

# Community College of Philadelphia

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## DIET 11: Introduction to Nutrition Spring 2018 Online

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<b>INSTRUCTOR:</b>	Natalie Holzhauser MS, RD, LDN
<b>OFFICE:</b>	No Office
<b>EMAIL:</b>	nholzhauser@ccp.edu
<b>OFFICE HOURS:</b>	I do not have face to face office hours but you can email me at anytime with questions.
<b>CLASS LOCATION:</b>	Online
<b>CREDITS:</b>	3
<b>PREREQUISITES:</b>	Biology 109 and English 101

### COURSE DESCRIPTION

Aspiring nurses and other healthcare professionals will obtain foundational knowledge in human nutrition science and evaluate lifestyle behaviors as determinants of health, wellness, and prevention of chronic disease. The course will provide evidence-based recommendations for nutrients and energy throughout the lifecycle. Learners will identify the consequences of inadequate and excess consumption of nutrients and will explore the influence that food behaviors, environment, culture and physical activity have on health and wellbeing.

### STUDENT LEARNING OUTCOMES

After completing the course, students should be able to:

1. Identify the role of nutrition in health promotion and disease prevention.
2. Describe the functions of nutrients in the body, their interrelationships, and the consequences of excess-or under-consumption of these substances.
3. Apply evidence-based nutrition recommendations to individuals at each stage of the lifecycle.
4. Evaluate their own nutritional intake in relationship to current recommendations and in consideration of social, cultural and environmental factors that influence food selection.
5. Use sound nutrition principles and critical thinking skills to suggest changes to food choices and physical activity patterns to improve health.

## REQUIRED TEXTBOOK AND WILEY CODE

Smolin & Grosvenor's *Nutrition: Science & Applications*, 4<sup>th</sup> edition (ISBN 9781119439899).

- You must have access to a textbook and *WileyPLUS* for this course.
- The text is required for reading assignments.
- *WileyPLUS* is needed for the dietary analysis project.

### Options To Access The Textbook And *Wileyplus*

- The text package available in the Community College of Philadelphia Bookstore costs \$104.30 and includes a loose-leaf custom version of the text which is bundled with a registration code for *WileyPLUS*, giving students access to the entire digital textbook, countless learning resources, and iProfile, the diet analysis program.
- You may also purchase either the textbook bundle or the registration code directly from Wiley for a reduced price.
- For the textbook bundle priced at \$ 93.95, go to <http://www.wiley.com/WileyCDA/Section/id-829961.html> and follow the directions.
- To purchase online-only access to your *WileyPLUS* course, which includes the full e-version of the text, simply log into your Canvas course, go to Modules and click on *WileyPLUS* Read, Study & Practice.
- When prompted to purchase use promo code **CCP05** in that shopping cart to receive your online-only access for **\$78.95**. The discounted price will appear after you complete the purchase.
- You will register for the course through our Canvas homepage.
- Please **DO NOT go to Wiley directly**. There is NO URL or Course ID for this class.
- You should click into the *WileyPLUS* Read, Study & Practice link. Instructions for registering will follow.
- There is a 14 day grace period when you can access the *WileyPLUS* and the full online textbook.
- **Please note:** Students who have purchased their course material from outside sources such as online retailers have ended up with used, defective, and incorrect codes. These online retailers/distributors do not guarantee their products. When this happens, students end up having to re-purchase the code, paying more than they would have had they purchased the material directly from Wiley or even the campus bookstore.

**Canvas prefers Firefox or Chrome to Internet Explorer; it is highly recommended to use Firefox or Chrome.** Some students have experienced problems when using Internet Explorer.

**Canvas Help:** If you are experiencing problems with Canvas, please contact the Department of Distance Education

Margolis, Peter	B2-26	215 751-8702	pmargolis@ccp.edu
Sharma, Vaishali	B2-26	215 751-8415	vsharma@ccp.edu

## COURSE GRADING

Emphasis in the course is on mastery and application of concepts and material. As such, your final grade will be based on the total points earned for the semester.

18 Chapter Quizzes ( <i>10 points each</i> )	180 points
Syllabus Quiz	10 points
Netiquette Quiz	10 points
Dietary & Activity Analysis Project	120 points
13 Discussion Posts ( <i>10 points each</i> )	130 points
13 Discussion Replies ( <i>5 points each</i> )	65 points
<u>5 Activities (<i>10 points each</i>)</u>	<u>50 points</u>
<b>TOTAL</b>	<b>565 points</b>

The final grade will be based on a scale of:

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

508 – 565 points = A  
452 – 507 points = B  
395 – 451 points = C  
339 – 394 points = D  
0 – 338 points = F

## COURSE REQUIREMENTS

### Quizzes: (10 points each)

- Each quiz will consist of multiple choice, true/false, or matching questions.
- You only get one chance to get the answer correct.
- You have an unlimited amount of time.
- Avoid waiting until the last minute to take quizzes just in case you have technology/computer issues.
- Technology/Computer issues where you are unable to complete the quiz will still be counted as a zero.
- All quizzes are due on **Thursdays at 11:59 pm.**
- Quizzes will be available for you to complete the Friday before they are due. (You have a week to complete them.)
- Late work will **NOT** be accepted unless physical documentation of an emergency is provided.

### Dietary & Activity Analysis: (120 points)

- In order to better understand the practical applications of the material learned in this course, you must record, analyze, create a report, and share your experiences about your food intake, food behavior, and activity levels for seven days.
- The Dietary Analysis is broken down into 5 parts.
- You will be using *WileyPlus* to enter in your food records into the Iprofile software.
- Late work will **NOT** be accepted unless physical documentation of an emergency is provided.

### Syllabus Quiz (10 points)

- This is designed to help you prepare for the real quizzes.
- Questions will cover material from the course syllabus, schedule, and professional email PDF.
- You will need to get the right answers to get the 10 points so make sure you have read this syllabus.
- Late work will **NOT** be accepted unless physical documentation of an emergency is provided.

### Netiquette Quiz (10 points)

- This is designed to help you prepare for discussions.
- Questions will cover material from an online PDF that is linked to the quiz.
- This quiz is different than other quizzes in that you get multiple attempts to get the question right.
- Late work will **NOT** be accepted unless physical documentation of an emergency is provided

### **Discussion Assignments:** (10 points each)

- Each week you are required to post a discussion assignment.
- The questions and assignments are different every week but are related to the chapters.
- It is important that you are reading that chapter otherwise you will struggle to do your discussion.
- These assignments are always due on **Thursdays at 11:59pm.**
- Late work will **NOT** be accepted unless physical documentation of an emergency is provided.

*To Receive full credit, your discussion needs to have the following:*

- Is well written with minimal grammatical and spelling errors. (2 pts)
- Shows understanding of concepts. (2 pts)
- Demonstrates critical thinking based on the topic. (2 pts)
- Follows instructions given and answers all questions. (2 pts)
- Should have a minimum of 200 words. (2 pts)

*You will receive a **ZERO** on your Discussion Assignment if you:*

- Copy and paste from a book or internet website.
- Steal someone else's work.
- Do not submit your work by the due date.
- Do not submit it by the due date.

### **Reply to Discussion Assignment** (5 points each)

- You are required to reply to someone else's discussion for that chapter.
- These are also due on **Thursday at 11:59 pm.**
- Late Work will **NOT** be accepted unless physical documentation of an emergency is presented.

*To receive full credit, your replies need to have the following:*

- Is well written with minimal grammatical and spelling errors. (1 pt)
- Shows understanding of concepts. (1 pt)
- Demonstrates critical thinking based on the topic. (1 pt)
- Is talking to your classmate in a positive manner (1 pt)
- Should have a minimum of 100 words. (1 pt)

*You will receive a **ZERO** on your Reply to Discussion Assignment*

- If you copy and paste from a book or internet website
- If you steal someone's work
- Do not submit it by the due date

**Activities** (10 points each)

- There will be multiple activities in this class that will help you with understanding nutrition concepts.
- These activities will be completed on a word document that you will upload and submit on CANVAS.
- Instructions for each activity will be provided.
- All activities are due on **Thursdays at 11:59 pm.**
- Late work will **NOT** be accepted unless physical documentation of an emergency is provided.

**What is considered physical documentation of an emergency?**

- Doctors note
- Emergency room documentation
- Family doctors note
- Family emergency room documentation

**Note:** Since you have a week to complete all homework, emergencies are the only thing I allow to be excused.

### **Statement On Disability**

Students who are registered with the Center on Disability must inform the instructor by the end of the first week of classes if special accommodations are requested.

### **Academic Honesty Standards**

A foundation of mutual trust and individual responsibility is essential in an academic community. Faculty at the Community College of Philadelphia try to create an environment in which honesty is encouraged and dishonesty discouraged. Students are obligated to demonstrate respect for the principles of academic integrity by not participating in acts of academic dishonesty and by reporting violations to faculty or administration. (Please also refer to the *College Student Handbook*)

Academic dishonesty may take many forms. The following list may not be inclusive:

**Cheating:** using unauthorized assistance, materials, or study aids in an academic exercise

**Plagiarism:** using the words or ideas of another without appropriate acknowledgment

**Fabrication:** falsifying or inventing information or data

**Deception:** misrepresenting work or academic records; forging signatures

**Electronic Dishonesty:** using network access in an inappropriate way, having an impact on a class or the work of others

**Facilitating Academic Dishonesty:** intentionally assisting another student to commit an act of academic misconduct

Students who commit acts of academic dishonesty will be subject to disciplinary action by the College through due process procedures for student conduct violations. The **penalties**, listed in order of increasing severity, may be:

- Re-doing the project;
- Lowering the project grade;
- No credit for the assignment;
- Lowering the course grade;
- Failure for the course;
- Removal from the academic program;
- Dismissal from the college.

The term “project” is not limited to classroom assignments and includes examinations, library assignments, and any other exercises faculty evaluate.

A student suspected of cheating during an examination will receive a grade of “zero” for the exam with no ability to take a retest.

## **Withdrawal Policy**

The last date to withdraw from your courses is November 27, 2017. Though you won't earn an F if you withdraw, before you decide to withdraw from this course or any other course, think about the following information:

- a) The W will be reflected on your transcript permanently.
- b) W's on transcripts may have a negative impact on acceptance into select programs.
- c) Transfer institutions may view W's negatively, and it may go against your application.
- d) Your financial aid may be impacted.

Please discuss your options with your instructor or an advisor/counselor before you decide to withdraw from a course.

## **Center On Disability**

Reasonable accommodations and academic adjustments are coordinated with all qualified students with disabilities on an individual basis through the College's Center on Disability. To receive special accommodations, students are required to submit comprehensive documentation from a qualified professional stating the nature of their disability and attend a meeting at the Main Campus with the Center's counselor to discuss and review appropriate academic adjustments.

To ensure timely and effective service provisions, students requiring special accommodations are urged to apply to the College no later than one month before the start of the semester.

To receive special testing and/or classroom accommodations, students with disabilities must be registered with the Center on Disability, and must provide the accommodation forms to the instructor no later than after the first week of class.

## **Disclaimer**

A notice to students that certain circumstances may require some changes to this syllabus.

## **Tutoring**

- CCP offers tutoring for Diet 111.
- The Science, Technology & Allied Health Learning Lab, L1-39 (Lower level of library, Main campus)
- Biology, Computer Technologies, Chemistry, Diagnostic Medical Imaging, Nursing, Nutrition
- Monday - Thursday: 9:00AM-4:15PM Closed Friday, Saturday and Sunday.
- All tutoring is in B1-28. Tutoring offered after 4:15 pm is in B1-28.
- Call 215-751-8482 for more information.



## Helpful College Links

- College Information Hotline: 215-751-8000
- College Website: [www.ccp.edu](http://www.ccp.edu)
- The College's Facebook and Twitter pages: [Facebook.com/CCPedu](https://www.facebook.com/CCPedu) and [Twitter.com/CCPedu](https://twitter.com/CCPedu)
- Radio: KYW-1060 AM. The College's numbers are 238 for day classes and 2238 for evening classes. These numbers apply to ALL locations of the College, including the regional centers.
- You may also visit <http://philadelphia.cbslocal.com/schools/> to sign up to receive school closing information via text and/or email.
- e2Campus Text message/Email. Sign up or update your account here: <https://www.e2campus.net/my/ccp/>

## CLASSROOM RESPONSE TIME

- As I expect all you to turn in your work on time, my expectation for myself is that I will respond to questions within 24 hours.
- Grading will be completed within 1 week of submission.

## HELPFUL SUGGESTIONS

- 1) Read through the course syllabus and schedule thoroughly. All of the course requirements and deadlines can be found in the syllabus or schedule. So, refer back to these regularly and prepare ahead of time.
- 2) Print out the schedule and keep it handy so that you can stay on-schedule.
- 3) Set aside concentrated time to work on this online course. As you've read already, online courses generally require more of your time than a face-to-face course. In fact, you can expect to spend up to 8 hours a week (or more) on this course. This is probably the most difficult lesson for students to learn based on my experiences. So, please do your best to keep up and ask questions at any time.
- 4) DUE DATES: Everything is always due on thursdays at 11:59pm every week.
- 5) SAVE A COPY OF ALL OF YOUR E-MAIL MESSAGES THAT YOU SEND ME. That way we can easily clear-up any discrepancies regarding e-mailed assignments, questions, etc. that I may not have received from you.
- 6) DO NOT WAIT UNTIL THE LAST MINUTE TO TAKE THE QUIZZES. Don't risk missing a quiz points because your computer crashed or you experienced a personal crisis right when the exam is due.
- 7) Be sure to check your grades on Canvas to monitor your progress throughout this course. If there is no grade for an assignment that means that either a) I did not receive that assignment from you or b) I am still grading that assignment. If you do not have a grade for an assignment that was due more than one week from the day that you check your grades AND you are sure that you submitted that assignment, please contact me immediately and provide evidence that you submitted the assignment.
- 8) I am extremely strict with email etiquette. Make sure you read through my email policy sent to you on the 1<sup>st</sup> day of class.

## CLASS SCHEDULE

Week 1	What Is Due?
Thurs 1/18	<input type="checkbox"/> Purchase textbook and <i>WileyPlus</i> Access Code <input type="checkbox"/> Read syllabus <input type="checkbox"/> Read Dietary Analysis Project Part 1 and watch instructional video <input type="checkbox"/> Syllabus Quiz
Week 2	
Thurs 1/25	<input type="checkbox"/> Netiquette Quiz <input type="checkbox"/> <b>Discussion:</b> Introduction <input type="checkbox"/> <b>Discussion Reply</b>
Week 3	
Thurs 2/1	<input type="checkbox"/> <b>Ch 1 Quiz:</b> Food For Health <input type="checkbox"/> <b>Ch 2 Quiz:</b> Nutrition Guidelines: Applying The Science & Nutrition <input type="checkbox"/> <b>Ch 3 Quiz:</b> Digestion, Absorption, And Metabolism <input type="checkbox"/> <b>Discussion:</b> How Involved Should The Government Be In Our Food Choices? <i>P.36</i> <input type="checkbox"/> <b>Discussion Reply</b>
Week 4	
Thurs 2/8	<input type="checkbox"/> <b>Diet Analysis Project Part 1:</b> Food Record <input type="checkbox"/> <b>Activity:</b> Myplate Picture <input type="checkbox"/> <b>Discussion:</b> Should We Eat Like The MyPlate? <input type="checkbox"/> <b>Discussion Reply</b>
Week 5	
Thurs 2/15	<input type="checkbox"/> <b>Ch 4 Quiz:</b> Carbohydrates: Sugars, Starches, And Fiber <input type="checkbox"/> <b>Ch 5 Quiz:</b> Lipids: Triglycerides, Phospholipids, & Cholesterol <input type="checkbox"/> <b>Ch 6 Quiz:</b> Proteins And Amino Acids <input type="checkbox"/> <b>Discussion:</b> Coconut Oil: Does A Tablespoon A Day Keep The Doctor Away? <i>P.176</i> <input type="checkbox"/> <b>Discussion Reply</b>
Week 6	
Thurs 2/22	<input type="checkbox"/> <b>Diet Analysis Project Part 2:</b> Macronutrients <input type="checkbox"/> <b>Activity:</b> Grocery Store Tour <input type="checkbox"/> <b>Discussion:</b> How Do We Shop Smarter and Healthier At The Grocery Store? <input type="checkbox"/> <b>Discussion Reply</b>
Week 7	
Thurs 3/1	<input type="checkbox"/> <b>Ch 8 Quiz:</b> The Water Soluble Vitamins <input type="checkbox"/> <b>Ch 9 Quiz:</b> The Fat Soluble Vitamins <input type="checkbox"/> <b>Ch 10 Quiz:</b> Water And The Electrolytes <input type="checkbox"/> <b>Ch 11 Quiz:</b> Major Minerals And Bone Health <input type="checkbox"/> <b>Ch 12 Quiz:</b> The Trace Minerals <input type="checkbox"/> <b>Discussion:</b> Is Bottled Water Better? <i>P.395</i> <input type="checkbox"/> <b>Discussion Reply</b>
Week 8	
Thurs 3/8	<input type="checkbox"/> <b>Spring Break</b>
Week 9	

Thurs 3/15	<input type="checkbox"/> <b>Diet Analysis Project Part 3: Micronutrients</b> <input type="checkbox"/> <b>Activity:</b> Fast Food <input type="checkbox"/> <b>Discussion:</b> How Can We Eat Healthy At Fast Food? <input type="checkbox"/> <b>Discussion Reply</b>
<b>Week 10</b>	
Thurs 3/22	<input type="checkbox"/> <b>Ch 7 Quiz:</b> Energy Balance And Weight Management <input type="checkbox"/> <b>Ch 13 Quiz:</b> Nutrition And Physical Activity <input type="checkbox"/> <b>Discussion:</b> Is There A “Best” Diet For You?” <i>P.15</i> <input type="checkbox"/> <b>Discussion Reply</b>
<b>Week 11</b>	
Thurs 3/29	<input type="checkbox"/> <b>Diet Analysis Project Part 4: Energy Balance</b> <input type="checkbox"/> <b>Activity:</b> Fad Diets <input type="checkbox"/> <b>Discussion:</b> Which Fad Diets Work? <input type="checkbox"/> <b>Discussion Reply</b>
<b>Week 12</b>	
Thurs 4/5	<input type="checkbox"/> <b>Ch 14 Quiz:</b> Nutrition During Pregnancy And Lactation <input type="checkbox"/> <b>Ch 15 Quiz:</b> Nutrition From Infancy To Adolescence <input type="checkbox"/> <b>Ch 16 Quiz:</b> Nutrition And Aging: The Adult Years <input type="checkbox"/> <b>Discussion:</b> Will Banning Soda From Schools Reduce Obesity? <i>P.599</i> <input type="checkbox"/> <b>Discussion Reply</b>
<b>Week 13</b>	
Thurs 4/12	<input type="checkbox"/> <b>Diet Analysis Project Part 5: Rate Your Plate</b> <input type="checkbox"/> <b>Activity:</b> Develop A Wellness Plan <input type="checkbox"/> <b>Discussion:</b> What Is Your Wellness Plan? <input type="checkbox"/> <b>Discussion Reply</b>
<b>Week 14</b>	
Thurs 4/19	<input type="checkbox"/> <b>Ch 17 Quiz:</b> Food Safety <input type="checkbox"/> <b>Ch 18 Quiz:</b> World Hunger And Malnutrition <input type="checkbox"/> <b>Discussion:</b> Should You Go Organic? <i>P.659</i> <input type="checkbox"/> <b>Discussion Reply</b>
<b>Week 15</b>	
Finals Week Thurs 4/26	<input type="checkbox"/> <b>Extra Credit Due</b> <input type="checkbox"/> <b>Discussion:</b> What Did You Learn? <input type="checkbox"/> <b>Discussion Reply</b>

## SELF-PROGRESS REPORT

Course Requirement	My Score	Course Requirement	My Score
Chapter 1 Quiz	_____/10	Discussion: <i>Introduction</i>	_____/10
Chapter 2 Quiz	_____/10	Discussion: <i>Introduction Reply</i>	_____/5
Chapter 3 Quiz	_____/10	Discussion: <i>MyPlate</i>	_____/10
Chapter 4 Quiz	_____/10	Discussion: <i>MyPlate Reply</i>	_____/5
Chapter 5 Quiz	_____/10	Discussion: <i>Fast Food</i>	_____/10
Chapter 6 Quiz	_____/10	Discussion: <i>Fast Food Reply</i>	_____/5
Chapter 7 Quiz	_____/10	Discussion: <i>Grocery Store</i>	_____/10
Chapter 8 Quiz	_____/10	Discussion: <i>Grocery Store Reply</i>	_____/5
Chapter 9 Quiz	_____/10	Discussion: <i>Fad Diet</i>	_____/10
Chapter 10 Quiz	_____/10	Discussion: <i>Fad Diet Reply</i>	_____/5
Chapter 11 Quiz	_____/10	Discussion: <i>Wellness Plan</i>	_____/10
Chapter 12 Quiz	_____/10	Discussion: <i>Wellness Reply</i>	_____/5
Chapter 13 Quiz	_____/10	Discussion: <i>Government</i>	_____/10
Chapter 14 Quiz	_____/10	Discussion: <i>Government Reply</i>	_____/5
Chapter 15 Quiz	_____/10	Discussion: <i>Coconut Oil</i>	_____/10
Chapter 16 Quiz	_____/10	Discussion: <i>Coconut Reply</i>	_____/5
Chapter 17 Quiz	_____/10	Discussion: <i>Bottled Water</i>	_____/10
Chapter 18 Quiz	_____/10	Discussion: <i>Bottled Water Reply</i>	_____/5
Diet Analysis Project: Part 1	_____/20	Discussion: <i>Best Diet</i>	_____/10
Diet Analysis Project: Part 2	_____/40	Discussion: <i>Best Diet Reply</i>	_____/5
Diet Analysis Project: Part 3	_____/15	Discussion: <i>Soda/School</i>	_____/10
Diet Analysis Project: Part 4	_____/25	Discussion: <i>Soda/School Reply</i>	_____/5
Diet Analysis Project: Part 5	_____/20	Discussion: <i>Organic</i>	_____/10
MyPlate Activity	_____/10	Discussion: <i>Organic Reply</i>	_____/5
Fast Food Activity	_____/10	Discussion: <i>Learn</i>	_____/10
Fad Diet Activity	_____/10	Discussion: <i>Learn Reply</i>	_____/5
Grocery Store Tour Activity	_____/10	Netiquette Quiz	_____/10
Wellness Plan Activity	_____/10	Syllabus Quiz	_____/10

**Total \_\_\_\_\_/565**