

Syllabus for HO-15: Nutrition

Course Information

Semester & Year: Fall 2025

Course ID and Section number: HO-15-D9500

Instructor's name: Noah Decker

Day and time of required meetings: Tuesday 8:30-9:55 AM in-person

Location: Lecture – DM29

Number of proctored exams: 4

Course units: 3

Instructor Contact Information

Office location: E4

Office hours: After lecture or by appointment

Phone number: 707-465-2379

Email address: noah-decker@redwoods.edu

Course Materials

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

or

Visualizing Grosvenor, Mary. Visualizing Nutrition. 5th ed. ISBN 1119592976

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

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 Calendar

Week of	Module	Exams
25-Aug	1	
1-Sep	2	
8-Sep	3	
15-Sep	4	Exam 1
22-Sep	5	
29-Sep	6	
6-Oct	7	Exam 2
13-Oct	7	
20-Oct	8	
27-Oct	9	
3-Nov	10	Exam 3
10-Nov	10	
17-Nov	11	
24-Nov	Break	
1-Dec	12	
8-Dec	13	
15-Dec	Finals Week	Exam 4

Evaluation and Grading Policy

Exams	50%
Presentations	10%
Assignments	20%
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%

Prerequisites/corequisites/ recommended preparation

None

Educational Accessibility and 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, or bipolar disorder

- Common ailments such as arthritis, asthma, diabetes, autoimmune disorders, and diseases
- Temporary impairments such as a broken bone, recovery from significant surgery, or a pregnancy-related disability
- Neurodevelopmental disorders such as a learning disability, intellectual disability, autism, acquired brain injury, or ADHD
- Vision, hearing, or mobility conditions

Available services include extended test time, quiet testing environments, academic assistance and tutoring through the [LIGHT Center](#), counseling and advising, alternate formats of course materials (e.g., audio books, braille, E-texts), assistive technology, learning disability assessments, approval for personal attendants, interpreters, priority registration, on-campus transportation, adaptive physical education and living skills courses, and more. If you believe you might benefit from disability- or health-related services and accommodations, please contact [Student Accessibility Support Services \(SASS\)](#). If you are unsure whether you qualify, please contact Student Accessibility Support Services (SASS) for a consultation: sass@redwoods.edu.

SASS office locations and phone numbers

Eureka campus

- Phone: 707-476-4280
- Location: Learning Resource Center (Library)

Del Norte campus

- Phone: 707-465-2353
- Location: main building, near the Library

Klamath-Trinity campus

- Phone: 707-476-4280