

**FULLERTON COLLEGE  
NATURAL SCIENCES DIVISION  
NUTR 210: HUMAN NUTRITION (3 UNITS)  
CRN 11313 or 11314 - ONLINE  
FALL 2017**

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“Be part of the change  
that you wish to see in  
the world.”  
~Mahatma Gandhi~

## **WELCOME!**

I'm excited about the chance to improve the health status of the world and “be part of the change” throughout this course with you. It's an honor to help students learn about the impact of nutrition on the human body and how to improve and maintain their health and well-being from the inside out. I look forward to the opportunity to help you learn how to achieve optimal wellness from the inside out through all stages of life!

## **WHAT WILL I LEARN IN THIS CLASS?**

You will be introduced to the science of nutrition. Major principles, functions, and sources of nutrients, health and disease, as well as chemistry and physiology as they relate to nutrition are discussed. General application as it applies to today's students is stressed. You will analyze your food intake.

## **WHAT ARE THE STUDENT LEARNING OUTCOMES?**

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

1. Differentiate among dietary choices and identify choices that reflect the current Dietary Guidelines for Americans.
2. Explain nutrient needs during the various stages of the human life cycle.
3. Explain how diet and dietary lifestyle choices impact health and quality of life.
4. Evaluate the validity of nutrition-related claims in the media and internet.

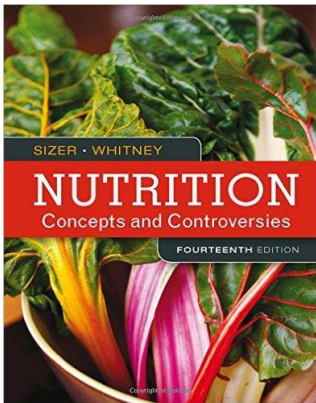
## **WHAT ARE THE STUDENT LEARNING OBJECTIVES?**

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

1. Differentiate between fad and fact by applying published scientific evidence to nutrition information.
2. List current dietary guidelines for Americans.
3. Identify and interpret the components of a nutrition label.
4. Evaluate a personal daily dietary plan that meets both recommended current caloric and dietary reference intakes.
5. Calculate the percentage of carbohydrate, protein, and fat calories in food products.
6. Explain the causes and corrections of the current nutritional problems in the United States and in the world.
7. Describe the differences among the energy nutrients and non-energy-yielding nutrients.
8. Identify physiological functions, any deficiency, and/or toxicity symptoms and major food sources of each nutrient.
9. Describe the process of digestion, absorption, and any concerns related to nutrition, including the pathways involved in energy metabolism and the consequences of consuming too much or too little energy; describe factors associated with weight control, causes of obesity and treatments.

10. Recognize health complications caused entirely or partially by nutritional adequacies and excesses.
11. Calculate personal energy and protein requirements, appraise and/or appropriately revise personal 3-day dietary record.
12. Recognize accurate information regarding nutrient supplements and ergogenic aids.
13. Explain how nutrition and lifestyle choices influence health during pregnancy, lactation, infancy, childhood, adolescence, adulthood, and aging.
14. Identify the risk factors and nutrition strategies related to cardiovascular disease, osteoporosis, cancer, hypertension, diabetes, and dental caries.
15. Identify current food safety concerns and how to select, handle, store, and prepare food safely.
16. Appraise and/or appropriately revise personal 3-day dietary record.

## WHAT BOOK AND OTHER SUPPLIES DO I NEED?



- ✓ Sizer, F. and Whitney, E. (2017). *Nutrition Concepts & Controversies – Loose-Leaf Version with LMS Integrated for MindTap Nutrition*, 14th edition, Boston, MA. Cengage Learning. ISBN-9781337127547
- ✓ The required text is available from the FC Bookstore under the following title: NUTRITION LOOSE-LEAF W/ LMS MINDTAP | AUTHOR – SIZER
- ✓ Register your MindTap product within Canvas (click Modules tab on left side of HOME page; scroll down to Sizer Nutrition Concepts and Controversies 14e MindTap; click on NUTR210 11313/11314 OL FA17) using instructions that came with your book.
- ✓ Click here for Student User Guides for MindTap LMS Brief Student User Guide: <http://www.cengage.com/training/mindtap?audience=Student>
- ✓ Additional readings and other media will be assigned during the semester to supplement the text. These materials or links to them will be posted on Canvas.
- ✓ Calculator

- ✓ Access to a computer and the campus email systems (MyGateway and Canvas)

## WHAT IS THE COURSE FORMAT?

**Format:** Asynchronous

**Number of weeks online:** 16 weeks

**Course Dates:** Monday, August 28, 2017 – Friday, December 15, 2017

No activities will take place on: September 4 (Labor Day), November 10 (Veteran's Day), November 23-24 (Thanksgiving).

The online week begins on Wednesday and ends on Tuesday. Exams will be scheduled on Wednesdays.

**On-Campus meeting requirements:** NONE

**Time Zones for all due dates/times:** Pacific Daylight Time/Pacific Standard Time

## WHAT ARE THE TECHNICAL REQUIREMENTS?

This course will require extensive use of a computer and the Internet. The following accessories are suggested, but not required: headphones and/or headset.



The course will be presented via [Canvas](#) (see [Fullerton College home page](#) – click logo on left side bar and login using MyGateway ID and password). Learn how to access Canvas on your mobile device [here](#).



The basic computer specifications for Canvas are located [here](#).

**Helpline: 24/7 provided by Canvas for students:** 800.203.6755

You may also go to the Help icon on your Canvas dashboard or click here: <https://guides.instructure.com/>

## HOW WILL I COMMUNICATE AND PARTICIPATE IN CLASS?

Email messages sent via Canvas and online discussion boards will be used for course communication. Be sure to [set-up your email address](#) in Canvas to ensure that you receive course notifications. Click [here](#) to learn how to receive Canvas notifications on your cell phone. No formal class meeting will take place. However, students will be held responsible for all material covered in posted materials, assignments/discussions, and assigned readings. Weekly timed quizzes and scheduled assignments must be completed and submitted within specific timeframes.

It is your responsibility to complete quizzes, submit assignments, and contribute commentary in a timely manner, thus demonstrating full participation in the course.

Regular participation is expected and contributes to success in the online learning environment. To encourage regular participation, additional points will be available for the course grade total in the form of learning activities listed in the course schedule. **Late assignments will only be allowed for excused absences.** Please refer to the Fullerton College policies on Attendance and Absences in the [Fullerton College Catalog](#).

### HOW WILL MY GRADE BE DETERMINED IN THE CLASS?

Each student’s grade will be determined according to the total number of points accumulated during the semester. Grading rubrics will be provided for respective assignments when appropriate throughout the course.

| Assessment   | Points            | Weight | Course Grading Scale                         |
|--|-------------------|--------|--|
| 3 Exams<br>2 Mid-Term @ 60 points<br>1 Final (~20% comprehensive)<br>75 points | 195 points        | ~28%   | A = 631 - 705 points<br>B = 561 – 630 points |
| Diet Analysis Project  | 100 points        | ~14%   | C = 490 - 560 points                         |
| Quizzes (15 at 10 points each - *2 will be dropped from total)                 | 130 points        | ~18%   | D = 420 - 489 points                         |
| Learning Activities (15 at 20 points each – *2 will be dropped from total)     | 260 points        | ~37%   | F = 419 points and below                     |
| Case Studies<br>4 @ 5 points each  | 20 points         | ~3%    |  |
| <b>Total points</b>  | <b>705 points</b> |        |  |

\*You are allowed two “freebies” on the Quizzes and Learning Activities to account for unexpected, unexcused absences throughout the course. You are not required to use those, so the extra points earned from completion of all Quizzes and Learning Activities will be considered as extra credit toward the final grade.

### WHAT IF I NEED SPECIAL ACCOMMODATIONS?

If you need special accommodations, please let me know as soon as possible. The [Disability Support Services \(DSS\) office](#), (714) 992.7099, functions as a resource for students and faculty in the determination and provision of educational accommodations.

### NETIQUETTE GUIDELINES:

Netiquette is a way of defining professionalism through network communication. Students who violate proper Netiquette will be administratively dropped by the instructor from the course.

Here are some Student Guidelines for the class:

- Do not dominate any discussion.
- Do not use offensive language.
- Never make fun of someone’s ability to read or write.
- Use simple English.
- Use correct spelling and grammar.
- Share tips with other students.
- Keep an “open-mind” and be willing to express even your minority opinion.
- Be aware of the College’s Academic Honesty Policy.
- Think before you push the “Send” button.
- Do not hesitate to ask for feedback.
- When in doubt always check with your instructor for clarification.

Source: MERLOT Journal of Online Learning and Teaching at [http://jolt.merlot.org/vol6no1/mintu-wimsatt\\_0310.htm](http://jolt.merlot.org/vol6no1/mintu-wimsatt_0310.htm)

## HOW CAN I COMMUNICATE WITH THE INSTRUCTOR?

The instructor invites students to address questions or concerns before class, immediately following class, via e-mail, office hours, or by making an appointment. Email is checked daily (with the exception of weekends/holidays/breaks) and no later than 8PM and you will receive a reply within 24 business hours.

## WHAT IF I NEED TO DROP THE CLASS?

It is the student's responsibility to officially withdraw from the class through MyGateway. Failure to drop the class may result in a failing grade. If you stop coming to class and do not officially drop the course, you will receive a letter grade rather than a "W". **The last date to drop and NOT receive a "W" grade is Sunday, September 10, 2017. The last date to drop with a "W" grade is Sunday, November 19, 2017.**

For online classes, an absence may be identified as a missed assignment and/or inactivity in the course site. A student may be dropped for the accumulation of more than a week's absence, consecutive or non-consecutive. Unusual circumstances may allow exceptions with appropriate documentation.

## HOW DO I SUBMIT ASSIGNMENTS?

Assignments **must be turned in to me directly via the appropriate location [through Canvas](#)** unless directed otherwise on or before the due dates listed on the "Schedule" in the syllabus. Assignments not turned in to me directly through these methods will not be graded. **Assignments may not be completed after the due date except for excused absences.** If you miss an assignment due to an excused absence, it is the **student's responsibility to provide documentation** as well as communicate with the instructor to make alternative arrangements and will be due within one week after the due date. Whenever possible, please make arrangements prior to missing the assignment deadline.

Assignments and exams will be graded via Canvas within seven days of their due date.

## HOW CAN I GET ADDITIONAL ACADEMIC SUPPORT?

The Academic Support Center at Fullerton College offers various forms of services to students including free tutoring, workshops, group tutoring, writing consultation, and computer access to assist students in their academic development and success. Consult the college website at <http://academicsupport.fullcoll.edu/> for more information.

## WHAT IS THE EXAM POLICY?

Exams will occur **on the date listed in the syllabus unless** 1) I change the date or 2) we change the date together. Exams must be taken on the dates scheduled unless a valid excuse is provided prior to the exam.

- Make-up exams will be granted **only** for serious illnesses or authorized absences and **documentation will be required.** Make-up exams will only be allowed if the instructor is notified in advance of the scheduled exam and must be taken within one week of the original test. Students with unexcused absences the day of the exam will receive no credit for the exam – no exceptions.

## WHAT IS THE POLICY REGARDING CHEATING AND PLAGIARISM?

Cheating and plagiarism are unacceptable practices and are in violation of the Academic Honesty policy at Fullerton College. All students involved in an instance of academic dishonesty will be disciplined according to the actions outlined in the Fullerton College Catalog. In the least, all students involved in an incident will receive zero points for the assignment/exam. Additionally, a Student Discipline Incident Report may be written and submitted to the Dean of the Natural Sciences Division.

Academic dishonesty includes copying the answers of homework and exams. Students who allow their assignments to be copied are also guilty of violating the Academic Honesty policy at Fullerton College. Regardless of the extent of participation, all instances of academic dishonesty will result in the penalties described above.

**NUTR 210 COURSE SCHEDULE FALL 2017 (ONLINE)**

**Subject to change**

| <b>Week Number</b> | <b>Date</b>        | <b>Topic</b>  | <b>Readings/Activities</b>  | <b>Assessments</b>  | <b>Notes/Reminders</b>                                 |
|--------------------|--------------------|---|---|---|--|
| 1                  | Week starting 8/28 | Introduction and Course Outline, Foundations of an Optimal Diet | <p><u>Reading:</u> Syllabus, Ch. 1 (p. 1-23 – Introduction – Self Check), Ch. 2 (p. 62 – 69 Controversy 2), Ch. 12 (p. 505 - 507 – Food Feature: Processing and the Nutrients in Foods)</p> <p>Videos + web links</p> | <p><b>Quiz 1</b> Opens at 8:00 AM 8/28 and closes 11:59 PM 9/5</p> <p><b>Activity 1</b><br/>Introduction and Discussion on Foundations of a Healthful Diet P1 DUE by 9/3 at 11:59 PM and P2 by 9/5 at 11:59 PM</p> <p><b>Case Study 1</b> Opens at 8:00 AM 8/28 and closes 11:59 PM 9/5</p> | Begin work on Diet Analysis Project Parts 1, 2, and 3. |
| 2                  | Week starting 9/6  | Evaluating Nutrition Information                                | <p><u>Reading:</u> Ch. 1 (p. 24-30 – Controversy 1), Ch. 2 (p. 31 – 61 Introduction – Self Check)</p> <p>Videos + web links</p>   | <p><b>Quiz 2</b> Opens at 8:00 AM 9/6 and closes 11:59 PM 9/12</p> <p><b>Activity 2</b> Food Label Evaluation DUE by 9/12 at 11:59 PM</p> <p><b>Case Study 2</b> Opens at 8:00 AM 9/6 and closes 11:59 PM 9/12</p>  |  |
| 3                  | Week starting 9/13 | Food Safety   | <p>Reading: Ch. 12 (p. 470 - 505 –Introduction – Conclusion), p. 508 – 515 - Self Check – Controversy 12)</p> <p>Videos + web links</p>   | <p><b>Quiz 3</b> Opens at 8:00 AM 9/13 and closes at 11:59 PM 9/19</p> <p><b>Activity 3</b> Discussion on Organic vs Conventional Foods P1 DUE by 9/17 at 11:59 PM and P2 by 9/19 at 11:59 PM</p> <p><b>Diet Analysis Project Part 1 DUE by 9/19 at 11:59 PM</b></p>                        |  |
| 4                  | Week starting 9/20 | The Human Body  | <p>Reading: Ch. 3 (p. 70-112 Introduction – Controversy 3); Ch. 11 (p. 428-433 Introduction – The Immune System and Chronic Diseases; p. 464 - 469 Controversy 11)</p>  | <p><b>Quiz 4</b> Opens at 8:00 AM 9/20 and closes at 11:59 PM 9/26</p> <p><b>Activity 4</b> Discussion on Nutrigenomics P1 DUE 9/24 at 11:59PM and P2 by</p>  |  |

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|---|---------------------|--|--|--|--|
|   |                     |  | Videos + web links   | 9/26 at 11:59 PM<br><b>Diet Analysis Project Parts 2 and 3 DUE by 9/26 at 11:59 PM</b>   |  |
| 5 | Week starting 9/27  | Carbohydrates  | Reading: <u>Reading</u> : Ch. 4 (p. 113 – 159 Introduction to Controversy 4)<br><br>Videos + web links   | <b>Quiz 5</b> Opens at 8:00 AM 9/27 and closes at 11:59 PM 10/3<br><br><b>Activity 5</b><br>Discussion on Sugar P1 DUE 10/1 at 11:59PM and P2 by 10/3 at 11:59 PM<br><br><b>Diet Analysis Project Part 4 DUE by 10/3 at 11:59 PM</b>                 | Begin work on Diet Analysis Project Parts 4-6. |
| 6 | Week starting 10/4  | Lipids   | Reading: Ch. 5 (p. 160 – 200 Introduction to Controversy 5)<br><br>Videos + web links  | <b>Quiz 6</b> Opens at 8:00 AM 10/4 and closes at 11:59 PM 10/10<br><br><b>Activity 6</b> Discussion on Fat P1 DUE by 10/8 at 11:59 PM and P2 by 10/10 at 11:59 PM<br><br><b>Diet Analysis Project Part 5 DUE by 10/10 at 11:59 PM</b>               |  |
| 7 |                     | <b>Exam #1: Ch. 1, 2, 3, 4, 5, 12</b><br><br><b>Opens at 12:00 AM 10/11 and closes at 11:59 PM 10/11</b> |  |  |  |
| 7 | Week starting 10/11 | Proteins   | Reading: Ch. 6 (p. 201 – 239 – Introduction – Controversy 6), Ch. 15 (p.604-605 – Two Faces of Childhood Malnutrition)<br><br>Videos + web links | <b>Quiz 7</b> Opens at 8:00 AM 10/11 and closes at 11:59 PM 10/17<br><br><b>Activity 7</b> Discussion on vegetarian diets P1 DUE by 10/15 at 11:59PM and P2 by 10/17 at 11:59 PM<br><br><b>Diet Analysis Project Part 6 DUE by 10/17 at 11:59 PM</b> |  |
| 8 | Week starting 10/18 | Vitamins   | Reading: Ch. 7 (p. 234-278 Introduction – Self Check)<br><br>Videos + web links  | <b>Quiz 8</b> Opens at 8:00 AM 10/18 and closes at 11:59 PM 10/24<br><br><b>Activity 8</b> Dietary   | Begin work on Diet Analysis Project Part 7.    |

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|    |                     |   |  | <p>Supplement Critique<br/>DUE by 10/24 at 11:59 PM</p> <p><b>Case Study 3</b> Opens at 8:00 AM 10/18 and closes at 11:59 PM 10/24</p>   |   |
| 9  | Week starting 10/25 | Water & Minerals  | <p>Reading: Ch. 8 (p. 292 – 342 Introduction – Controversy 8)</p> <p>Videos + web links</p>  | <p><b>Quiz 9</b> Opens at 8:00 AM 10/25 and closes at 11:59 PM 10/31</p> <p><b>Activity 9</b> Beverage Evaluation DUE by 10/31 at 11:59 PM</p> <p><b>Diet Analysis Project Part 7 DUE by 10/31 at 11:59 PM</b></p>   |   |
| 10 | Week starting 11/1  | Diet & Health   | <p>Reading: Ch. 11 (p. 428 – 449 Introduction to Nutrition and Cancer; 453 – 463 How Does Cancer Develop? to Self-Check)</p> <p>Videos + web links</p> | <p><b>Quiz 10</b> Opens at 8:00 AM 11/1 and closes at 11:59 PM 11/7</p> <p><b>Activity 10</b><br/>Discussion on diet and health P1 DUE by 11/5 at 11:59 PM and P2 by 11/7 at 11:59 PM</p> <p><b>Case Study 4</b> Opens at 8:00 AM 11/1 and closes at 11:59 PM 11/7</p> | Begin work on Diet Analysis Project Parts 8-10. |
| 11 | 11/8                | <p><b>Exam #2: Ch. 6, 7, 8, 11</b></p> <p><b>Opens at 12:00 AM 11/8 and closes at 11:59 PM 11/8</b></p> |  |  |   |
| 11 | Week starting 11/8  | Energy Balance & Weight Management  | <p>Reading: Ch. 9 (p. 343 - 388 Introduction – Controversy 9)</p> <p>Videos + web links</p>  | <p><b>Quiz 11</b> Opens at 8:00 AM 11/8 and closes 11:59 PM 11/14</p> <p><b>Activity 11</b><br/>Discussion on diets P1 DUE 11/12 at 11:59 PM and P2 by 11/14 at 11:59 PM</p> <p><b>Diet Analysis Project Part 8 DUE by 11/14 at 11:59 PM</b></p>                       |   |
| 12 | Week starting       | Nutrition & Fitness   | <p>Reading: Ch. 10 (p. 389 – 421 Introduction –</p>  | <p><b>Quiz 12</b> Opens at 8:00 AM 11/15 and</p>   | <b>NO ACTIVITY REQUIRED</b>                     |

|    |                           |   |  |  |  |
|----|---------------------------|---|--|--|--|
|    | 11/15                     |   | Self Check)<br>Videos + web links  | closes 11:59 PM<br>11/21<br><b>Activity 12</b><br>Discussion on<br>physical<br>activity/fitness P1<br>DUE 11/19 at<br>11:59PM and P2 by<br>11/21 at 11:59 PM   | <b>11/23- 11/24 DUE<br/>TO<br/>THANKSGIVING<br/>HOLIDAY</b>                |
| 13 | Week<br>starting<br>11/22 | Nutrition in Pregnancy<br>and Lactation   | Reading: Ch. 13 (p. 516 -<br>538 Introduction –<br>When a Woman Should<br>Not Breastfeed)<br><br>Videos + web links  | <b>Quiz 13</b> Opens at<br>8:00 AM 11/22 and<br>closes 11:59 PM<br>11/28<br><br><b>Activity 13</b><br>Discussion on<br>breastfeeding P1<br>DUE 11/26 at 11:59<br>PM and P2 by 11/28<br>at 11:59 PM<br><br><b>Diet Analysis<br/>Project Parts 9 DUE<br/>by 11/28 at 11:59 PM</b>              |  |
| 14 | Week<br>starting<br>11/29 | Nutrition from Infancy to<br>Adolescence  | Reading: Ch. 13 (p. 538-<br>557 – Feeding the Infant<br>– Controversy 13), Ch.<br>14 (p. 558 - 578<br>Introduction – Eating<br>Patterns and Nutrient<br>Intakes)<br><br>Videos + web links | <b>Quiz 14</b> Opens at<br>8:00 AM 11/29 and<br>closes 11:59 PM 12/5<br><br><b>Activity 14</b><br>Discussion on food<br>marketing and<br>children P1 DUE by<br>12/3 at 11:59 PM and<br>P2 by 12/5 at 11:59<br>PM<br><br><b>Diet Analysis<br/>Project Part 10 DUE<br/>by 12/5 at 11:59 PM</b> |  |
| 15 | Week<br>starting<br>12/6  | Hunger and the Future of<br>Food  | <u>Reading:</u> Ch. 15 (p. 599<br>– 613 – Introduction to<br>Conclusion, p. 616 Self<br>Check)<br><br>Videos + web links   | <b>Quiz 15</b> Opens at<br>8:00 AM 12/6 and<br>closes 11:59 PM<br>12/12<br><br><b>Activity 15:</b><br>Discussion on hunger<br>in America P1 DUE<br>by 12/10 at 11:59PM<br>and P2 by 12/12 at<br>11:59 PM   | <b>All Extra Credit<br/>due by 11:59 PM<br/>12/12 – no<br/>exceptions.</b> |
| 16 | 12/13                     | <b>Exam #3 Ch. 9, 10, 13, &amp; 14 + ~20-25% Comprehensive Material<br/>Opens 12:00 AM and closes at 11:59 PM on 12/13<br/>***ENJOY YOUR WINTER BREAK!***</b> |  |  |  |