

Nutrition 10 Contemporary Nutrition

Contemporary Nutrition: NUTR-010-.66Z, CRN 01439, 4.0 Units
Spring, 2017

Instructor: Barbara Liechty

Searchable Schedule of Classes: <http://www.deanza.edu/schedule/>

Academic Calendar: <http://www.deanza.edu/calendar/>

COURSE DESCRIPTION (College Catalog)

An introductory course on human nutrition designed for students wanting practical information. Physiological, psychological and economic aspects of obtaining an adequate diet through the life cycle. Relationship of nutrients to health and physical fitness. Evaluation of current nutritional issues and controversies.



This class does NOT satisfy the nutrition requirement for De Anza College RN Nursing program. This class may satisfy the nutrition requirement for other nursing schools. Check with an academic advisor at the school to which you are applying.

ONLINE CONSIDERATIONS

- This section of Nutrition 10 is an online course administered using Catalyst. All work, testing, and communication will be completed online. There will be no on-campus meetings. Students must feel comfortable learning independently and communicating online. Students must be disciplined and responsible.
- Catalyst will be used to administer exams and for all course work and responsibilities, including office hours. If you do not have easy, reliable access to a computer with high speed internet and a current version of MS Word, are not comfortable testing online, using a course management system, learning independently, or communicating online, consider taking an on-campus class.
- Student Success in this class requires **TIME**. Be prepared to spend at least 12 hours a week using and studying the course materials. *Time Management skills are essential for staying on top of the material.* Evaluate your priorities. Do not attempt to take this class if you are stretched too thin this quarter. Be realistic as to what you can accomplish with what time and energy you have to give to this class. There are no shortcuts to learning and mastering content.
- **Online Tutoring with Smarthinking** is available to all De Anza students. Login to MyPortal and go to the Students tab to find the Smarthinking link. The De

Anza [Student Success Center](#) on campus supports learning by providing individual and group tutoring on a variety of subjects. Contact them to discuss your individual needs.

PREREQUISITES

Eligibility for EWRT 1A or ESL 5, and eligibility for MATH 101 is advised.

NOTE TO STUDENTS WITH DISABILITIES

If you have a disability-related need for reasonable academic accommodations or services in this course, it is your responsibility to provide the course instructor with documentation from Disability Support Services (DSS) or the Educational Diagnostic Center (EDC). Students are expected to provide the documentation at the beginning of the term. Students with disabilities must meet with their DSS counselor or EDC advisor.

For further information, contact:

- Website: <http://www.deanza.edu/dsps/>
- Disability Support Services 408-864-8753
- TTY number: 408-864-5650 or Relay System call 711
- Educational Diagnostic Center 408-864-8839

INSTRUCTOR INFORMATION: BARBARA LIECHTY

Barbara Liechty received her MPH in Community Health Education from San Jose State University and BS in Public and Community Health Education from the Arizona State University. Barbara is particularly interested in personal health and fitness, behavior change, community organizing, and political action. She has been an instructor at De Anza College for over twenty years.

- Office Hours: On-line utilizing the Catalyst instructor-student email tool, Messages. Mondays, 11:00 AM - 12:00/Noon.
- Catalyst: <https://catalyst.deanza.edu/>
- E-mail: liechtybarbara@fhda.edu (use Messages in Catalyst once the class begins)
- Website (under construction): <http://faculty.deanza.fhda.edu/liechtybarbara/>

PURCHASE COURSE MATERIALS

De Anza College Bookstore - Purchase textbooks online at

<http://books.deanza.edu/home.aspx>

Phone: General Information/408-864-8701; Textbook Information/408-864-8455



- Nutrition An Applied Approach, Thompson, Janice, **Fourth Edition (required)**.
- **Nutrition 10 does NOT require an access code.** The class will be conducted in Catalyst.
- The DAC campus bookstore and Premier Off Campus bookstore at the Oaks Shopping Center both have the correct textbook. If you buy the textbook online, be certain you

purchase the correct edition of the text. Study tools match the text edition.

GETTING STARTED and REQUIREMENTS

- The class schedule, dates and deadlines, assigned reading, and study and work instructions, etc are detailed on the course calendar in the Catalyst course site. Use the calendar to stay current.
- There will be no campus meetings for Nutrition 10. **To demonstrate your intent to maintain your enrollment (to not be dropped as a 'no show'), students must logon to our Catalyst course site by Wednesday, April 12, 5:00 PM. When you logon to Catalyst you must click the class link and click into the course to be recorded in the class. No exceptions.** Catalyst records student activity in the course site. The instructor will monitor the site and will drop as 'no shows' students who have not logged on by the date and time above. Dropping 'no show' students is enforced College policy.
- Review the Online Education Center [Student Orientation](#). This is a new and comprehensive orientation to De Anza College, online learning at De Anza, and resources available to online students.
- Students enrolled for the first time in an online class that uses Catalyst, De Anza's e-classroom software, are invited to attend either of two optional, face-to-face Catalyst orientation sessions the first week of classes: **Monday, April 10, 4:00-5:00 PM, MLC 255 or Friday, April 14, 9:00-10:00 AM, MLC 255**. The two sessions are identical, and no reservation is required. This orientation is sponsored by the Online Learning Center.
- If you cannot make it to the on-campus Catalyst orientation sessions and are new to Catalyst, you are encouraged to review the Catalyst [First Time User Guides](#). Knowing how to navigate, upload, communicate, test, etc in Catalyst is your responsibility.

Be prepared to spend a **minimum of 12 hours per week** reading, using, and studying course materials. More time may be necessary depending on English skills, study skills, and/or science background. The term will pass quickly so plan your time accordingly.

- Nutrition 10 **requires** that all enrolled students have easy, reliable access to an up-to-date computer and high speed internet that will allow access to Catalyst. Minimum System Requirements Include: current version of MS Word, Firefox (required for testing), Shockwave, Flash, and QuickTime.



- Study the fifteen chapters of the textbook and accompanying In Depth sections using the study tools and resources in the textbook and on Catalyst.
- Complete homework and quizzes for evaluation as assigned.
- Take the three scheduled examinations on Catalyst.
- Participate in on-line class learning opportunities.

STUDENT LEARNING OUTCOMES

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

COURSE OBJECTIVES

- Distinguish between reliable nutrition information and popular claims.
- Explain criteria of a 'healthy diet'; psychological, cultural and economic influences on the implementation of a healthy diet.
- Describe the general physiological principles of nutrition.
- Outline the concept of energy balance; its relationship to body weight.
- Evaluate the role of diet on fitness, health and chronic diseases throughout the life cycle.
- Outline the major functions of the nutrients; identify food sources of the macronutrients and micronutrients; evaluate the choices based on psychological, cultural and economic considerations.
- Critically evaluate contemporary nutritional issues and apply to personal attitudes and food choices.

UNIFORMLY ENFORCED COURSE POLICIES

- Nutrition 10 is a **completely online course that requires students to take responsibility for their learning**. Learning in this online class is considerably more autonomous than in a class taken on campus. The instructor does not meet in-person with students, there are no on-campus meetings, and there is no exception to either. The class meets the traditional office hour requirement by using the Catalyst communication tool, Messages. All course communication must be sent in Catalyst using the Catalyst communication tool, Messages.
- It is the **student's responsibility to know and abide by all College and class dates and deadlines**. This includes course dates and deadlines for quizzes, exams, and assignments (see class calendar in Catalyst) and the College enforced dates and deadlines (see academic calendar). Maintaining enrollment or dropping in accordance with posted dates is a student's responsibility.
- **Each student's first and last name on the class list (roster) must be the same first and last name in Catalyst**. If you use a name other than the name that the College has on record (on the class list), College policy requires you to document the 'preferred' name. Go to Admissions and Records to complete the paperwork so the preferred name becomes an official part of your record. If you change your name legally (marriage, for instance), please change your name with the College and notify your instructor.
- **Exams and quizzes must be taken when scheduled on the course calendar in Catalyst**. Students must allocate time to complete Nutrition 10 course work. Employment, your other class commitments, vacation, personal obligations, etc are not valid reasons for missing an exam or quiz. A missed exam or quiz, for whatever reason, can be made up only with approved documentation for the entire testing period. An emergency or any type of urgent situation must be documented. No exceptions.

- The instructor is responsible for the integrity of all assessment tools. **To discuss a specific question on an assessment, notify the instructor** using the Catalyst communication tool, Messages, so your concern can be addressed individually.
- Students are encouraged to participate and communicate. **All students must practice professional behavior when communicating.** The College defines unprofessional behavior as Disruptive Behavior in the following way: (1) is disrespectful, offensive, and/or threatening; (2) interferes with the learning activities of other students; (3) impedes the delivery of college services; and/or (4) has a negative impact in any learning environment. Disruptive behavior includes physically or verbally harassing, threatening, or abusing or acting abusively toward an instructor, staff member, or student in any activity authorized by the College. Refer to Calif. Ed. Code, Section 66300 Student Code of Conduct.
- **Students are also required to comply with all rules and regulations as outlined in the Biological, Health and Environmental Sciences Student Handbook:** <http://www.deanza.edu/bhes/StudentHandbook.pdf>

TESTING AND GRADING

Testing is conducted online. Exams are open book and open note. Students have 60 timed minutes to take each exam.

Points for NUTRITION 10 Course Grade

- Three exams (50 points each) = 150 points
- Homework = 50 points (5 exercises/2 quizzes)
- Participation = 20 points

Total possible points = 220

Grading Standard for NUTRITION 10 Course Grade (total points = 220):

A+ 220 - 215 points **A** 214 - 204 points **A-** 203 - 198 points

B+ 197 - 192 points **B** 191 - 182 points **B-** 181 - 176 points

C+ 175 - 170 points **C** 169 - 154 points

D+ 153 - 148 points **D** 147 - 138 points **D-** 137 - 132 points

F 131 points and below

Course Withdrawals and Attendance:

It is the student's responsibility to properly withdraw from the class. It is not the responsibility of the instructor to drop a student and the instructor cannot and will not drop a student who misses a drop / withdraw deadline. According to College policy, the student must officially drop classes in which s/he no longer wishes to be enrolled.

To drop or withdraw from the class, do so according to College policies and within posted dates (see schedule of classes and academic calendar). Students who do not drop the course, do not drop the course correctly, or do not drop the course in a timely manner will receive the grade earned to date.

Logging onto our course site in accordance to posted dates indicates beginning of the term intent to participate. Students who do not logon to the course site will be dropped as

a 'no show' and may or may not be eligible for a refund (see the academic enforced dates). **Monitor your individual enrollment. You are responsible for your enrollment status.**

Policy on Copying and Cheating:

Students who submit the work of others as their own or cheat on exams or other assignments are guilty of a serious violation of academic integrity standards and will be subject to substantial consequences which might include any or all of the following, and/or other consequences not listed here: a failing grade on the work in question or in the course; reduced credit for the work in question or a reduction in the course grade; being immediately dropped from the course; college disciplinary action and/or notation in the student's permanent record; being reported to college authorities.

Although every effort is made to ensure the accuracy of the information, mistakes can occur. In the event of any discrepancies, De Anza College policies and posted course policies prevail.