



Syllabus

Course Number/Title: AL101 Basic Nutrition

Department: Allied Health

Required Text: Contemporary Nutrition 9th Edition

Instructor: Ruth Wolfram/Chriss Ellison

Office Hours:

Year: Fall 2012

Credit Hours: 3

Days/Time: Online

Room #: Online

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Course Placement: None

Pre-requisite: None

Rationale

Nutrition is a lifestyle factor that is a key to developing and maintaining an optimal state of health for you and others. As you gain understanding about your nutritional habits and increase your knowledge regarding optimal nutrition, you will have the opportunity to reduce health risks for common health problems.

Course Description

The focus of this course is designed to familiarize students with the classes of nutrients, the importance of nutrition in everyday life, and the growing importance of nutrition in treating conditions as well as preventing them.

COURSE OUTLINE

Course Learning Objectives

1. To evaluate the variety of available nutritional information.
2. Analyze and document major nutritional deficiencies.
3. To assess personal and other nutritional needs of a variety of age groups.
4. Apply knowledge of nutritional needs and develop a variety of diets.
5. Evaluate nutrition in the community.

Method of Instruction:

This course will utilize the eCollege Learning Management System. The class is designed to be a fully online class. Weekly lectures and tasks posted to the class forum will guide our discussions. Each week supplemental and assignment online resources provided by the instructor will serve as required reading. Each week students will answer Discussion Questions in the main forum of the class which will drive our message board discussion. This will allow this class to meet the needs of the students.

Course Schedule:

Week	Date	Chapter	Assignment
1	8/21-8/26	1	Discussion Question: complete student profile; Rate Your Plate written assignment
2	8/27-9/2	2	DQ & Food Journal
3	9/3-9/9	3	DQ & written assignment
4	9/10-9/16	4	Written assignment
5	9/17-9/23	5	Vitamin D assignment
6	9/24-9/30	6	Paper
7	10/1-10/7	7	Paper on Body Mass
8	10/8-10/14	-----	No Homework
9	10/15-10/21	8 & 9	DQ & Recipe Conversion
10	10/22-10/28	10, 11, 12, & 13	DQ
11	10/29-11/4	14	DQ
12	11/5-11/11	15	Nutritional Sources; Evaluate a Teenage Lunch
13	11/12-11/18	16	Senior Eating Plan
14	11/19-11/25	-----	No Homework – No school; Thanksgiving Break
15	11/26-12/2	-----	No Homework
16	12/3-12/7	-----	Paper due Friday, December 7 th !

Grading Scale

100-90% (200-180)	A
89-80% (179-160)	B
79-70% (159-140)	C
69-60% (139-120)	D
59% or < (<119)	F

Class Assignments	Maximum Total Points
Discussion Questions	40
Final Project	50
Journals, Written Papers, email,	110
Total Possible:	200

HOMEWORK:

- No late homework will be accepted. Use **TIME MANAGEMENT WISELY!!** Read through the entire course assignments and schedule your time accordingly. The class week starts on a Monday and ends the following Sunday (except the first week of school which starts on a Tuesday).
- If you cannot submit a homework assignment on time, please contact us to why. Homework can be submitted early but the grade will not appear until after the due date.
- Read the weekly announcements. They will share any information regarding class assignments, changes in course materials, etc.

If you experience problems with the drop boxes/baskets, use email and attached the document

Attendance Policy

Colby Community College views class attendance as a mandatory activity. This view is continued in our online classes. Student must post one substantial post to earn full participation points. We reserve the right to withdraw any student for poor attendance. This student will be considered Withdrawn Failing. The policy can be found in the Colby Community College handbook.

Substantial Post for Participation

A substantial post will add value to the discussions of the classroom. The post should be at least 75 words making a direct contribution to the course. The post should demonstrate an understanding of course materials, and at times use real world life experiences. "I agree" posts or other posts not adding substantial information will not count as participation.

Discussion Questions

Discussion Questions (DQ) will be posted to the message board. You must respond to the all DQs by Sunday and you will need **to respond twice** to other students. Your response should contain a well thought out and detailed answer. Please make sure you participate in all discussion. It is your responsibility to know the assignments for each week. Please proof read your responses for errors. **Post early and post often.**

Policies for Individual Assignments

All individual assignments are to be typed in Times New Roman 12 Font. All assignments should be saved as a Word document. Individual assignments are due Sunday, the last day of the week. **For example, your week 1 assignment will be due on Sunday, August 26 at 11:59pm Central Standard Time!** You will save it in the module dropbox for the appropriate assignment.

Student Work Policy

All projects and assignments shall be completed solely by the student enrolled in this class. Exceptions include group or team projects assigned by your instructor. Plagiarized work or work that violates U.S. copyright laws is unacceptable. As a student enrolled in a Colby Community College online course, you will respect the privacy of other users. It is your responsibility to respect the copyrights of the computer software used by CCC.

Copyright Policy

The materials in the course fall under the protection of all intellectual property, copyright and trademark laws of the U.S. The course material in this class should be used for educational purposes only and should not be distributed beyond the confines of this course.

Electronic Communications Privacy Act

This can be found online at <http://fedlaw.gsa.gov/legal7.htm>.

The following protects the instructor's intellectual property:

Digital Millennium Copyright Act (DCMA)

The PowerPoint note files that are available online are copyrighted. PowerPoint note files cannot be used in any way by the student for financial gain. The note files are protected 70 years after the death of the author or 95 years from the date of their publication.

Syllabus Information Disclaimer

"I reserve the right to change any information contained in this document, when necessary, with adequate notice given to the student. Notice shall be given in the classroom during class. No other notice is required. It is the students' responsibility to keep up with any changes, modifications, adjustments or amendments that are made to this document"

Accommodations for Students with Disabilities

"According to the American with Disabilities Act, is the responsibility of each student with a disability to notify the college of his/her disability and to request accommodations. If a member of the class has a documented learning disability or a physical disability and need special accommodations he/she should contact Student Support Services, which is located in the Student Union"

An Equal Employment/Educational Opportunity Institution

CCC does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs, activities, and employment. The following persons have been designated to handle inquiries regarding the non-discrimination policies:

Title IX Coordinator: Dr. Keegan Nichols, Vice President of Student Affairs
(785) 460-5490

Section 504 ADA: Dr. Keegan Nichols, Vice President of Student Affairs
(785) 460-5490

Laws and Policies

The student is protected by **FERPA** (Family Education Rights and Privacy Act) which protects student records including personal contact information, health information, and grades. (www.ed.gov)

ADA: (American with Disabilities Act) can be found at www.fedlaw.gsa.gov/legal7.htm

DCMA: (Digital Millennium Copyright Act of 1998) protects the instructor's intellectual property, which includes PowerPoint note files.

The Technology, Education and Copyright Harmonization Act (TEACH) of 2002 provides educators with a separate set of rights (in addition to fair use), to display or show and perform or play others' works regardless of medium, to a distance learner online with no limitations and no permissions required. **Fair Use of Copyright Act (1976) Section 107** includes "fair use" exceptions in utilizing copyrights media for teaching, scholarship, and research.

The digital materials used for this course come with the legal permissions and releases of copyright holders. These course materials should be used for educational purposes only; they should not be distributed electronically or otherwise beyond the confines of this course.

Students own copyright to what they create.

Reference Materials:

American Psychological Association. (2001). Publication manual of the American Psychological Association (5th ed.). Washington, D.C.: Author.

Bibliography:

Contemporary Nutrition 9th edition, Wardlaw & Smith, McGraw-Hill