



Syllabus for HO-15: Nutrition

Course Information

Semester & Year: Spring 2024

Course ID & Section #: HO-15

D7071 (057071)

Instructor's name: Noah Decker

Day/Time of required meetings: Thursday 5:00-8:10PM

Location: Pelican Bay B Yard

Number of proctored exams: 4

Course units: 3

Instructor Contact Information

Office hours: After lecture, Pelican Bay B Yard

Catalog Description

A study of nutrient requirements for healthy living in adults. Course covers digestion, absorption, metabolism and function of macronutrients, micronutrients and alcohol. 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 *(from course outline of record)*

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.

Course Materials

Textbook: Insel, Paul. (2022). Nutrition. 7th ed. Jones and Bartlett. ISBN: 1284210952

Educational Accessibility & Support

College of the Redwoods is committed to providing reasonable accommodations for qualified students who could benefit from additional educational support and services. You may qualify if you have a physical, mental, sensory, or intellectual condition which causes you to struggle academically, including but not limited to:

- Mental health conditions such as depression, anxiety, PTSD, bipolar disorder, and ADHD
- Common ailments such as arthritis, asthma, diabetes, autoimmune disorders, and diseases
- Temporary impairments such as a broken bone, or recovery from significant surgery
- A learning disability (e.g., dyslexia, reading comprehension), intellectual disability, autism, or acquired brain injury
- Vision, hearing, or mobility challenges

Available services include extended test time, quiet testing environments, tutoring, counseling and

advising, alternate formats of materials (e.g., audio books, E-texts), assistive technology, on-campus transportation, and more. If you believe you might benefit from disability- or health-related services and accommodations, please contact Pelican Bay Scholar's Program Coordinator Tory Eagles.

Student Support

Good information and clear communication about your needs will help you be successful. Please let your instructor know about any specific challenges or technology limitations that might affect your participation in class. College of the Redwoods wants every student to be successful.

Evaluation & Grading Policy

Exams	60%
Presentations	5%
Chapter question Sets	15%
Quizzes (Announced & Pop)	10%
Participation Points	10%
Total Points	100%

CR has a set policy for how course percentages convert to grades: A > 92%; A- 90-92%; B+ 87-89%; B 83-86%; B- 80-82%; C+ 77-79%; C 70-76%; D 60-69%; F <60%

Late work: Late work will only be potentially accepted if the student had a valid reason for missing class and was not able to hand in assignments.

Spring 2024 Dates

January 12	Last day to register for classes (day before the first class meeting)
------------	---

January 13	Classes begin
January 15	Martin Luther King, Jr.'s Birthday Holiday (District-wide closure)
January 19	Last day to add a class
January 26	Last day to drop without a "W" and receive a refund
January 29	Census Date (20% of class)
February 16	Lincoln's Birthday Holiday (District-wide closure)
February 19	President's Day Holiday (District-wide closure)
March 7	Last day to petition to graduate
March 29	Last day for student initiated withdrawal (62.5% of class)
March 29	Last day for faculty initiated withdrawal (62.5% of class)
March 11-16	Spring break (no classes)
May 4-10	Final Examinations
May 10	Last day to file for P/NP Option
May 10	Semester Ends
May 17	Grades due
May 24	Grades available

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 ([AP 5500](#)) is available on the College of the Redwoods website. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the [College Catalog](#) and on the [College of the Redwoods website](#).

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 ([AP 5500](#)) is available on the College of the Redwoods website. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the [College Catalog](#) and 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.

Lockdowns/Closed Yard/Emergencies

When conducting class inside Pelican Bay, we will follow the direction of custody staff in the event of an emergency or immediate safety issue.

If program cannot run during our assigned meeting day and time, please consult the class schedule and complete that week's reading and homework before the next class meeting time.

Syllabus Changes

I reserve the right to change the syllabus as needed to complete the learning goals and course objectives.

Week	Date	Topic	Exams
1	1/14/2024	Chapter 1: Food Choices Nutrients and Nourishment	
2	1/21/2024	Chapter 2: Nutrition Guidelines and Assessment	
3	1/28/2024	Chapter 3: Digestion and Absorption	
4	2/4/2024	Chapter 4: Carbohydrates	
			<u>Exam</u>
<u>5</u>	<u>2/11/2024</u>	<u>Chapter 5: Lipids</u>	<u>01</u>
6	2/18/2024	Chapter 6: Proteins	
7	2/25/2024	Chapter 9: Energy Management and Weight Management	
8	3/3/2024	Chapter 10: Fat Soluble Vitamins	
			<u>Exam</u>
<u>9</u>	<u>3/10/2024</u>	<u>Chapter 11: Water Soluble Vitamins</u>	<u>02</u>
10	3/17/2024	Chapter 12: Water and Major Minerals	
11	3/24/2024	SPRING BREAK – NO CLASSES	
12	3/31/2024	Chapter 13: Trace Minerals	
13	4/7/2024	Chapter 14: Sports Nutrition	
			<u>Exam</u>
<u>14</u>	<u>4/14/2024</u>	<u>Chapter 15: Diet and Health</u>	<u>03</u>
15	4/21/2024	Chapter 16: Pregnancy Nutrition	
16	4/28/2024	Chapter 18 & 19: Food Safety and World Nutrition	
			<u>Exam</u>
<u>17</u>	<u>5/5/2024</u>	<u>FINALS WEEK</u>	<u>04</u>

