

REEDLEY COLLEGE
FN 40-58115
Food and Nutrition
Fall 2015 Syllabus

Instructor: Phoebe Weber, DCN, RD, CDE

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Location: Web-Based Course; one optional online meeting via Blackboard Collaboration

Final Date: Week of Dec 14, 2015

Skills Level: Eligible for Eng 125, Eng 126, or Math 101

REQUIRED TEXT AND RESOURCES:

1. *Understanding Nutrition* by Whitney and Rolfes, Wadsworth Publishing, 14th ed. ISBN 9781285874340. (13th ed. ISBN 9781133587521 is acceptable)
2. Diet Analysis plus is recommended not required
3. Other Readings as Assigned

EXPECTATIONS FROM INSTRUCTOR:

1. Hard work is expected.
2. Politeness, consideration and respect for all individuals at all times.
3. Due to the structure of this online course, students are required to work collaboratively and proactively with classmates in a small group.
4. Make the best out of the class and enjoy!

COURSE DESCRIPTION:

This course introduces scientific study of basic chemical, biological and physiological principles and concepts of human nutrition.

Students will learn about the macronutrients and micronutrients and study 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:

1. Explain steps to conduct scientific studies and how to obtain and recognize reliable nutrition information.
2. Identify the social, physiological, and cultural factors that influence food choices throughout the life cycle.
3. Describe the body's basic need for nutrients and provide details of how body systems related to nutrition.
4. Evaluate nutrition information from a scientific perspective to distinguish from fallacy.
5. Develop skills to create a healthy and balanced meal plan.
6. Identify the major functions of macronutrients, vitamins, minerals, and water.
7. Analyze food patterns that increase the risk of health problems and recommend appropriate dietary modifications to reduce risk of developing health problems.
8. Analysis personal diet analysis and provide correction plans for area of inadequacies as necessary.

COURSE LEARNING OUTCOMES:

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

1. Critically evaluate reliable nutrition information.
2. Identify sources of macronutrients.
3. Describe the relationship between diet and disease development.
4. Assess personal dietary intake and make healthy food choices.

ASSIGNMENTS AND EXAMS:

1. Students are expected to read the text prior to week starts 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 the student responsibility to stay current with reading, notes, and assignments.
2. Exam and assignment make-up policy: Under no circumstances, no late work will be accepted. However, I do accept early work. Students will not be permitted to take an exam before it is scheduled. There will be no make up exams. Exams will cover information from lecture and textbook readings.
3. Assignments will be given on a weekly basis. Instructor only accepts typed assignments with 12-point font.
3. Weekly assignment will be posted by Monday of each week by noon. All assignments should be submitted electronically via Blackboard.
4. Assignments are graded on the following basis:

- Accuracy of the assignments.
 - Completeness of assignments.
 - Evidence of answers.
 - Clarity, organization and presentation of materials.
5. Any sign of academic dishonest, cheating, or plagiarism will receive zero for the assignment (s) or exam(s) and potential further academic discipline or dismissal from the class

CLASS PARTICIPATION:

1. Students' participation is based on weekly discussion and group work in class. Students are encouraged to ask pertinent questions and provide ongoing feedback to the instructor.
2. A student's participation is considered to be important to the quality of their learning experience and to insure their opportunity to contribute to the learning. Work schedules, other course works, personal appointments, and vacations are not excuses for not participating in class.
3. A total of 2 weeks of absence may result in being dropped from the class. It is the student's responsibility to drop from the class. The student may drop a course using Web Advisor. **Final drop deadline is Oct 16 2015.**
4. 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.

DISCUSSION FORUM:

1. Respect your classmates' viewpoints when providing comment and feedback in discussion board at all times.
2. Weekly discussion final drafts are due by Wednesdays by 11:59 pm. The rest of the class will have till Sundays by 11:59 pm to response or comment on other classmates' posts. All discussion threads made in discussion board will need to be submitted under "Assignments" for credits.
3. Constructive, precise, and quality feedback toward classmates' work is highly encouraged.
4. Restrain words and/or signs such as "lol" and smiling or sad faces. Limited words such as "good job", "good work". Students need to elaborate your

thoughts when postings.

5. Type all words appropriately, for instance: do not use “u” when it should be “you” or “4” when it should be “for”.
6. All Blackboard activity is statistically collected and evaluated by the instructor.
7. Any sign of academic dishonest cheating, or plagiarism will receive zero for the assignment (s) or exam(s) and potential further academic discipline or dismissal from the class.

EMAIL:

A SCCCD email address is required for all students. Students are required to have an active Reedley College Email account and access to Blackboard. Please make sure to include the following items when composing an Email to your instructor:

1. Use the **subject line**. In order to avoid delay reply or no reply from your instructor, each Email should include the following:
Course #, your first and last name, and the subject you are writing about.
Example: FN40-58115 John Doe Question about Diet Project
2. Use spell checker.
3. Use proper grammar.

FINAL COMMENT:

Your instructor reserves the right to revise the syllabus content as appropriate during the semester. Any changes to the syllabus will be announced to the class in advance.

GRADING:

The final grade will be averaged from the scores of exams, papers, presentation, participation, and homework. There will be unannounced extra credit 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 | 90-100% |
| B | 80-89% |
| C | 70-79% |
| D | 60-69% |
| F | 50-59% |

A total of 1,400 points can be earned in this class as follows:

1. Exams: 300 points
 - Exam 1 (100 points)
 - Exam 2 (100 points)
 - Exam 3 (100 points)

2. Big Assignments: 300 points
 - Scientific Journal Article Evaluation (100 points)
 - Personal Diet Analysis (100 points)
 - Group Meal Plan Project (100 points)

3. Self Reflection Assessments: 100 points
 - Mid-Term Self Reflection (50 points)
 - Final Self Reflection (50 points)

4. Weekly assignments: 300 points (20 points each week)

5. Participation: 400 points
 - Weekly discussion forum (20 points each week)
 - Group discussion/Work (20 points each group)

CLASS SCHEDULE AND ASSIGNMENT DUE DATES*

Week	Topics	Assignment are due by 11:59pm
1	Course Introduction/Syllabus Ch 1: Overview of Nutrition 8/17-8/23	<u>Wednesday, 8/19</u> Self Introduction Weekly discussion for Ch1 <u>Sunday, 8/23</u> Individual assignment Submit discussion answers and responses <i>8/20 Online meeting via Blackboard Collaborate 7:00-7:30pm (Optional)</i>
2	Ch1: Overview of Nutrition Ch 2: Diet Planning 8/24-8/30	<u>Wednesday, 8/26</u> Weekly discussion for Ch 1 & Ch 2 <u>Sunday, 8/30</u> Individual assignment Submit discussion answers and responses

3	Ch 3: Digestion, Absorption, Transportation 8/31-9/6	<u>Wed, 9/2</u> Weekly discussion for Ch 3 <u>Sunday, 9/6</u> Individual assignment Submit discussion answers and responses Review Scientific Journal Article Due
4	Ch 4: Carbohydrates 9/7-9/13 (Exam #1)	<u>Wednesday, 9/9</u> Weekly discussion for Ch 4 <i>Group Discussion: Sugars “Bad” for you?</i> <u>Sunday, 9/13</u> Individual assignment Submit discussion answers and responses
5	Ch 5: Lipids 9/14-9/20	<u>Wednesday, 9/16</u> Weekly discussion for Ch 5 <u>Sunday, 9/20</u> Individual assignment Submit discussion answers and responses
6	Ch 6: Protein 9/21-9/27	<u>Wednesday, 9/23</u> Weekly discussion for Ch 6 <i>Group Discussion: Vegetarian vs. Meat Containing Diet</i> <u>Sunday, 9/27</u> Individual assignment Submit discussion answers and responses
7	Ch 7: Energy Metabolism Ch 8: Energy Balance and Body Composition 9/28-10/4	<u>Wednesday, 9/30</u> Weekly discussion for Ch 7 & Ch 8 <u>Sunday, 10/4</u> Individual assignment Submit discussion answers and responses
8	Ch 9: Weight Management Ch 14: Physical Activity 10/5-10/11	<u>Wednesday, 10/7</u> Weekly discussion for Ch 9 & Ch 14 <u>Sunday, 10/11</u> Individual assignment Submit discussion answers and responses
9	Ch 10: Water Soluble Vitamins Ch 11: Fat Soluble Vitamins 10/12-10/18	<u>Wednesday, 10/14</u> Weekly discussion for Ch 10 & Ch 11 <i>Group Discussion: Supplements: Benefits vs. Risks</i> <u>Sunday, 10/18</u> Individual assignment Submit discussion answers and responses Mid-term Self Reflection Assessment
10	Ch 12: Major Minerals and water Ch 13: Trace Minerals 10/19-10/25	<u>Wednesday, 10/21</u> Weekly discussion for Ch 12 & Ch 13 <u>Sunday, 10/25</u> Individual assignment Submit discussion answers and responses

11	Chs 15-16: Life Cycle Nutrition: Pregnancy through adolescence 10/26-11/1 (Exam #2)	Wednesday, 10/28 Weekly discussion for Ch 15 & Ch 16 Sunday, 11/1 Individual assignment Submit discussion answers and responses
12	Ch 17: Life Cycle Nutrition: Adulthood to Later Years 11/2-11/8	Wednesday, 11/4 Weekly discussion for Ch 17 <i>Group Discussion: food- drug interactions for older adults</i> Sunday, 11/8 Individual assignment Submit discussion answers and responses
13	Ch 18: Diet and Health 11/9-11/15	Wednesday, 11/11 Weekly discussion for Ch 18 Sunday, 11/15 Individual assignment Submit discussion answers and responses Personal Diet Analysis
14	Ch 19: Food Technology and Safety 11/16-11/22	Wednesday, 11/18 Weekly discussion for Ch 19 <i>Group Discussion: Pros and Cons on GMO foods</i> Sunday, 11/22 Individual assignment Submit discussion answers and responses
15	Thanksgiving Break	
16	Ch 20: World Food and Hunger 11/30-12/6	Wednesday, 12/2 Weekly discussion for Ch 20 Sunday, 12/6 Individual assignment Submit discussion answers and responses
17	Review/Catch up work 12/7-12/13	Wednesday, 12/9 Group Meal Planning Project Final Self Reflection Assessment
18	Final Exam (Exam #3)	Available until Wednesday 12/16

* Tentative schedule only, may subject to change

STUDENT CODE OF CONDUCT:

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.

ACKNOWLEDGMENT

Semester/Year: Fall 2015

I, _____, acknowledge the
class policies and expectations of FN 40-58115 Food and Nutrition in accordance to
the Instructor's syllabus.

Signature: _____ Date: _____