

# Nutrition 210 Online Fall 2017

CRN 13730 and 14910

Rita Higgins, MPH, RDN



**Welcome to Nutrition 210!** My name is Rita Higgins, and I will be your instructor this semester, as we explore a wide range of nutrition topics. If you've ever wondered about the health effects of high fructose corn syrup or why the human body really needs iodine, you've found the right class! We will discuss and debate several controversial topics such as pros and cons of taking dietary supplements, government involvement in regulation of the food supply, and the safety of genetically engineered foods. While I have been teaching Nutrition at the community college level for over 15 years, I find that each semester my students continue to intrigue me with their thoughts and questions. As your fellow students share opinions, ideas, and experiences through discussion board forum discussions, my hope is that each of you will gain a deeper understanding of the world around you as it pertains to diet and health. My personal teaching philosophy is that all students have the potential to be successful in my course. However, we both have a hand in the process. I believe that it is my job to encourage and support you in your journey and your role is to be strongly committed to and responsible for your own achievement. My expectation is that you will walk away from this experience with, not only a sincere appreciation for the science of nutrition, but also with a better awareness of your own relationship with food and well-being.

## How To Get In Touch With Me

The best way to contact me is via email at [RHiggins@fullcoll.edu](mailto:RHiggins@fullcoll.edu) . I will return all emails within 24 hours during weekdays.

**Also, stop by my office during my office hours.**

Room 1250-02

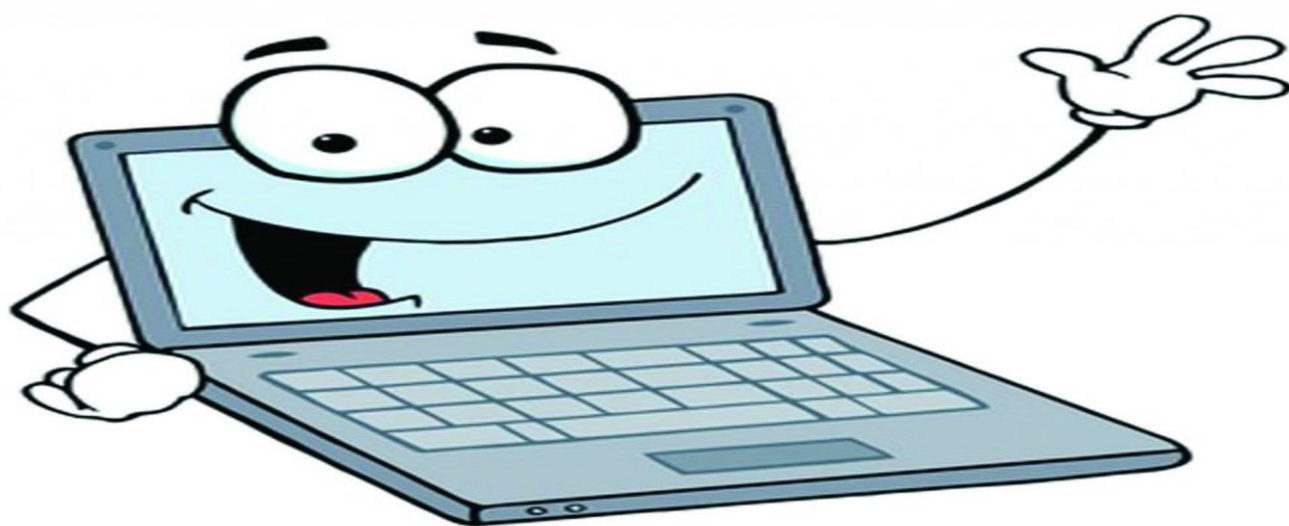
Tuesday 10:15am-12:45pm

Thursday 10:15am-12:45pm

Friday 11:45am-12:15pm

## THE VIRTUAL CLASSROOM ENVIRONMENT

Building a strong sense of community is an essential component in this course. You should not feel alone as an online student! My goal is for you to consider yourself as part of a cohesive group just as you would in my face-to-face class setting. We will communicate via the discussion board forum, where you can express opinions, share ideas, and ask questions. Although I will read and respond to these postings, this is really the best method for students to connect, communicate and support each other. While the comfort of anonymity may spur bolder or more candid comments than in a face-to-face setting, it is important to maintain a respectful and thoughtful atmosphere in our virtual classroom. Remember the human element when posting and responding to discussion board forums. If you wouldn't speak it to a person's face, then refrain from saying it in the written word. Keep in mind, as well, that it is easier to misinterpret text than the spoken word. Take a few minutes to read this article on "[Netiquette](#)" to better prepare your communications skills for the online setting



KidsToday.in

## COURSE BASICS

We will be using **Canvas** as our course management system, which can be accessed at from the My Gateway Home Page.

The course is structured into weekly modules. Each module will consist of a variety of activities and will vary by week. You should access the course several times per week and be sure to read weekly announcements and instructions. If you fail to access the course site for more than **two consecutive weeks**, you may be dropped from the course.

***All the graded material will be due by 11:59pm the Sunday night of the specific week.*** Each week, you will be responsible for the following:

- 1. Read the assigned text chapter**
- 2. Watch the corresponding chapter power point presentation**
- 3. Complete the MindTap Activities: point values will vary by activity and week**
- 4. Respond to the Discussion Board Topic: student responds to original topic and also responds to one or more students' post.**
- 5. Complete Diet Analysis Project Activity or Summary (if assigned)**

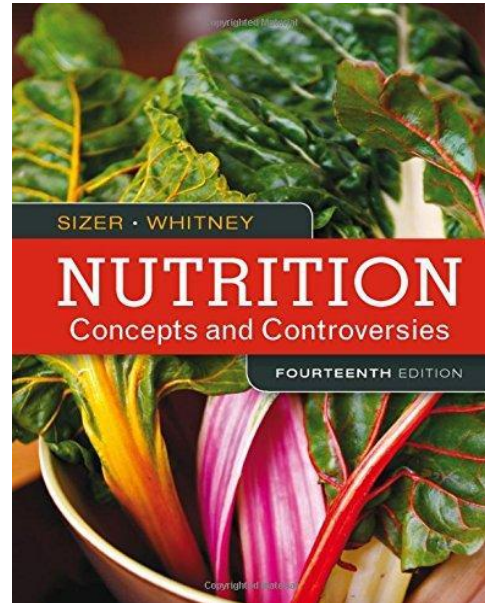
## REQUIRED COURSE MATERIALS

**Text:**Sizer - Bundle: Nutrition: Concepts and Controversies, Loose-leaf Version, 14th + MindTap® Nutrition, 1 term (6 months) Printed Access Card. This can be purchased in our campus bookstore.  
ISBN-9781337127547

**\*\*You will be prompted to type in the MindTap Access Code when you first attempt to access any MindTap activity in Blackboard.**

If you prefer the **digital only format**, you can purchase the access for \$75 direct through the publisher. The first time you enter any MindTap Course Content, you will be given the option to purchase the digital format only. [THIS VIDEO](#) gives instructions on logging into MindTap.

**\*\*Note\*\* *MindTap is available for a free two-week trial. If you are waiting for financial aid or other funds to purchase your text, you can still access the MindTap activities through the free trial. You will have the option for the two-week trial when you begin your first MindTap activity in week 1.***



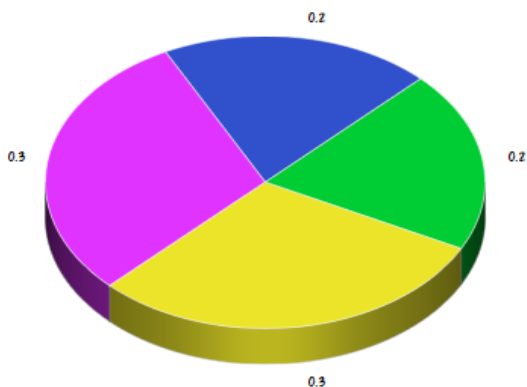
### **By the end of the semester, you should be able to:**

- Differentiate among dietary choices and identify choices that reflect the current Dietary Guidelines for Americans.
- Explain the nutrient needs during the various stages of the human life cycle.
- Explain how diet and lifestyle choices impact health and quality of life.

### **More objectives:**

- Differentiate between fad and fact by applying published scientific evidence to nutrition information.
- List current dietary guidelines for Americans.
- Identify and interpret the components of the nutrition label.
- Evaluate a personal daily dietary plan that meets both recommended current caloric and dietary reference intakes.
- Explain causes and corrections of the current nutritional problems in the United States and in the world.
- Describe the differences among the energy nutrients and non energy-yielding nutrients.
- Identify physiological functions, any deficiency and/or toxicity symptoms and major food sources of each nutrient.
- 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.
- Recognize health complications caused entirely or partially by nutritional inadequacies or excesses.
- Calculate personal energy and protein requirements, appraise and/or appropriately revise personal 3-day dietary record.
- Recognize accurate information regarding nutrient supplements and ergogenic aids.
- Explain how nutrition and lifestyle choices influence health during pregnancy.

EXAMS    DIET ANALYSIS PROJECT    DISCUSSION BOARD    MINDTAP ACTIVITIES



### Grading System

Grades will be based on a straight scale.

90-100% A

80-89% B

70-79% C

60-69% D

< 60% F

## COURSE REQUIREMENTS AND GRADING SYSTEM

### MindTap Activities: 30% of final grade

Weekly **MindTap** activities will be completed. These may include but are not limited to the following:

Case studies

Video quizzes

Global Nutrition Watch Activities

Formative Chapter quizzes

***Point values vary by activity and week.***

### Diet Analysis Project: 20% of final grade

You will analyze your diet using the **Diet and Wellness Plus** software which comes bundled with the textbook. The project is divided into five parts: four activity assignments and one written summary. These assignments/summary will be assigned after each topic area is covered and will be due at the end of the week in which it is assigned. Instructions are provided for each activity.

### Weekly Discussion Board Postings: 20% of final grade

Weekly discussion board topics will be assigned per posted instructions. Blog postings will be due by 11:59pm each Sunday. In order to receive full credit, students are required to respond to at least one classmate's posting by the Sunday deadline. The response should be substantive and not just an "I agree" type of response.

### Exams: 30% of final grade

One midterm and one final exam will be given. Each exam will consist of multiple choice and true/false questions and will also include short answer questions. The midterm will cover chapters 1-8 and the final exam will cover chapters 9-15. The midterm and final exam are summative. They can be taken only one time and once started must be completed. Students will have 2 hours to take each exam and the exams will be open for a specified period of time which will be posted on blackboard. Study guides for the exams will be posted in blackboard. Specific exam instructions will be provided on the exam.



**Here are some answers to your burning questions...**

**Do I need to purchase MindTap for this course?**

Yes! This course uses the Blackboard learning management system and the MindTap, an interactive learning system which aligns with the text.

**Do I need to purchase the text for this course?**

Yes! While I do post my power point lectures and videos to view, the primary source of course content will come from the textbook. Be sure to purchase the textbook and MindTap access during the first week of the semester.

**Can I be dropped from the course for not participating regularly?**

Yes! You are responsible for staying on track with the weekly assignments and discussion boards. You need to participate in the discussion boards forum during week 1 to remain enrolled. In addition, throughout the semester, if you fail to access the course site and participate in activities for more than **two consecutive weeks**, you may be dropped from the course.

**Can I make up exams or missed weekly work?**

No. Since the online course format is fairly flexible, with weekly work being due each Sunday, the due dates are firm and work may not be made up. *However, as we all know, life can be unpredictable. Please call me right away if you have any extenuating circumstances (hospitalization, death in the family, etc) that may need to be considered to provide exception to the above policy. Documentation of the reason will be required.*

**What about academic honesty?**

It's a serious issue. You are responsible for upholding academic honesty and for not violating the College cheating and plagiarism policies as stated in the Fullerton College catalog. Copying work of another student is plagiarism. If plagiarism is apparent, both parties will receive a "0" on the assignment.

# Fullerton College Campus Resources

We have multiple resources available on campus to support students in a variety of ways. I have listed several below.

Name of Center	Location	Phone Number	Website (No "www")	Types of Services
Writing Center	808	714-992-7153	Writingcenter.fullcoll.edu	Assists with essays at any stage from brainstorming to final draft.
Tutoring Center	806	714-992-7151	Tutoringcenter.fullcoll.edu	Tutoring in most subjects. Some walk-in available; English tutoring by appointment
Skills Center	800, west entrance	714-992-7144	Skillscenter.fullcoll.edu	Study skills, vocabulary, computer tutorials in grammar, writing, reading
Counseling Center	2000, 2 <sup>nd</sup> floor	714-992-7084	Counseling.fullcoll.edu	Advisement for course selection, career and transfer goals
Disability Support Services	842	714-992-7099	Dsp.fullcoll.edu	Provides services for students with disabilities, learning disability assessment
Transfer Center	212	714-992-7086	Transfer.fullcoll.edu	Transfer advising, guides to majors, university information
Cadena Center	212	714-992-7086	Cadena.fullcoll.edu	Diversity events, scholarship info, speakers
Health Center	1204	714-992-7093	Healthservices.fullcoll.edu	Free or reduced cost medical and psychological care
Financial Aid	115	714-992-7091	Financialaid.fullcoll.edu	Grants, loans, scholarships, help w/ FAFSA
Veterans' Services	518	714-992-7102	Veterans.fullcoll.edu	A variety of services and support for student veterans
EOPS	2000, 2 <sup>nd</sup> floor	714-992-7097	Eops.fullcoll.edu	Services for the educationally and economically needy
Career and Life Planning	2000, 2 <sup>nd</sup> floor	714-992-7121	Careercenter.fullcoll.edu	Career counseling, assessment, resume help
Workforce Center	2002	714-992-7136	Workforce.fullcoll.edu	Job placement services, employment skills, resume and interviewing help
Transfer Achievement Program (TAP)		714-992-7084	Tap.fullcoll.edu	Supports students in their goal of transferring to a 4-year university
Puente		<a href="mailto:edominguez@fullcoll.edu">edominguez@fullcoll.edu</a>	Puente.fullcoll.edu	Supports educationally disadvantaged students in achieving a college education
Incite		714-992-7143	incite@fullcoll.edu	Academic support for student athletes
Student Success Diversity Init. (SDSI)	801B	714-992-7143	sdsi@fullcoll.edu	Support for Afr.-Am./Latino men & other at-risk students
Math Lab	807	714-992-7140	Math.fullcoll.edu/math-lab.html	Math tutoring and resources
Special Programs	225	715-992-7067	Specialprograms.fullcoll.edu	Service learning, future teacher pathway program, honors program, career cafe
Food Bank	1955	none – email <a href="mailto:fcfoodbank@fullcoll.edu">fcfoodbank@fullcoll.edu</a>	Fcfoodbank.fullcoll.edu	Provides food to students and their families in need
Child Development Center/Lab School	1820/1830	714-992-7069	Labschool.fullcoll.edu	Child care and education for children between 2½ and 5½