**REEDLEY COLLEGE**

**FN 35-51047**

**Nutrition and Health**

**Spring 2016 Syllabus**

Instructor: Phoebe Weber, DCN, RD, CDE

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Email will be answered within 24-48 hours except on weekends

Location: Web-Based Course; Online Meeting(s) via Blackboard Collaborate

Semester: Spring 2016 (1/11/16-5/20/16)

Final Date: Week of May 16-20, 2016

**TEXTBOOKS, MATERIALS, EQUIPMENTS, AND RESOURCES:**

1. NUTRITION Concepts and Controversies; Sizer and Whitney, 2014,13ed. **AND** Access Code for MindTap® Nutrition. ISBN:  9781305235939

* Access code for Cengage Learning-MindTap, which goes with this course.
* Student Registration URL**:** <https://login.cengagebrain.com/course/MTPN-VCQP-5P27>

1. Other Readings as Assigned.
2. Microphones and Speaker for virtual classroom meeting(s).
3. Active SCCCD email account is required.
4. An Internet Connection (reliable connection with a backup plan in case you lose a connection). A dial up and wireless connections are NOT recommended when taking quizzes and exams online.
5. Compatible browser (Google Chrome, Firefox or Internet Explorer) with JavaScript enabled and a media player (QuickTime or Windows Media) are needed. Alternative product for a Mac should be installed if you have an Apple system.
6. Contact the Student Service Helpdesk if you need assistance at (559) 442-8240 or ext. 3261 from any campus telephone.

**COURSE DESCRIPTION:**

FN 35 Nutrition and Health is an introductory course emphasizing the basic nutrient needs of the human body. This course will examine the social, psychological, and cultural aspects that influencing food selection and health. Students will learn the physiological processes related to digestion, absorption, and metabolism of nutrients. The nutritional needs and requirements of mothers, infants, children, teens, and geriatric populations will be examined. Students will study how food choices and physical activity contribute to total well-being. This course places an emphasis on practical applications for nutrition including how to review a scientific journal article, how to analyze personal eating habits, and how to plan a healthy meal. This class is designed for students interested in health related fields and those with a general interest in nutrition. This course is not open to students with credit in FN 40 Nutrition.

**CLASS OBJECTIVES:**

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.
4. Construct a diet plan based on the concept of food group.
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 the U.S. Recommended Dietary Allowance.

**STUDENT LEARNING OUTCOMES:**

Upon completion of the course the student will be able to:

1. Describe and understand the function(s) of the six basic nutrient groups: carbohydrates, lipids, proteins, vitamins, minerals and water. Identify dietary sources of them and understand disease conditions associated with a deficiency or excess of the nutrient.
2. Use the Dietary Guidelines for Americans, the DRI, Food Guide Pyramid, Exchange List and interpretation of food labels to plan or evaluate healthy meals/foods.
3. Identify major structures and functioning of the human digestive system, describe the processes of mechanical, chemical digestion, absorption of the end products of digestion and elimination of digestive wastes.
4. Evaluate the role of nutrition and physical activity on chronic diseases.
5. Explain the importance and nature of good nutrition during pregnancy, infancy, childhood, adolescence, adulthood and older adult. Relate problems that may occur during these life stages to the nutritional status of the subject.

**CLASS ASSIGNMENTS/METHODS OF INSTRUCTION INCLUDE:**

1. Lecture with PowerPoint, Video, and Animation
2. Online quizzes and exams
3. Online discussions
4. Paper preparation feedback

**CLASS ATTENDANCE AND PARTICIPATION:**

1. Students’ attendance and participation are based on weekly online discussion and participation in class. Simply logging in to the course is not considered participation or attendance. All discussion board activity is statistically collected and evaluated by the instructor. You will be considered absent if you fail to participate in the weekly online discussions/postings, assignments, and quizzes for longer than one week. The instructor may drop students who have no participation for more than a week. It is the student’s responsibility to drop this course if participation is not longer desired. If student does not drop the course, a letter grade (A, B, C, D or F) will be received when their name remains on the roster at the end of the semester.
2. Student’s attendance and active participation are important as they help contributing quality-learning experiences. Work schedules, other course works, personal appointments, and vacations are not excuses for not participating in class.
3. It is helpful to find at least a study buddy who is willing to review class materials and study together.
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 your instructor, 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. Weekly Blackboard participation points will be based on the well thought out contribution and involvement to the subject matter.
2. Students are expected to read the text prior to participating 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’s responsibility to stay current with reading and assignments. We will cover about 1 chapter per week and a new week begins on a Monday.
3. Weekly Blackboard discussion must be posted and responded by **Fridays 11:59 pm**. All discussion threads made in discussion board should be submitted in “Assignment Dropbox” by **Sundays 11:59pm.** Each student is required to response **TWO** other classmates’ posts each week.
4. Only constructive, precise, and quality feedback toward classmates’ work is wanted. Students need to elaborate your thoughts when postings. Words such as “good job”, “good work” when providing your comment should be limited.
5. Type all words appropriately, for instance: do not use “u” when it should be “you” or “4” when it should be “for”, “idk” when it should be “I don’t know”. Restrain signs such as smiling or sad faces.

**ASSIGNMENTS:**

1. Weekly assignment (case study), weekly quiz, and exams should be completed via MindTap. All other assignments should be submitted electronically via Blackboard by Sunday midnight at 11:59 pm each week.
2. No late work will be accepted or graded. There will be no make up exams. Exams will cover information from textbook. Your instructor welcomes early work, however, students will not be permitted to take an exam before it is scheduled.
3. Make Up Work Policy
   1. When emergency situation arises, such as hospitalization of yourself or an immediate family member, make-up or late work is allowed once the emergency has been verified.
   2. Technology problems do occur occasionally; students are allowed to have ONE make up assignment up to 100 points when the technical problem is validated.
4. All assignments are graded on the following basis:
   1. Accuracy of the answer.
   2. Completeness of the assignment.
   3. Evidence of the answer.
   4. Quality in organization and clarity of the assignment.

**EMAIL:**

A SCCCD email address is required for all students. Students are required to have an active Reedley College Email account to access Blackboard. Please ensure

to include the following items when composing an Email to your instructor in order to avoid delay replying or no replying from your instructor.

* Use the **subject line** to include:
  + - Course #, your first and last name, and question you are writing about.
    - **Example: FN35 John Doe-Diet Analysis Project question**
* Use spell checker.
* Use proper grammar.

**GRADING POLICY:**

The final grade will be averaged from the scores of exams, quizzes, papers, assignments, class participation and attendance. There will be unannounced extra credit opportunities throughout the course. Students are encouraged to periodically check with the instructor concerning course progress. Final grade will be based on overall percentage as follows:

A 90-100%

B 80-89%

C 70-79%

D 60-69%

F 59% and below

**Break down of the overall points as follows:**

Two Exams (100 points each) 200 points

* + - Mid-Term
    - Final

Three Big Assignments/Projects 300 points

* + - Review Scientific Journal Article
    - Personal Diet Analysis
    - Menu Planning Assignment

Self Reflection Assessment (25 points each) 50 points

* Mid-Term Self Reflection
* Final Self Reflection

Weekly Quiz (20 points @ week) 300 points

Weekly Assignment (20 points @ week) 300 points

Weekly Bb Discussion (20 points @ week) 300 points

***Total Points 1,450 points***

**CLASS SCHEDULE AND ASSIGNMENT DUE DATES\***

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| --- | --- | --- |
| **Week** | **Topics** | **Assignment are due by 11:59pm** |
| 1 | Course Introduction/Syllabus  Ch 1: Food Choices and Human Health  1/11-1-17 | **Friday, 1/15**  Self Introduction on Bb  Weekly Bb discussion for Ch1  **Sunday, 1/17**  Submit acknowledgement statement  Complete MindTap registration  Weekly Quiz and Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb  *1/13 Wed 7:00-7:30pm Online Classroom Meeting via Blackboard Collaborate* |
| 2 | Ch 2: Nutritional Standards and Guidelines  1/18-1/24 | **Friday, 1/22**  Weekly Bb discussion for Ch 2  **Sunday, 1/24**  Weekly Quiz and Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb |
| 3 | Ch 3: Remarkable Body  1/25-1/31 | **Friday, 1/29**  Weekly Bb discussion for Ch 3  **Sunday, 1/31**  Weekly Quiz and Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb  Review Scientific Journal Article Due |
| 4 | Ch 4: Carbohydrates  2/1-2/7 | **Friday, 2/5**  Weekly Bb discussion for Ch 4  **Sunday, 2/7**  Weekly Quiz and Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb |
| 5 | Ch 5: Lipids  2/8-2/14 | **Friday, 2/12**  Weekly Bb discussion for Ch 5  **Sunday, 2/14**  Weekly Quiz and Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb |
| 6 | Ch 6: Protein  2/15-2/21 | **Friday, 2/19**  Weekly Bb discussion for Ch 6  **Sunday, 2/21**  Weekly Quiz and Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb |
| 7 | Ch 7: Vitamins- Water Soluble  2/22-2/28 | **Friday, 2/26**  Weekly Bb discussion for Ch 7  **Sunday, 2/28**  Weekly Quiz and Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb  *Online meeting via Blackboard Collaborate Date and Time TBA* |
| 8 | Ch 7: Vitamins- Fat Soluble  2/29-3/6 | **Friday, 3/4**  Weekly Bb discussion for Ch 7  **Sunday, 3/6**  Weekly Quiz and Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb  Mid-term Self Reflection Assessment  **Mid-Term Exam (Chapters 1-7)** |
| 9 | Ch 8: Minerals and Water  3/7-3/13 | **Friday, 3/11**  Weekly Bb discussion for Ch 8  **Sunday, 3/13**  Weekly Quiz and Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb  Personal Diet Analysis Steps 1-3 |
| 10 | Ch 9: Energy Balance and Healthy Body Weight  3/14-3/20 | **Friday, 3/18**  Weekly Bb discussion for Ch 9  **Sunday, 3/20**  Weekly Quiz and Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb  Personal Diet Analysis Steps 4-5 |
| 11 | **3/21-3/27** | **Spring Recess- No Class** |
| 12 | Ch 10: Nutrition, Physical Activity and Body’s Responses  3/28-4/3 | **Friday, 4/1**  Weekly Bb discussion for Ch 10  **Sunday, 4/3**  Weekly Quiz and Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb  Personal Diet Analysis Steps 1-6 Due |
| 13 | Ch 11: Diet and Health  4/4-4/10 | **Friday, 4/8**  Weekly Bb discussion for Ch 11  **Sunday, 4/10**  Weekly Quiz and Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb |
| 14 | Ch 13: Life Cycle Nutrition: Mother and Infant  4/11-4-17 | **Friday, 4/15**  Weekly Bb discussion for Ch 13  **Sunday,4/17**  Weekly Quiz and Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb |
| 15 | Ch 14: Life Cycle Nutrition- Children, Teens and Elders  4/18-4/24 | **Friday, 4/22**  Weekly Bb discussion for Ch 14  **Sunday, 4/24**  Weekly Quiz and Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb |
| 16 | Ch 12: Food Technology and Safety  4/25-5/1 | **Friday, 4/29**  Weekly discussion for Ch 12  **Sunday, 5/1**  Weekly Quiz and Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb  Menu Planning Assignment Due |
| 17 | Ch 15: Hunger and Global Environment  5/2-5/8 | **Friday, 5/6**  Weekly discussion for Ch 15  **Sunday, 5/8**  Weekly Quiz and Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb |
| 18 | Course Review &  Catch Up Work  5/8-5/15 | Final Self Reflection Assessment |
| 19 | **FINAL WEEK**  **5/16-5/17** | **FINAL EXAM (Chapters 8-15)** |

**\* Tentative schedule only, may subject to change**

**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.

**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

**ACKNOWLEDGEMENT**

Semester/Year: Spring 2016

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, acknowledge the

class policies and expectations of FN 35-51047 Nutrition and Health in accordance to the Instructor’s syllabus.

Signature: Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_