

**HUN2202 Essentials of Nutrition with Diet Therapy**

## 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: | A study of general and clinical nutrition. Focuses on nutrients and their digestion, absorption, metabolism, transport and interactions. Students will learn how to select a meal plan for optimum health, nutrition throughout the life cycle and current issues and controversies in nutrition. The diet therapy feature is included for students entering the health-care fields. |
| Prerequisites: | Satisfactory completion of all mandated courses in reading, mathematics, English, and EAP; minimum grade of C in Honors high school biology or Advanced Placement biology and Honors high school chemistry or Advanced Placement chemistry, or BSC 1010C, or BSC 2093C, or BSC 2094C with a minimum grade of C. |

## 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 WebBrowser
* Operating System: Windows 8, 10; MacOSX 10.11 and higher; or ChromeOS
* Browser: Google Chrome (minimum version 79)
* Internet: Speed 1.5 Mbps download, 750 Kbps upload
* 2 GB free RAM
* Camera and microphone

Please contact me if you have any difficulty attaining any of the requirements. I will do my best to find a solution to continue with the course. |

## 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: | * Identify dietary guidelines for health.
* relate the role of nutrients to body processes.
* identify how food provides energy to the body.
* identify special nutrient needs for various population groups.
* Identify the nutritional challenges at each stage of the life cycle.
* evaluate food labels to promote health.
* assess for nutrition-related problems.
* apply diet principles to the prevention of diseases.
* apply diet principles to the treatment of diseases.
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## 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 theCollege 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: | 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 may 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 assignments for more than two weeks and don’t communicate about it with me, you may 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.  |
| HonorLock Proctored Exams | Exams are proctored online through HonorLock. This requires you to have a computer/laptop with Google Chrome browser installed. You also need to have a microphone and webcam for the computer. These may be external add-ons (they do not have to be built in). At the beginning of the exam, **you will be required to show your webcam around the room including the desktop where you are taking the exam and the front/back of your one-page notes**. In addition, you must show a picture ID (either your state ID/license or Valencia ID) and the one-page notes front and back.No resources are allowed during the exam other than 1 paper with your notes on the front and back. HonorLock will have a calculator for you to use. You are not allowed to use your phone, books, websites, people, or other types of resources except the one page of notes front and back.  |
| 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. Discussions 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
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| 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

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| --- | --- |
| Course Categories | Information/Details |
| Orientation and Student Success Modules: | I believe the orientation is an important key to success because it lets you know what assignments are required, what the policies are, and how to accomplish things in the course. I don’t want anyone to miss out on points or an entire assignment because they did not understand the policies, procedures, due dates, etc. For that reason, I require you to complete an orientation module, which includes an Intro discussion worth 5 points. There is also a student success module that will help you to develop good study skills and develop the tools to succeed in this course. After you read through both modules, there is a student success & orientation quiz. I want you to complete the quiz with a 100% to ensure you know what is required of you this term. You will have unlimited attempts to complete the quiz. This quiz counts as 10 points toward the total points of the course. Completion of the student success & orientation quiz is required to move on to the remaining modules. |
| Reading Assignments:  | Each module has 2-3 built in assignments with the reading, with questions spread out on each page of the reading. You will get 10 points on each of these reading assignments. You will have unlimited attempts at these questions so that you can earn full points for these assignments. It is helpful to take notes as you read through the material. You can also copy and paste the assignment questions to a word document, to refer to later or print if you want. Please note, these assignment questions are not inclusive of all material covered in the modules, but will include questions from both the videos and the text reading. **Late submissions are subject to 10% point loss per day after the due date.** |
| Discussions in Canvas:  | You are required to participate in three discussions worth 15 points each (not including the introductory discussion). Please find the rubric for the discussion in the Canvas gradebook (icon next to the points). One initial post and 2 replies to your peers’ posts **over 2 separate days** are required for each of the two discussions. The initial post will be due on or before Thursday of the week it is due. The peer replies are due on or before Sunday of the week it is due. Posts will be graded on content, quality, and grammar/spelling. You will not be able to see your peers’ posts until you submit your own posting. Once submitted, you will see your classmates’ posts and will be able to reply to them. You are not allowed to submit a blank initial post to gain access to others’ threads. If a student posts a blank initial post, 5 points will be deducted from the discussion grade.Since the discussions are a conversation with your peers during a specified time period, there is **no option for late submissions, extensions, or make-ups beyond the Sunday due date.** |
| Other Module Assignments:  | In some of the modules, students will have assignments to complete (in addition to the reading assignments). There are 9 total chapter 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 15 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 75 points.**Late submissions are subject to 10% point loss per day after the due date.** |
| Small Group Discussions: | Students will be placed into small groups at the beginning of the term. Throughout the term, you will participate in 4 small group discussions that is centered around a case study. Due dates for the initial post are Thursday night and Sunday for the peer reply, during the respective discussion weeks. At the end of the term, you will be working on the final project (patient education handout) that will also be shared in this group discussion. Each small group discussion is worth 10 points, for a total of 40 points. Since the discussions are a conversation with your peers during a specified time period, there is **no option for late submissions, extensions, or make-ups beyond the Sunday due date.** |
| Tests using HonorLock Proctoring: | Four timed module exams, each worth 100 points, will be given. All exams will be taken on Canvas with a webcam, microphone, and Google Chrome extension for HonorLock. Students may use one notes page during the test. 75 minutes are allowed per test. Please refer to the test policies in this syllabus for complete information.  At the beginning of the exam, you will be required to show your webcam around the room to verify no one is in the room with you. In addition, you must show a picture ID (either your state ID/license or Valencia ID). Exams will not open until the week they are due.  You will receive a score upon submission; however, the exam questions will not be available for students to view after completion.  If you would like more information on what you missed, please feel free to come by during my office hours to discuss.The student success & orientation quiz will serve as your “HonorLock practice quiz” to ensure you have everything you need for HonorLock, and relieve any anxiety you may have about using the proctoring service.**Exams may only be submitted late with my permission within 3 days of the due date.  It will be subject to 10% per day late penalty.** |
| Final Project Patient Education Handout: | The final project includes creating a two-page education handout for a specific condition. The directions are on Canvas. A draft of this handout will also be shared in your small group discussion to receive feedback from peers. You will use that feedback to improve your handout to turn in the final project the last week. The education handout is worth 50 points. |
| Extra Credit: | Students will have a few opportunities during the semester to earn extra credit points. This will be decided by the instructor. Please pay attention to announcements during the semester about these opportunities. The nutrition department has limitations to the number of extra credit points that are allowed. If multiple opportunities are given during the term, pay attention to the maximum number of points that your instructor indicates. |

## Grading Break-down

| **Assignments** | **Points** | **% Total Grade** |
| --- | --- | --- |
| Intro Discussion | 5 | 0.5% |
| Student Success & Orientation Quiz | 10 | 1% |
| 4 Module Tests (100 points each) | 400 | 40% |
| Diet Analysis Case Study | 75 | 7.5% |
| 24 Module Reading Assignments (10 pts each) | 240 | 24% |
| 9 Assignments (15 pts each) | 135 | 13.5% |
| 4 Small Group Discussions (10 points each) | 40 | 4% |
| 3 Class Discussions (15 points each) | 45 | 4.5% |
| Final Project Patient Education Handout | 50 | 5% |
| **Total:** | **1000** | **100** |

## Grade Point Scale

| **Grade** | **Points** |
| --- | --- |
| A | 920 – 1000 points |
| B | 850 – 919 points |
| C | 770 – 849 points |
| D | 700 – 769 points |
| F | <700 points |

## *This course is now using the Nursing Division grading scale*

## Class Schedule:

| Week dates | What do you read or prepare? | What’s due? |
| --- | --- | --- |
| Week 1 | **Orientation Module** **Student Success Module** | **Due before midnight Sunday*** + Intro Discussion
	+ Student Success & Orientation Quiz
 |
| Week 2  | **Module 1: Food and Nutrition Guidelines** | **Due before midnight Thursday*** Module 1 discussion initial posting

**Due before midnight Sunday*** Nutrition Standards Reading Assignment
* Digestion Reading Assignment
* Macronutrient Ranges Reading Assignment
* Mod 1 discussion replies to peers
 |
| Week 3  | **Module 2: The Macronutrients** | **Due before midnight Sunday*** + Carbohydrate Reading Assignment
	+ Lipids Reading Assignment
	+ Protein Reading Assignment
	+ Sweet Truth Assignment
	+ Coconut Craze Assignment
 |
| Week 4 | **Test 1*** Modules 1-2
 | **Due before midnight Thursday*** Small group discussion (macronutrients) initial post

**Due before midnight Sunday*** + Test 1 using Honorlock
	+ Small group discussion peer replies
 |
| Week 5 | **Module 3: The Micronutrients** | **Due before midnight Sunday*** + Vitamins and Minerals Overview Reading Assignment
	+ Vitamins and Minerals Functional Approach Reading Assignment
	+ Vitamins Assignment
	+ Minerals Assignment
 |
| Week 6 | **Module 4: Energy and Weight Balance** | **Due before midnight Sunday*** + Metabolism and Weight Management Reading Assignment
	+ Overweight and Underweight Reading Assignment
	+ Diet Analysis Case Study (option 1 OR 2)
 |
| Week 7 | **Test 2*** Modules 3-4
 | **Due before midnight Thursday*** Small group discussion (micronutrients) initial post

**Due before midnight Sunday*** + Test 2 using Honorlock
	+ Small group discussion peer replies
 |
| Week 8 | **Module 5: Nutrition Throughout the Life Cycle** | **Due before midnight Thursday*** Module 5 discussion initial posting

**Due before midnight Sunday*** Pregnancy and Breastfeeding Reading Assignment
* Infants thru College Reading Assignment
* Older Adults & Food Insecurity Reading Assignment
* Mod 5 discussion replies to peers
 |
| Week 9 | **Module 6: Nutrition Assessment and Intervention** | **Due before midnight Sunday*** + Nutrition Assessment and Care Reading Assignment
	+ Medications and Special Diets Reading Assignment
	+ Assessment and Intervention Assignment
 |
| Week 10*Note: withdrawal deadline is Friday, March 24*  | **Module 7: Nutrition Support and Critical Illness** |  **Due before midnight Sunday*** + Nutrition Support Reading Assignment
	+ Metabolic Stress & Critical Care Reading Assignment
	+ Critical Care Assignment
 |
| Week 11 | **Test 3*** Modules 5-7
 | **Due before midnight Thursday*** Small group discussion (assessment) initial post

**Due before midnight Sunday*** + Test 3 using Honorlock
	+ Small group discussion peer replies
 |
| Week 12 | **Module 8: Gastrointestinal Disorders** |  **Due before midnight Sunday** * + Upper GI Disorders Reading Assignment
	+ Lower GI Disorders Reading Assignment
	+ Liver, Gallbladder, & Inflammation Reading Assignment
	+ Liver Failure Diet Therapy Assignment
 |
| Week 13 | **Module 9: Disorders of the Endocrine & Cardiovascular Systems** | **Due before midnight Thursday*** + Module 9 Discussion initial posting
	+ Small group discussion (patient handout) initial posting

**Due before midnight Sunday** * + Diabetes Reading Assignment
	+ Cardiovascular Disease Reading Assignment
	+ Module 9 Discussion replies to peers
	+ Small group discussion peer replies
 |
| Week 14 | **Module 10: Nutrition in Renal and Wasting Disorders** | **Due before midnight Sunday*** + Conditions of the Kidneys reading Assignment
	+ Cancer and HIV Reading Assignment
	+ Detox Diets Assignment
	+ Food Related Problems Assignment
	+ Patient Education Final Project
 |
| Week 15*Note the shorter week for finals.* | **Test 4*** Modules 8-10
 | **Due before midnight THURSDAY,** * + **Test 4 using Honorlock**
 |