



NUTR 210: HUMAN NUTRITION

CRN 11231

3 UNITS

Tuesday/Thursday

2:30 – 3:55 PM

Room 726

FALL 2017

WELCOME

“Be the change that you wish to see in the world.”

- Mahatma Gandhi -

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.

HOW CAN I COMMUNICATE WITH THE INSTRUCTOR?

The instructor invites students to address questions or concerns before or 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.

YOUR INSTRUCTOR



Michelle Loy, MPH, MS, RDN

Office: 1250-02

E-Mail: mloy@fullcoll.edu

Phone: (714) 992-7464

Office Hours:

Mon 9:45 - 11:45 AM

Tue 12:45 – 2:15 PM

Wed 9:45 – 11:45 AM

or by appointment

Website: <http://staff.fullcoll.edu/mloy/>



WHAT ARE THE STUDENT LEARNING OBJECTIVES?

Upon completion of this course, students will be able to:

1. Differentiate between fact and fiction 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 inadequacies and excesses.
11. Calculate personal energy and

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. Appraise and/or appropriately revise personal 3-day dietary record.

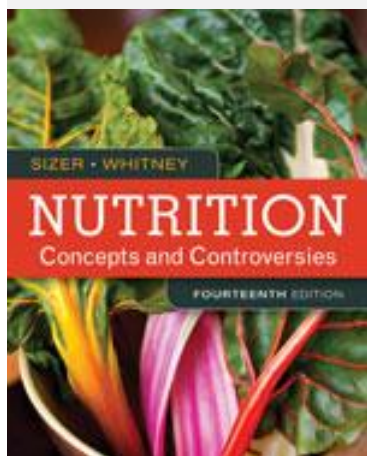


WHAT IS THE ATTENDANCE POLICY?

Participation is not merely attendance. A student may be dropped if no longer participating in the course, which includes but is not limited to excessive absences. Excessive absences are defined as being absent more than the number of times the class meets per week. Five points will be deducted if a student is more than 10 minutes late to class OR leaves class early for unexcused reasons. For more on attendance, please see the [Fullerton College Catalog](#).

Use of profanity and side conversations are unacceptable. Disruptive behavior that interferes with instruction will result in a verbal warning; repetition of the behavior may result in dismissal from class and may be counted as an absence. Further disruption will incur more serious penalties as identified by the Board of Trustees.

WHAT BOOKS AND OTHER SUPPLIES DO I NEED?



- ✓ Sizer – Bundle (2017): Nutrition: Concepts and Controversies, Loose-Leaf Version, 14th + Diet and Wellness Plus, Printed Access Card ISBN | 9781337370035
 - The text is cheaper and available from the FC Bookstore under the following title: NUTRITION LOOSE-LEAF W/ DIET & WELLNESS PLUS.
 - You may also purchase the text used but you will need to also purchase Diet and Wellness Plus Instant Access for the required Diet Analysis Project: Cengage Learning (2014) *Diet and Wellness Plus, 1 term (6 months) Instant Access, 1st Edition* ISBN | 9781285856216 from www.cengagebrain.com.
- ✓ Pens, pencils, paper, mini-stapler, and highlighter
- ✓ Three-ring binder and dividers to organize your Course Materials
- ✓ Calculator
- ✓ Three exam scantrons 886E
- ✓ Access to a computer, printer, and the campus email systems (MyGateway and Canvas)
- ✓ Printing/Copying account

HOW WILL MY GRADE BE DETERMINED?

Each student's grade will be determined according to the total number of points accumulated during the semester.

Assessment	Points	Weight	Course Grading Scale
2 Exams @ 60 pts each	120 points	~11% each	A = 479 - 535 points
Final Exam (comprehensive)	75 points	~14%	B = 426 - 478 points
Diet Analysis Project (10 parts)	100 points	~19%	C = 372 - 425 points
Learning Activities	240 points	~45%	D = 319 - 371 points
			F = 318 points and below
Total points	535 points		



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.**

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. Therefore, it is important to contact the instructor as soon as possible if this is the case.



HOW DO I SUBMIT ASSIGNMENTS?

Assignments **must be turned in to me directly in person or via Canvas** on or before the due dates listed in the

syllabus. Assignments not turned in to me directly through the appropriate channels will not be graded. **No late assignments will be accepted without a documented authorized absence.** It is the student's responsibility to provide written documentation (eg, doctor's note) as well as communicate with the instructor to make alternative arrangements. Whenever possible, please make arrangements prior to missing the assignment deadline and no later than 1 week after the due date.

Save all work that is returned to you. In the event of a grade discrepancy or if a grade is not recorded, returned assignments are your proof of grades earned. Grades will be recorded on Canvas. Students should check the grade record periodically for accuracy. If an assignment is missing or incorrect, notify the instructor. No grade changes will be done after the final exam, so if a grade on the grade record is missing or incorrect, students need to take the necessary steps to correct it prior to the final exam.

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.

HOW WILL I ACCESS COURSE MATERIALS?



Announcements, lecture notes, assignment instructions, reading materials, other media (eg, video), and grades may be placed on Canvas (see [Fullerton College home page](#) – left side

bar). Be sure to enter or verify your email address in Canvas as reminders and all email communication from the instructor will be sent via this mode. **Make sure to check Canvas before each class and print out the documents for in-class activities.**

Please review login/access instructions through the following link:

<https://guides.instructure.com/m/4212> .

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.
- If you fail to take the final exam, due to an unforeseen emergency, you must request an incomplete grade for the class prior to the start of the exam, and take the exam within the allotted time period for completion of the incomplete grade.



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.



MAY WE USE CELL PHONES OR ELECTRONIC DEVICES IN CLASS?

If you choose to use a laptop, tablet or other electronic device during class, *only* use it for class-related activities.

If you use your cell phone or other electronic devices for activities that are not related to class, students will be given a verbal warning. If repeated warnings need to be issued, you may be asked to leave the class and will be counted as absent for that day.

WHAT IF THE INSTRUCTOR IS LATE?

If due to unforeseen emergencies, the instructor does not arrive at the scheduled start time for class, students are to remain in class for fifteen minutes unless otherwise notified by the division. If they do not receive such notification after fifteen minutes, the students may leave with no penalty for absence or assigned work due for that class meeting.

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. See the policies in the [Fullerton College Catalog](#).

***SYLLABUS SUBJECT TO CHANGE**

WHAT IF THERE IS AN EMERGENCY DURING CLASS?

Please take note of the safety features in and close to your



classroom, as well as study the posted evacuation route. The most direct route of egress may not be the safest because of the existence of roofing tiles or other potentially hazardous condition. Similarly, running out of the building can also be dangerous during severe earthquakes. During strong quakes the recommended response is to duck – cover – and hold until the shaking stops. Follow the guidance of your instructor. You are asked to go to the designated assembly area. Your cooperation during emergencies can minimize the possibility of injury to yourself and others. Please review Emergency Preparedness information here: <http://campussafety.fullcoll.edu/>.

NUTR 210 COURSE SCHEDULE FALL 2017

Subject to change

Week	Date	Topic	Assignment	Notes/Reminders
1	8/29	Introduction & Course Outline	<u>Reading:</u> Syllabus	
1	8/29, 8/31	Foundations of an Optimal Diet	<u>Reading:</u> 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)	
2	9/5, 9/7	Evaluating Nutrition Information Overview of Diet Analysis Project Parts 1, 2, and 3 on 9/7	<u>Reading:</u> Ch. 1 (p. 24-30 – Controversy 1), Ch. 2 (p. 31 – 61 Introduction – Self Check)	Bring to class on 9/7: a Food Label/Package and textbook
3	9/12	The Human Body	<u>Reading:</u> Ch. 3 (p. 70-99 Introduction – Self Check); Ch. 11 (p. 428-433 Introduction – The Immune System and Chronic Diseases; p. 464 - 469 Controversy 11)	Bring your textbook to class!
3	9/14	Food Safety	<u>Reading:</u> Ch. 12 (p. 470 - 505 – Introduction – Conclusion), p. 508 – 515 - Self Check – Controversy 12) DUE 9/18: Diet Analysis Project Part 1	
4	9/19, 9/21	Carbohydrates	<u>Reading:</u> Ch. 4 (p. 113 – 159 Introduction to Controversy 4)	Bring your textbook to class!
5	9/26, 9/28	Lipids Overview of Diet Analysis Project Parts 4, 5, and 6 on 9/26 Review for Exam #1 on 9/28	<u>Reading:</u> Ch. 5 (p. 160 – 200 Introduction to Controversy 5) DUE 9/26: Diet Analysis Project Parts 2 and 3	
6	10/3	Exam #1: Ch. 1, 2, 3, 4, 5, 12		Bring scantron 886E and a pencil to class today!
6/7	10/5, 10/10	Proteins	<u>Reading:</u> Ch. 6 (p. 201 – 239 – Introduction – Controversy 6), Ch. 15 (p.604-605 – Two Faces of Childhood Malnutrition)	
7/8	10/12, 10/17	Vitamins Overview of Diet Analysis Project Part 7 on 10/17	<u>Reading:</u> Ch. 7 (p. 234-278 Introduction – Self Check) DUE 10/17: Diet Analysis Project Parts 4, 5, and 6	Bring your textbook to class!

8/9	10/19, 10/24, 10/26	Water & Minerals	<u>Reading:</u> Ch. 8 (p. 292 – 342 Introduction – Controversy 8)	Bring your textbook to class!
10	10/31	Dietary Supplements	<u>Reading:</u> Ch. 7 (p. 285-291 Controversy 7), Ch. 11 (p. 450 – 453 Deciding about CAM), Ch. 10 (p. 422 – 427 Controversy 10)	Bring your textbook and a dietary supplement with supplement label to class today!
10	11/2	Diet and Health	<u>Reading:</u> Ch. 11 (p. 428 – 449 Introduction to Nutrition and Cancer; 453 – 463 How Does Cancer Develop? to Self-Check)	
11	11/7	Alcohol Review for Exam #2 Overview of Diet Analysis Project Parts 8, 9, and 10	<u>Reading:</u> Ch. 3 (p. 100-112 Controversy 3) DUE 11/7: Diet Analysis Project Part 7	Bring your textbook to class!
11	11/9	Exam #2: Ch. 6, 7, 8, 11, Supplements, Alcohol		Bring scantron 886E and a pencil to class today!
12	11/14, 11/16	Energy Balance & Weight Management	<u>Reading:</u> Ch. 9 (p. 343 - 388 Introduction – Controversy 9)	
13	11/21	Nutrition & Fitness	<u>Reading:</u> Ch. 10 (p. 389 – 421 Introduction – Self Check)	
	11/23	Thanksgiving Holiday – NO CLASS!		
14	11/28, 11/30	Nutrition in Pregnancy and Lactation	<u>Reading:</u> Ch. 13 (p. 516 - 538 Introduction – When a Woman Should Not Breastfeed)	
15	12/5, 12/7	Nutrition from Infancy to Adolescence	<u>Reading:</u> Ch. 13 (p. 538-557 – Feeding the Infant – Controversy 13), Ch. 14 (p. 558 - 578 Introduction – Eating Patterns and Nutrient Intakes) DUE 12/7: Diet Analysis Project Parts 8, 9, and 10	
16	12/12	Hunger and the Future of Food Review for Final Exam	<u>Reading:</u> Ch. 15 (p. 599 – 613 – Introduction to Conclusion, p. 616 Self Check)	Bring your textbook to class!
16	12/14	FINAL EXAM (PARTIALLY COMPREHENSIVE): Ch. 9, 10, 13, 14 + Select Topics Previously Covered from Exams #1 and #2 ***ENJOY YOUR WINTER BREAK!***		Bring scantron 886E and a pencil to class today!