

Syllabus for Introduction to Nutrition

Course Information

Semester & Year: Spring 2024

Course ID & Section #: HO-15- V6755-2024S

Instructor's name: Leah King

Day/Time of required meetings: This an online, asynchronous class.

Office Hours: as needed, arrange with instructor

Location: Online

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: As needed, arrange with Instructor

Phone number: 707-476-4216 (Health Occupations Office)

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 (2)

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 completely online. We will use Canvas for all of the course participation. There are weekly discussions, assignments, reading requirements, lectures to view and quizzes. See the course schedule below.

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

3-Knowledge Checks: Students are expected to view all lectures recordings that correspond to each Chapter in the textbook. There are “Knowledge Checks” embedded in each lecture recording. Students will choose 10 Knowledge Checks throughout the semester, and submit answers to these Knowledge Checks on Canvas. There are not specific due dates for these Knowledge Checks, just choose 10 to complete at your own pace by the end of the regular semester. Knowledge Checks are not accepted during finals week.

3- 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.

4- Discussions: There are five Small Group Discussions and four Whole Class Discussions this semester. The Whole Class Discussions will involve in-depth research and student’s work will be visible for the entire class. The Small Group Discussions are meant to be more intimate as you will have a smaller group of students to correspond with. There is no make-up if you miss a discussion post. Late submissions are not accepted.

5- Other Assignments: There are 7 “Other Assignments” to be submitted on Canvas throughout the semester. Check the class schedule for due dates. There is no make-up if you miss one of these Other Assignment. Late submissions are not accepted.

5- 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 there will be a secondary passcode that you will need to unlock the exams – you will need to check the week’s Module to get the secondary passcode. 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. Late submissions are not accepted.

Grading Criteria and Grading Scale:

Diet Study Assignments (4 total)	320 points	32%		A	95-100%
Quizzes (14 @ 15 points each)	210 points	21%		A-	90-94%
Other Assignments (8-10 @ 10-14 points each)	120 points	12%		B+	87-89%
Whole Class Discussions (4 @ 20-30 points each)	100 points	10%		B	83-86%
Knowledge Checks (10 @ 10 points each)	100 points	10%		B-	80-82%
Final Exam	100 points	10%		C+	77-79%
Small Group Discussions (5 @ 10 points each)	50 points	5%		C	70-76%
TOTAL	1,000 points	100%		D	60-69%
				F	Below 60%

Regular effective contact

You will receive regular contact from the Instructor for this course via Announcements and within the Modules section of our Course. Additionally there are “Notes from Leah” for each week of our course located in Modules. There will be weekly discussions and assignments and the Instructor will promptly provide feedback and grading details. Messages are best received on Canvas, and students can expect a reply from the Instructor within 24 hours Monday-Friday. Messages and emails are typically NOT answered over the weekends.

Canvas and Technology Information

We will use Canvas for all aspects of our course. Students are expected to log into Canvas multiple times per week 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 1/13-1/21 1/15 MLK Holiday	Introduction to course, Food Choices and Human Health,	✓ Small Group Discussion: Factors That Drive Food Choices ✓ Whole Class Discussion: Introduction ✓ Quiz 1 ✓ Knowledge Check (Due by May 5 th)	Chapters 1: read in textbook, view lecture recordings, utilize chapter notes
Week 2 1/22-1/28	Nutrition Standards	✓ Other Assignment: Calculate Your Daily Calorie Needs ✓ Quiz 2 ✓ Knowledge Check (Due by May 5 th)	Chapter 2: read in textbook, view lecture recordings, utilize chapter notes
Week 3 1/29-2/4	The Remarkable Body	✓ Small Group Discussion: Spice Drive Cultural Cuisine ✓ Quiz 3 ✓ Knowledge Check (Due by May 5 th)	Chapter 3: read in textbook, view lecture recordings, utilize chapter notes
Week 4 2/5-2/11	Carbohydrates	✓ Diet Study Session 1 ✓ Whole Class Discussion: Reading Nutrition News ✓ Quiz 4 ✓ Knowledge Check (Due by May 5 th)	Chapter 4: read in textbook, view lecture recordings, utilize chapter notes
Week 5 2/12-2/18	Lipids	✓ Other Assignment: Grocery Store Tour ✓ Small Group Discussion: Food Rules ✓ Quiz 5 ✓ Knowledge Check (Due by May 5 th)	Chapter 5: read in textbook, view lecture recordings, utilize chapter notes
Week 6 2/19-2/25 2/19 Presidents Holiday	Protein	✓ Whole Class Discussion: Nutrition Controversies ✓ Quiz 6 ✓ Knowledge Check (Due by May 5 th)	Chapter 6: read in textbook, view lecture recordings, utilize chapter notes

Week 7 2/26-3/3	Vitamins	<ul style="list-style-type: none"> ✓ Small Group Discussion: Vitamin and Mineral Experiment ✓ Diet Study Session 2 ✓ Quiz 7 ✓ Knowledge Check (Due by May 5th) 	Chapter 7: read in textbook, view lecture recordings, utilize chapter notes
Week 8 3/4 – 3/10	Water and Minerals	<ul style="list-style-type: none"> ✓ Whole Class Discussion: TED Talk Review ✓ Quiz 8 ✓ Knowledge Check (Due by May 5th) 	Chapter 8: read in textbook, view lecture recordings, utilize chapter notes
Spring Break 3/11-3/17		<ul style="list-style-type: none"> ✓ Nada 	
Week 9 3/18-3/24	Energy and Weight Control	<ul style="list-style-type: none"> ✓ Other Assignment: Small Changes Big Results ✓ Diet Study Session 3 ✓ Quiz 9 ✓ Knowledge Check (Due by May 5th) 	Chapter 9: read in textbook, view lecture recordings, utilize chapter notes
Week 10 3/25-3/31	Exercise	<ul style="list-style-type: none"> ✓ Other Assignment: Exercise the Magic Pill ✓ Quiz 10 ✓ Knowledge Check (Due by May 5th) 	Chapter 10: read in textbook, view lecture recordings, utilize chapter notes
Week 11 4/1-4/7	Diet and Health	<ul style="list-style-type: none"> ✓ Quiz 11 ✓ Diet Study Session 4 ✓ Knowledge Check (Due by May 5th) 	Chapter 11: read in text, view virtual read in textbook, view lecture recordings, utilize chapter notes
Week 12 4/8-4/14	Food Safety and Technology	<ul style="list-style-type: none"> ✓ Other Assignment: Personal Diet Study-Old School ✓ Quiz 12 ✓ Knowledge Check (Due by May 5th) 	Chapter 12: read in textbook, view lecture recordings, utilize chapter notes
Week 13 4/15-4/21	Life Cycle Nutrition	<ul style="list-style-type: none"> ✓ Other Assignment: Food Allergy Assignment ✓ Quiz 13 ✓ Knowledge Check (Due by May 5th) 	Chapter 13: read in textbook, view lecture recordings, utilize chapter notes
Week 14 4/22-4/28	Child Teen and Older Adult	<ul style="list-style-type: none"> ✓ Quiz 14 ✓ Other Assignment: Nutrition Scenarios Knowledge Check (Due by May 5th) 	Chapter 14: read in textbook, view lecture recordings, utilize chapter notes

Week 15 4/29-5/5	All Topics	<ul style="list-style-type: none"> ✓ Small Group Discussion: 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