

**REEDLEY COLLEGE
FOOD AND NUTRITION 40
NUTRITION 52551
Fall 2014**

Instructor: Phoebe Weber, DCN, RD, CDE

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Place: Web-Based; occasionally required to meet online via Blackboard Collaboration

Final Date: Dec 11, 2014

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

REQUIRED TEXT AND MATERIALS:

1. *Understanding Nutrition* by Whitney and Rolfes, West Publishing 13th ed.
ISBN 978-1-285-91635-4
2. Headphone (optimal)
3. Other Readings as Assigned

EXPECTATIONS FROM INSTRUCTOR:

1. Hard work is expected. Your final grade will reflect how much effort you put in to the course.
2. Make the best out of the class. Take what you learn and apply to it yourself.
3. Politeness, consideration and respect for all individuals are expected at all times.

COURSE DESCRIPTION:

Students will learn about the macronutrients and micronutrients and study digestion, digestion, absorption, transport, metabolism, interaction, storage, and excretion. The relationship of diet to physical and emotional health, diet patterns through the life cycle will be explored. Students will also learn about consumer concerns, current nutrition trends and issues. This class is targeted to students who are interested in studying general health and nutrition.

CLASS OBJECTIVES- Student will be able to:

1. Summarize what macronutrients and micronutrients are and their functions.
2. Outline the elements of anatomy and physiology; understand the body processes of digestion, absorption, metabolism, and excretion.
3. Recognize the factors influencing the requirements and recommended allowances for the various nutrients: size, age, physical activities, etc.
4. Apply evidence-based in nutrition to evaluate food fads and fallacies, advertisements, practices in enrichment, fortification, and practices in supplementation.
5. Explain what are the major nutrient requirements changes during the life cycle and how these nutrients can be met in different stages of the life cycle.
6. Develop skills to create healthy menu.
7. Compare his/her nutrient intake to the U.S. Recommended Dietary Allowances.

GRADING:

The final grade will be averaged from the scores of exams, papers, participation, attendance, and homework. There will be extra credits given throughout the course. You are encouraged to periodically check with the instructor concerning your progress in the course.

Grade will be based on overall percentage as follows:

A	100-90
B	89-80
C	79-70
D	69-60
F	59-50

1. Exams: 40%
 - Exam 1
 - Exam 2
 - Exam 3
2. Papers: 40%
 - Personal Diet Analysis
 - Menu Development (Group Project)
 - Scientific Journal Article Evaluation
3. Attendance and Homework Assignments: 10%
4. Participation: 10%

SCHEDULE OF CLASSES

<u>Date</u>	<u>Topics</u>	<u>Assignment</u>
Aug 12,14 19,21 26,28	Course Introduction and Bb Overview of Nutrition and Diet Planning Digestion, Absorption, Transportation Review Scientific Journal Article Due	Syllabus Chapters 1,2 Chapter 3
Sept 2,4 9,11 16,18 23,25 30	Carbohydrates Lipids Proteins Exam #1 Energy Metabolism Energy Balance and Body Composition	Chapter 4 Chapter 5 Chapter 6 Chapters 1-6 Chapter 7 Chapter 8
Oct 2 7,9 14,16 28,30	Energy Balance and Body Composition Weight Management and Fitness Vitamins: water-soluble and fat-soluble Minerals and Water Exam #2 Life Cycle Nutrition: Pregnancy and Lactation	Chapter 8 Chapters 9, 14 Chapter 10,11 Chapter 12,13 Chapters 7-14 Chapter 15
Nov 4,6 11,13 18,20 25,27	Life Cycle Nutrition: Pregnancy and Lactation Life Cycle Nutrition: Infancy, Childhood, and Adolescence Veteran Day- No Class Life Cycle Nutrition: Adulthood and Elders Personal Diet Analysis Due Diet and Health, World Food and Hunger Food Technology and Safety Thanksgiving- No Class	Chapter 15 Chapter 16 Chapter 17 Chapter 18,20 Chapter 19
Dec 2,4 9,11	Group Menu Presentation Due Group Menu Presentation Due Exam #3	Chapters 15-20

ASSIGNMENTS AND EXAMS:

- A. You are expected to read the text ahead of time prior to class and be prepared to participate in class discussion. 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.
- B. Assignments are due at the day and time stated on blackboard announcements. No late assignments will be accepted. All work is to be original work and submitted via Blackboard.
- 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. Exam and assignment make-up policy: Under no circumstances, no late projects or homework will be accepted. Students will not be permitted to take an exam before it is scheduled. There will be no make up exams to be retaken. Students must be present during exam dates. There will be no retake exams.
- E. You are expected to have the required text and Online Diet Analysis no later than the second week of class. Failure to do so could jeopardize your performance in class.
- F. When taking tests on Blackboard, do so on a timely basis or you will be logged off. Use a computer that is not wireless because you might lose a connection and not be able to get back into the exam. If the exam gets locked, you may ask the instructor to reset the exam no later than 2 hours before the exam time ends.

INTERNET AND 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 make sure to include the following items when you email me:

1. Use the subject line. Each email you send to me must include the following: Course number, your first and last name, and the subject you are writing about.

Example: FN40-52551 John Doe Question about Diet Project

2. Use spell checker.
3. Use proper grammar.

BLACKBOARD

The website is: <http://blackboard.reedleycollege.edu>

The standard Blackboard login is:

Username: student id number

Password: student id number

Blackboard assistance: (866) 401-7784

ATTENDANCE:

- A. Your attendance is based on discussion and participations in class. You are to log onto Blackboard on a regular basis.
- B. A total of 2 weeks of absence may result in being dropped from the class.
- C. It is the student's responsibility to drop from the class.
- D. A student's participation is considered to be important to the quality of their learning and to insure their opportunity to contribute to the learning. Students should consider this online class to be their job and grades to be their pay. Work schedules, other courses, job interviews, vacations, and personal appointments are not excuses for not participating in this online class. Those commitments you must learn to manage on you off-duty time.
- E. The teaching techniques involved in this online class involve collaborative learning. You are expected to post and response messages to the message board, keep up with reading, ask questions, make comments, and contribute to discussion board so that we may learn from each other.
- F. **Students with disabilities:** If you have a verified need for an academic accommodation 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.
- G. All of your Blackboard activity is statistically collected and evaluated by the instructor.
- H. It will be helpful to find one study buddy who is willing to share notes and study together.
- I. DROP DEADLINE is Oct 10, 2014. The student may drop a course using Web Advisor.

The following is taken from the Reedley College Catalog:

Academic Dishonesty

Students at Reedley College are entitled to the best education that the college can make available to them, and they, their instructors, and their fellow students share the responsibility ensure that this education is honestly attained. Because cheating, plagiarism, and collusion in dishonest activities erode the integrity of the college; each student is expected to exert an entirely honest effort in all academic endeavors. Academic dishonesty in any form is a very serious offense and will incur serious consequences.

Cheating

Cheating is the act or attempted act of taking an examination or performing an assigned, evaluated task in a fraudulent or deceptive manner, such as having improper access to answers, in an attempt to gain an unearned academic advantage. Cheating may include, but is not limited to, copying from another's work, supplying one's work to another, giving or receiving copies of examinations without an instructor's permission, using or displaying notes or devices inappropriate to the conditions of the examination, allowing someone other than the officially enrolled student to represent the student, or failing to disclose research results completely.

Plagiarism

Plagiarism is a specific form of cheating: the use of another's words or ideas without identifying them as such or giving credit to the source. Plagiarism may include, but is not limited to, failing to provide complete citations and references for all work that draws on the ideas, words, or work of others, failing to identify the contributors to work done in collaboration, submitting duplicate work to be evaluated in different courses without the knowledge and consent of the instructors involved, or failing to observe computer security systems and software copyrights. 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.