

REEDLEY COLLEGE
Nutrition and Health
FN 35-55162
Spring 2015 Syllabus

Instructor: Phoebe Weber, DCN, RD, CDE

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Location: Web-Based Course

Final Date: Week of May 18-22, 2015

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

REQUIRED TEXT AND RESOURCES:

1. NUTRITION Concepts and Controversies;Sizer and Whitney, 2014, 13th ed. ISBN-978-1133610113
2. Other Readings as Assigned
3. Microphones and Speaker

EXPECTATIONS FROM INSTRUCTOR:

1. Hard work is expected.
2. Politeness, consideration and respect for all individuals are expected 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 throughout the semester.
4. Make the best out of the class and enjoy!

COURSE DESCRIPTION:

Students will learn about the relationship to physical, physiological, and emotional health: nutrients, diet patterns throughout the life cycle. An optimal nutrition to reduce the risks of cancer, heart disease, allergies, and other chronic diseases will be explored. This course will examine the social, psychological, and cultural dictates which food selection and health. Personal strategies to develop a nutrition plan for better health will be explored. This class is designed for students with an interest in improving diet and physical activity. This course is not open to students with credit in FN 40 Nutrition.

CLASS OBJECTIVES- Student will be able to:

1. Identify the social, physiological, and cultural factors that influence food choices throughout the life cycle
2. Describe the body's basic need for nutrients and provide details of how body systems related to nutrition.
3. Evaluate nutrition information from a scientific perspective to distinguish from fallacy.
4. Construct a diet plan based on the concept of food group and exchange system.
5. Identify the major functions of carbohydrates, lipids, protein, vitamins, minerals and water.
6. Analyze food patterns that increase the risk of health problems and recommend appropriate dietary modifications to reduce risk of developing health problems.
7. Compare individual nutrient intake to that of the U.S. Recommended Dietary Allowance.

GRADING:

The final grade will be averaged from the scores of exams, papers, presentation, participation, attendance, 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 100-90
- B 89-80
- C 79-70
- D 69-60
- F 59-50

1. Exams: 30%
 - Exam 1
 - Exam 2
 - Exam 3
2. Papers: 30%
 - Scientific Journal Article Evaluation
 - Personal Diet Analysis
 - Menu Development and Presentation (Group Assignment)
3. Weekly Homework Assignments: 20%
4. Attendance/Participation/Discussion Board: 20%

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. We will cover about 1 chapter per week.
2. Assignments will be given on a weekly basis. Instructor only accepts typed assignments with 12-point font. No late assignments will be accepted.
3. Weekly assignment will be posted by Monday of each week by noon. Assignments are due by Sunday midnight at 11:59 pm PT. All assignments should be submitted electronically via Blackboard.
4. Assignments are graded on the following basis:
 1. Accuracy of the assignments.
 2. Completeness of assignments.
 3. Evidence of answers.
 4. Clarity, organization and presentation of materials.
5. Exam and assignment make-up policy: Under no circumstances, no late projects or homework 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.
6. 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 ATTENDANCE AND PARTICIPATION:

1. Students' attendance and participation are based on weekly discussion and participation in class. Students are encouraged to ask pertinent questions and provide ongoing feedback to the instructor.
2. A student's participation, not only attendance, 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. **Drop deadline is March 13, 2015.** The student may drop a course using Web Advisor. It is the student's responsibility to drop from the class.
4. It will be helpful to find one study buddy who is willing to share notes and study together.
5. 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.

DICUSSION 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 until Sundays by 11:59 pm to reply or response to your classmates' answers.
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: FN40-52551 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.

SCHEDULE OF CLASSES:

<u>Week</u>	<u>Dates</u>	<u>Topics</u>	<u>Assignment</u>
1	Jan 12	Course Introduction Food Choices and Human Health	Syllabus Chapter 1
2	Jan 19	Food Choices and Human Health Understanding Nutritional Standards and Guidelines	Chapters 1-2
3	Jan 26	The Remarkable Body Review Scientific Journal Article Due	Chapter 3
4	Feb 2	Exam #1 Carbohydrates	Chapters 1-3 Chapter 4
5	Feb 9	Lipids	Chapter 5
6	Feb 16	Protein	Chapter 6
7	Feb 23	Vitamins	Chapter 7
8	Mar 2	Minerals and Water	Chapter 8
9	Mar 9	Exam #2 Energy Balance and Healthy Body Weight	Chapters 4-8 Chapter 9
10	Mar 16	Energy Balance and Healthy Body Weight Nutrition, Physical Activity, Body's Responses	Chapters 9-10
11	Mar 23	Nutrition, Physical Activity, Body's Responses Diet and Health	Chapter 10 Chapter 11
12	Mar 30	SPRING BREAK- NO CLASS	
13	Apr 6	Food Safety and Technology PERSONAL DIET ANALYSIS PAPER DUE	Chapter 12
14	Apr 13	Life Cycle Nutrition: Mother and Infant	Chapter 13
15	Apr 20	Life Cycle Nutrition: Children, Teens and elders	Chapter 14
16	Apr 27	Hunger and Global Environment	Chapter 15
17	May 4	Menu Development and Presentation via BB Collaborate	

18 May 11 **Menu Development and Presentation via BB Collaborate**

19 May 18 **Exam #3 (Final)**

Chapters 9-15

Please use the space below to record and keep track your grades/class progress.

Exam #1	
Exam #2	
Exam #3	
Scientific Journal Article Evaluation	
Personal Diet Analysis	
Menu Development	
Extra Credits	

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: Spring 2015

I, _____, acknowledge the
class policies and expectations of FN 35-55162 Nutrition and Health in accordance to
the Instructor's syllabus.

Signature: _____ Date: _____