

DIET-1310: Nutrition (Online, Web-Assisted | Spring 2016)

Instructor Information

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Course Information

Course Description

Introduction to nutrition, including nutritive value of foods, factors influencing body food requirements, their importance in promoting health and preventing disease and the body processes and their relationship to total nutrition. Nutritional requirements throughout the human lifecycle with attention to various food cultures and application of nutrition requirements to the basic food groups.

Student Learning Objectives

Upon completion of this course, the student will be able:

To develop a basic foundation of factual knowledge in the psychology of eating and the science of nutrition. The role of pleasurable eating and how food selections promote a healthy lifestyle will be

emphasized. To develop a fundamental understanding of the basic principles of nutrition and metabolism through basic knowledge of chemistry and physiology. To identify the six classes of nutrients, their major function, sources and recommended intake and deficiency signs. To have a basic knowledge about socio-cultural and ethnic food consumption, environmental issues relating to food as well as food availability and access in the community. To have a basic knowledge of economics and public policy issues as it relates to nutrition. To utilize current information technologies to calculate nutrient composition of foods and interpret current research. To apply basic principles of nutrition to the lifecycle and understand how age, growth and normal development affect nutrition health.

Prerequisites

None

Instructional / Learning Methods

Students will receive a course orientation in which course materials are presented and discussed.

Textbooks, Supplementary Materials, Hardware, and Software Requirements

Required Text

ISBN-10: 1133606784

ISBN-13: 978-1133606789 | Edition: 13

Additional Text

eText: allowed ISBN-10 1111180288,

ISBN-13 9781111180287

Print: 12 th edition allowed: ISBN-10 0538734655,

ISBN-13 9780538734653

Supplementary Materials

None

Hardware Requirements

This course requires the use of a computer; however, these are general recommendations for accessing any of the services that Southwest offers on the Web (e.g. My. Southwest, etc.). strongly recommended)

If this course requires the use of a computer, these are general recommendations for accessing any of the services that Southwest offers on the Web (e.g. [My.Southwest](#), etc.).

- minimum Pentium IV or higher processor (recommended)
- SVGA monitor, minimum resolution 800x600 (1024x768 strongly recommended)
- CD-ROM or DVD drive
- floppy drive, zip drive, or CD-RW drive
- Mouse or compatible pointing device
- at least 512 MB of RAM (recommended)
- (optional) printer

Software Requirements

The software listed below in the "General Software Requirements" are recommended for any student accessing Southwest services through the internet. Your course may not require the use of a computer or it may have specific software requirements. Internet connection (broadband recommended but not required)

The software listed below is recommended for any student accessing Southwest services through the internet. Your course may have specific software requirements.

- Windows 7, Vista, XP
- Mac OS X (up to 10.6) (OS 10.6 recommended)
- Linux with a Supported Browser
- Internet Explorer 7+
- Firefox 3+
- Opera 9+
- Safari 4+
- Current Anti-Virus protection

- Reliable Internet connection (broadband recommended but not required)

Many instructors may require assignments to be submitted using Microsoft Excel or Microsoft Word. To learn how to obtain discounted software from Microsoft, visit <http://southwest.tn.onthehub.com>.

Assessment and Grading

Method of Evaluation

Students will be evaluated based on responses for (5) Discussion question (10 points per question) in PAWS. Evaluation : College level work for the 2 Projects: Label Project (50pt) and The Diet Analysis Project at 100 pt. , and the Mandatory 5 tests.(100)

Grading Scale

100 - 90

89 - 80

79 - 70

69 - 60

below 60

Testing Procedure / Policy

Testing will be done on-line. Projects will be turned in on-line to be graded

Major Assignments

There are 2 projects 5 discussion questions for this course.and 5 tests See Calendar for due dates

Participation / Attendance Policy

Students are expected to turn in projects discussion and take tests within the time limits given.

Guidelines for Communications

Email Guidelines

Each student has been provided a Southwest e-mail account. Please do not email your classmates unless the topic relates specifically to this course. E-mails that contain advertisements, solicitations, personal interests, etc. are strictly forbidden. Below are a few guidelines that you should keep in mind when sending email:

- Always include a subject line.
- Typing in all CAPS is considered SHOUTING in Cyberspace. So please use upper and lower case characters when sending e-mails.
- Remember, without facial expressions some comments may be taken the wrong way. Be careful in wording your e-mails and use good [Netiquette](#)
- Use standard fonts.
- Do not send large attachments without permission.
- Respect the privacy of other class members.

Online instructors will respond to all e-mails within 48 hours.

Discussion Guidelines

Below are a few guidelines that should be adhered to at all times when using the Discussion forum.

Below are a few guidelines that should be adhered to when using the Discussion forum. Messages that contain advertisements, solicitations, personal interests, etc. are strictly forbidden.

- Review the discussion threads thoroughly before entering the discussion.
- Please try to maintain threads by using the "Reply" button rather starting a new topic.
- Do not make insulting or inflammatory statements to other members of the class. Be respectful of others' ideas.
- Be patient and read the comments of other group members thoroughly before entering your remarks.
- Be positive and constructive in group discussions.
- Respond in a thoughtful and timely manner.

Technical Support

My.Southwest Support

When experiencing problems with [My.Southwest](#), you may need to submit a [Student Technical Support Request](#).

When requesting help please provide as much information as possible, such as, your name and a full detailed explanation of the problem.

If you are experiencing difficulty with this Web site, please contact your instructor.

Online Course Support

Many problems can be solved by making sure your browser settings are correct. Visit the [PAWS Online Orientation](#) - and run the "*system check*" to check your browsers compatibility.

For technical support call the Helpdesk at (901) 333-4357.

Course Topics

Tentative Schedule

Please check PAWS calendar for Discussion Dates, Project Dates and test Dates.

Student Services

Embedded Librarian Service

This service may be found inside PAWS courses.

Two Southwest Librarians are assigned to work with you and your instructor throughout the course for the entire semester. The Librarians will suggest library resources and answer questions sent to "Ask A Librarian".

To contact a Librarian, go to the Classlist and select the "Ask A Librarian" tab.

Student Services Links

- [Academic Support Centers / Tutoring](#)
- [Advising and Counseling](#)
- [Campuses, Centers and Sites](#)

- [Student Disability Services](#) Southwest Tennessee Community College is committed to serving all students, including students with disabilities, and adheres to the guidelines set forth in Title II of the Americans with Disabilities Act (ADA).
- Additional Links: [Student Information & Services](#)

Additional Information

Drop/Withdrawal Dates

See the official college catalog for the current withdrawal policies. Important semester drop and withdrawal dates can be found on the college Web site at <http://www.southwest.tn.edu>.

Academic Misconduct

Plagiarism, cheating, and other forms of academic dishonesty are prohibited. A student guilty of academic misconduct, either directly or indirectly, through participation or assistance, is immediately responsible to the instructor of the class. The instructor has the authority to assign an “F” grade or a zero for the exercise or examination, or to assign an “F” for the course. College sanctions for academic misconduct may include suspension or dismissal from the College. Please see the section in the current Catalog on Academic Misconduct.

Classroom Behavior: Any student engaged in disruptive conduct or conduct violating the general rules or regulations of the College may be ordered to temporarily leave the classroom. Extended or permanent exclusion from the classroom can be achieved only through appropriate procedures of the College.

Open Labs

Macon Cove

- Academic Support Center - Nabors Auditorium, Room 100 (Mac), Room 108 (PC)
- Bert Bornblum Library (Mac and PC) - Available during Library hours only.

Union Avenue

- Academic Support Center - F Building, Room 319
- Parrish Library - Available during Library hours only.

Gill

- Computer Lab- Room 101 (Please note - this room is available when classes are not scheduled. Schedule fluctuates each semester.)
- Library - Available during Library hours only.

Maxine Smith

- Open Lab- Room 101.
- Library - Available during Library hours only.

Whitehaven

- Open Lab Building 6, Room 127
- Library - Available during Library hours only.

Syllabus Updates

The instructor reserves the right to make changes as necessary to this syllabus. If changes are necessitated during the term of the course, the instructor will immediately notify students of such changes.