valencia logo


**HUN1201 The Science of Nutrition**

## Instructor Information

| Instructor Categories | Information/Details |
| --- | --- |
| Name: | Professor Bartholomew |
| Contact: | Communication is through the Canvas course |
| Office Hours: |  |

## Course Information

| Course Categories | Information/Details |
| --- | --- |
| Meeting Days: | This course is exclusively online. No class meetings are required on campus. |
| Credits & Discipline: | Discipline: Nutrition; 3 credits |
| Canvas url: | This course requires use of Canvas through Valencia’s site. Log in at https:// online.valenciacollege.edu with your atlas username and password. |
| Course Description: | Scientific principles of nutrition, including the role of specific nutrients, digestion of each, absorption, and metabolism. Food sources and individual requirements throughout the lifecycle to maintain health will be addressed. |
| Prerequisites: | Satisfactory completion of all mandated courses in reading, mathematics, English, and English for Academic Purposes. |

## Required Textbook & Software

| Required Options | Information/Details |
| --- | --- |
| Required Text | No purchase is required. The readings will be provided within the course. |
| Technology Requirement: | * Computer/Laptop with Chrome Web Browser * Operating System: Windows 11 and 10 or MacOSX 10.12 and higher or Chromebook with Google [Long term Support](https://chromereleases.googleblog.com/search/label/LTS) * Internet: Speed 1.5 Mbps download, 750 Kbps upload * 2 GB free RAM |

## Important Dates

| Date Categories | Dates |
| --- | --- |
| Full Term: |  |
| Withdrawal Deadline: |  |
| Classes Do Not Meet / College is Closed: |  |

## Course Objectives

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| --- | --- |
| Student will | Objectives |
| Students will: | * Understand the connection between scientific research and dietary recommendations made for the general public. * Categorize nutrients by chemical structure, classification, function/role, and dietary source. * Describe the digestion, absorption and metabolism of food and nutrients to usable energy. * Demonstrate the effects of energy balance on weight management. * Identify special nutritional needs and challenges at all stages of the life cycle. * Examine the interrelationship between different nutrients and their effect on the body. |

## Course Policies

| Policy Categories | Information/Details |
| --- | --- |
| Expectation: | I would like all students to be successful in this course, which includes turning assignments in on time, following policies, and communicating with me. If you notice a discrepancy or typo in the course or the syllabus, please notify me as soon as possible so I may correct it and communicate with everyone else about it.  Life happens, and sometimes it interferes with school. Please communicate these kinds of events with me so we can discuss options that are available to you. I do not want this to be a free pass for missing assignments, but let’s work together to have a successful semester. |
| Disclaimer: | We are required to inform you that we can make changes to the syllabus if necessary; but, I will let you know if I make any changes. I will communicate that through Canvas messaging and/or announcements.  *Disclaimer Policy: The instructor reserves the right to change the class policies, class schedule of events deadline dates for assignments, and evaluation process at any time during the semester.* |
| Academic Honesty: | All work you submit should be the result of your own thoughts, research, and self-expression during the current term. Please refer to the [college policy on academic honesty](https://valenciacollege.edu/students/disputes/academic-integrity.php). Cheating may result in a zero on the exam or assignment or a failing grade for the term.  *\*Just to clarify, this policy includes sharing or obtaining assignment/test questions or answers with/from another person (whether in person, paper, or electronically). Searching for answers before or during the exam is prohibited. It includes copying information from another person (whether the textbook, article or another person’s assignment). Students are not allowed to re-use work from a previous term. No resources (except for one page of notes) are allowed during the exam.* |
| College Policies: | A full description of all College policies can be found in the  College Catalog at <http://www.valenciacollege.edu/catalog/>  Policy Manual at <http://www.valenciacollege.edu/generalcounsel/>; and the  Student Handbook at <http://valenciacollege.edu/pdf/student-handbook.pdf> |
| Attendance Policies: | In order for Valencia to comply with federal guidelines, they require attendance during the first week of class. Please contact me as soon as possible if you miss the first week. If you do not attend class during the first week, and I do not hear from you, I will have to withdraw you as a ‘no-show’. Online attendance is demonstrated by completing at least one assignment (exam, discussion, quiz, case study or project) within the week.  After the first week of classes, you should log into Canvas regularly to check announcements and messages as well as complete assignments. If you do not submit any assignments for more than two weeks, and don’t communicate about it with me, you will be subject to withdrawal. Communication is the key.  **Illness Statement:**  If you are unable to participate in the course due to illness, family emergency, etc., please communicate with me as soon as possible in order to create a plan to complete any missed assignments so that your learning can progress in your course. In the case of a prolonged online absence, please communicate with me as soon as possible in order to create a plan for the best course of action. |
| LockDown Browser | Exams require use of Respondus LockDown Browser.  Each time an exam is taken, the student must open the Respondus Lockdown Browser software and log into Canvas before proceeding to the assessment. A link to download this software is available in the orientation. Note, this software may not work with all computers (ie Chromebook). You will need to find a computer that is able to use this software to complete exams. All computers in the library and in the testing center have LockDown browser installed on them. |
| Make-up Policy: | It is important for you to complete exams and assignments on time so you don’t lose points. Falling behind one week often leads into falling behind the next week and the next. Please keep on top of your due dates. However, if you are unable to complete an exam or assignment on time, you will lose 10% of the grade for each day late.  If you have a medical or family emergency that caused you to miss the exam, please contact me so we may discuss options.  Discussion replies and extra credit cannot be made up nor turned in late after the due date.  **All make-up work must be completed prior to final exam week.** |
| Withdrawal: | Per Valencia Policy 4-07 (Academic Progress, Course Attendance and Grades, and Withdrawals), a student who withdraws from class before the withdrawal deadline of will receive a grade of “W.” A student is not permitted to withdraw after the withdrawal deadline. A faculty member MAY withdraw a student up to the beginning of the final exam period for violation of the class attendance policy. A student who is withdrawn by faculty for violation of the class attendance policy will receive a grade of “W.” Any student who withdraws or is withdrawn from a class during a third or subsequent attempt in the same course will be assigned a grade of “F.” For a complete policy and procedure overview on Valencia Policy 4-07 please go to: http://valenciacc.edu/generalcounsel/policydetail.cfm?RecordID=75. |
| Valencia I.D. Cards Statement: | Your student ID card can be obtained in the Security office on any Campus once you have registered and paid for your classes. You will need your student ID card to access campus services such as the Library and Testing Center. The first student ID card is free. There is a $5 fee for a replacement card. Student IDs can be used for library access, testing purposes and discounts in the community. |
| Computer/Equipment Use Policies: | Valencia College offers computer access through several labs and in the libraries on each campus. Please review the [Valencia policy on equipment use](https://valenciacollege.edu/about/general-counsel/policy/documents/volume7a/7a-02-acceptable-use-of-information-technology-resources.pdf). |
| Learning Support | Distance Tutoring & Technology Support at Valencia: You can easily access Valencia’s free distance tutoring and tech support from a computer, laptop or mobile device.  Distance tutoring services are provided fully online via Zoom.   Through this service, you will receive real-time assistance via a Valencia tutor.  Online tutoring is offered in: mathematics, sciences, accounting & economics, computer programming, EAP and foreign languages, and writing.  Online Learning Technology Support services are also available. Students can receive assistance with navigating: Canvas, OneDrive, Zoom, YouTube, and Microsoft Office (Word, Excel, & PowerPoint).  Support is also provided for video editing (via iMovie and MovieMaker) and converting documents from a Mac to PC.  Tech support is available live (on-demand) via Zoom, by appointment, or via email.   Students are encouraged to use the 24/7 Canvas Help located inside Canvas by clicking on the “Help” icon.  To get started using the Distance Tutoring and Learning Technology Support services, please visit [Valencia Tutoring](http://www.valenciacollege.edu/tutoring).  Through this site, you can view the schedule of tutors/tech support assistants, find available times, learn more about the services, and access a collection of supplemental resources that are available 24/7. |
| Students with Disabilities Statement: | All students can learn with the right conditions. We welcome all students and all abilities. Students who qualify for academic accommodations should provide a notification from the Office for Students with Disabilities (OSD) and discuss specific needs with me, preferably during the first two weeks of class. The Office for Students with Disabilities determines accommodations based on appropriate documentation of disabilities. West Campus Office SSB – Room 102 Phone: 407-299-5000 x1523 |
| Title IX Statement: | At Valencia, you matter! We want to ensure that you have an environment that supports learning and is free of harassment. If you have any problems, please let us know. I will be happy to assist you in finding the correct resources and ensuring privacy. Please feel free to read more about Valencia’s policies and resources <http://valenciacollege.edu/eo>. |
| BayCare Behavioral Health Student Assistance Program: | Valencia College is interested in making sure all our students have a rewarding and successful college experience. To that purpose, Valencia students can get immediate help with issues dealing with stress, anxiety, depression, adjustment difficulties, substance abuse, time management as well as relationship problems dealing with school, home or work. Valencia is committed to making sure all our students have a rewarding and successful college experience. To that purpose, Valencia students can get immediate help that may assist them with psychological issues dealing with stress, anxiety, depression, adjustment difficulties, substance abuse, time management as well as relationship problems dealing with school, home or work. Students have 24-hour unlimited access to the BayCare Behavioral Health’s confidential student assistance program phone counseling services by calling (800) 878-5470. Three free confidential face-to-face counseling sessions are also available to students. |
| Communication: | **Instructor Expectations:** I willrespond to your messages within 24 hours during weekdays. After office hours on Friday, email response will be on Monday.  **Student Expectations:** In order for you to be included in all communication, please read Canvas messaging regularly. Sometimes messages from me or the college will be delivered to Atlas email; therefore, you should also check that mailbox often as well. I also post announcements from time to time. You can set your Canvas preferences to receive announcements in an email, if it is easier for you to check Valencia email for those.  It is important to be aware of behavior in an online learning environment to ensure positive interactions with each other. It is important for both you and me to follow some [guidelines for behaviors](http://valenciacollege.edu/oit/learning-technology-services/student-resources/academic-integrity/netiquette.cfm).  Let’s work together to   * Show respect for one another in the course * Respect the privacy of everyone in the course * Express differences of opinion in a polite and in a rational way * Maintain an environment of constructive criticism when commenting on the work of each other * Remain focused on the learning topics during discussions and activities |
| Grading: | All grades will be maintained within the Canvas grade book so that you always know where you stand in the course. Video assignments, chapter assignments, case studies, and exams are automatically graded. For manually graded assignments, I ask for up to two weeks for assignments to be entered in the Canvas grade book. |
| HB7 Statement | This class requires participation in discussion to meet course-learning outcomes. We are a class comprised of individuals. As such, there will be multiple opinions expressed throughout the semester that you may not personally agree with or even understand - as may be expected. My role as an instructor is to facilitate freedom of expression that is relevant to the course, credible, open and respectful without the promotion or endorsement of a single viewpoint. Conversations informed by diverse viewpoints contribute to critical thinking and higher-level learning. Even if you don’t agree, listening to different points of view may give you further insight into your own perspectives. No lesson is intended to espouse, promote, advance, inculcate, compel a particular feeling, perception, viewpoint, or belief in a concept. Concepts as presented are not endorsed by the instructor but are presented as part of the larger course of instruction. Should a student feel uncomfortable with how course content is presented or discussed, please contact the instructor for further conversation. |
| Intellectual Freedom and Diversity Bill | Students may record video or audio of class lectures for their own personal educational use. A class lecture is defined as a planned presentation by a college faculty member or instructor, during a scheduled class, delivered for the purpose of transmitting knowledge or information that is reasonably related to the pedagogical objective of the course in which the student is enrolled. Recording class activities other than class lectures, including but not limited to class discussions, student presentations, labs, academic exercises involving student participation, and private conversations, is prohibited. Recordings may not include the image or voice of other students in the class, may not be used as a substitute for class participation and class attendance, and may not be published or shared without the written consent of the faculty member. Failure to adhere to these requirements may constitute a violation of the College’s Student Code of Conduct. |

## Course Requirements

|  |  |
| --- | --- |
| Course Categories | Information/Details |
| Orientation and Student Success Modules: | An orientation module AND a student success module are located in the “modules” course menu link. All students should read all pages of both modules before completing the required assignments and participate in the introductory discussion. The orientation quiz (located after the student success module) is required to remain in the course, and students must score 100% on it before being able to access the other class modules. If the assignment is not completed within the first week, the student will be withdrawn as a ‘no-show’. The orientation and student success modules will assist students in understanding course requirements and knowing how to succeed in the class. |
| Reading Assignments: | In this course, students will complete 10 reading assignments, found within their corresponding module on Canvas. Students have unlimited attempts on the assignments, and the highest score will be recorded. Each reading assignment is worth 20 points  **Late submissions are subject to 10% point loss per day after the due date.** |
| Discussions in Canvas: | In this course, students will complete three graded discussions. Each of the discussions have due dates that include the initial post the first week of the discussion period (Sunday) and at least 2 peer replies the following week (Sunday). Students will not be able to view other postings until after their initial post is submitted. *Students who submit “blank” posts in order to access the other postings will receive a 5 point deduction in score.* Full directions for each of the discussions are in Canvas during the week each discussion is due. Each discussion is worth 25 points. Rubrics are used on each discussion. 10 points are deducted from the score if the initial discussion is late. Initial postings or replies will not count if posted after the final discussion due date. |
| Module Assignments: | In some of the modules, students will have assignments to complete (in addition to the reading assignments). There are 4 total module assignments throughout the term. Students get two attempts per assignment, and the highest score is recorded in the gradebook. Each of the chapter assignments is worth 25 points. Due dates for these assignments are in the class schedule and online.  **Late submissions are subject to 10% point loss per day after the due date.** |
| Diet Analysis  Case Study: | Understanding how to analyze a diet is part of most nutrition courses. Since there is no required diet analysis software for this class, you will be analyzing a fictitious diet with the diet analysis reports provided. You will have a choice of two diets to analyze – one on the keto diet, or one on intermittent fasting diet. You only need to do ONE of the diet analysis case studies, and you will only receive points for ONE. This assignment is worth 100 points.  **Late submissions are subject to 10% point loss per day after the due date.** |
| Science Literacy: | Students will be required to complete a science literacy assignment as a required part of this course. The reading is worth 5 points, and the assignment is worth 10 points, for a total of 15 points. |
| Tests using Respondus LockDown Browser: | There are ten (10) exams throughout the semester. The exams are composed of multiple-choice questions. Respondus Lockdown browser is required to take the exams. Instructions on downloading this to your computer and how to use it is provided in the orientation module.  Exams will be timed based on the number of questions in the exam (one minute per question). If an exam has a few calculations, I will extend the time by 5 minutes. Calculators and BLANK scratch paper are allowed.  **Students are required to complete the exams without the assistance of any additional support from books, Internet, notes or other individuals. Failure to comply will result in earning a 0 on the exam(s).**  The exams must be completed before midnight (11:59 pm) on the date identified in the syllabus. **Exams may only be submitted late within 3 days of the due date.  It will be subject to 10% per day late penalty.** |
| Extra Credit: | Students can earn 5 bonus points by posting in the Intro discussion. Students *may* have a few other opportunities to earn extra credit points during the semester, as decided by the instructor. Students will be notified of these at a later date. The Nutrition department has a limit on the number of extra credit points students can earn. Students should pay attention to the maximum amount of points that can be earned if additional extra credit activities are provided. |

## Grading Break-down

| **Assignments** | **Points** | **% Total Grade** |
| --- | --- | --- |
| Orientation/Student Success Quiz | 10 | 1% |
| 10 Module Reading Assignments (20 pts each) | 200 | 20% |
| 3 class discussions (25 pts each) | 75 | 7.5% |
| 10 Exams (50 points each) | 500 | 50% |
| Diet Analysis Final Project (100 points) | 100 | 10% |
| 4 Canvas Assignments (25 points each) | 100 | 10% |
| Science Literacy assignment  (5 pts reading, 10 pts assignment) | 15 | 1.5% |
| **Total:** | **1000** | **100** |

## Grade Point Scale

| **Grade** | **Points** |
| --- | --- |
| A | 900 – 1000 points |
| B | 800 – 899 points |
| C | 700 – 799 points |
| D | 600 – 699 points |
| F | <600 points |

## Class Schedule:

*NOTE: This is not a self-paced course. Students are expected to keep up with weekly due dates for assignments. Discussion postings will only be permitted during their scheduled time period. Please contact the instructor to discussion options if there are extenuating circumstances that result in a large amount of missed work, as students will not be able to make up work at the last minute.*

| Week dates | What do you read or prepare? | What’s due? |
| --- | --- | --- |
| Week 1 | **Orientation Module** | **Due before midnight Sunday**   * + Intro discussion   + Orientation/Student Success quiz |
| Week 2 | **Science Literacy** | **Due before midnight Thursday**   * + Science Literacy Reading assignment   **Due before midnight Sunday**   * + Science Literacy Assignment   + Preconceptions Discussion – initial post |
| Week 3 | **Module 1: The Basics** | **Due before midnight Thursday**   * + Mod 1 Reading Assignment   **Due before midnight Sunday**   * + Preconceptions Discussion – peer replies   + Mod 1 Test |
| Week 4 | **Module 2: Body Systems** | **Due before midnight Thursday**   * + Mod 2 Reading Assignment   **Due before midnight Sunday**   * + Mod 2 Test |
| Week 5 | **Module 3: Carbohydrate** | **Due before midnight Thursday**   * + Mod 3 Reading Assignment   **Due before midnight Sunday**   * + Sweet Truth Assignment   + Mod 3 Test |
| Week 6 | **Module 4: Lipids** | **Due before midnight Thursday**   * + Mod 4 Reading Assignment   **Due before midnight Sunday**   * + Coconut Craze Assignment   + Mod 4 Test |
| Week 7 | **Module 5: Protein** | **Due before midnight Thursday**   * + Mod 5 Reading Assignment   **Due before midnight Sunday**   * + Protein Power Assignment   + Mod 5 Test |
| Week 8 | **Module 6: Vitamins** | **Due before midnight Thursday**   * + Mod 6 Reading Assignment   **Due before midnight Sunday**   * + Vitamins & Minerals Discussion – initial post   + Mod 6 Test |
| Week 9 | **Module 7: Minerals** | **Due before midnight Thursday**   * + Mod 7 Reading Assignment   **Due before midnight Sunday**   * + Vitamins & Minerals Discussion – peer replies   + Mod 7 Test |
| Week 10 | **Module 8**: **Energy and Weight Balance** | **Due before midnight Sunday**   * + Mod 8 Reading Assignment |
| Week 11 | **Module 8: Energy and Weight Balance** | **Due before midnight Sunday**   * + Weight Loss Assignment   + Mod 8 Test |
| Week 12 | **Module 9: Sustainability** | **Due before midnight Thursday**   * + Mod 9 Assignment   **Due before midnight Sunday**   * + Food Security and Sustainability Discussion – initial post   + Mod 9 Test |
| Week 13 | **Diet Analysis** | **Due before midnight Sunday**   * + Diet Analysis Assignment   + Food Security and Sustainability Discussion – peer replies |
| Week 14 | **Module 10: Life Cycle Nutrition** | **Due before midnight Sunday**   * Mod 10 Reading Assignment |
| Week 15 (Finals)  Note the shorter week for finals. | **Module 10: Life Cycle Nutrition** | **Due before midnight THURSDAY**   * + Mod 10 Test |