

## Class Meeting Times and Location

Monday and Wednesday 9:20-10:45 am, Room 724

## Welcome to Human 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! While I have been teaching Nutrition at the community college level for over 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 class 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 Contact Professor Higgins

[RHiggins@fullcoll.edu](mailto:RHiggins@fullcoll.edu)

714-992-7466

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

## Office Hours and Room:

Room 1250-02

Monday 11am-1pm

Wednesday 11am-1pm

Thursday 11am-12:30pm

Or by appointment

## What You Should Expect to Learn

## 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

## Course Materials

**Students will use Canvas to access readings, submit assignments, and obtain other supplementary course materials.**

This course utilizes an **Open Education Resource (OER)** which is completely free for students. You **do not** need to purchase a textbook for this class. Weekly readings are provided in each Canvas content module. The readings are posted as both links to a web text and as PDFs. Please note that only specific topic sections are assigned each week, so if you use the text PDF, be sure to focus your readings on only the assigned sections. Text: Human Nutrition, Authors: University of Hawai'i at Mānoa Food Science and Human Nutrition Program. License: Creative Commons Attribution

## Grading System

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

## Course Structure and Grading Policies

**Exams: 50%**

There will be two midterm exams and one comprehensive final exam. Exams will consist of both objective and free response questions and will be given per the course schedule.

**Weekly Online Quizzes: 10%**

You will take weekly quizzes in Canvas which are due by 11:59pm each Sunday. Late quizzes are not accepted. You can not make up missed quizzes, however, the two lowest quiz grades will be dropped.

**Apply the Concepts Assignments: 20%**

These assignments provide you with the opportunity connect course content to everyday life situations, including your own lifestyle and dietary intake. The assignments are posted in the Canvas weekly modules and will be submitted directly through Canvas by 11:59pm Sunday of the week they are assigned. Late assignments will not be accepted.

**In-Class Activities: 20%**

You will work individually and in small groups during class on activities pertaining to lecture/reading topics. You should bring an electronic device to class, if possible, in order to access the readings to use during the activities. Because these are part of the daily discussion topic, **you need to be present in class to receive credit for the activity**. The two lowest In-Class Activities grades will be dropped.



## **Here are some answers to your burning questions....AKA Course Policies**

### **Do I need to show up to class?**

Yes! Attending class is essential to your success this semester. Please plan to arrive on-time for each class meeting. If you miss class, you will not only miss lecture and discussion, but also the opportunity to earn credit for in-class activities. According to the Fullerton College course catalogue, students may be dropped for the accumulation of more than a week's absences consecutive or nonconsecutive. If you miss more than one week of class, please contact me to explain your absences and to discuss your progress in the class. Although I may drop you for excessive absences, I expect students to drop themselves if they do not plan to continue with the course.

### **Can I make up missed exams?**

Yes and no. Missed exams may be made up per my discretion. If it is a planned absence, be sure to inform me in advance so we can arrange a day and time for you to take the exam. If the absence is not planned, contact me right away to explain the reason for your absence.

### **Can I turn in late work or make up missed assignments?**

No. Per the grading policies, I do not accept late work or allow for make-up work with regards to weekly quizzes, apply the concepts assignments, or in-class activities. Do note that the two lowest grades from the quiz and in-class activities categories will be dropped, however.

### **What if you are late?**

If due to an unforeseen emergency, I do not arrive at the scheduled start time for class, you should wait for fifteen minutes, unless informed otherwise by the division office. Also, please check Canvas to see if I sent a message regarding my absence.

### **What about the use of technology in class?**

I welcome the use of technology in the classroom to support the learning process. We will often utilize technology to access Canvas and web sources during class. However, please be respectful of the classroom environment by using technology only for class purposes. If you are using technology for other purposes in class, you may be asked to put the device away or leave the classroom.

### **Should I save my returned work?**

Yes! While the apply the concepts assignments and quizzes will be graded in Canvas, you should save all the returned in-class activities to use in exam preparation. Additionally, in the event of a grade discrepancy or a grade is not recorded, returned class work is proof of grade earned. If you are absent the day coursework is returned, please see me during the next class meeting so I can return your work.

### **Will I feel included in the class?**

Yes! During the course of the semester, we may be discussing controversial or sensitive topics. You should be respectful of the opinion of others and allow others to express their ideas without judgement or criticism. Students have the right to disagree, however, argumentative communication should be avoided. Please refrain from the use of profanity, ridiculing, and discriminatory comments. Disruptive behavior which interferes with instruction will result in a verbal warning and repetition of the behavior may result in dismissal from class which will count as an absence.

### **What if I am a student with a disability?**

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

### **Are there other student resources on campus to assist students?**

Yes! Please see the listing on the [Resource Finder](#) page which can also be accessed through the Canvas support link in the blue left hand menu.

### **What about academic integrity and plagiarism?**

Academic integrity and honesty are of utmost concern. Please take a few minutes to review the information provided on the [cccOnline Library](#) site addressing plagiarism. Additionally, find more resources on the Turnitin.com web site regarding [The Plagiarism Spectrum](#). If it is determined that you have cheated or plagiarized material, you will receive a "0" for that assignment with possible further disciplinary action, per the below Fullerton College catalog Board Policy AP4030:

# Class Schedule \*

\*Schedule may change, as needed

Week/ Dates	Topic Covered in Class and Canvas Module	Items Due Submit into Canvas by 11:59pm Sunday Night
Week 1 1/27, 1/29	Introductions, Review of Syllabus Food Choices and the Human Health	Quiz 1
Week 2 2/3, 2/5	The Human Body, Digestion, and Absorption	Quiz 2 Apply the Concepts Assignment
Week 3 2/10, 2/12	Carbohydrates	Quiz 3 Apply the Concepts Assignment
Week 4 2/17, 2/19	<b>No Class Monday 2/18 - Presidents' Holiday!</b> Lipids	Quiz 4
Week 5 2/24, 2/26	Proteins	Quiz 5 Apply the Concepts Assignment - Diet Analysis
Week 6 2/2, 2/4	Review for Exam 1 <b>Exam 1 Wednesday</b>	
Week 7 3/9, 3/11	Vitamins	Quiz 7 Apply the Concepts Assignment
Week 8 3/16, 3/18	Water and Minerals	Quiz 8 Apply the Concepts Assignment-Diet Analysis
Week 9 3/23, 3/25	Nutrition Applications	Quiz 9 Apply the Concepts Assignment
Week 10 3/30, 4/1	Energy Balance and Weight Management	Quiz 10
4/6-4/12	<b>SPRING RECESS! No Class!!!</b>	
Week 11 4/13, 4/15	Performance Nutrition	Quiz 11 Apply the Concepts Assignment- Diet Analysis Summary Paper
Week 12 4/20, 4/22	Review for Exam 2 <b>Exam 2 Wednesday</b>	
Week 13 4/27, 4/29	Lifespan Nutrition	Quiz 13 Apply the Concepts Assignment
Week 14 5/4, 5/6	Diet and Health	Quiz 14
Week 15 5/5/11, 5/13	Food Safety and Technology	Quiz 15
Week 16 5/18, 5/20	Review for Final Exam <b>Final Exam Wednesday</b>	