

Human Nutrition 210 HYBRID

Spring 2022 Syllabus – CRN 21318

Welcome to Human Nutrition 210 ! 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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Virtual Office Hours

Join my personal meeting room during office hours to chat virtually. You will enter the waiting room and I will admit you to the meeting one at a time. If the below days/times do not work with your schedule, please email me so we can arrange for an alternate time.

Monday 10am-12noon

Tuesday 12 noon-2:30 pm

[Zoom Meeting Room Link](#)

Course Structure

This is a Hybrid course in which the lecture portion of the class is online and the discussion and activity portion is in-person. You will use Canvas to complete the online portion of the course. It is recommended that you use the Chrome browser on a computer and the Canvas App is also a helpful resource. Our course is structured into weekly modules with two due dates: **Lecture Video Quiz is due Wednesday by 11:59pm and other weekly assignments are due Sunday by 11:59pm.**

Each weekly module will begin with a weekly instructions page with links to the following:

- **Brief Introduction to the Topic**
- **Zoom Office Hours:** My office time is intended to provide you with a chance to chat with me via Zoom. Office hours are completely optional.
- **Text Readings:** You will access the readings through our free text with direct web links in each weekly module. I recommend reading 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 video quiz is due Wednesday by 11:59pm. The lecture quizzes will account for 20% of your overall grade.
- **Apply the Concepts Assignment:** The content-related assignments which may include activities such as case studies and literature reviews. Students will also analyze their personal dietary intake and complete diet analysis assignments. When assigned, the Apply the Concepts are due by 11:59pm Sunday. These assignments will account for 20% of your overall grade.
- **In-Class Learning Activities:** Students will work in small groups on active learning assignments during each class meetings. The activities account for 20% of your grade. Students may not make up missed in-class activities, however, 2 activities will be dropped to allow for absences.
- **Exams:** During weeks 6 and 12 you will have exams and a final exam during week 16. The exams will all consist of multiple choice, true/false, matching, and short free response style questions. Exams will cover material from all sources including readings, lectures, apply the concepts assignments, and supplementary videos. Exams will be taken through Canvas. The **Exams will open after class on Thursday and is due by 11:59pm Sunday.** Exams will account for 40% of your overall grade.

Campus and Classroom COVID Policies

As we return to in-person learning, the goal is to create a safe and reasonable learning environment for students, faculty, and staff. We will adhere to the [North Orange County Community College COVID Guidelines and Policies.](#) (Links to an external site.)

Face Coverings

All NOCCCD employees and students— whether vaccinated or unvaccinated—are required to wear face coverings while on site, with the following exceptions:

- Instructors who are vaccinated may remove their masks while teaching if they remain six feet away from students
- Employees who have been approved for accommodations through Human Resources
- Students who have been approved for accommodations through Student Services

While I do not anticipate having any conflicts with this policy, students will be asked to leave the classroom if they are not wearing a properly-fitted mask.

Vaccine Mandate

The NOCCCD Board of Trustees has instituted a COVID-19 vaccine mandate for all employees and students who take on-site classes. The vaccine mandate is applicable for every person employed by NOCCCD: full time, part time, all faculty, hourly, professional experts, temporary, voluntary employees, and employees who work remotely. To be in compliance with the mandate, employees must be fully vaccinated by November 1, 2021, or have an HR-approved medical or religious exemption on file. See webpage for links to tutorials on how to upload proof of vaccination.

Textbook & Reading Materials

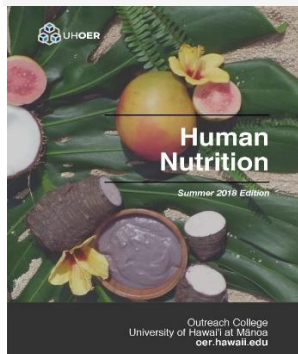
Since this course is taught in a fully online format, you should plan to spend a considerable time on a computer and/or personal device. Often times, access to materials and assessments will be easier to obtain on a computer/browser, rather than through the Canvas App. You will need good internet connectivity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

A printed PDF of the textbook is available for purchase at the [FC Campus Bookstore](#).

Textbook: Human Nutrition

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



Grading Policy

Course grading is done on a weighted basis as follows:

Exams 40%

Lecture Video Quiz 20%

Apply the Concepts Assignments 20%

In-Class Learning Activities 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. The late policy applies to the Lecture Video Quizzes and the Apply the Concepts Assignments. The In-Class Activities/Discussions may not be made up if missed and the two lowest scores will be dropped.

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.

Attendance Policy

Per the Fullerton College Attendance Policy, Attendance at the first class meeting is advised because of enrollment demands. Any student not reporting to the first class may be dropped by the instructor. In the case where a class is taught entirely online, instructors may drop students who have not been in contact with the instructor by the end of the first day of classes for that semester or short-term session. However, it is the student's responsibility to officially drop the class. Do not rely on instructor to drop the class. Nonattendance does not constitute an official drop. Failure to officially withdraw may result in a failing grade

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 \(Links to an external site.\)](#) 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 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 \(Links to an external site.\)](#)

Topic and Assignment Schedule

WEEK	TOPIC	ASSIGNMENTS First DB Post Due Friday, All assignments and classmate DB replies due Sunday
1	Introduction to Nutrition	Lecture Video and Quiz: Intro to Nutrition Personal Introduction to Your Professor
2	The Human Body, Digestion, and Absorption	Lecture Video and Quiz: The Human Body Apply the Concepts: Digestive Disorders Case Studies
3	The Carbohydrates	Lecture Video and Quiz: The Carbohydrates Apply the Concepts: Carbohydrates Case Study
4	The Lipids	Lecture Video and Quiz: The Lipids
5	The Proteins	Lecture Video and Quiz: The Proteins Apply the Concepts: Macronutrient and Energy Intake Diet Analysis
6	Exam Review In Class Exam 1 Online	Exam covers weeks 1-5 content.
7	The Vitamins	Lecture Video and Quiz: The Vitamins
8	Water and The Minerals	Lecture Video and Quiz: Water and The Minerals Apply the Concepts: Micronutrient Diet Analysis
9	Nutrition Applications - Tools for Diet Planning	Lecture Video and Quiz: Nutrition Applications Respond to the Mid-Semester Check-in Survey
10	Energy Balance and a Healthy Body Weight	Lecture Video and Quiz: Energy Balance and Weight Management
11	Performance Nutrition	Lecture Video and Quiz: Performance Nutrition Apply the Concepts: Diet Analysis Summary Paper

12	Exam 2 Review In Class Exam 2 Online	Exam covers weeks 7-11 content
13	Lifespan Nutrition	Lecture Video and Quiz: Lifespan Nutrition
14	Diet and Health	Lecture Video and Quiz: Diet and Health
15	Food Safety and Technology	Lecture Video and Quiz: Food Safety and Technology
16	Final Exam Review Online Final Exam Online	DUE THURSDAY