
NUTR 210

Human Nutrition Course Syllabus

Summer 2021

This course is an introduction to the science of nutrition. Major principles, functions and sources of nutrients are discussed, as well as their relationship to health and disease. Chemistry and physiology are also discussed as they related to nutrition. General application as it pertains to today's health and disease, as well as, chemistry and physiology as they relate to nutrition students is stressed. Students will analyze their food intake. (CSU) (UC) AA GE, CSU GE (C-ID: NUTR 110) Use this syllabus as your student "contract" with the course and refer to it for course information and policies. Be sure to thoroughly read through the whole syllabus before beginning coursework.

Course Objectives

Student Learning Outcomes (SLOs)

By the end of this course, you will be able to:

1. Differentiate among dietary choices and identify choices that reflect the current Dietary Guidelines for Americans.
2. Explain the nutrient needs during the various stages of the human life cycle.
3. Explain how diet and lifestyle choices impact health and quality of life.
4. Evaluate the validity of nutrition-related claims in the media and Internet

Contact Information

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714-992-7466

Contact me to schedule a time to meet virtually via Zoom.

Course Structure

Since our summer session is a condensed schedule, the course moves quickly. Think of this class as "double time" of a regular semester speed. This class is taught asynchronously, fully online, which means that we **do not** have any required course meetings. Our course is structured into weekly modules, which you can access from the Homepage. Each weekly module will usually consist of two content areas, each with readings, videos, and assignments. The due date for weekly work is always Sunday by 11:59pm, except the initial Discussion Board post, which is due Saturday by 11:59pm. As is the case with any three-unit summer course, you should plan to spend 12-18 hours weekly on coursework. Each content module will begin with a weekly instructions page with links to the following.

- **Instructions Video**
- **Text Readings:** You will access the readings through our free text with direct web links in each weekly module. Be sure to read the text before starting assignments each week.
- **Content-related videos:** These are intended to support your learning by providing a visual to go along with the readings and my lectures.
- **Lecture Video with Embedded Quiz Questions:** You will have both a lecture video as well as lecture slides to view for the lecture material. The lecture video contains an interactive component in which students answer questions throughout the video. There is no limit on how many times you can view lectures and answer the questions. The lecture notes are also posted separately as slides so you can go back to review content. The lecture quizzes will account for **20% of your overall grade**. The lowest score will be dropped.
- **Apply the Concepts Assignment:** The content-related assignments include activities such as case studies and literature reviews. Students will also analyze their personal dietary intake and complete diet analysis assignments. These assignments will account for **20% of your overall grade**.
- **Discussion Board:** Each discussion board forum will align with the topic for the week. We will often discuss concept and issues which are controversial or not covered in our text readings. Students may also relate to the topics personally in their posts, if desired. These will account for **20% of your overall grade**.
- **Exams:** There will be a midterm and a partially comprehensive final exam. Each will consist of multiple choice, true/false, matching, and short free response style questions. Exams will cover material from all sources including readings, lectures, discussion boards, apply the concepts assignments, and supplementary videos. You will be given study guides for the exams. The exams will account for **40% of your overall grade**.

Textbook & Reading Materials

Since this course is taught in a fully online format, you should plan to spend a considerable time on a computer and/or personal device. Often times, access to materials and assessments will be easier to obtain on a computer browser, rather than through the Canvas App. You will need good internet connectivity and the ability to retain that connectivity for at least an hour at a time (for testing).

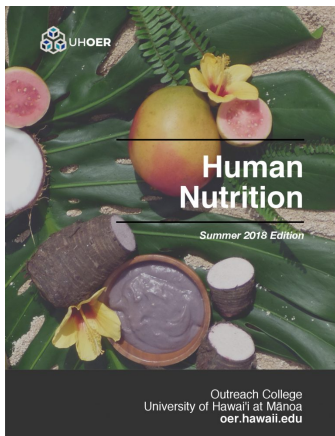
This course utilizes an **Open Education Resource (OER)** which is completely free for students. Readings are provided in each weekly content module as links to a "live" web text. I have also included the PDF for each week's reading, however, some content has been moved or removed, so if you use the PDF for the readings, be sure to read only the assigned section.

A printed PDF of the textbook is available for purchase at the [FC Campus Bookstore](https://bookstore.fullcoll.edu/course-search).
(<https://bookstore.fullcoll.edu/course-search>)

Human Nutrition

Authors: University of Hawai'i at Mānoa Food Science and Human Nutrition Program

[Text Web Link](http://pressbooks.oer.hawaii.edu/humannutrition/) (<http://pressbooks.oer.hawaii.edu/humannutrition/>)



Grading Policy

Course grading is done on a weighted basis as follows:

Exams 40%

Lecture Quizzes 20%

Apply the Concepts Assignments 20%

Discussion Board 20%

Grades are calculated on a straight scale as follows:

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

Late assignments (except exams) will be accepted and will lose 10% of the total points for each day late up to 50% off of the total. This means the least you can earn for late work is 50%, so it is worth completing assignments, even if they are late. However, as we all know, life can be unpredictable. Please contact 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 late work policy. Documentation of the reason will be requested.

Virtual Attendance Policy

In the virtual online space, regular "attendance" is key to your success as a student! It is essential that you remain engaged each week by checking Canvas on Monday morning for a new announcement outlining the weekly schedule, working on readings and assignments throughout the week, and staying on top of due dates and deadlines. ***If you fail to access our Canvas course submit weekly work for one or more weeks within the summer session, you may be dropped from the course for lack of participation (or excessive absences).*** Please contact me right away if you encounter a life emergency or situation which prevents you from completing your coursework. If you decide that you do not want to continue with the course, it is your responsibility to drop yourself through MyGateway before the withdrawal deadline. As always, contact me if you have any questions on this policy.

Class Communication

Communication in this class is essential to your success! Although this class is taught completely online, you will not be left all alone out there in virtual space. We will be communicating regularly through various methods. Each week, I will send out class announcements outlining the weekly schedule and also providing reminders of work due. These announcements will be directly emailed to you, but you should still read them in Canvas in order to access the course links. I also post an instruction video on each weekly instructions page. **Be sure to view these weekly instructional videos before starting coursework for the week.** Each week, there will be a Discussion Board forum in which you will post an original response and also two classmate responses. You will see

me pop in and out of the discussion forums, as well. You should consider these weekly discussion board forums as the virtual form of a classroom discussion. In fact, I have found over the years, that students tend to share even more personally and candidly with the anonymity of the online format. You will receive my comments on your assignments within a week of submitting. **Once you see your grade appear, be sure to access the grade to read my comments.** Lastly, I've listed ways for contacting me below. Please don't hesitate to reach out with questions or concerns.

Ways to reach me:

- Email me using the Inbox function of Canvas (<mailto:rhiggins@fullcoll.edu>)
- Flexible Office Time: Contact me to schedule an individual Zoom meeting if you'd like to meet face-to-face

I will respond to emails and phone messages within 24 hours on weekdays. I will usually respond on weekends, but I do not guarantee the 24 hour response time.

Academic Honesty

The following regarding academic integrity is in accordance with the Fullerton College board policies. Students are expected to abide by ethical standards in preparing and presenting material which demonstrates their level of knowledge and which is used to determine grades. Such standards are founded on basic concepts of integrity and honesty. These include, but are not limited to, the following areas:

1. Students shall not plagiarize, which is defined as

- stealing or passing off as one's own the ideas or words of another, or
- using a creative production without crediting the source.
- The following cases constitute plagiarism:
 - 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.

2. Students shall not cheat, which is defined as

- 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.

- Students shall not furnish materials or information in order to enable another student to plagiarize or cheat.

Instructors may deal with academic dishonesty in one or more of the following ways:

- Assign an appropriate academic penalty such as an oral reprimand or point reduction.
- Assign an “F” on all or part of a particular paper, project, or exam.
- Report to the appropriate administrators, with notification of same to the student(s), for disciplinary action by the College. Such a report will be accompanied by supporting evidence and documentation.

Recording Policy

EDUCATION CODE 78907.

The use by any person, including a student, of any electronic listening or recording device in any classroom without the prior consent of the instructor is prohibited, except as necessary to provide reasonable auxiliary aids and academic adjustments to disabled students. Any person, other than a student, who willfully violates this section shall be guilty of a misdemeanor.

Any student violating this section shall be subject to appropriate disciplinary action.

This section shall not be construed as affecting the powers, rights, and liabilities arising from the use of electronic listening or recording devices as provided for by any other provision of law.

Accessibility

American with Disabilities Act (ADA): Fullerton College is committed to providing educational accommodations for students with disabilities upon the timely request by the student to the instructor. Verification of the disability must also be provided. The Disability Support Services office functions as a resource for students and faculty in the determination and provision of educational accommodations. Visit the [Disability Services Remote Office](#) for more information.

Accessibility features in Canvas:

The document accessibility tool [SensusAccess](https://online.fullcoll.edu/sensus-access/) [\(https://online.fullcoll.edu/sensus-access/\)](https://online.fullcoll.edu/sensus-access/) allows you to convert your course materials into alternate formats. This tool can be found in the Support menu on the Canvas Dashboard.

The Microsoft Immersive Reader is a full screen reader that includes grammar and dictionary tools. Immersive Reader is built into every Canvas page. To access it, click on the Immersive Reader button at the top of each page.

Canvas Information

Canvas is the where course content, grades, and communication will reside for this course.

- fullcoll.instructure.com
- For Canvas, support, please use the Canvas support line.
 - 844-600-4948
 - [Report a Canvas issue](#)
 - [Missing Course help](https://forms.fullcoll.edu/canvas-help/) [\(https://forms.fullcoll.edu/canvas-help/\)](https://forms.fullcoll.edu/canvas-help/)

Course Schedule *Subject to change







Each week, work due may consist of Lecture Video Quizzes, Apply the Concepts Assignments, Discussion Board Posts and Exam (if applicable).









Check Canvas course summary and modules for specific items with due dates.

Week 1	Introduction to Nutrition
Week 2	The Human Body, Digestion, and Absorption Carbohydrates
Week 3	Lipids Proteins
Week 4	Vitamins Minerals
Week 5	Midterm Nutrition Applications
Week 6	


	Energy Balance and Healthy Body Weight Performance Nutrition
Week 7	Lifespan Nutrition Diet and Health
Week 8	Food Safety and Technology Final Exam


Course Summary:

Date	Details	Due
Sun Feb 9, 2020	 Apply the Concepts: Vitamins Case Study https://fullcoll.instructure.com/courses/32467/assignments/714211	due by 11:59pm
	 Discussion: Let's Check-in! https://fullcoll.instructure.com/courses/32467/assignments/714222	due by 11:59pm
Sun Mar 1, 2020	 Discussion: Intuitive Eating https://fullcoll.instructure.com/courses/32467/assignments/714229	due by 11:59pm
Sun Mar 15, 2020	 Exam 2 https://fullcoll.instructure.com/courses/32467/assignments/714213	due by 11:59pm
Sun Mar 22, 2020	 Discussion: Childhood Obesity https://fullcoll.instructure.com/courses/32467/assignments/714227	due by 11:59pm
Sat Jun 6, 2020	 Discussion: Alcohol Risks vs. Benefits https://fullcoll.instructure.com/courses/32467/assignments/714224	due by 11:59pm

Date	Details	Due
Sat Jun 27, 2020	 Discussion: The Plant Based Diet https://fullcoll.instructure.com/courses/32467/assignments/714217	due by 11:59pm
	 Discussions: Introductions! https://fullcoll.instructure.com/courses/32467/assignments/714219	due by 11:59pm
Sun Jun 13, 2021	 Lecture Video and Quiz - Nutrition Overview https://fullcoll.instructure.com/courses/32467/assignments/714236	due by 11:59pm
	 Personal Introduction to Your Professor https://fullcoll.instructure.com/courses/32467/assignments/718604	due by 11:59pm
	 Apply the Concepts: Carbohydrates Case Study https://fullcoll.instructure.com/courses/32467/assignments/714210	due by 11:59pm
	 Apply the Concepts: Digestive Disorders https://fullcoll.instructure.com/courses/32467/assignments/714216	due by 11:59pm
Sun Jun 20, 2021	 Discussion: Added Sugars https://fullcoll.instructure.com/courses/32467/assignments/714225	due by 11:59pm
	 Lecture Video and Quiz - The Human Body https://fullcoll.instructure.com/courses/32467/assignments/714239	due by 11:59pm
	 Lecture Video and Quiz- Carbohydrates https://fullcoll.instructure.com/courses/32467/assignments/714243	due by 11:59pm
Sun Jun 27, 2021	 Apply the Concepts: Analyze Your Macronutrient and Calorie Intake https://fullcoll.instructure.com/courses/32467/assignments/714208	due by 11:59pm
	 Discussion- The Mediterranean Diet https://fullcoll.instructure.com/courses/32467/assignments/714223	due by 11:59pm

Date	Details	Due
Sat Jul 3, 2021	 Lecture Video and Quiz - Lipids https://fullcoll.instructure.com/courses/32467/assignments/714235	due by 11:59pm
	 Lecture Video and Quiz - Proteins https://fullcoll.instructure.com/courses/32467/assignments/714242	due by 11:59pm
	 Apply the Concepts: Analyze Your Micronutrient and Water Intake https://fullcoll.instructure.com/courses/32467/assignments/714207	due by 11:59pm
	 Discussion: Sodium in Restaurant Meals https://fullcoll.instructure.com/courses/32467/assignments/714221	due by 11:59pm
	 Lecture Video and Quiz - Vitamins https://fullcoll.instructure.com/courses/32467/assignments/714240	due by 11:59pm
Sun Jul 11, 2021	 Lecture Video and Quiz - Water and Minerals https://fullcoll.instructure.com/courses/32467/assignments/714241	due by 11:59pm
	 Discussion: Nutrition Facts Food Label Comparison https://fullcoll.instructure.com/courses/32467/assignments/714228	due by 11:59pm
Sun Jul 18, 2021	 Lecture Video and Quiz - Nutrition Applications https://fullcoll.instructure.com/courses/32467/assignments/714237	due by 11:59pm
	 Apply the Concepts: Weight Loss Case Studies https://fullcoll.instructure.com/courses/32467/assignments/714215	due by 11:59pm
	 Discussion: Sports and Energy Drinks https://fullcoll.instructure.com/courses/32467/assignments/714226	due by 11:59pm
	 Midterm Exam https://fullcoll.instructure.com/courses/32467/assignments/714206	due by 11:59pm

Date	Details	Due
	 Apply the Concepts: Diet Analysis Summary Paper https://fullcoll.instructure.com/courses/32467/assignments/714230	due by 11:59pm
	 Lecture Video and Quiz - Energy Balance https://fullcoll.instructure.com/courses/32467/assignments/714232	due by 11:59pm
	 Lecture Video and Quiz - Performance Nutrition https://fullcoll.instructure.com/courses/32467/assignments/714238	due by 11:59pm
	 Apply the Concepts: Cardiovascular Disease Case Studies https://fullcoll.instructure.com/courses/32467/assignments/714209	due by 11:59pm
	 Apply the Concepts: Pregnancy and Breastfeeding Case Study https://fullcoll.instructure.com/courses/32467/assignments/714214	due by 11:59pm
Sun Jul 25, 2021	 Discussion: Diabetes https://fullcoll.instructure.com/courses/32467/assignments/714218	due by 11:59pm
	 Lecture Video and Quiz - Diet and Health https://fullcoll.instructure.com/courses/32467/assignments/714231	due by 11:59pm
	 Lecture Video and Quiz - Lifespan Nutrition https://fullcoll.instructure.com/courses/32467/assignments/714234	due by 11:59pm
Sun Aug 1, 2021	 Course Evaluation Survey https://fullcoll.instructure.com/courses/32467/assignments/714205	due by 11:59pm
	 Discussion: USDA Organic Foods https://fullcoll.instructure.com/courses/32467/assignments/714220	due by 11:59pm
	 Final Exam https://fullcoll.instructure.com/courses/32467/assignments/714212	due by 11:59pm

Date	Details	Due
	 Lecture Video and Quiz - Food Safety and Technology https://fullcoll.instructure.com/courses/32467/assignments/714233	due by 11:59pm