

**FULLERTON COLLEGE  
NATURAL SCIENCES DIVISION  
NUTR 210: HUMAN NUTRITION (3 UNITS)  
CRN 13090 and 13862 – ONLINE | FALL 2018**

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Office Hours: Tue 11 AM – 2:15 PM, Wed 11:30 AM – 12:30 PM (virtual), Thur 1:00 PM – 2:15 PM, or by appointment  
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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?

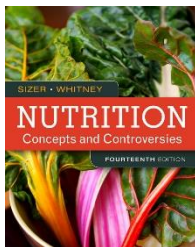
You will be introduced to the science of nutrition. Major principles, functions, and sources of nutrients, health and disease, as well as chemistry and physiology as they relate to nutrition are discussed. General application as it applies to today's students is stressed. You will also analyze your food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



- ✓ **REQUIRED:** *MindTap Nutrition* for Sizer/Whitney's *Nutrition Concepts & Controversies*, 14e. ISBN – 9781305671171
- ✓ Available through MindTap link provided via Canvas ~\$75
- ✓ Note: You will have the opportunity to purchase the printed text at a discounted rate when you purchase MindTap via the link in Canvas.
- ✓ OR from the FC Bookstore: SIZER - MINDTAP NUTRITION ~\$97.50

- ✓ Register your MindTap product within Canvas (click Modules tab on left side of HOME page; under Getting Started click on Access to MindTap); follow the registration instructions.
- ✓ Click here for the [MindTap Student Quick Start Guide](#).
- ✓ 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.
- ✓ Access to a computer, calculator and the campus email systems (MyGateway and Canvas)

## WHAT IS THE COURSE FORMAT?

This is an asynchronous course with no on-campus meeting requirements. All work, assessments, and other materials will be presented online via Canvas. The time zones for all due dates/times will be 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 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](#).

**Canvas Support Hotline:** 844.600.4948

You may also go to the Help icon on your Canvas dashboard or by clicking [here](#).

## HOW WILL I COMMUNICATE AND PARTICIPATE IN CLASS?

Email messages sent via Canvas, online discussion boards, and Conferences via Canvas 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 download the Canvas app and receive Canvas notifications on your mobile 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. Regular participation is expected and contributes to success in the online learning environment. Weekly timed quizzes, discussions and assignments must be completed and submitted within specific timeframes, thus demonstrating full participation in the course.

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 WILL MY GRADE BE DETERMINED IN THE CLASS?

Each student's grade will be determined according to the percent earned during the semester. Grading rubrics will be provided for respective assignments when appropriate throughout the course.

Assessment	Weight
Exams: 1 Mid-Term, 1 Final	40%
Diet Analysis Project	15%
Quizzes	20%
Discussions	20%
Assignments	5%
<b>Total percent</b>	<b>100%</b>

### **COURSE GRADING SCALE**

A = 90-100%  
 B = 80-89%  
 C = 70-79%  
 D = 60-69%  
 F = Below 60%

## HOW DO I SUBMIT ASSIGNMENTS?

All assignments will be due on Tuesdays at 11:59 PM. Assignments **must be turned in to me directly through Canvas** on or before the due dates listed in the syllabus. Assignments not turned in to me directly through these methods will not be graded. **Late assignments will only be allowed for excused absences with written documentation.** 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. Refer to the policies on Attendance and Absences in the [Fullerton College Catalog](#).

## WHAT IS THE EXAM POLICY?

Exams will open on Tuesdays and close on Wednesdays. Exams will occur **on the dates 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 exam. Students with unexcused absences the day of the exam will receive no credit for the exam – no exceptions.

## HOW CAN I COMMUNICATE WITH THE INSTRUCTOR?

The instructor invites students to address questions or concerns via e-mail, Canvas Conference, 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 participating in 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 Monday, September 3rd. The last date to drop with a "W" grade is Sunday, November 11th.**

## 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.
- The [Counseling Department](#) offers student-centered academic, career, and personal counseling services.
- [Extended Opportunity Programs & Services](#) (EOPS) helps prepare students for transfer to a four-year university, complete an Associate's Degree, or earn a vocational certificate. They offer [CARE](#), a supplemental program for single parents who are currently CalWORKS/TANF/Cash Aid recipients.
- The [Foster Youth Success Initiative](#) supports ambitious, college-bound students exiting the foster care system.
- [Puente Project](#) is an academic, counseling, and mentoring program that has improved college persistence and success rates.
- [The Umoja Program](#) is dedicated to enhancing the cultural and educational experiences of African American and other students.

## 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.

## 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.

According to the Fullerton College Catalog, plagiarism includes:

- paraphrasing published material without acknowledging the source,
- making significant use of an idea or a particular arrangement of ideas, e.g., outlines,
- writing a paper after consultation with persons who provide suitable ideas and incorporating these ideas into the paper without acknowledgment, or
- submitting under one's own name term papers or other reports which have been prepared by others.

According to the Fullerton College Catalog, cheating involves:

- using notes, aids, or the help of other students on tests or exams in ways other than those expressly permitted by the instructor, or
- misreporting or altering the data in laboratory or research projects involving the collection of data.

Academic dishonesty includes copying the answers of assignments, quizzes and exams. Students who allow their assignments, quizzes, or exams 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.

### **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](#)

NUTR 210 COURSE SCHEDULE FALL 2018 (ONLINE)

Subject to change

Week Number	Date	Topic	Readings	Assessments	Notes/Reminders
1	Week starting 8/20	Introduction and Course Outline, Foundations of an Optimal Diet	Syllabus, Ch. 1 and 2	<b>DUE 8/28 11:59 PM</b> Quiz 1  Discussion 1 – Part 1 due by 8/26 Part 2 due by 8/28  Assignment 1	
2	Week starting 8/29	Evaluating Nutrition Information	Ch. 1. and 2	<b>DUE 9/4 11:59 PM</b> Quiz 2  Discussion 2 – Part 1 due by 9/2 Part 2 due by 9/4  Assignment 2	Review instructions for Diet Analysis Project Parts 1, 2, and 3.
3	Week starting 9/5	Food Safety	Ch. 12	<b>DUE 9/11 11:59 PM</b> Quiz 3  Discussion 3 - Part 1 due by 9/9 Part 2 due by 9/11  Diet Analysis Project Part 1	
4	Week starting 9/12	The Human Body	Ch. 3	<b>DUE 9/18 11:59 PM</b> Quiz 4  Discussion 4 - Part 1 due by 9/16 Part 2 due by 9/18  Diet Analysis Project Part 2 and 3	
5	Week starting 9/19	Carbohydrates	Ch. 4	<b>DUE 9/25 11:59 PM</b> Quiz 5  Discussion 5 – Part 1 due by 9/23 Part 2 due by 9/25  Diet Analysis Project Part 4	Review instructions for Diet Analysis Project Parts 4, 5, 6, and 7.
6	Week starting 9/26	Lipids	Ch. 5	<b>DUE 10/2 11:59 PM</b> Quiz 6  Discussion 6 – Part 1 due by 9/30 Part 2 due by 10/2  Diet Analysis Project	

				Part 5	
7	Week starting 10/3	Proteins	Ch. 6	<b>DUE 10/9 11:59 PM</b> Quiz 7  Discussion 7 – Part 1 due by 10/7 Part 2 due by 10/9  Diet Analysis Project Part 6	
	<b>10/2-10/3</b>	<b>Exam #1: Ch. 1, 2, 3, 4, 5, 6, 12</b>  <b>Opens at 12:00 AM 10/2 and closes at 11:59 PM on 10/3</b>			
8	Week starting 10/10	Vitamins	Ch. 7	<b>DUE 10/16 11:59 PM</b> Quiz 8  Discussion 8 – Part 1 due by 10/14 Part 2 due by 10/16  Diet Analysis Project Part 7  Optional: Mid-Semester Course Survey	
9	Week starting 10/17	Water & Minerals	Ch. 8	<b>DUE 10/23 11:59 PM</b> Quiz 9  Discussion 9 – Part 1 due by 10/21 Part 2 due by 10/23  Assignment 3	
10	Week starting 10/24	Diet & Health	Ch. 11	<b>DUE 10/30 11:59 PM</b> Quiz 10  Discussion 10 – Part 1 due by 10/28 Part 2 due by 10/30  Assignment 4	
11	Week starting 10/31	Energy Balance & Weight Management	Ch. 9	<b>DUE 11/6 11:59 PM</b> Quiz 11  Discussion 11 – Part 1 due by 11/4 Part 2 due by 11/6  Diet Analysis Project Part 8	Review instructions for Diet Analysis Project Parts 8, 9, and 10.

12	Week starting 11/7	Nutrition & Fitness	Ch. 10	<p><b>DUE 11/13 11:59 PM</b> Quiz 12</p> <p>Discussion 12 – Part 1 due by 11/11 Part 2 due by 11/13</p> <p>Diet Analysis Project Parts 9</p>
13	Week starting 11/14	Nutrition in Pregnancy and Lactation	Ch. 13	<p><b>DUE 11/20 11:59 PM</b> Quiz 13</p> <p>Discussion 13 – Part 1 due by 11/18 Part 2 due by 11/20</p> <p>Diet Analysis Project Part 10</p>
14	Week starting 11/21	Nutrition from Infancy to Adolescence	Ch. 13 and 14	<p><b>DUE 11/27 11:59 PM</b> Quiz 14</p> <p>Discussion 14 – Part 1 due by 11/26 Part 2 due by 11/27</p>
15	Week starting 11/28	Hunger and the Future of Food	Ch. 15	<p><b>DUE 12/4 11:59 PM</b> Quiz 15</p> <p>Discussion 15 Part 1 due by 12/2 Part 2 due by 12/4</p> <p>Assignment 5</p>
16	12/4-12/5	<p><b>Exam #3 Ch. 7, 8, 9, 10, 11, 13, &amp; 14 + some comprehensive material</b> <b>Opens on 12/4 at 12AM and closes on 12/5 at 11:59PM</b> <b>*ENJOY YOUR BREAK*</b></p>		