

Summer Nutrition 300 Online Course Syllabus

<i>Instructor Information:</i>	
Instructor: Anthony Giusti	Summer Semester 2010
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Required Online Content Access, Software, and for this Course Books:

1. **NutriCalc** - Diet Analysis Software (Online Instant Access)

**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, 8th Edition, 2009.

3. **Annual Editions: Nutrition 09/10** - Required Book for Writing Assignments

Dushkin/ McGraw-Hill Publishing Group, Inc., 2009.

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

- *All Books, Software, and Online Content Access can be purchased from the ARC Bookstore.*

- **ISBN 9780073515502:** Annual Editions: Nutrition 09/10

- **ISBN 9780077395353**

Bundle Contains: Perspective in Nutrition (**traditional hardcover book**) and
NutriCalc Online Access Card

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

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:

<i>Grades are derived as a percentage of the total possible points.</i>	
A:	100 - 90%
B:	89 – 80%
C:	79 – 70%
D:	69 – 60%
F:	59% and below

Course Assignments and Grading:

<i>Coursework:</i>	<i>Point Value</i>
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
Total	1000

Course Policies and Procedures:

1. 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.
2. Quizzes will be given on a regular basis, and students will be notified in advance of the quiz dates.
3. Students are responsible for completing exams and quizzes at the specified times.
Late exams and quizzes will not be permitted.
4. There will be a Make-Up Assignment that can replace one missed quiz, exam, or assignment. With completion of this assignment, you may earn partial credit.
5. Online activities, discussions, and assignments will be given on a regular basis.
6. Students can be dropped from the course for failure to complete assignments, exams, or quizzes.
7. All timelines, schedules, and due dates are subject to change and will be announced as necessary.

Course Outline and Schedule

Dates	Week #	<u>Topic/Assignment</u>	<u>Reading Assignment</u>
May 31 – June 7	Orient-ation	Online Orientation	Syllabus Orientation Materials
June 7 - 12	#1	The Science of Nutrition Tools of a Healthy Diet 2 Quizzes Online Activity <i>Annual Editions #5, #39, or #45</i> <i>Writing assignment due</i>	Ch. 1 Ch. 2 <i>Annual Editions #5, #39, or #45</i>
June 14 - 19	#2	The Food Supply Human Digestion and Absorption Diet Analysis Folder Assigned 2 Quizzes Online Activity <i>Annual Editions #43, #44, or #46</i> <i>Writing assignment due</i>	Ch. 3 Ch. 4 <i>Annual Editions #43, #44, or #46</i>
June 21 - 26	#3	Carbohydrates Lipids Diet Analysis Folder Due Quizzes Online Activity <i>Annual Editions #11, #18, or #22</i> <i>Writing assignment due</i>	Ch. 5 Ch. 6 <i>Annual Editions #11, #18, or #22</i>
June 28 – July 3	#4	Proteins Online Activity <i>Annual Editions #15, #20, or #29</i> <i>Writing assignment due</i> Midterm Exam (Ch. 1-7) available 7/1 – 7/3	Ch. 7 <i>Annual Editions #15, #20, or #29</i>
July 5 - 10	#5	Energy Balance, Weight Control, and Eating Disorders Nutrition, Exercise, and Sports Diet Analysis: CHO/Lipids 2 Quizzes Online Activity <i>Annual Editions #23, #26, or #27</i> <i>Writing assignment due</i>	Ch. 10 Ch. 11 <i>Annual Editions #23, #26, or #27</i>

July 12 - 17		#6	Fat Soluble Vitamins Water Soluble Vitamins 2 Quizzes Online Activity <i>Annual Editions #9, #12, or #13</i> <i>Writing assignment due</i>	Ch. 12 Ch. 13 <i>Annual Editions #9, #12, or #13</i>
July 19 - 24		#7	Water and Major Minerals Trace Minerals Diet Analysis: Protein/Vitamins/Minerals 2 Quizzes Online Activity <i>Annual Editions #36, #37, or #38</i> <i>Writing assignment due</i>	Ch. 14 Ch. 15 <i>Annual Editions #36, #37, or #38</i>
July 26 – July 31		#8	Nutritional Aspects of Pregnancy and Breastfeeding Online Activity <i>Final Exam (Ch. 10-16) Available 7/29 – 7/31</i>	Ch. 16