

# **Fall Nutrition 300 Online Course Syllabus (8W1)**

## ***Instructor Information:***

Instructor: Anthony Giusti  
Office: Health and Education South- Office #761  
Office Hours: MTuWTh- 1- 3 pm

Fall Semester 2010  
Phone: (916) 484-8092  
E-mail: [giustia@arc.losrios.edu](mailto:giustia@arc.losrios.edu)

## ***Required Books and Software for this Course:***

1. **NutriCalc** - Diet Analysis Software

*\*NOTE: This required software is also at the Learning Resource Center, on-campus.*

2. **Perspectives in Nutrition** – Required Textbook By Byrd-Bredbenner, Berning, Beshgetoor, Moe;  
McGraw-Hill Publishing, 8<sup>th</sup> Edition, 2009.

3. **Annual Editions: Nutrition 10/11** - Required Book for Writing Assignments

Dushkin/ McGraw-Hill Publishing Group, Inc., 2010.

*\*NOTE: Both books are on reserve for In-Library use at the ARC Library.*

## ***Technology Requirements:***

1. Fast-Speed Computer With At Least a 28.8k Modem
2. Internet Access
3. Web Browser With Graphics Capability
4. Word Processing Software (MS Word Preferred)
5. E-Mail Capability
6. CD-ROM Player (For Diet Analysis Software Only)

## ***Course Objectives:***

1. Categorize the known nutrients, their functions and food sources, and apply this knowledge to individual needs.
2. Explain the body's use and distribution of the nutrients as they pass through the digestive pathways.
3. Identify the basic interactions and relationships that exist between nutrients.
4. Distinguish between the various requirements and recommendations of nutrients for individuals during various stages of the life cycle.
5. Measure energy intake and estimate personal energy needs.
6. Analyze food intake in terms of nutrient and energy content and identify areas for improvement in individual diets.
7. Formulate a working knowledge of nutrition so as to distinguish between valid nutrition sources and misinformation.

## ***Grading Policy:***

Grades are derived as a percentage of the total possible points.

A	100 - 90%
B	89 – 80%
C	79 – 70%
D	69 – 60%
F	59% and below

## ***Course Assignments and Grading:***

<b><i>Coursework:</i></b>	<b><i>Point Value</i></b>
1. Diet Project and related assignments	250
2. Seven Annual Editions writing assignments – 25 pts. Each	175
3. Eight Online Activities- 20 pts. Each	160
4. 12 Quizzes- 15 pts. Each	180
5. Online Orientation	35
6. Midterm Exam	100
7. Final Exam	100
<hr/>	
Total	1000

## Course Policies and Procedures:

- Each assignment has a specified date and time by which the assignment is due. Assignments are submitted via the associated D2L site for this course. Under certain circumstances, assignments may be submitted via e-mail or in person to Health and Education South, or postmarked (Diet Project Folder only) by the specified due date and time.  
**Late assignments will not be accepted.**
- Quizzes will be given on a regular basis, and students will be notified in advance of the quiz dates.
- Students are responsible for completing exams and quizzes at the specified times.  
**Late exams and quizzes will not be permitted.**
- There will be a Make-Up Assignment that can replace one missed Quiz or Annual Editions writing assignment. With completion of this assignment, you may earn partial credit for the missed assignment.
- Online activities, discussions, and assignments will be given on a regular basis.
- Students can be dropped from the course for failure to complete assignments, exams, or quizzes.
- All timelines, schedules, and due dates are subject to change and will be announced as necessary.

## Course Outline and Schedule

<b>Dates</b>	<b><u>Week #</u></b>	<b><u>Topic/Assignment</u></b>	<b><u>Reading Assignment</u></b>
Aug. 16 - 23	Orien- tation	Online Orientation	Syllabus Orientation Materials
Aug. 23 - 28	#1	The Science of Nutrition Tools of a Healthy Diet <b>2 Quizzes</b> <b>Online Activity</b> <i>Annual Editions #9, #44, or #48</i> <i>Writing assignment due</i>	Ch. 1 Ch. 2 <i>Annual Editions #9, #44, or #48</i>
Aug. 30- Sep. 4	#2	The Food Supply Human Digestion and Absorption <b>Diet Analysis Folder Assigned</b> <b>2 Quizzes</b> <b>Online Activity</b> <i>Annual Editions #31, #32, or #33</i> <i>Writing assignment due</i>	Ch. 3 Ch. 4 <i>Annual Editions #31, #32, or #33</i>

Sep. 6- 11	#3	Carbohydrates Lipids <b>Diet Analysis Folder Due</b> <b>Quizzes</b> <b>Online Activity</b> <i>Annual Editions #19, #21, or #23</i> <i>Writing assignment due</i>	Ch. 5 Ch. 6 <i>Annual Editions #19, #21, or #23</i>
Sep. 13 - 18	#4	Proteins <b>Online Activity</b> <i>Annual Editions #16, #18, or #34</i> <i>Writing assignment due</i>  <b>Midterm Exam (Ch. 1-7) available 9/16 – 9/18</b>	Ch. 7 <i>Annual Editions #16, #18, or #34</i>
Sep. 20 - 25	#5	Energy Balance, Weight Control, and Eating Disorders Nutrition, Exercise, and Sports <b>Diet Analysis: CHO/Lipids</b> <b>2 Quizzes</b> <b>Online Activity</b> <i>Annual Editions #24, #25, or #27</i> <i>Writing assignment due</i>	Ch. 10 Ch. 11 <i>Annual Editions #24, #25, or #27</i>
Sep. 27- Oct. 2	#6	Fat Soluble Vitamins Water Soluble Vitamins <b>2 Quizzes</b> <b>Online Activity</b> <i>Annual Editions #40, #46, or #47</i> <i>Writing assignment due</i>	Ch. 12 Ch. 13 <i>Annual Editions #40, #46, or #47</i>
Oct. 4 - 9	#7	Water and Major Minerals Trace Minerals <b>Diet Analysis: Protein/Vitamins/Minerals</b> <b>2 Quizzes</b> <b>Online Activity</b> <i>Annual Editions #2, #41, or #42</i> <i>Writing assignment due</i>	Ch. 14 Ch. 15 <i>Annual Editions #2, #41, or #42</i>
Oct. 11 - 16	#8	Nutritional Aspects of Pregnancy and Breastfeeding <b>Online Activity</b>  <b>Final Exam (Ch. 10-16) Available 10/14 – 10/16</b>	Ch. 16