

REEDLEY COLLEGE
FN 35-57042
Nutrition and Health
Spring 2019 Syllabus

Instructor: Phoebe Weber, DCN, RD, CDE

Contact: Phoebe.weber@reedleycollege.edu
Email will be answered within 24-48 hours except on weekends

Location: Web-Based Course

Semester: Spring 2019 (1/14/2019- 5/24/2019)

Final Date: Week of May 20, 2019

TEXTBOOKS, MATERIALS, EQUIPMENTS, AND RESOURCES:

1. Bundle: Nutrition: Concepts and Controversies, Loose-leaf Version, 14th edition bySizer/Whitney + LMS Integrated for MindTap Nutrition, 1 term (6 months) Printed Access Card. **ISBN: 9781337127547.**

**** Older editions of this textbook or MindTap are not approved, nor recommended**

MindTap access code includes the e-textbook; students are not required to purchase a textbook if you read e-text efficiently and comfortably. Obtaining MindTap access code is mandatory and is required for the first week of class. You are responsible for all assigned work even if you have not obtained your MindTap access code, therefore, it is suggested to obtain that before quizzes and assignments are due. Not having the MindTap access is not an excuse for not completing assigned course work.

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:

Upon completion of the course, the 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.
4. Construct a diet plan based on the concept of food group.
5. Identify the major functions of macronutrients, micronutrients, 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, MyPlate, 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:

1. Student's attendance and active participation are important as they help contributing quality-learning experiences. Work schedules, other course works, personal appointments, wedding, and vacations are not excuses for not participating in class.
2. Students' attendance and participation are based on weekly online discussion and participation in class. 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.**
3. Simply logging in to the course is NOT considered attendance. Ultimately, it is the student's responsibility to drop this course if they no longer want to participate. If the student does not drop the course and their name remains on the roster at the end of the course, they will receive a letter grade (A, B, C, D or F).
4. It is helpful to find/connect at least a study buddy who is willing to review class

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. We will cover a chapter per week. It is the student responsibility to stay current with reading, notes, and assignments.
2. Weekly video quiz, case study, and post learning assessment in MindTap should be completed before midnight on **Fridays** each week.
3. Exams will cover information from textbook. There will be **NO** make-up exams.

PARTICIPATION ON DISCUSSION BOARD (Db):

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 11:59 pm on **Fridays**. Students may choose to answer the weekly questions and make two responses to fellow classmates' posts on Wednesdays or earlier if other students submitted work discussion board.
2. A total of **10 points** can be earned on each week discussion; points are honored based on quality of the answers and responses made, timeliness of answers and responses posted. Generally speaking, 5 points are given to discussion answers and the other 5 points are given to the two responses generated on Db. **No points will be given when student response to posting that has less than 30 words.**
3. Respect your classmates' viewpoints when providing comment and feedback on the discussion board at all times. Your weekly discussion points will be based on the well thought out contributions and involvement on the discussion board.
4. 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.
5. 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.
6. Type all words appropriately, for instance: do not use "u" when it should be "you" or "4" when it should be "for".

MAKE-UP WORK POLICY:

1. Technology problems occur occasionally; students are allowed to have make-up assignment only when technical problem is verified. Take a screen shot of your computer for proof if needed!
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. **No Late work will be graded!**

GRADING POLICY:

The final grade will be averaged from the scores of exams, quizzes, papers, assignments, class participation and attendance. Students are recommended to monitor class performance by checking gradebook in Canvas periodically. The 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 @ exam)	200 points
• Mid-Term	
• Final Exam	
Three Major Assignments (100 points @ assignment)	300 points
• Review Scientific Journal Article	
• Personal Diet Analysis	
• Menu Planning Assignment	
Weekly Discussion (10 points @ chapter)	150 points
Weekly Case Study (8 points @ chapter)	120 points
Weekly Video Quiz (10 points @ chapter)	150 points
Weekly Post Learning Assessment (15 points @ chapter)	225 points
<u>Mid-Term and Final Assessments (20 points @ assessment)</u>	<u>40 points</u>

Total Points

1185 Points

CLASS SCHEDULE AND ASSIGNMENT DUE DATES*

Week	Topics	Assignments/Readings/Discussion**
1 1/14-1/20	Course Introduction/Syllabus Ch 1: Food Choices and Human Health	<ul style="list-style-type: none"> • Canvas Tutorials • Complete RC Student Online Orientation • Submit Acknowledgement Statement • Complete Mind Tap Registration • Self-Introduction • Read Ch 1 • Weekly Discussion on Ch 1 • Weekly case study/video quiz/post learning assessment on Ch 1
2 1/21-1/27	Ch 2: Nutrition Tools: Standards and Guidelines	<ul style="list-style-type: none"> • Read Ch 2 • Weekly Discussion for Ch 2 • Weekly case study/video quiz/post learning assessment on Ch 2 • Review Scientific Journal Article Due on 1/27
3 1/28-2/3	Ch 3: Remarkable Body	<ul style="list-style-type: none"> • Read Ch 3 • Weekly Discussion for Ch 3 • Weekly case study/video quiz/post learning assessment on Ch 3
4 2/4-2/10	Ch 4: Carbohydrates	<ul style="list-style-type: none"> • Read Ch 4 • Weekly Discussion for Ch 4 • Weekly case study/video quiz/post learning assessment on Ch 4
5 2/11-2/17	Ch 5: Lipids	<ul style="list-style-type: none"> • Read Ch 5 • Weekly Discussion for Ch 5 • Weekly case study/video quiz/post learning assessment on Ch 5 • Personal Diet Analysis Part 1 and Part 2 (Nothing Due)
6 2/18-2/24	Ch 6: Protein	<ul style="list-style-type: none"> • Read Ch 6 • Weekly Discussion for Ch 6 • Weekly case study/video quiz/post learning assessment on Ch 6 • Personal Diet Analysis Steps Due on 2/24
7 2/25-3/3	Ch 7: Vitamins- Water Soluble & Fat Soluble	<ul style="list-style-type: none"> • Read Ch 7 • Weekly Discussion for Ch 7 • Weekly case study/video quiz/post learning assessment on Ch 7
8 3/4-3/10	Mid-Term Exam	<ul style="list-style-type: none"> • Mid-Term Self-Reflection Assessment Due on 3/10 • Exam #1 (Chapters 1-7): Available 3/2-3/10

9 3/11-3/17	Ch 8: Minerals and Water	<ul style="list-style-type: none"> • Read Ch 8 • Weekly Discussion for Ch 8 • Weekly case study/video quiz/post learning assessment
10 3/18-3/24	Ch 9: Energy Balance and Healthy Body Weight	<ul style="list-style-type: none"> • Read Ch 9 • Weekly Discussion for Ch 9 • Weekly case study/video quiz/post learning assessment
11 3/25-3/31	Ch 10: Performance Nutrition	<ul style="list-style-type: none"> • Read Ch 10 • Weekly Discussion for Ch 10 • Weekly case study/video quiz/post learning assessment
12 4/1-4/7	Ch 11: Diet and Health	<ul style="list-style-type: none"> • Read Ch 11 • Weekly Discussion for Ch 11 • Weekly case study/quiz/post learning assessment on Ch 11
13 4/8-4/14	Ch 13: Life Cycle Nutrition: Mother and Infant	<ul style="list-style-type: none"> • Read Ch 13 • Weekly Discussion for Ch • Weekly case study/video quiz/post learning assessment • Last Day to Withdraw with a "W"
14 4/15-4/21	No Class	Spring Break
15 4/22-4/28	Ch 14: Life Cycle Nutrition- Children, Teens and Elders	<ul style="list-style-type: none"> • Read Ch 14 • Weekly Discussion for Ch 14 • Weekly case study/video quiz/post learning assessment • Menu Planning Assignment Due on 4/28
16 4/29-5/5	Ch 12: Food Technology and Safety	<ul style="list-style-type: none"> • Read Ch 12 • Weekly Discussion for Ch 12 • Weekly case study/video quiz/post learning assessment
17 5/6-5/12	Ch 15: Hunger and Future of Food	<ul style="list-style-type: none"> • Read Ch 15 • Weekly discussion for Ch 15 • Weekly case study/video quiz/post learning assessment
18 5/13-5/19	Review Course	<ul style="list-style-type: none"> • Course Review/ Study Finals • Final Self-Reflection Assessment
19 5/20-5/24	Final Week	<ul style="list-style-type: none"> • FINAL EXAM (Chapters 8-15) • 5/21-5/22 by NOON

*Tentative schedule only, may subject to change.

**** SPECIAL NOTE:**

1. Weekly discussion answer(s) are due by 11:59 pm on **Wednesdays** and response classmates' posts by 11:59 pm on **Fridays**.
2. Weekly case study, quiz, and post learning assessment are due by 11:59 pm on **Fridays**.

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: FN 35-57042 John Doe-Diet Analysis Project question**

ACCOMMODATIONS:

If you have a verified need for an academic accommodation or materials in alternate media (i.e. Braille, large print, electronic Text, etc.) per the Americans with Disabilities Act please contact your instructor at phoebe.weber@reedleycollege.edu as soon as possible.

COMPUTER AND NETWORK USE POLICY LINK:

In an online class, your first line of communication is your instructor. Keep in mind that your instructor is **not** there to assist with technical issues, such as your browser, connection to the Internet, or other computer settings, please contact Student Help Desk at (559) 499-6070. If you are having difficulties using the Canvas system, please contact the Reedley College Canvas Support at (844) 629-6837.

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.

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.

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.

