

NUTRITION - HPE 153

INSTRUCTOR: Theresa A. Smyth, M.S.,R.D.

EMAIL: All email correspondence for this course should be through the UCompass internal email. From UCompass, go to "Course E-Mail" on the sidebar and click on Send Message.

TEXTBOOK & SUPPLIES: (Required) Smolin, L.A., and Grosvenor, M.B. Visualizing Nutrition, *Everyday Choices*. Packaged with the Access Code for iProfile. John Wiley & Sons, 2010.

CATALOGUE DESCRIPTION: Emphasizes the importance of proper nutrition through the understanding of basic nutrition principles and their application to everyday life. Dietary requirements of protein, carbohydrates, fats, vitamins and minerals are explained along with their food sources. Other topics include digestion and metabolism; weight loss, weight gain and stabilization; water balance and exercise.

COURSE OBJECTIVE: To understand the relationship between food and the body through knowledge gained on the facts of nutrition. Also, emphasis is placed on how the student can improve his/her own diet to positively impact his/her health.

Major Core Course Objectives (Measurable):

Upon successful completion of this course, students should be able to:

List the major classes of nutrients.

Identify reliable versus questionable nutrition information.

Explain what dietary standards, such as the Dietary Reference Intakes, are and how they are used.

Describe the Food Guide Pyramid and explain how it can be used in selecting a healthy diet.

List and explain the types of information provided on food labels.

Describe the path of a meal as it travels through the digestive tract.

Explain the concept of nutrient density and how it applies to added simple sugars.

Explain the recommendations for carbohydrate intake for the general population and the benefits of a high fiber diet.

Describe the difference between saturated and unsaturated fatty acids.

Explain how the type and amount of dietary fat affects the risk of heart disease and cancer.

Differentiate between HDL and LDL cholesterol and explain the effects of each in

relation to cardiovascular disease.
Explain the recommendations for fat intake for the general population.
Explain the functions of protein in the body.
Describe situations when protein would be used for fuel.
Explain the principle of energy balance.
Describe methods of assessing body weight and body composition.
Describe the health risks associated with excess body fat.
Propose a weight management program.
Describe the eating disorders anorexia nervosa and bulimia nervosa.
Define the term vitamin.
Explain what an antioxidant does.
List sources and functions of vitamins A, D, E, and K.
Describe the functions of water in the body.
Define the terms mineral and trace element.
Explain the relationship between diet and hypertension.
Explain the relationship between calcium and osteoporosis.
Define fitness and list its components.
List the health benefits of exercise, components of a good exercise program.
Discuss how duration, intensity, and training affect the sources of fuel that are used for activity.

GRADING -

Grading is based on a ten-point scale. Earning 90% or more of the possible points will earn the student an A, earning 80-89% of possible points will earn the student a B, earning 70-79% of possible points will earn the student a C, earning 60-69% of possible points will earn the student a D and earning less than 60% of possible points will result in a failure for the class.

Possible points will include all assignments/tests/projects, etc. assigned throughout the class. Calculation of possible points will be determined after unit four.

INSTRUCTIONAL POLICIES:

A. No assignments/tests/projects may be made up! You will be given ample time to complete assignments for each chapter/unit. Once the deadline for a unit is over, assignments may not be submitted late. No extra credit assignments are given in this class and assignments cannot be made up or redone after the due date for the unit.

B. Students will be graded on total accumulated points earned. Students who stop participating in the online class will be graded on total accumulated points unless they have initiated an "official" drop through the registrar's office, or email the instructor to request a drop.

C. All correspondence to the instructor must be submitted through email within UCompass. We will strictly adhere to the assignment deadlines for the class. No assignments will be accepted late. Students are given ample time and opportunity to complete assignments, therefore, assignments will not be accepted late. **DO NOT WAIT UNTIL THE LAST MINUTE TO COMPLETE ASSIGNMENTS!** Too often students encounter computer problems or other difficulties and end up with a lack of time to complete assignments. The most important lesson to learn is do not wait until the last minute to complete assignments.

D. Cheating and plagiarism are not tolerated at Henry Ford Community College. Not only are cheating and plagiarism unethical behaviors, but they are selfish acts demonstrating a complete lack of concern for classmates. Cheating of any kind will not be tolerated in this class and will result in your dismissal from the class and possibly from the college. This includes assignments that are not completed in your own words. (See College Catalog for Policy on Academic Dishonesty)

DROPPING THE CLASS: Students wishing to drop the class may do so prior to the tenth week of classes by going to the registrar's office (basement of the Learning Resources Center) and completing appropriate paperwork for a drop. After the tenth week of classes, all drops are issued by the instructor. Please email the instructor at csloan@henryford.ucompass.com if you wish to request a drop for the class.

ACADEMIC DISHONESTY POLICY: Policy on Academic Dishonesty (Cheating)

Henry Ford Community College considers academic dishonesty to be a serious offense. It is the policy of the College that determination of and appropriate action in respect to academic dishonesty by a student shall be a matter of individual judgment by the instructor. The instructor may administer a penalty up to and including failure in the particular course. It is the professional obligation of the faculty to enforce academic integrity in their courses.

Academic dishonesty is any activity intended to improve a student's grade fraudulently.* It includes, but is not limited to, the following:

1. Unauthorized acquisition of tests or alteration of grades (such as the stealing of tests, test keys, or grade books from faculty offices or elsewhere, or the purchasing of tests or grade books);
2. Unauthorized use of notes, books, or other prohibited materials during an examination;
3. Open cheating on an examination (such as copying from another student's paper);

4. Permitting another person to take a test in the student's place or receiving unauthorized assistance with any work for which academic credit is received;
5. Providing unauthorized assistance with any work for which academic credit is received;
6. Revision of graded work in an attempt to receive additional credit fraudulently;
7. Plagiarism (using another person's work without acknowledgment);
8. Any other conduct intended to obtain academic credit fraudulently or dishonestly.

If an instructor fails a student in a course for academic dishonesty, the instructor must immediately notify in writing the student and the registrar of the infraction, retaining copies of both notifications.

The registrar maintains a record of all such violations. If a student fails two classes as a result of academic dishonesty, he or she is dismissed from the College for two academic years. In addition, a notation of the reason for academic dismissal is placed on the student's transcript. The notation may be expunged at the discretion of the appropriate vice president if the student petitions for its removal after at least two years have elapsed since the disciplinary action.

If a student believes that the accusation is false, he or she may appeal through the Student Complaint Procedure. If the appeal reaches the Student Complaint Board, the Board may consider only whether the charge is justified. The Board may not set aside or change the penalty given by the instructor unless the charge of academic dishonesty is set aside.

*Any action that violates the Student Conduct Policy and Due Process Procedure is also subject to review under that policy.

This policy and other student related policies can be found at:

http://www.hfcc.edu/current_students/student_policies.asp#1

STUDENT SUPPORT SERVICES

Below are several HFCC resources that will be especially useful to online students.

UCompass Educator Student User Help Line, (313) 845-9663

If you encounter problems using the UCompass Educator software in this course, please contact the Office of Instructional Technology. The office is open Monday through Friday from 8:30 a.m. to 4:30 p.m. You can also leave voice mail or e-

mail messages at other times. (E-mail Darren Rinaldi at drinaldi@hfcc.edu, Kristin Olin-Sullivan at kolin@hfcc.edu, or Vicky Signorelli at signorelli@hfcc.edu.)

Media Center, (313) 845-6386

The Media Center is located on the 2nd floor of the library. Students have access to over 40 personal computers, a variety of software (including the diet analysis software) and other media, and the Internet, which of course provides access to UCompass and this course's on-line materials. The Media Center's hours are as follows:

- Monday through Thursday, 7:30 a.m. to 9:00 p.m.
- Friday, 7:30 a.m. to 4:00 p.m.
- Saturday, 8:00 a.m. to 5:00 p.m.

Required Computer Skills

Students who take this on-line course should be familiar with the basic word processing functions of Microsoft Word, be comfortable with file management (organizing and saving documents (files) in folders), and have some experience using e-mail and accessing the Internet. Students should also have easy, dependable access to a personal computer with Word and Internet access, and they should ensure that their PCs satisfy UCompass' computer requirements (click on the "PC Requirements" link under "Student Resources" on the log-in page of UCompass and follow the directions posted there). While the Media Center can be used to complete on-line work for this course, depending on it as the only computer source is not advised.

Acceptable On-Line Conduct

Students working on-line will be held to the same behavioral standards as students in traditional classrooms. Please be aware that as an instructor, I will read your messages to each other posted on the Discussion Board, and I will review those discussions periodically, commenting on them as appropriate. All other students enrolled in this section can also read messages posted on the Discussion Board, making it a very public forum. Therefore, you should adhere to the following guidelines:

- Work conducted through the UCompass Educator software should relate to the course content and assignments. Personal correspondence should be conducted elsewhere.
- Students should compose their correspondence carefully. When writing on-line, it can be easy to unintentionally offend others through careless word choice or inappropriate tones. Remember that our goal is to create a supportive and intellectually probing online community. While debate over course-related content is certainly welcome, personal attacks are not. Please initiate responsible on-line dialogues and respond to each other with consideration and respect. Staying focused on the questions asked will help you avoid problems.

- Students should read and follow HFCC's policies concerning use of school computer hardware and software. Those policies can be found in the document "Computer Systems Acceptable Use Policy" at <https://dvc.hfcc.net/helpdesk/000152.htm>.