

Nutrition 10 Online

Syllabus – Fall 2017



INSTRUCTOR

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Office hours: online Tuesday & Thursday 8:00-10:00 pm

COURSE DESCRIPTION

Physiological, psychological and practical aspects of obtaining a healthy diet. Relationship of nutrients to health and well being. Evaluation of current nutritional issues and controversies.

PREREQUISITES

English Writing 100B and Reading 91 or 100 or English as a Second Language 24 or 72 and Mathematics 200 are advised. It is expected that you can do simple math problems, including those that use percentages and ratios.

STUDENT LEARNING OBJECTIVES

- Evaluate a meal plan or a diet for meeting the criteria of a “Healthy Diet”
- Evaluate nutrition claims about a dietary supplement, food, or diet for accuracy and health-enhancing potential.

REQUIRED MATERIALS

- Textbook: *Discovering Nutrition* by Insel, Ross, McMahon, and Bernstein, 5th edition, 2016.
- Textbook: *Secrets of Feeding a Healthy Family* by Ellyn Satter, 2nd edition, 2008.
- Access to the Internet (Available in the Open Media Lab with a DASB card).

CLASS COMMUNICATION

- I will be using Canvas to make announcements and distribute course materials. It is your responsibility to check frequently.
- I am available through Canvas and by email. I do check email and messages often, but do not expect an immediate response. During office hours I will be available to respond to messages and email quickly. If your question is of general interest I may respond to the whole class through Canvas.

STUDENTS WITH DISABILITIES

- All accommodations for students with disabilities will be handled through Disability Support Services.
<http://www.deanza.edu/dss/>

ASSIGNMENTS

- Assignments include chapter activities, the Diet Analysis assignments, and the You and Your Eating assignment. Specific instructions for the activities and assignments can be found on Canvas.
- Chapter Activities will be available for one week before the due date.
- Chapter Activities are due Mondays at 3:00 pm. Check the calendar for specific dates.
- The Diet Analysis assignments and You and Your Eating assignment are due on Wednesdays at 3:00 pm. Check the calendar for specific dates.
- Late assignments and activities will be accepted up to one week late with a 20% penalty. To be fair to all students, the late penalty will apply to all unfortunate and unpredictable circumstances.

EXAMS

- There are six exams during the quarter. The first 5 exams are chapter exams that cover material from 2-4 chapters each. The last exam is a comprehensive exam that includes material from the entire quarter.
- Exams 1-5 will be available for 24 hours on Wednesdays. The final exam will be available Wednesday through Friday at 5:00 pm of finals week.
- Each exam has 25 questions and is timed. You will have 30 minutes to complete the exam from the time you start. You may not retake the exams, so be prepared, allow yourself enough time, and make sure that you have a reliable internet connection.
- Exam questions are primarily multiple choice or True/False. Questions are drawn from a series of questions I have written so you will not have the same exam as your classmates.
- Exams are open book. You may refer to your text and other course materials, but remember that time is limited.
- Each exam emphasizes the new material but builds on material in previous exams.
- I will include your highest 5 exams scores in your final grade and drop your lowest exam score. If you miss an exam for any reason, that will be the score that is dropped. There are no late exams. If you miss more than one exam for any reason, one missed exam will be dropped and you will earn 0 points for the other missed exam(s).

EXTRA CREDIT

Extra credit is not available in this section of Nutrition 10.

LETTER GRADES

These letter grade cut offs are approximate.

At any time you can access Canvas to see your scores for exams and assignments.

A = 93-100% of total	B = 83%	C = 70%	D- = 60%
A- = 90%	B- = 80%	D+ = 67%	F = < 60%
B+ = 87%	C+ = 77%	D = 63%	

CLASS PARTICIPATION

- For a face to face class, attending class is essential for doing well in this course. The same is true for online classes. Even though we do not meet together, you will need to regularly participate in order to learn most effectively. It is essential that you read and study regularly and keep up with the activities and assignments. The flexibility of online classes can make it challenging to set aside time to do the work. Treat this class like a face to face class and set aside time each week to complete your work.
- There are no on-campus class meetings or exams.
- All students must complete the introduction and online orientation. If you do not complete the introduction and orientation activities by the first Friday of the quarter I will drop you from the course for nonparticipation.
- If you wish to drop this class, it is *your* responsibility to do so. Not doing so may result in your receiving an “F” grade. Be aware of the last day to drop with a “W”.

CLASS CONDUCT

- In this class you will be interacting with other students online. Remember to be respectful of the ideas and opinions of others and keep all conversations G-rated.
- Inappropriate comments or responses will be blocked and not receive credit.

ACADEMIC INTEGRITY

- It is a violation of the Academic Honor Code for you to represent someone else’s work as your own. This includes copying in part or whole someone else’s test or assignment and using any unauthorized materials or equipment during exams. Any appearance of cheating is considered cheating.

- While the learning that comes with studying together is valuable, homework assignments that you submit must be entirely your own work. It is also a serious violation for you to assist other students in dishonest behavior such as allowing them to copy your work.
- See the Student Handbook for more information. <http://www.deanza.edu/studenthandbook/>

UNFAMILIAR FOODS

If you don't know what any food is that is mentioned in Nutr 10, it is your responsibility to find out. The exams assume a certain basic knowledge of foods commonly eaten in the US.

KNOW THESE UNIT EQUIVALENTS AND BE ABLE TO USE THEM

Nuts cereal or granola = $\frac{1}{4}$ c

1 oz flaky or puffy cereal $\approx \frac{3}{4}$ - 1 c

4 c = 1 quart (qt)

3 teaspoons (tsp, or t) = 1 tablespoon (Tbsp, or T)

4 tablespoons = $\frac{1}{4}$ cup

Measurements of weight:

1 ounce (oz) = 28.35 g Measurements of volume:

1 cup (c) = 8 fluid ounces (oz). This applies only to liquids.

For solid foods the volume per ounce depends on the density of the food.

Eg. 1 oz Grape

16 oz = 1 pound (lb)

2.2 lb = 1 kilogram (kg)

1 g = 1000 milligrams (mg) = 1,000,000 micrograms (μg or mcg)

SUMMARY OF GRADES

CATEGORY	POINTS POSSIBLE
Introduction & Orientation	10
Chapter activities: 13 chapters, multiple activities per chapter. The number of activities varies each quarter	Approximately 200
You and Your Eating assignment	40
Diet Analysis Assignment: Food Records and SuperTracker printouts Food group and habits analysis Calories and Nutrients analysis	(total 110) 30 40 40
Exams: 5 x 75 points each 5 chapter exams 1 final exam Drop the lowest score	375
Extra credit - none	X
TOTAL (this number may change depending on the number of class activities during the quarter)	735



Nutrition 10 Online Calendar of Due Dates FALL - 2017					
	Monday Activities due at 3:00	Tuesday	Wednesday Assignments due at 3:00 Exams open at 12:00 am and are due at midnight	Thursday	Friday
Week 1 Sept 25-29					Introduction & Orientation due at 3:00
Week 2 Oct 2-5	Chapter 1 Nutrients				
Week 3 Oct 9-13	Chapter 2 Nutrient Guidelines		Diet analysis 1 – Food records and Online analysis due		
Week 4 Oct 16-20	Chapter 3 Physiology		Exam 1 – Ch 1, 2, 3		
Week 5 Oct 23-27	Chapter 4 Carbohydrates & Diabetes		Diet analysis 2 – Food group and habits analysis due		
Week 6 Oct 30-Nov 3	Chapter 5 Lipids & Heart disease		Exam 2 – Ch 4, 5		
Week 7 Nov 6-10	Chapter 6 Protein				Holiday
Week 8 Nov 13-17	Chapter 7 Vitamins & Supplements		Exam 3 – Ch 6, 7		
Week 9 Nov 20-24	Chapter 8 Minerals		You and your eating assignment due	Holiday	Holiday
Week 10 Nov 27-Dec 1	Energy metabolism and Energy balance		Exam 4 – Ch 8, energy		
Week 11 Dec 4-8	Chapter 9 Sports nutrition & Cancer		Diet analysis 3 – Calories and nutrient analysis due		
Finals Week Dec 11-15	Chapter 11 Maternal & infant nutrition Chapter 13 Food Safety		Exam 5 – Ch 9, cancer, 11, 13 Exam 6 opens		Exam 6 closes 5:00 pm