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# FDNT 10 - ELEMENTARY NUTRITION

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## FALL 2020 SYLLABUS - SECTION 0575 – ONLINE – 3 UNITS

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**COURSE DESCRIPTION:** This course is an introduction to the basic principles of nutrition and the relationship of the human diet to health and lifestyle-related diseases. You will learn about individual nutrients, optimal daily intakes, and food sources. We will discuss factors that influence nutrient bioavailability, results of nutrient deficiencies and excesses, consumer nutrition food issues, reliable sources of food, and nutrition information.

This course is UC/CSU transferable and fulfills an Area C (Natural Science) requirement for an Associate Degree at Santa Rosa Junior College. It also fulfills requirements for the Dental Hygiene/Assisting programs at SRJC.

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**INSTRUCTOR: MARI MORRIS, MAS, RDN, ACUE**

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### CONTACT

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E-mail: [mmorris@santarosa.edu](mailto:mmorris@santarosa.edu)  
Phone: (707) 527-4999 Ext# 5386

You may access the course with your campus credentials at [HTTP://CANVAS.SANTAROSA.EDU](http://CANVAS.SANTAROSA.EDU)  
If you have difficulty logging in to the course or you do not see the course listed, please contact the IT Help Desk at (707) 521-6062

ONLINE MEETING VIA ZOOM - Meeting ID: 920 6672 6156 Password: pineapple

Office Hours: Tues, Thurs 5:30-6:30pm

### REQUIRED TEXTS AND SUPPLIES:

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NUTRITION CONCEPTS AND CONTROVERSIES (15TH EDITION) BY F. SIZER AND E. WHITNEY, WADSWORTH-CENGAGE LEARNING.

DIET AND WELLNESS PLUS ACCESS CODE – LINK TO PURCHASE  
<http://www.cengagebrain.com/course/4512524>



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### LEARNING OBJECTIVES:

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1. Determine nutritional adequacy of a given diet and make scientifically appropriate recommendations for improvement for health promotion and disease prevention.
2. Critically evaluate consumer nutrition issues.
3. Use scientific principles to evaluate emerging nutrition information and nutrition fads.

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### TECHNICAL SKILLS REQUIRED

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This class is fully online. Minimal technical skills, such as attaching documents and using Word, making and posting videos are necessary for succeeding in the course. In addition, having reliable access to the Internet and a computer is necessary.

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### STUDENT SERVICES AVAILABLE

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For tutoring, mentoring and general student assistance call (707) 527-4410

I will hold virtual office hours on Tuesdays and Thursdays from 5:30-6:30pm PST via our zoom link. I will also be monitoring the discussion board regularly and will respond to all general questions on the discussion board.

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### ASSIGNMENT SUBMISSIONS, GRADING, AND FEEDBACK

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Technology issues are not an excuse for late submissions. To be safe, create a backup of all your assignments on a hard drive or thumb drive external to your computer. If you receive a technical error message when trying to submit, take a screen shot. Send the screen shot to tech support so they can help and to me so I know that you are having issues.

Every assignment in this course is accompanied with specific guidelines and a grading rubric. Please review the assignment guidelines and the grading rubric prior to drafting your submission, as this will provide you with a road map for learning and securing the best possible grade for each assignment.

All grades will be posted in the online grade book. Please schedule a phone call, or an electronic meeting with me to discuss any grading concerns.

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**REFER TO THE [TENTATIVE SCHEDULE](#) FOR A SUMMARY OF READING AND HOMEWORK ASSIGNMENTS, DUE DATES, LECTURES AND LEARNING ACTIVITIES.**

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### LATE WORK POLICY

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Late work will be subject to a 10% reduction on your total score for each day the assignment is late. In the event of an emergency, please contact me as soon as possible to make arrangements to complete assignments.

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### Grade Distribution\*

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ASSIGNMENTS	POINTS	TOTAL % OF FINAL GRADE
DISCUSSIONS AND ASSIGNMENTS	Discussions Assignments x 7 100 points possible	20%
MIDTERM EXAMS	50 points each x 2 =100	20%
DIET ANALYSIS PROJECT	Part 1 (5 points) Part 2(20 points) Part 3 (75 points) = 100 points possible	20%
REVIEW QUIZZES	Total points possible 100	20%
FINAL EXAM	100 points	20%

\*assignments may change

#### YOUR FINAL GRADE WILL BE ASSIGNED ACCORDING TO THE FOLLOWING:

A = 90% or more of total points

B = 80-89% of total points

C = 70-79% of total points

D = 60-69% of total points or less than 60% on the Final exam

F = less than 60% of total points or less than 50% on the Final exam

#### HELP AVAILABLE

For urgent or private matters, please email me rather than posting to a discussion forum. I'll reply to most emails within 24 to 48 hours during the work week and on weekends. I'll check for urgent messages on the weekend.

If you are having any technical difficulties (e.g., logging in, accessing the discussion board), please email or call the Help Desk at (707) 521-6062

## ACADEMIC INTEGRITY POLICY

1. Conduct yourself in a manner that encourages mutual respect, honorable behavior, and learning, thereby promoting student success and discouraging academic dishonesty.
2. Learn and understand the course requirements, grading procedures, and rules and expectations for acceptable conduct and behavior in each of your classes, including definitions of plagiarism and the ethical use of technology.
3. Learn and understand SRJC policy (3.11) on Academic Integrity and the Student Conduct Code, which is in the SRJC catalog and part of Policy 8.2.8, Student Discipline and how these policies will be applied in your classes.
4. Learn and understand your rights to due process should you wish to contest an allegation or penalty made by an instructor or other representative of the college.

## PLAGIARISM

As commonly defined, plagiarism consists of passing off as one's own ideas, words, or writings which belong to another. In accordance with the definition, you are committing plagiarism if you copy the work of another person and turn it in as your own, even if you have the permission of the person. Whenever you rely on the words or ideas of other people in your written papers, you must acknowledge the source of the words or ideas. The plagiarist destroys trust among colleagues, which is integral to the safe communication of research and work products.

## RESTRICTIONS ON DISCLOSURE AND DISTRIBUTION

Students may make audio or video recordings of course activity unless specifically prohibited by the faculty member. To foster a safe environment for learning, however, the redistribution of audio or video recordings of statements or comments from the course to individuals who are not students in the course is prohibited without the express permission of the faculty member and of any students who are recorded. Unauthorized distribution of such materials is a violation of academic standards and may violate copyright laws and/or privacy rights.

## STUDENTS WITH DISABILITIES

This course is designed for full accessibility. If you anticipate barriers related to the format or requirements of this course, please let me know as soon as possible. If disability-related accommodations are necessary (e.g., a notetaker, extended time on exams, captioning), please register with the Office of Disability Services at (707) 527-4278 or [disabilityinfo@santarosa.edu](mailto:disabilityinfo@santarosa.edu)

## NETIQUETTE GUIDELINES

Netiquette guidelines address communication behaviors that are particular to an online environment. Below are some general netiquette guidelines for online discussion boards:

**Write in digestible chunks.** Lengthy paragraphs are difficult for readers to digest. Keep your paragraphs short and your writing concise.

**NO YELLING.** When you write in uppercase letters in online communication, it is usually interpreted as yelling.

**Add some emotion.** 😊 Sometimes it helps communicate the tone of your message when you add an emoticon. However, only do so as necessary, for it can end up being annoying to readers if you have too many, which is probably the opposite of your intention.

**Use humor carefully.** Sarcasm, in particular, does not translate well in an online environment. It's best to avoid the potential pitfalls of misunderstood messages.

**Assume the best intentions.** In an online environment, it is easy to misread someone's tone or intended message. Give your peers and instructor the benefit of the doubt, and ask them to clarify their meaning.

**We are not the same.** Respect differences, and don't make assumptions. **Language matters.** Choose your words carefully; avoid using slang, and be kind.

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### MY HOPES FOR YOU, MY STUDENT:

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1. You will feel safe to share your thoughts and feel like you belong here
2. You will learn to be skeptical about nutrition and health related messages you encounter in your life and know where to turn or what experts to ask when you don't know the answer
3. You will learn something that helps you take better care of yourself and others around you
4. You will feel free to make mistakes, because that is how you learn
5. You will actively and regularly contribute to the class and look out for your fellow classmates
6. You will learn more about how you learn best
7. You will know that I care about your education and that I believe in your success