Community College Edition (12<sup>th</sup> ed)**

**Diet Analysis plus Software**

**Instructor:** Stephanie L. Annett, RD  
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Reedley College Phone Number 638-3641

**Recommended Preparation:** Eligibility for ENGL 125, ENGL 126, and MATH 101. (A, CSU, UC)

**Credits:** 3.00 CEUs

**Course Description:**

An in depth study of nutrients and their ingestion, digestion, absorption, transport, metabolism, interaction, storage, and excretion. Additionally, the relationship of diet to physical health, diet patterns throughout the life cycle, consumer concerns relating to food and water, and recent developments in the study of nutrition.

**Course Objectives:**

In the process of completing this course, students will:

- 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, and understand the body processes of digestion, absorption, metabolism, and excretion.
- C. Summarize the use of carbohydrates, fats, proteins, vitamins, and minerals in building maintenance of tissues.
- D. Recognize the factors of influencing the requirements and recommended allowances for the various nutrients: size, age, physical activities, etc.
- E. Demonstrate how and why nutrient requirements change during the life cycle and how the recommended dietary allowances based on these needs can be met.
- F. Apply reasoning in nutrition to evaluate food fads and fallacies, advertisements, practices in enrichment, fortification, and practices in supplementation.
- G. Compare his/her nutrient intake to that of the U.S. Recommended Dietary Allowances.

## **Course Learning Outcomes:**

Upon completion of this course, students will be able to:

- A. Assess and evaluate the use of carbohydrates, fats, protein, vitamins, minerals, and water in building members of tissue.
- B. Draw conclusions about and appraise the ongoing impact of the elements of nutrition on anatomy and physiology.
- C. Utilize and apply various food grouping plans.
- D. Evaluate the diet that can meet the U.S. Recommended Dietary Allowances.

## **Class Polices**

### **Assignments:**

- All assignments are to be submitted on or before the due date at the BEGINNING of the class period.
- Late assignments will be marked down one letter grade.

### **Attendance Policy:**

- Regular attendance and class participation is expected of each student.
- Students are expected to read the subject matter outline, read the assignments, and come to class prepared.
- Students are expected to be on time for the beginning of each class, return on time from breaks, and stay for the entire class.
- After the first class it is the responsibility of the student to withdraw from the class. Failure to do so can result in an "F" grade being awarded.

**Classroom Rules:** -Compliance with Reedley College's established rules and procedure is required. Please work toward promoting a positive learning environment.

- NO SMOKING, FOOD, OR BEVERAGES in the classroom.
- Use appropriate trash receptacles.
- Please refrain from conversation during lectures and presentations. Participation and discussion are encouraged but disruptive behavior will not be tolerated.
- If you are late for any class please quietly take a seat in the back of the classroom. Save questions and requests for materials for the break period.
- Turn off all cell phones, pagers etc. during class time.
- Do not bring children to class.

### **Exams:**

- Two (2) Midterm exams will be given at regular intervals throughout the session. One (1) final exam will be given.

- Midterm exam 1 will consist mainly of multiple choice and true or false questions. Additional questions will be matching, fill in, or short answer. If the exam is missed a make up exam will be given at the discretion of the instructor.
- Midterm exam 2 will be a take home exam.
- The final exam will be comprehensive and may not be dropped.

### **Exam Preparation:**

Before each exam we will use the last portion of the preceding class to review for the exam. The instructor will provide an exam review sheet. Exam questions will come only from material covered in class lectures. Attendance and participation in class are essential.

### **Menu Assignment:**

The menu assignment will be completed in two parts. Part one will be to complete a 24-hour recall of all food and beverages consumed for a full day. You will be given a form to use for recording food intake one week before the in class portion of the assignment. Part two will be done in class. Using the daily food guide, diet analysis software, and other tools the student will analyze the food recall for adequacy and balance.

### **Plagiarism and Cheating Policy**

Incidents of cheating and plagiarism may result in any of a variety of sanctions and penalties, which may range from a failing grade on the particular examination, paper, project, or assignment in question to a failing grade in the course, at the discretion of the instructor and depending on the severity and frequency of the incidents. For more information, contact the Vice President of Student Services' Office or the Vice President of Instruction's Office.

### **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, ect.) per the Americans with Disabilities Act (ADA) or Section 504 of the Rehabilitation Act, please contact me as soon as possible.

### **Canceled Class Notification:**

Click on "Canceled Class Meetings" on Reedley College webpage ([www.reedleycollege.edu](http://www.reedleycollege.edu)) for class cancellations.

