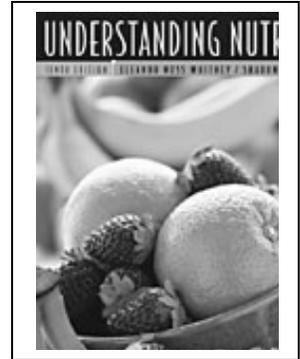


NUTRI 300 / FCS 340 - NUTRITION  
SACRAMENTO CITY COLLEGE  
Summer 2011



**Instructor:** Dr. Jessica Coppola  
**SCC Main Campus Office location:** Rodda South 280  
**Main Campus Phone/Voice Mail:** 916-650-2910  
**Instructor's E-mail:** [Coppolj@scc.losrios.edu](mailto:Coppolj@scc.losrios.edu)

**Instructor's Website:** <http://web.scc.losrios.edu/coppolj/>

**Class Website:** <https://d2l.losrios.edu/>

**Office Hours:**

- 1) My office hours will be by appointment only this summer. Just email me and we'll find a day/time and location to meet (*Mon-Fri 8am-5pm only*). I do this because in a short 6 week summer course, most online students prefer to meet via email rather than in person. By the way, if you haven't heard of "office hours" before, they are hours that a teacher will be available in their office for your questions. ☺
- 2) I am also available by email Monday through Friday 8am-5pm. I do NOT check email after 5pm on weekdays or at all on weekends.
- 3) I am going to try using SKYPE for office hours this semester! To find me you can look me up by my email (see above) or by the name: dr.jessica.coppola Just let me know what day/time you'd like to Skype with me and let's give it a shot!

**REQUIRED ORIENTATION:** *note: For standard classes and ITV classes, your orientation will be the first day of class (please see class schedule). For all Online Students (and those ITV students who can't be there the first day) you may either attend an in-person orientation or you may view the video orientation for FCS 340/NUTRI 300 Online. Option 2 may be found on my website <http://web.scc.losrios.edu/coppolj/>. To summarize: Online and ITV students have two choices for orientations. You must participate in one of these two options:*

- 1) **In-Person Orientation for Summer 2011: Mon 6/13 5-6pm in LRC Room 220** on the SCC Main Campus (2<sup>nd</sup> floor of the library).

**OR**

- 2) **View the Online Video Orientation!** See the bottom left panel of my webpage <http://web.scc.losrios.edu/coppolj/>

**\*\*\*After either orientation you will be asked to do 3 things to prove you attended. Please do all 3 by Monday 6/13/11 at 11:55pm or you may be dropped! \*\*\***

**REQUIRED TEXTBOOK:** Understanding Nutrition 11<sup>th</sup> Ed, By Whitney and Rolfes

**REQUIRED SOFTWARE:** You must purchase a diet analysis program called "Diet Analysis Plus 10 online" for this class. This software will be available at the SCC bookstore. You may buy the program "bundled" together with the textbook or you may buy it separately. Older versions of this software will NOT be acceptable. Go to [cengagebrain.com](http://cengagebrain.com) to order the "instant access code"!

**OTHER REQUIRED MATERIAL:**

- Availability and use of a computer, printer, Internet access. For a list of available computer labs on the SCC main campus please see <http://www.scc.losrios.edu/labhours.html>
- Students must have an active **e-mail account**, which is checked at least once per day!

**ACCOMMODATIONS:**

- If you require special accommodations please notify me, the instructor, **during the first week** of the semester.
- It is critically important that you do not get behind in an online class. Stay engaged and let me know if I can accommodate you more effectively. Office hours, individual appointments and email are always available to you if you need them.

**CLASS WEB SITE:** The website for this course is in D2L (Desire to Learn): <https://d2l.losrios.edu/>

- Read the directions on the right of the D2L web page for login information.
- If you can't remember your student ID number, click on the link that says [Forgot your password?](#) link.

**COURSE FORMAT:**

Each Day you will begin by **checking your email, reading the announcements on the home page of our D2L web site, and checking the FCS 340/NUTRI 300 class calendar**. Then, as the week progresses, you will complete the following 5 tasks IN ORDER:

1. First, you will **view** the power point lecture for the assigned chapter and **read** the corresponding chapter in the book. You may also choose to **listen** to the audio/video files for the chapter if you would like to.
2. You will participate in a **discussion board**, which deals with one or more of the major issues in the chapter. Participation includes one original post and two replies (see section on Discussion Board Requirements under "helpful information").
3. You will complete any **assignment(s)** that are scheduled for the day (see your calendar for assignment deadlines)
4. You will complete a **quiz or an exam** depending on the week (note: quizzes will not be given during the week of an exam). Follow your calendar closely on this!!! Each quiz and exam will only be open for one day (in the summer)! I will open the quiz or exam at **5am on the day it is offered** and it will automatically close at **11:55pm on that same day**.
5. You will rapidly **contact the instructor** as well as **other students** with questions and/or concerns!

**OPTIONS FOR TURNING IN ASSIGNMENTS:**

- Submit via the "drop box" in D2L or by clicking on the link for the daily tasks under "content". If you're not sure how, click on the "helpful information" button and then select the file called "How to submit assignments on D2L".
- If you run into trouble submitting an assignment, you may always Email your assignment to the instructor ([coppolj@scc.losrios.edu](mailto:coppolj@scc.losrios.edu)) with course and assignment titles in the subject line. You may be docked points for not turning the assignment in as directed but at least you'll get it turned in.

**COURSE GOALS:**

1. To expose students to scientific and behavioral aspects of nutrition.
2. To explore a variety of myths and misinformation concerning nutrition.
3. To develop an appreciation for the importance of nutrition to physical, mental, and social health.

**COURSE OBJECTIVES:**

At the conclusion of the semester, students will be able to:

1. Evaluate various forms of nutritional quackery and find out where/how to get valid answers to nutrition questions
2. Read and evaluate a nutrition label.

3. List and describe the metabolic roles of the major energy nutrients and identify nutrient dense food sources for each.
4. List and describe the metabolic roles of vitamins, minerals and water, and identify nutrient dense food sources for each.
5. Describe the role of nutrition in diseases that have dietary implications.
6. Analyze a personal diet and make specific suggestions for improving the diet based on scientific principles of a balanced diet.
7. Discuss the role of nutrition in exercise and weight control.
8. Understand food poisoning and how to prevent it.
9. Discuss world hunger, what causes it and what is being done to combat it.
10. Describe and give examples of how the scientific method can be used to evaluate nutritional claims.

#### **COURSE REQUIREMENTS:**

1. Attendance at two in-person class meetings: one mandatory orientation and one library session (or, if you view the orientation and library session online, you must do as you are instructed in the video to prove you watched the whole thing).
2. Submission of all assignments and discussion boards on time. Due dates and times will be clearly delineated in your directions. Once the final deadline for submission has passed, the assignment will not be accepted (unless there is a valid medical excuse with proof from a Doctor).
3. Completion of all examinations and quizzes. For online classes, all exams will be held online. For face to face classes all exams will be in-person.
  - Note: Exams and quizzes will be composed of information from: textbook, lecture, handouts, and videos.
4. Regular communication with the instructor (in person, via email, etc).
5. **Use of proper "netiquette" and etiquette during discussion boards, emails and all other forms of communication. This means that all forms of communication will be as politically correct and inoffensive as possible and that vulgarity and other inappropriate language will not be used. If a student chooses to act against this course requirement they will be docked 10 points for the first infraction, 20 points for the second infraction and may be removed from the course if the inappropriate language continues.**

#### **MAKE-UP EXAM/ASSIGNMENTS/OTHER**

1. Exams: There will be one optional make-up exam at the end of the semester. The make-up exam is cumulative (contains all of the chapters from the entire course) and is meant to make up for a missed exam or to replace your lowest test score. Anyone can take advantage of this make up exam and it can not harm your grade.
2. Assignments: Late assignments will not be accepted unless you have proof from a doctor of a medical emergency. If you do have proof from a doctor you must turn in the assignment within one week (5 weekdays) of your return to campus.
3. Discussion boards and Quizzes: may not be made up for any reason.

#### **GRADING**

Final grades will be based on accumulated points from all exams, quizzes, assignments and projects. The points will be totaled at the end of the semester and the semester grade will be based on the following percentages:

90% & above	=	A
80 to 89.9%	=	B
70 to 79.9%	=	C
60 to 69.9%	=	D
59.9% & lower	=	F

In addition to the above percentages, the final grade will be based on regularity of contact with instructor, participation in the class as a whole and completion of all assignments on time.

**POINTS POSSIBLE** (Note: The number of points possible may change during the semester. This is just a rough estimate!)

<b>Item</b>	<b>Points each</b>	<b>Total Possible Points</b>
5 Exams	100 pts ea	500 pts
12 Quizzes	15-30 pts ea	200 pts
~6 Assignments	25 pts ea	185 pts
~12 Discussion boards	15-20 pts ea	200 pts
Total Number of Possible Points		~1085 pts

**\*\*\*Note, bonus points will be offered periodically throughout the semester. Look for these bonus-point offers in your email and/or on the announcements on blackboard each week! (-:**

### **MAJOR CRITERIA FOR GRADING OF ALL ASSIGNMENTS**

1. Follows directions for assignment
2. Demonstrates understanding of concepts.
3. Information is correct and accurate.
4. Comprehensible use of grammar, sentence structure, spelling, and so forth.
5. If more than one sheet is being turned in, they should be stapled or bound.
6. Assignment is turned in on time.
7. Shows responsibility for doing own work. **IDENTICAL ASSIGNMENTS, \*PLAGARIZED ASSIGNMENTS AND/OR IDENTICAL RESPONSES WILL NOT BE GRADED AND STUDENTS WILL RECEIVE A ZERO.**

\* A description of plagiarism can be found by clicking on the “helpful information” button in Blackboard and then selecting the file called “What is plagiarism”

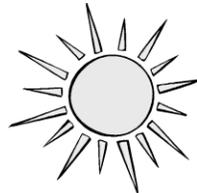
### **DIET ANALYSIS (Parts I and II)**

As you will learn in this class, the Dietary Reference Intakes (DRI's) and Dietary Guidelines for Americans are the government recommended levels of intake for a variety of important nutrients. Think of them as intake goals that you should be aiming for.

In keeping with the purpose of this class, (putting nutrition knowledge into the context of personal health), you will record your diet and then compare your intake with the DRIs and other dietary guidelines. This comparison will give you an idea of how well you are doing in meeting your body's needs and preventing chronic disease in the future. Later, when you learn more about the functions of these nutrients and good food sources for them, you will understand their importance and be able to make choices that can improve your diet.

*Welcome to NUTRI 300/ FCS 340 Nutrition*

*Summer 2011 Students!!!*



*Sincerely,*

*Dr. Jessica Coppola!!!*