

HESC/KNES 350 (WEB)
Fall, 2008

Instructor

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Office Hours:

Tuesdays: 10:00 – 11:00 am through e-mail/online

Thursdays: 1:00 – 2:00 pm through e-mail/online

I collect all e-mails sent to me during the week and respond to them during the above office hours. If you need to meet with me in person, please contact me and we can set up an appointment.

Description

This course is an introduction to the basic principles of nutrition. We will explore the various and complex issues related to nutrition. We will discuss Dietary Guidelines, diet planning, workings of the human body related to nutrition, various energy-yielding nutrients, vitamins and body composition, obesity as well as energy balance. A hands-on approach to understanding personal nutrition will also be emphasized.

Schedule Number: HESC 350: 19579; KNES 350: 19580

Objectives

1. List Dietary Guidelines and dietary standards for Americans.
2. Understand the body's role in nutrition and nutrient metabolism.
3. Identify and learn about the various energy-yielding nutrients, carbohydrates, lipids and protein.
4. Understand energy balance, body composition, obesity and underweight.
5. Explain the relationship between physical activity, nutrition and athletic performance
6. Describe nutrition as it relates to chronic diseases such as diabetes and heart disease
7. Understand nutrition issues related to global health
8. Research, synthesize and discuss relevant nutrition topics
9. Conduct a dietary analysis and understand and explain the results

Text and Material for the Course

Sizer, F. and E. Whitney. **Nutrition Concepts and Controversies**. 10th Edition
Thomson/Wadsworth Publishers, 2006.

Online access: see below

On-campus Meeting Requirements

No on-campus meetings are required.

Minimum Hardware and Software Specifications

1. A live internet connection. Students will need access to the internet using a telephone connection, DSL, or cable modem.
2. A monitor capable of displaying information at least 800x600 pixels.
3. If you have a Windows PC, use the Microsoft Internet Explorer Web browser (5.0 or higher) or Netscape Navigator 7.1 only. Mac users can use the Safari Web browser.
4. Do not use the AOL browser or Opera to access blackboard 6.1.
5. Although it is not a requirement, students should have Microsoft Office 2000 or Office XP installed to view and access documents provided by the instructor.

The above information is also listed on the CSUF Blackboard Web site. The link below allows you to download additional plug-ins that you may need during this course:

<http://blackboard.fullerton.edu/student/plugins.htm>

Grading

Assignments	Points
Activities (Three activities total)	100 points
Discussion Board Forums	150 points
Diet Analysis Project	200 points
Quizzes (three total) @ 50 points each	150 points
Midterm	150 points
Final Exam	250 points
TOTAL	1000 points

Grade Breakdown:

A+ 100 – 98%	B+ 89 – 88%	C+ 79 – 78%	D+ 69 – 68%
A 97 – 93%	B 87 - 83%	C 77 - 73%	D 67 - 63%
A- 92 – 90%	B- 82 – 80%	C- 72 - 70%	D- 62 - 60%

Course Information of Sections/Tabs On Blackboard

This course follows a weekly schedule which is intended to facilitate our online discussions. You are responsible for checking the schedule and completing all assignments on time. Our primary means of communications will be on-line via Blackboard and e-mail, therefore check Blackboard and your e-mail at least twice a week.

Assignments: These include activities, diet analysis, quizzes, midterm and final. *The due dates of each assignment will be posted under the assignment section and listed on the outline below. The time allowed for quizzes and exams will also be posted. If you go over your time for the exams/quizzes, you will receive a 0 for this assignment. All assignments are to be completed on Tuesday, by 8:00pm, during the week of the class. Check the course outline below for exact dates.*

Lecture and other Documents: These include relevant reading and lecture information. In each of the lecture folder under Lecture and other Documents you will find: Chapter Summary, Learning Objectives and the Lecture.

Participation/Discussion Board: Discussions will pertain to the controversies at the end of the chapter, and also include chapter readings, current events, or anything else related to nutrition will be posted weekly. You will have that week to participate in the corresponding discussion. Therefore, because the course begins on a Tuesday, you will have until the following Tuesday of the week to respond to the discussion board. Comments posted after the week is completed will not be accepted/given points.

Class participation is important. Each student is expected to access the course Web site a minimum of two times a week. You will be required to read the assigned chapters, submit assignments on time, and participate in the Discussion Board Forums throughout the semester (see guidelines below). I encourage you to offer suggestions or submit current events topics for the weekly discussions.

Discussion Board Forum Guidelines:

Questions pertaining to the controversies, assigned readings, current events, or anything else relating to nutrition will be posted on the Discussion Board throughout the semester. You are expected to respond to the original question in addition to reply to at least one other student's comment to receive full credit. One or two word responses such as, "I agree" and "Me too" are not considered sufficient contribution. Online participation will be tracked through copies of each discussion and through a discussion log.

Details on Assignments: All assignments are due on Tuesday of that week. Please check the schedule below for due date and time.

Activities:

Activity 1: Activity 1 includes becoming more familiar regarding portion sizes. This activity highlights the dramatic changes in food servings that have occurred over the last several decades.

Activity 2: Label Reading. For this activity, please select a food label of your choice and then answer the questions that appear on-line under the ASSIGNMENT section on-line for the food label.

Activity 3: Controversy questions/brief essays. Please complete the questions listed under the Assignments tab for activity 3.

Discussion Board/Forums:

Discussion questions will be posted on-line. Please follow the directions as stated above in the syllabus for the discussion forums.

Dietary Analysis: (Three Part Assignment)

PLEASE SEE THE SEPARATE HANDOUTS IN THE ASSIGNMENTS SECTION ON-LINE THAT DISCUSS IN DETAIL THE PARTS BELOW:

Part 1: During the course you will be asked to conduct a 2-Day dietary record of your food intake. You will record the food and beverage consumption for 2-days, including the quantity. Details are in handout Part 1.

Part 2: After you have recorded the 2-Day food record, use the <http://www.mypyramidtracker.gov/> website/program to analyze the dietary intake for the 2 days. Details are in handout Part 2.

Part 3: After completing part 1 and part 2, write a paper that discusses the reports and your findings. Details are in handout Part 3.

The Diet Analysis project is due on-line on 11/18 by 8pm.

Quizzes

There will be three quizzes during the course of the class. Each quiz will cover the assignments/readings for the prior weeks, and may include the reading for the week of the quiz. You will need to complete the quiz during the allotted time and day. Quizzes are to be taken without the use of lecture notes or class material.

Exams

There will be a midterm and a final exam, each covering material from the preceding lectures. The final will not be cumulative. Exams are to be taken without the use of lecture notes or class material.

For all exams and quizzes you will have access to the quizzes and midterm between 4am – 10pm, but they must be completed by 10pm of that day. Therefore check the directions on-line to see how much time is allotted for each exam/quiz.

Testing procedures:

All tests will be timed. **Once you begin the exam, you must finish within the allotted time. You may not stop and restart the exam as this will result in an incomplete. Do not begin the test until you are ready to complete it. You will be allowed to go back to review or change only the last question/answer but make sure you are within the allotted time. It is critical that you pay attention and have a watch to monitor your time, because the system will not stop you after the time is up. But, it will monitor how long you took to complete the exam. If your time is over the allotted time then you will not receive credit for the exam.**

Academic Honesty Policy (Refer to Cal State Fullerton Catalog)

The faculty and staff of Cal State Fullerton wish to maintain classroom environments free from unethical behavior. Hence, it is to be understood that cheating (such as copying answers, and plagiarism) are unethical behaviors and will result in a failing grade. It is the instructors' intent to maintain a positive learning environment for all students, free from the distraction and negative effects of unethical behavior.

Netiquette

Netiquette refers to a set of behaviors that are appropriate for online activity, especially with email and discussions. In an online classroom, our primary means of communication is written. The written language has many advantages: more opportunity for reasoned thought, more ability to go in-depth, and more time to think through an issue before posting a comment. However, written communication also has certain disadvantages, such a lack of the face-to-face signaling that occurs through body language, intonation, pausing, facial expressions, and gestures. As a result, please be aware of the possibility of miscommunication and compose your comments in a positive, supportive, and constructive manner. Please review the core rules of netiquette, which are found at

<http://www.albion.com/netiquette/corerules.html>

Make-up Policy

All assignments and exams must be submitted on the designated dates and time. Quizzes and Exams to be taken via Blackboard will not be accepted late unless prior arrangements have been made. For the Dietary Analysis and activities, one letter grade will be deducted each day the work is late and will not be accepted after two days of when the assignment is due.

Disabled Student Services

Please inform me during the first week of class about any disability or special needs that require specific arrangements. California State University Fullerton requires that students with disabilities document their disabilities at the Disabled Students Services Office.

Distance Learning Assistance

This is an online course so please make sure you are familiar with all aspects of distance learning. If this is your first time taking an on-line course at California State University Fullerton, you may find it helpful to visit the Blackboard Support Web Site and click on the tutorial section. You may also click on the Help tab once you have logged into the Blackboard portal. <http://blackboard.fullerton.edu/>.

Additional Blackboard Information:

1. You must gain access to your email by visiting the CSUF homepage and logging on to the Internet Portal.
2. Verify your blackboard email address and notify me of any changes. If you need help, see the Tutorial listed under the Help tab in Blackboard.
3. Check your email at least twice a week.
4. Please contact me with any problems, questions, or suggestions. Provide your full name when communicating via e-mail as your email address may not provide that information.

Technical assistance

If you need technical assistance, please contact the Help Desk at (714) 278-7777 or visit their Web site: <http://blackboard.fullerton.edu>. In the event of technical problems related to the University's website, arrangements will be made to collect/ turn-in assignments.

Submitting Assignments in Blackboard:

1. Download the assignment to your desktop.
2. Follow directions and complete assignment.
3. Save and rename your file.
4. Browse to your completed assignment.
5. Click and submit it to send it to the gradebook.
6. Keep your own copy of all assignments and contact me with any questions regarding the assignment or your grade.

Communications with the Professor

- Discussion Forums
 - The course professor will monitor the discussion threads. The forums can be used for clarification of a topic, responding to the forum questions presented by the instructors. However, the professor will not post to the threads, but rather review them for content specific information related to the forums.
- Exams and Assignments
 - Exam grades will be automatically provided via Blackboard.
 - The Diet Analysis Project and all other Activities/Assignments should be submitted online under the Assignments tab.
- Emails
 - In addition to the forums, I am available and responsive via e-mail. However, I will collect all e-mails I receive for the course and respond to them on Tuesdays and Thursdays during office hours (see first page for hours). Include your full name, course # and section ID in the e-mail. If you would like to meet with me in-person, please contact me and we can make an appointment.

Course Schedule

Dates are subject to change depending on the pace of the class. Keep this outline as a permanent part of your notebook.

WEEK	DATE	TENTATIVE TOPICS	READINGS
1	8/25	Syllabus, Overview and Food Choices <i>Controversy:</i> Nutrition Resources <u>The first day the class will be available on-line is Monday 8/25</u>	Chapter 1
2	9/1	Nutrition Guidelines and Standards/Food Labels <i>Controversy:</i> Phytochemicals and Functional Foods	Chapter 2
3	9/8	Digestion and Absorption <i>Controversy:</i> Alcohol and Nutrition QUIZ 1: Covers chapters 1 – 2; Complete on 9/9 between 4am - 10pm. Activity 1: Portion Distortion, Due on 9/9 by 8pm	Chapter 3
4	9/15	Carbohydrates: Sugar, Starch, Fiber <i>Controversy:</i> Sugar and Alternative Sweeteners	Chapter 4
5	9/22	Fats, Oils, Phospholipids <i>Controversy:</i> High-Fat Foods: Which to Choose Activity 2: Label Reading, Due on 9/23 by 8pm.	Chapter 5
6	9/29	Proteins and Amino Acids <i>Controversy:</i> Vegetarian and Meat Containing Diets	Chapter 6
7	10/6	Vitamins <i>Controversy:</i> Vitamin Supplements QUIZ 2: Covers chapters 3 - 5; Complete on 10/7 between 4am - 10pm	Chapter 7
8	10/13	Minerals and Water <i>Controversy:</i> Osteoporosis MIDTERM Covers chapters 1 – 7; Complete on 10/14 between 4am – 10pm	Chapter 8
9	10/20	Energy Balance and Weight Management <i>Controversy:</i> The Perils of Eating Disorders	Chapter 9
10	10/27	Physical Activity and Nutrients <i>Controversy:</i> Ergonomics	Chapter 10

11	11/3	Diet and Health <i>Controversy:</i> The Obesity Epidemic QUIZ 3: Covers chapters 9 - 10; Complete on 11/4 between 4am - 10pm	Chapter 11
12	11/10	Food Safety <i>Controversy:</i> Organic Foods/Genetically Modified	Chapter 12
13	11/17	Maternal and Child Nutrition <i>Controversy:</i> Childhood Obesity **ASSIGNMENT : DIET ANALYSIS DUE on 11/18 by 8pm	Chapter 13
14	11/24	Thanksgiving Holiday	
15	12/1	Child, Teen and Older Adults <i>Controversy:</i> Nutrient-Child Interactions Activity 3: Controversy questions, Due on 12/2 by 8pm	Chapter 14
16	12/8	Global Health, Nutrition and Hunger <i>Controversy:</i> Agribusiness and Food Production	Chapter 15
17	12/15	FINAL EXAM, Covers chapters 9 - 15 Complete on 12/16 between 4am - 10pm	

The course outline and assignments outlined above are subject to change in the event of extenuating circumstances. You will be notified immediately of any change or changes to the outline or assignments.