

REEDLEY COLLEGE
FN 35-51153
Nutrition and Health
Spring 2017 Syllabus

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

Location: Web-Based Course

Semester: Spring 2017

Final Date: Week of May 19, 2017

TEXTBOOKS, MATERIALS, EQUIPMENTS, AND RESOURCES:

1. Bundle: Nutrition: Concepts and Controversies, Loose-leaf Version, 14th + LMS Integrated for MindTap Nutrition, 1 term (6 months) Printed Access Card. ISBN: 9781337127547.
2. Other Readings as Assigned.
3. Active SCCCD email account is required.
4. A reliable computer and an Internet connection (reliable connection with a backup plan in case you lose a connection) is needed. 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.
7. Contact the Cengage Learning Customer Support if experience product issues at 1-800-354-9706.

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
5. Group Discussions

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 no 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/connect 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.

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 or two chapters in some weeks.
2. Weekly assignment (case study), weekly quiz, and exams should be completed via MindTap. All other assignments should be submitted electronically via Canvas by Thursday before midnight each week.
3. Exams will cover information from textbook. There will be no make-up exams. Students will not be permitted to take an exam before it is scheduled.

DICUSSION FORUM:

1. Students must complete their weekly discussion question(s) by 11:59 pm on **Wednesdays**, although students are encouraged to make their entries on the discussion board sooner. Each student is required to respond or comment on **TWO** other classmates' posts by 11:59pm on **Thursdays**.
2. Respect your classmates' viewpoints when providing comment and feedback on the discussion board at all times.
3. Constructive, precise, and quality feedback toward classmates' work is highly encouraged. Your weekly discussion points will be based on the well thought out contributions and involvement on the discussion questions, completeness and quality of the answers to the questions.
4. Restrain words and/or signs such as "lol" and smiling or sad faces. Please limit words such as "good job" or "good work". Students need to elaborate your thoughts when posting.
5. Type all words appropriately, for instance: do not use "u" when it should be "you", "idk" when it should be "I don't know", or "4" when it should be "for".

MAKE-UP WORK POLICY:

***No late work will be accepted or graded**

1. Technology problems occur occasionally; students are allowed to have make-up assignment only when technical problem is verified.
2. Emergency situation arises sometimes; students are allowed to have make-up assignment only when **verification is presented**.
3. There will be **NO** make-up exams. Students will not be permitted to take an exam before it is scheduled.

EMAIL COMMUNICATION:

A SCCCD email address is required for all students. Students are required to have an active Reedley College Email account and access to Canvas. To avoid delay replying or no replying from your instructor, be sure to include the following items when composing an Email to your instructor:

- Use **subject line** to include:
 - Course #, your first and last name, and question you are writing about.
 - **Example: FN40 John Doe-Diet Analysis Project question**
- Use spell checker and proper grammar.

GRADING POLICY:

The final grade will be averaged from the scores of exams, quizzes, papers, assignments, class participation and attendance. 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 @)	200 points
▪ Mid-Term	
▪ Final	
Three Major Assignments (100 points @)	300 points
▪ Review Scientific Journal Article	
▪ Personal Diet Analysis	
▪ Menu Planning Assignment	
Self-Reflection Assessment (20 points each)	40 points
• Mid Term Self-Reflection	
• Final Self-Reflection	
Weekly Quiz (8 points @ week)	120 points
Quiz= Post Learning Assessment in MindTap	
Weekly Assignment (15 points @ week)	225 points
Assignment = Case Study in MindTap	
Weekly Discussion (10 points @ week)	<u>150 points</u>
Total Points	1,035 points

CLASS SCHEDULE AND ASSIGNMENT DUE DATES*

Week	Topics	Readings/Discussions/Assignments/Quizzes/Exams
1	Course Introduction/Syllabus Ch1 Food Choice and Human Health 1/9-1/13	<ul style="list-style-type: none"> • Canvas tutorials • Complete RC Student Online Orientation • Submit Acknowledgement Statement • Complete MindTap Registration • Self-Introduction • Read Chapters 1 • Weekly Discussion on Ch1 • Weekly Quiz and Weekly Assignment on Ch 1 in MindTap
2	Ch 11: Diet and Health 1/16-1/20	<ul style="list-style-type: none"> • Read Chapters 11 • Weekly Discussion on Ch 11 • Weekly Quiz and Assignment on Ch 11 in MindTap
3	Ch 2: Nutrition Tools: Standards and Guidelines 1/23-1/27	<ul style="list-style-type: none"> • Read Ch 2 • Weekly Discussion for Ch 2 • Weekly Quiz and Assignment in MindTap • Review Scientific Journal Article Due
4	Ch 3: Remarkable Body 1/30-2/3	<ul style="list-style-type: none"> • Read Ch 3 • Weekly Discussion for Ch 3 • Weekly Quiz and Assignment in MindTap • Personal Diet Analysis Steps 1-3 (not due)
5	Ch 4: Carbohydrates 2/6-2/10	<ul style="list-style-type: none"> • Read Ch 4 • Weekly Discussion for Ch 4 • Weekly Quiz and Assignment in MindTap • Personal Diet Analysis Steps 4-5 (not due)
6	Ch 5: Lipids 2/13-2/17	<ul style="list-style-type: none"> • Read Ch 5 • Weekly Discussion for Ch 5 • Weekly Quiz and Assignment in MindTap • Personal Diet Analysis Steps 1-6 Due
7	Ch 6: Protein 2/20-2/24	<ul style="list-style-type: none"> • Read Ch 6 • Weekly Discussion for Ch 6 • Weekly Quiz and Assignment in MindTap
8	Ch 7: Vitamins- Water Soluble & Fat Soluble 2/27-3/3	<ul style="list-style-type: none"> • Read Ch 7 • Weekly Discussion for Ch 7 • Weekly Quiz and Assignment in MindTap

9	3/6-3/10	<ul style="list-style-type: none"> • Course Review • Mid-Term Exam (Chs1-7)
10	Ch 8: Minerals and Water 3/13-3/17	<ul style="list-style-type: none"> • Read Ch 8 • Weekly Discussion for Ch 8 • Weekly Quiz and Assignment in MindTap • Mid Term Self-Reflection Assessment
11	Ch 9: Energy Balance and Healthy Body Weight 3/20-/24	<ul style="list-style-type: none"> • Read Ch 9 • Weekly Discussion for Ch 9 • Weekly Quiz and Assignment in MindTap
12	Ch 10: Performance Nutrition 3/27-3/31	<ul style="list-style-type: none"> • Read Ch 10 • Weekly Discussion for Ch 10 • Weekly Quiz and Assignment in MindTap
13	Ch 13: Life Cycle Nutrition: Mother and Infant 4/3-4/7	<ul style="list-style-type: none"> • Reach Ch 13 • Weekly Discussion for Ch 13 • Weekly Quiz and Assignment in MindTap
14	4/10-4/14	Spring Break- No Class
15	Ch 14: Life Cycle Nutrition-Child, Teen, Older Adult 4/17-4/21	<ul style="list-style-type: none"> • Read Ch 14 • Weekly Discussion for Ch 14 • Weekly Quiz and Assignment in MindTap • Menu Planning Assignment Due
16	Ch 12: Food Safety and Technology 4/24-4/28	<ul style="list-style-type: none"> • Read Ch 12 • Weekly Discussion for Ch 12 • Weekly Quiz and Assignment in MindTap
17	Ch 15: Hunger and Future of Food 5/1-5/5	<ul style="list-style-type: none"> • Read Ch 15 • Weekly discussion for Ch 15 • Weekly Quiz and Assignment in MindTap
18	5/8-5/12	<ul style="list-style-type: none"> • Course Review • Final Self-Reflection Assessment
19	Final Week 5/15-5/19	<ul style="list-style-type: none"> • FINAL EXAM (Chapters 8-15) • 5/15-5/16

* Tentative schedule only, may subject to change

** **Weekly discussion question(s) are due by 11:59 pm on Wednesdays. Two responses to classmates are due by 11:59 pm on Thursdays.**

*** Weekly assignment and quiz are due by 11:59 pm on **Fridays**.

FINAL COMMENT:

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.

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 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.

ACKNOWLEDGEMENT

Semester/Year: Spring 2017

I, _____, acknowledge the
class policies and expectations of FN 35-51153 Nutrition and Health in accordance to
the Instructor's syllabus.

Signature: _____ Date: _____