

Human Nutrition 210 Online Spring 2019

CRN 21955 and 21956

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 almost 20 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 Prof Higgins

The best way to contact me is via the Canvas Inbox. I will return all emails within 24 hours during weekdays.

Virtual Office Hours through

Conferences in Canvas

Wednesdays 10am-12pm

Also, stop by my office during my office hours.

Room 1250-02

Tuesday 10-10:30am Thursday 10am-1pm

Student Learning Outcomes (SLOs)

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.
- Evaluate the validity of nutrition-related claims in the media and Internet

Required Course Materials

MindTap for Nutrition (includes eBook):

Sizer/Whitney - LMS Integrated for MindTap®

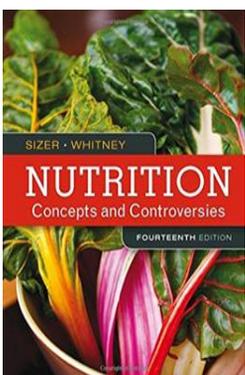
Nutrition, 1 term (6 months) Printed Access Card for

Sizer/Whitney's Nutrition: Concepts and Controversies, 14th

ISBN 9781305671171

The Course Orientation Module includes a link to

purchase MindTap. If you purchase at the campus bookstore, you can enter your access code using the same link provided.



How Will We Communicate?

You might be wondering how we will communicate in the online forum. I will send you regular announcements, generally at least 2 per week, outlining the week's schedule, providing reminders, and other pertinent information for the course. You will be posting to the weekly Discussion Board Forum and also responding to at least two of your classmate's posts each week. These virtual discussions are the best method for you to all communicate as classmates and to learn from each other's experiences. I will participate in the discussion board forums, as well, by responding individually to your post, responding to the class as a group, and/or in your grades comments. You will also receive written feedback from me on all your written assignments (Diet Analysis Project) in a timely manner. Lastly, I will hold 2 hours of virtual office hours weekly through Canvas Conferences and 3.5 hours of in-person office hours weekly. You can reach out to me personally via email or phone. Please check the "Class Communication" section of the orientation module for my contact information and office hours.

What is the Virtual Classroom?

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

What Should I Expect Each Week?

We will be using **Canvas** as our course management system, which can be accessed at from the [Fullerton College Home Page](#).

The course is structured into weekly modules. Each module will consist of a variety of activities which 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 and participate in course work for more than **two consecutive weeks**, you may be dropped from the course.

All graded material will be due by 11:59pm the Sunday night of the specific week. The Discussion Boards posts have two due dates as noted below.

Each week, you will be responsible for the following:

1. Read the assigned text chapter
2. Watch the corresponding chapter power point presentation and videos
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 (by Thursday 11:59pm) and also responds to two or more students' post by 11:59pm Sunday.
5. Complete Diet Analysis Project Activity or Summary (if assigned)
6. Take Midterm during week 8 and Final Exam during week 16

What Will My Grade Be Based On?

MindTap Activities: 15% 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

Point values vary by activity and week.

Diet Analysis Project: 15% of final grade

You will analyze your diet using the **Diet and Wellness Plus** software app in MindTap. These assignments and summary will be assigned to correspond with the study topic of the week. Some, but not all, weekly work modules will contain Diet Analysis Project assignments. Instructions are provided for each assignment and grading rubrics are posted. Late assignments are not accepted.

Weekly Discussion Board Postings: 15% of final grade

Each week, a discussion board topic will be posted. In order to earn full credit, you must post your original response and also two classmate responses. Discussion board postings will be due by 11:59pm Wthursday (original post) and 11:59pm Sunday (classmate responses). The responses should be substantive and not just an "I agree" type of response. A grading rubric is posted.

Chapter Quizzes and Exams: 55% of final grade

You will be taking weekly chapter quizzes. These are worth 15 points each and you will have 30 minutes to complete each quiz in two tries. 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. Study guides for the exams will be posted in Canvas. Specific exam instructions will be provided on the exam.

Here are answers to more of your burning questions...

Do I need to purchase MindTap for this course?

Yes! This course uses the **Canvas** learning management system (LMS) and **MindTap**, an interactive learning system which aligns with the text. The eBook is included with your MindTap purchase. The MindTap Access Card is available for purchase in our campus bookstore as well as directly through Canvas. Details regarding the product are found on page 3 of the syllabus and also on the Canvas Homepage.

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 board forum during week 1 to remain enrolled.** In addition, if you fail to access the course site and complete activities for more than **two consecutive weeks**, I may drop you from the course for lack of participation.

Can I make up exams or missed weekly work?

No. Since the online course format is flexible, 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. Copying directly from an internet or written source is plagiarism. If plagiarism or cheating is apparent, both parties will receive a "0" on the assignment. Please see more detailed discussion in the Course Orientation Module.

What if I am a student with a disability?

If you have an accommodation for a disability, please speak with me early in the semester so we can make arrangements to support your success in the course. For more information on programs for students with disabilities, please contact the Disability Support Services office in rom B42 at 714-992-7099 .