

Syllabus for Introduction to Nutrition

Course Information

Semester & Year: Spring 2024

Course ID & Section #: HO-15- E6279-2024S

Instructor's name: Leah King

Day/Time of required meetings: Monday afternoons, 3:50-7:00 PM, beginning 1/22/23

Office Hours: as needed, arrange with instructor

Location: Humanities 125

Number of proctored exams: 0

Course units: 3

Instructor Contact Information

Office location: Health Occupations Office in the AT Building on the Eureka Main Campus

Office hours: Before or after class (meet me in the classroom!)

Email address: leah-king@redwoods.edu (but sending a message on Canvas preferred!)

Catalog Description

A study of nutrient requirements for healthy living in adults. The focus is on basic nutrients (including fats, carbohydrates, protein, vitamins, minerals and water), food sources and nutrient utilization in the human body. This course covers nutritional needs across the life span, the health implications associated with nutrition, food safety concerns and controversial aspects of human nutrition.

Course Student Learning Outcomes

1. Identify nutrients in foods and explain the digestion, absorption and metabolism of these nutrients.
2. Relate nutrition to health, fitness and disease.
3. Analyze and evaluate the adequacy of one's own personal diet by applying the dietary guidelines and current nutrition recommendations.

Prerequisites/co-requisites/ recommended preparation

None

Required Materials

1. Textbook title: Nutrition Concepts and Controversies, Edition: 15th Author:Sizer and Whitney, ISBN-13: 978-1337906371 ISBN-10: 1337906379 You can also buy an older, less expensive edition of the textbook (down to the 13th edition) if this is preferred.

Evaluation & Grading Policy

1- Participation: This course is taught in-person on Monday afternoons, 3:50-7:00PM. We will use College of the Redwoods - Canvas for the Diet Study Assignments, to take all course quizzes and exams and possibly, for other assignments. Each week in class we will cover a section of the reading, the Instructor will provide lecture and we will have group and individual assignments in class. Students are expected to attend all classes; class missed cannot be made up. The passcode for each quiz will be given out in class only.

2- Reading: Students are expected to complete reading assignments and be prepared to participate in weekly discussion and assignments. The required textbook is: Nutrition Concepts and Controversies, 15th Edition bySizer and Whitney, however using an older version of the textbook is acceptable (down to the 13th edition).

3-Knowledge Checks: Students are expected to attend class to listen to the lectures that correspond with each Chapter in the textbook. There are “Knowledge Checks” embedded in each lecture. Students will choose 10 Knowledge Checks throughout the semester and submit their answers to these Knowledge Checks on Canvas. There are not specific due dates for these Knowledge Checks; choose 10 to complete at your own pace by the end of the regular semester (not during finals week).

4- Diet Study Assignments: Each student will be required to turn in four Diet Study Assignments. We will analyze the diet of one of several “clients.” Diet Study Assignments will not be accepted during finals week, only during the regular semester. In general, there will be a 10% reduction of points per week that the assignment is turned in late.

5- Other Assignments and Discussions: There will be many in class and group assignments. At times, some of these assignments will have the option to be completed outside of class and submitted on Canvas. There is no make-up if you miss an assignment. Late submissions are not accepted. There will be several discussions that involve an in-class presentation.

6- Quizzes and Final Exam: There will be 14 quizzes that correspond to each of the 14 chapters we will cover in the textbook. The quizzes (15 questions each) and final exam (100 questions) are made up of T/F and multiple-choice questions. Quizzes will be taken on Canvas and often there will be a secondary passcode that you will need to unlock the exams – the passcode will be given out in class. DSPS students should register with the instructor if extra time is needed. There is no make-up if you miss a quiz or the final exam.

Grading Criteria and Grading Scale:

| Grading Criteria | | | | Grading Scale | |
|--|---------------------|-------------|--|---------------|---------|
| Diet Study Assignments (4 total) | 320 points | 32% | | A | 95-100% |
| Assignments and Discussions | 270 points | 27% | | A- | 90-94% |
| Quizzes (14 @ 15 points each) | 210 points | 21% | | B+ | 87-89% |
| Knowledge Checks (10 @ 10 points each) | 100 points | 10% | | B | 83-86% |
| Final Exam | 100 points | 10% | | B- | 80-82% |
| TOTAL | 1,000 points | 100% | | C+ | 77-79% |
| | | | | C | 70-76% |
| | | | | D | 60-69% |

Regular effective contact

You can talk to the Instructor at any time! Please feel free to approach the Instructor before, during or after class. Additionally, sending a Message on Canvas is a good way to get questions answered, if needed.

Canvas and Technology Information

We will use Canvas for many aspects of our course. Students are expected to log into Canvas to engage in class discussions, complete assignments, receive feedback from the instructor and obtain important information that pertains to our course.

Resources for using Canvas: <https://www.redwoods.edu/online/NewHome/Canvas-Resources-Home>

You will need to have your CR email set up: <https://myapps.microsoft.com/>

For tech help: <https://www.redwoods.edu/sts>

Office 365 is an App that is now included when you set up your CR email. We will use Microsoft Word for our course: <https://www.redwoods.edu/studentmail>

Necessary Computer Skills – In this course you are expected to be able to:

- Connect to the internet using a web browser uninterrupted
- Use a computer for this course, **do not expect to complete this course using only your phone**
- Use Office 365 or other compatible word processing programs that results in PDF or DOC documents
- Download, open, edit, save and upload files (.pdf, doc, docx)
- For password issues with Canvas, Web Advisor or your CR email, contact (707)476-4160 or (707)476-4225

Accessibility

Students will have access to online course materials that comply with the Americans with Disabilities Act of 1990 (ADA), Section 508 of the Rehabilitation Act of 1973, and College of the Redwoods policies. Students who discover access issues with this class should contact the instructor.

College of the Redwoods is also committed to making reasonable accommodations for qualified students with disabilities. If you have a disability or believe you might benefit from disability-related services and accommodations, please contact DSPS directly.

Admissions deadlines & enrollment policies

The Academic Calendar can be found here: <https://www.redwoods.edu/Events/Academic-Calendar>

Academic dishonesty

In the academic community, the high value placed on truth implies a corresponding intolerance of scholastic dishonesty. In cases involving academic dishonesty, determination of the grade and of the student's status in the course is left primarily to the discretion of the faculty member. In such cases, where the instructor determines that a student has demonstrated academic dishonesty, the student may receive a failing grade for the assignment and/or exam and may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct is available on the College of the Redwoods website.

Plagiarism

Plagiarism is using another's written work without crediting the source. Information copied and pasted word for word from a website into the discussion forum or an assignment is plagiarism, even with a source cited at the bottom. You should cite all outside resources used and always write in your own words.

I use a program that detects plagiarism when I grade. If I find that your discussion post or assignment is plagiarized (i.e. you copy and paste verbatim from a website), I will assign a "0" for the entire assignment and give you a warning. I assume that most instances of plagiarism are unintentional.

Using Artificial Intelligence

You may be familiar with ChatGPT, an artificial intelligence chatbot. Although ChatGPT can be helpful when trying to become familiar with a concept, I consider using AI-generated answers cheating. You must create original work by writing in your own words.

I use a program that detects AI-generated text when I grade. If I find that your discussion post or assignment is mostly AI-generated, I will assign a "0" for the entire assignment and give you a warning. If I find AI-generated text used again, you will be dropped from the course.

Disruptive behavior

Student behavior or speech that disrupts the instructional setting will not be tolerated. Disruptive conduct may include, but is not limited to: unwarranted interruptions; failure to adhere to instructor's directions; vulgar or obscene language; slurs or other forms of intimidation; and physically or verbally abusive behavior. In such cases where the instructor determines that a student has disrupted the educational process, a disruptive student may be temporarily removed from class. In addition, the student may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct is available on the College of the Redwoods website.

Inclusive Language in the Classroom

College of the Redwoods aspires to create a learning environment in which all people feel comfortable in contributing their perspectives to classroom discussions. It therefore encourages instructors and students to use language that is inclusive and respectful.

Student feedback policy

All work for this course, including assignments, quizzes, discussion posts and Diet Study Assignments will be graded and returned to students in a timely manner. The instructor will notify students if grading cannot be completed the week after the assignment is due. Otherwise, students can expect their work graded and returned in a week or less.

Community College Student Health and Wellness

Download the TimelyCare app today! It's your free virtual health and well-being service platform, available 24/7, 365 days of the year. Search "TimelyCare" in your app store. Then, register with your student email to access your health care services. For academic counseling: Students seeking to request a counseling appointment for academic advising or general counseling can email counseling@redwoods.edu.

Emergency procedures/Everbridge

College of the Redwoods has implemented an emergency alert system called Everbridge. In the event of an emergency on campus you will receive an alert through your personal email and/or phones. Registration is not necessary in order to receive emergency alerts. Check to make sure your contact information is up-to-date by logging into WebAdvisor <https://webadvisor.redwoods.edu> and selecting 'Students' then 'Academic Profile' then 'Current Information Update.'

Please contact Public Safety at 707-476-4112 or security@redwoods.edu if you have any questions.

In an emergency that requires an evacuation of the building anywhere in the District:

- Be aware of all marked exits from your area and building

- Once outside, move to the nearest evacuation point outside your building
- Keep streets and walkways clear for emergency vehicles and personnel

Do not leave campus, unless it has been deemed safe by the campus authorities.

Student Support Services

The following link will get you to the many services that are available to CR students:

<https://www.redwoods.edu/student-services>

Course Schedule – Spring 2024

| | Topics | ✓ To Do This Week: (Due by Midnight on the date indicated) | Reading and Resources |
|-------------------------------|--|---|--|
| Week 1 1/15 MLK Holiday | Class Does Not Meet | ✓ Post Introduction & Recipe Online on Canvas | Chapters 1: read in textbook, view lecture recordings, utilize chapter notes |
| Week 2 1/22 | Introduction to course, Food Choices and Human Health, Nutrition Standards | <ul style="list-style-type: none"> ✓ First Day Class Meets ✓ In Class Assignments and Discussions to be assigned in class ✓ Post Introduction & Recipe Online (by the end of Monday 1/22) ✓ Quiz 1 ✓ Quiz 2 ✓ Knowledge Check (Due by May 5th) | Chapters 1-2: read in textbook, view lecture recordings, utilize chapter notes |
| Week 3 1/29 | The Remarkable Body | <ul style="list-style-type: none"> ✓ In Class Assignments and Discussions to be assigned in class ✓ Diet Study Part Instructions ✓ Post Reading Nutrition News Online ✓ Quiz 3 ✓ Knowledge Check (Due by May 5th) | Chapter 3: read in textbook, view lecture recordings, utilize chapter notes |
| Week 4 2/5 | Carbohydrates | <ul style="list-style-type: none"> ✓ In Class Assignments and Discussions to be assigned in class ✓ Diet Study Session 1 ✓ Quiz 4 ✓ Knowledge Check (Due by May 5th) | Chapter 4: read in textbook, view lecture recordings, utilize chapter notes |
| Week 5 2/12 | Lipids and Protein | <ul style="list-style-type: none"> ✓ In Class Assignments and Discussions to be assigned in class ✓ Post Online: Grocery Store Tour ✓ Quiz 5 ✓ Quiz 6 ✓ Knowledge Check (Due by May 5th) | Chapter 5&6: read in textbook, view lecture recordings, utilize chapter notes |

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| Week 6 2/19 Presidents Holiday | Class Does Not Meet | ✓ Continue reading ✓ Do Knowledge Checks | |
| Week 7 2/26 | Vitamins | ✓ In Class Assignments and Discussions to be assigned in class ✓ Diet Study Session 2 ✓ Quiz 7 ✓ Knowledge Check (Due by May 5 th) | Chapter 7: read in textbook, view lecture recordings, utilize chapter notes |
| Week 8 3/4 | Water and Minerals | ✓ In Class Assignments and Discussions to be assigned in class ✓ Quiz 8 ✓ Knowledge Check (Due by May 5 th) | Chapter 8: read in textbook, view lecture recordings, utilize chapter notes |
| Spring Break 3/11 | Class Does Not Meet | ✓ Nada | |
| Week 9 3/18 | Energy and Weight Control | ✓ In Class Assignments and Discussions to be assigned in class ✓ Diet Study Session 3 ✓ Quiz 9 ✓ Knowledge Check (Due by May 5 th) | Chapter 9: read in textbook, view lecture recordings, utilize chapter notes |
| Week 10 3/25 | Exercise | ✓ In Class Assignments and Discussions to be assigned in class ✓ Quiz 10 ✓ Knowledge Check (Due by May 5 th) | Chapter 10: read in textbook, view lecture recordings, utilize chapter notes |
| Week 11 4/1 | Diet and Health | ✓ In Class Assignments and Discussions to be assigned in class ✓ Diet Study Session 4 ✓ Quiz 11 ✓ Knowledge Check (Due by May 5 th) | Chapter 11: read in text, view virtual read in textbook, view lecture recordings, utilize chapter notes |
| Week 12 4/8 | Food Safety and Technology | ✓ In Class Assignments and Discussions to be assigned in class ✓ Quiz 12 ✓ Knowledge Check (Due by May 5 th) | Chapter 12: read in textbook, view lecture recordings, utilize chapter notes |

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| Week 13 4/15 | Life Cycle Nutrition | <ul style="list-style-type: none"> ✓ In Class Assignments and Discussions to be assigned in class ✓ Quiz 13 ✓ Knowledge Check (Due by May 5th) | Chapter 13: read in textbook, view lecture recordings, utilize chapter notes |
| Week 14 4/22 | Child Teen and Older Adult | <ul style="list-style-type: none"> ✓ In Class Assignments and Discussions to be assigned in class ✓ Quiz 14 Knowledge Check (Due by May 5th) | Chapter 14: read in textbook, view lecture recordings, utilize chapter notes |
| Week 15 4/29 | All Topics | <ul style="list-style-type: none"> ✓ In Class Assignments and Discussions to be assigned in class ✓ Online Discussion Post: Please Share Your Story ✓ Final Exam Review ✓ Knowledge Check (Due by May 5th) | Chapters 1-14 |
| Finals Week 5/6-5/10 (Ends Friday) | All Topics | <ul style="list-style-type: none"> ✓ Final Exam ✓ No assignments accepted during finals week | Chapters 1-14 |