

## General Nutrition - NUTR 225 - Summer 2019

**CRN: 15635**                      **Meeting: TWR 9:00 – 9:50 in WOH 212**  
**Instructor:** Steven Skarda                      **Office:** WOH-222  
**Phone:** 541-917-4654                      **Office Hours: By Appointment**  
**[Class website on MOODLE](#)**                      **e-mail:** skardas@linnbenton.edu

**Required Text and material are available online and paid for when you registered.**

**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, class discussions and other resources 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 popular and scientific press.

**GRADING:** *Tentative class points are as follows:*

Exams (2 at 50 pts each)	100 pts	A= 90 – 100%
Activities & Mastering	100 pts	B= 80 – 89
Abstracts (2 at 10 pts each)	20 pts	C= 70 – 79
Final (comprehensive)	<u>100 pts</u>	D= 60 – 69
	320 pts	F= 59 or less

**Strongly Recommended: College level reading and writing skills**

**Mastering Health/Mastering Nutrition** is an online learning platform that is accessible to students who have purchased the required materials for this course. Online assignments will be available throughout the term to help you manage the material presented in this course. This is an excellent resource for self-assessment as well. Mastering course ID:  
**skarda42101**

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

**Class Meetings** Attending class is essential for achieving a good grade in the course. There will be a variety of activities during these meetings including: lecture, discussions, worksheets, and group work. Use MOODLE and MASTERING NUTRITION course calendar to identify topics that we will focus on during class and scan the appropriate material in your textbook 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 a quiz or midterm 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. *All*

*assignments are due at the beginning of class if due that day or at the end of class if it was the day's assignment. After five minutes no more papers will be accepted. There will be only one paper accepted late- MAKE IT COUNT!*

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/quiz 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** and come to my office for help and/or use any available resource to help you achieve the grade you want.

Simply sending an email does not make it my responsibility to follow-up with you as the 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** a little each day.
- **Read your textbook** when there are areas that we have covered in class that are unclear to you.
- **Turn assigned work in on time.**

It is very important that you keep up with the material and not get behind. Most students find it helpful to participate in a **study group** that meets for an hour or two once or twice per week to review material. Use the study group to check your knowledge, to quiz each other, to ask about points you don't understand, and to help each other learn difficult material. It is important for you to identify areas that are unclear and material you don't understand *before* a quiz or exam.

Keeping up with your reading and participating in a study group pays off in the long run because you will not have to “cram” for exams. More importantly, studying regularly helps you learn better. You will find that every topic is connected to those that precede and follow it. If you study and understand each topic as you go, you will have a firmer foundation for learning what comes next.

Additional instructional services, beyond classroom instruction and instructor consultations, are available for all students at the Learning Center.

**Plagiarism** is also cheating and includes turning in someone else's work as if it were your own, using sources (another person's ideas, words, or facts) without giving credit to them, not listing sources at the end of a paper or copying a paper off the Internet, etc. Further details about LBCC's policy on cheating may be found in the Administrative Rule: 7030-02, Academic Integrity. The basis for determining behavior and expectations in this class is outlined in the LBCC Student Handbook.

**STUDENT BEHAVIOR** Although collaboration is important in learning, ultimately each student is responsible for demonstrating individual ability. **Cheating on exams and copying homework/activities will result in a zero for that activity and may result in further disciplinary action.** Exam results will be reviewed in class, but students will not be allowed to keep the exam questions. Any student may come to my office to review their exams in more detail, but no documentation of specific exam questions is allowed. Copying exam questions, taking pictures of exams or other forms of documentation are strictly prohibited at all times & any student engaging in such activities may face further disciplinary consequences.

- **Cell phones:** As a courtesy to your fellow students and instructor, please turn off all cell phones during class. **You may not talk on, text message, or otherwise use your cell phone in class.** It must be put away while class is in session. Anyone who answers or uses a phone in class will be considered to be creating a disturbance and treated accordingly, you may be asked to leave. Anyone who needs to have a phone on for emergency purposes must clear it with me prior to class.
- **Computers:** Personal computers will only be permitted for notetaking purposes. Devices being used for any activity unrelated to the course topic for that day will not be tolerated. Students engaging in e-mail, internet surfing/shopping, Facebook, etc. will be immediately required to put the device away.
- **Late policy:** Being timely is important as entering the classroom late is disruptive to the instructor and to your fellow students. If you are less than 5 minutes late, please quietly find a seat in the back of the class. If you are later than 5 minutes past the beginning of the start of class, and it has not been approved by me, do not disrupt the lecture by entering the classroom. Students demonstrating disruptive behavior will be asked to leave. Likewise, leaving class early is a disruptive behavior so plan to stay for the entirety of the class session. If you must excuse yourself early, please discuss your intention *before* class whenever possible.

\*Disruptive children are not allowed in the classroom.

### **Policies**

**Attendance:** You are college students, and a part of your college experience is determining how you learn best. I do not require attendance, but that means it is up to you to decide what is in your best interest. This course will cover a lot of ground very quickly and the exams will draw from all class material: readings, lectures, and classroom discussion. Participating in discussions and reflections in class is a good way to get thinking about the material and is part of your grade as well.

**Classroom etiquette:** Act like adults. My job is not to babysit you. Do not disrupt class. Respect others' desire to learn. I reserve the right to ask you to leave the classroom.

**Late assignments are not accepted.** Please turn in assignments on time and complete. This means that your assignment needs to be ready by the due date.

**Accommodations:** Students who may need accommodations due to documented disabilities, who have medical information that the instructor should know, or who need special arrangements in an emergency should speak with me during the first week of class. If you believe you may need accommodations but are not yet registered with CFAR, please visit the CFAR website at [www.linnbenton.edu/cfar](http://www.linnbenton.edu/cfar) for steps on how to apply for services or call 541-917-4789.

## NUTR 225 PRELIMINARY SCHEDULE – SUMMER 2019

@@@ Check MOODLE and attend class for Current Topic Information

Week 1  
June 25      What is Nutrition      Ch. 1  
                  Tools for Healthy Eating      Ch. 2

Week 2  
July 2      **No Class Thursday, July 4<sup>th</sup>**  
                  More Tools for Healthy Eating      Ch. 2  
                  The Basics of Digestion      Ch. 3  
                  \* Start food records for Project



Week 3  
July 9      Carbohydrate: Sugars, Starches and Fiber      Ch. 4

Week 4  
July 16      FATS, Oils and Other Lipids      Ch. 5  
                  **EXAM 1 Wednesday, July 17<sup>th</sup>**

Week 5  
July 23      Proteins and Amino Acids      Ch. 6  
                  **ABSTRACT 1 DUE Tuesday, July 23<sup>rd</sup>**

Week 6  
July 30      Proteins & Amino Acids      Ch. 7  
                  Vitamins

Week 7  
Aug 6      More Vitamins (and perhaps a few minerals to boot!)

Week 8  
Aug 13      Minerals and Water      Ch. 8  
                  **EXAM 2 – Wed Aug 14<sup>th</sup>**

Week 9  
Aug 20      Alcohol –      Ch. 9  
                  Weight Mgmt & Energy Balance  
                  Ch. 10



**\*ABSTRACT 2 DUE Wednesday, Aug 21<sup>st</sup>**

Week 10  
Aug 27      Weight Mgmt & Energy Balance (continued)  
                  Spotlight on Eating Disorders

**Final exam for Thursday, Aug 29 from 8:00 to 9:50 AM.**

**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.