

General Nutrition - NUTR 225 - Summer 2021

You must Attend the lab section you registered for

CRN: 15635 **Meeting: Wednesday 10:00 – 11:20 Virtual Zoom**
CRN: 16595 **Meeting: Wednesday 1:00 – 2:20 Virtual Zoom**
Instructor: Steven Skarda **e-mail:** skardas@linnbenton.edu

Class Website: [Nutrition225–Skarda–Summer 2021](#) PLEASE check several times a week

Required Text and material are in MOODLE and paid for when you registered.

Direct Digital Access (DDA) to all class material can be found through links in Moodle.

Click “Pearson e-text” in Moodle to access the book *Nutrition and You* Fifth Ed by Joan Blake.

Click “Mastering Course Home” to access MasteringNutrition assignments.

Click “Mastering Study Area” to access study materials associated with each chapter.

NUTR 225 has combed CRNs with all the course material in CRN:15635. If you are in the CRN 16595, you can remove your other CRN for NUTR 225 from Moodle if you choose.

GOALS: Nutrition is a fascinating subject, which impacts everyone in class. While Nutrition is a science, there are complicated interactions with; genetics, socioeconomic class, religion/cultural traditions, politics and financial interests. We will use critical thinking, case studies, and class discussions to understand why we eat what we eat. You acquire knowledge of nutrition facts as currently understood, and leave with tools to evaluate new information as it appears in the news.

Course Outcomes Upon successful completion of this course the student will be able to

- 1) Recognize sources of calories and nutrients from various foods.
- 2) Demonstrate awareness of appropriate sources for nutrition information.
- 3) Recall the unique characteristics and food sources of the six classes of nutrients.
- 4) Demonstrate an understanding of how food is digested, absorbed & metabolized in the body
- 5) Apply basic dietary assessment principles to real life situations.

GRADING: *Tentative class points are as follows:*

Exams (2 at 50 pts each)	100 pts	A= 90 – 100%
Mastering assignments	20 pts	B= 80 – 89
Abstracts (2 at 10 pts each)	20 pts	C= 70 – 79
Attendance (10 at 2 pts each)	20 pts	D= 60 – 69
Diet Analysis Project	50 pts	F= 59 or less
Class assignments	40 pts	
Final (comprehensive)	<u>100 pts</u>	
	350 pts	

Strongly Recommended: College level reading and writing skills

Mastering Nutrition class assignments will be graded for points – no points for late assignments, still a great study aid to complete even if you do not get the points. To get the most good from Mastering, read the section in the E-text before attempting the assignments. MASTERING helps recognize areas you understand and areas you may need more study.

Moodle is used for communication and facilitation of success in this course. Lecture materials, supplemental materials, and assignments will be posted to Moodle. As such, it is the student’s responsibility to access Moodle several times throughout the week and update their email address on the site to ensure they receive any correspondence from me.

Class Meetings Attending live Zoom class is required and essential for achieving a good grade. Attendance accounts for 10% of your grade and to get attendance points, you **MUST** email me your zoom class notes or a picture of your notes within 30 minutes after your Zoom class ends on Wednesday – LATE notes will receive no points. There will be a variety of activities during these meetings including: lecture, discussions, and group work. Use MOODLE and MASTERING NUTRITION course calendar to identify topics that we will focus on during class and look over the appropriate material in your E-text before class.

MAKE-UP EXAMS will NOT be given after the scheduled date for an exam except for reasons of illness or emergency beyond the student's control. **CONTACT ME BEFORE TEST TIME IF ABSENCE IS UNAVOIDABLE.** If for any reason you are unable to take an exam at the scheduled time, and fail to make arrangements with the instructor prior to the exam, you will be given an essay make up exam before the next scheduled class time. Otherwise, the quiz and midterm points will be added to the final exam.

With regard to TRAVEL PLANS – It is your responsibility to make certain that any travel plans you make, or are made for you, do not conflict with the course calendar provided for this course. **Travel plans conflicting with scheduled assignment due dates or exam dates do not excuse you from missing critical course dates.**

Do NOT ask me to “round-up” your grade, consider your “special circumstance(s)” (unless backed by LBCC policies), or offer you additional extra credit to boost your grade.

If you are worried about your grade, **be proactive**, ask for help and/or use any available resource to help you achieve the grade you want.

Simply sending an email does not take away your responsibility as a student.

STUDY SUGGESTIONS

There are many study strategies that can help you be successful in this class. These include the following:

- **Rewrite class notes** in your own words each day so you can gauge your understanding and ask questions on material you do not understand.
- **Keep up** with the information presented in class by **reviewing** some each day.
- **Read your e-textbook** over the areas that we are covering in class. Reading online is much less effective than reading a book, so turn off any programs that may pop up on the screen and take away your attention while reading or working on Mastering.
- **Turn assigned work in on time.**

The [**LBCC LEARNING CENTER**](#) has a wealth of resources available to help you succeed in this class and over your entire college career. There are tutors and strategies to help you read e-textbooks, taking notes, and study skills.

LEARNING ENVIRONMENT

I value the learning experience of *every* student in my classroom. I ask that we do not tolerate any disrespectful or disruptive behavior in the classroom. If you have a concern or witness anything in class, please let me know. Maintaining a respectful and peaceful classroom atmosphere is an important component to facilitating your success as students.

STUDENT BEHAVIOR: Although collaboration is important in learning, ultimately each student is responsible for demonstrating individual ability. Cheating on exams and copying homework/lab activity reports will result in a zero for that activity and may result in further disciplinary action. Likewise, attendance and participation are an essential part of the college experience, and any behavior that interferes with other student's learning or personal safety may result in further disciplinary action. The basis for determining behavior and expectations in this class is outlined in the LBCC Student Handbook.

Center for Accessibility Resources – Meet with Instructor Week One

You should meet with your instructor during the first week of class if

- you have a documented disability and need accommodations,
- your instructor needs to know medical information about you, or
- you need special arrangements in the event of an emergency.

If you believe you may need accommodation services please contact Center for Accessibility Resources, 917-4789. If you have documented your disability, remember that you must make your request for accommodations through the Center for Accessibility Resources Online Services web page every term in order to receive accommodations.

"Additional instructional services, beyond classroom instruction are available for all students at the Learning Center and The Support Lab at RCH-114."

The LBCC community is enriched by diversity. Everyone has the right to think, learn, and work together in an environment of respect, tolerance, and goodwill. We actively support this right regardless of race, creed, color, gender, sexual orientation. (Board Policy #1015)

PRELIMINARY WEEKLY SCHEDULE – SUMMER 2021 @@@ Check MOODLE and attend class for Current Topic Information	
Week 1 June 28	TOPICS: Introductions, Essential nutrients, Basics of Nutrition, Evaluating Nutrition Research READING: Ch1 What is Nutrition? Ch 2 Tools for Healthy Living
Week 2 July 5	TOPICS: DRI's, portions, food labels, Introducing the basic anatomy (structure) & physiology (function) of digestive system READING: Ch 2 Tools for Healthy Living & Ch 3 The Basics of Digestion
Week 3 July 12	TOPICS: Finish digestion then introduce the key characteristics, forms & functions of carbohydrates READING: Ch 4 Carbohydrates
Week 4 July 19	<u>Exam # 1 FRIDAY July 23rd Between 9 and 11 am</u> TOPICS: Introducing the key characteristics, forms & functions of lipids READING: Ch 5 Fats, Oils & Other Lipids

<p>Week 5 July 26</p>	<p>ABSTRACT 1 DUE Friday, July 30th</p> <p>TOPICS: Introducing the key characteristics, forms & functions of proteins</p> <p>READING: Ch 6 Proteins & Amino Acids</p>
<p>Week 6 Aug 2</p>	<p>TOPICS: Introducing key characteristics, forms & functions of vitamins</p> <p>READING: Ch 7 Vitamins</p>
<p>Week 7 Aug 9</p>	<p>TOPICS: Introducing the key characteristics, forms & functions of Minerals & Water</p> <p>READING: Ch 8 Minerals & Water</p>
<p>Week 8 Aug 16</p>	<p>Exam #2 FRIDAY Aug 20th Between 9 and 11 am</p> <p>TOPICS: Intro key characteristics, forms & functions of Minerals & Water</p> <p>READING: Ch 8 Minerals & Water</p>
<p>Week 9 Aug 23</p>	<p>ABSTRACT 2 DUE Friday, Aug 27th</p> <p>TOPICS: Introducing the basics of Alcohol & its impacts on the human body. Weight management and energy balance intro.</p> <p>READING: Ch 9 Alcohol & Ch 10 weight management</p>
<p>Week 10 Aug 30</p>	<p>Nutrition Self-Assessment Project – SUMMARY – Due:Wednesday, Sept 1</p> <p>TOPICS: Weight Mgmt & Energy Balance (continued)Spotlight on Eating Disorders</p> <p>READING: Ch 10 Weight Management...</p> <p>Final exam for Friday, Sept 3 from 10:00 AM to 1:50 PM.</p>

Calendar of class activities is tentative and subject to change.

It is your responsibility to keep informed of course content and schedule changes so attend regularly. If you miss a class, get the material from a classmate as soon as you return.