

Fam & CS 21 (8067)  
Spring 2015

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**COURSE DESCRIPTION**

This course provides a basic understanding of nutrition. It deals with the six classes of nutrients and their daily requirements. It discusses the effect diet has on achieving a healthy lifestyle, and how to avoid obesity and nutritionally-related diseases.

**STUDENT LEARNING OUTCOMES:** Students who successfully complete this course will achieve the following learning outcomes:

Think critically – Analyze problems by differentiating fact from opinions, using evidence, and using sound reasoning to specify multiple solutions and their consequences. The students will answer and question each others decisions in required class discussions.

Technical Competence – Utilize the appropriate technology effectively for informational, academic, personal, and professional needs. The students will learn how to utilize the nutrition links.

**TEXT:**

NUTRITION FOR HEALTHY LIVING: By Wendy Schiff. Third Edition. McGraw Hill Publisher.  
ISBN 978-0-07-352275-3

This text is available from the West L.A. college bookstore (<http://www.wlac.edu/online>).

It is available in paperback. Also, the WLAC bookstore has used copies and a rental program.

**CLASS REQUIREMENTS:**

1. Six Exams
2. Nutrition Paper
3. Four Assignments
4. Three Discussion Questions

**POINTS:**

1. Exams..... 240 points (40 points each).
2. Nutrition Paper.....30 points
3. Four Assignments.....80 points (20 points each)
4. Discussion Questions .....15 points (5 points each)

**GRADE:**

- 329 - 365 points.....A
- 292 - 328 points.....B
- 256 - 291 points.....C
- 219 - 255 points.....D

**DUE DATE:**

- First Assignment Due.....Apr 25
- Second Assignment Due.....May 2
- Third Assignment Due.....May 9
- Fourth Assignment Due.....May 16
- Nutrition Paper.....May 30

- First Exam. Chapters 1-3.....Apr 26

<a href="#">Second Exam. Chapters 4 &amp; 5.....</a>	<a href="#">May 3</a>
<a href="#">Third Exam Chapters 6 &amp; 7.....</a>	<a href="#">May 10</a>
<a href="#">Fourth Exam Chapters 8 &amp; 9.....</a>	<a href="#">May 17</a>
<a href="#">Fifth Exam Chapters 10 &amp; 11.....</a>	<a href="#">May 31</a>
<a href="#">Sixth Exam. Chapters 12 &amp; 13.....</a>	<a href="#">Jun 6</a>

<a href="#">First discussion question.....</a>	<a href="#">Feb 18</a>
<a href="#">Second discussion question.....</a>	<a href="#">Mar 14</a>
<a href="#">Third discussion question.....</a>	<a href="#">Mar 28</a>

## COURSE OUTLINE

This is a fast paced course; please keep up with readings, modules, discussions, assignments, and tests. Listed below is what needs to be accomplished for each of the eight weeks of the course. Work ahead whenever possible, there is a lot to accomplish for this intensive course.

I recommend printing a hard copy of the syllabus for your reference.

### Week 1 (Feb 9 - Feb 15)

**Discussion:** within the topic Introductions introduce yourself to your classmates using the “Discussion and Private Message” tool found in the left hand menu on our class Home Page, under the category “Required Class Discussions”. Be sure to address all the questions asked of you in your introduction to receive the 5 points. **Do your introduction first thing so I know you are active in the class. Have it done no later than Feb 18 or you will NOT receive the 5 points.**

**Module:** Read the first module, Getting Started; the “Modules” tool in the left hand menu will take you to the list of modules. Next, begin reading Chapters 1-3 and start working on your First Assignment (found in Assignments, Tests and Surveys in the left hand menu). To access the direct links to the required websites go to the module section titled First Assignments.

### Week 2 (Feb 16 - Feb 22)

**Discussion:** First discussion question - Introduction Due Date: **Feb 18**

**Assignment:** The **First Assignment** is due **Feb 21**. You will access the First Assignment and all assignments from the left hand menu "Assignments, Tests, and Surveys" tool. Select the First Assignment from the list of tests and assignments. There is NO time limit on the assignments once you open them. You can access them as much as you need to, BUT once you submit it you cannot go back into the assignment to change it. Each assignment has a due date. Late work will be accepted but it will cost you points.

**Test: First Exam:** DUE DATE: This test should be completed by **Feb 22** in order to keep up with the class. However, this test will remain open until **Mar 1** to accommodate any difficulties with textbooks etc. No points are deducted for completing the exam by Nov 16.

You will access the First Exam and all tests from the left hand menu of our class site.

In the “Assignments, Tests, and Surveys” tool, select ‘First Exam’ from the list of tests and assignments.

Remember once a test has been submitted (‘Finish’), even by accident, there is no going back to for any reason. Also, all of our tests are timed. You will only have 60 minutes to take the 40 question multiple choice exams. So do **not** start a test until you are prepared to finish it. There are **NO** exceptions.

### Week 3 (Feb 23 - Mar 1)

**Module:** Read chapters 4 & 5

**Assignment: Second Assignment** DUE DATE: **Feb 28**

**Test: Second Exam** DUE DATE: You should take this exam by **Mar 1**. However, this test will remain open until **Mar 8**. Do NOT wait until the last date to finish any of the tests. It is your responsibility to complete the exams. No additional time will be given. No points are lost if the exam is taken by Mar 8.

### Week 4 (Mar 2 - Mar 8)

**Assignment: Third Assignment** DUE DATE: **Mar 7**

Test: **Third Exam** DUE DATE: **Mar 8** (The exam will remain open until **Mar 15** but do not wait until the last moment to do it). No points are lost if the exam is taken by Mar 15.

#### Week 5 (Mar 9 - Mar 15)

Discussion: Second discussion question DUE DATE: **Mar 14**

Assignment: **Fourth Assignment** DUE DATE: **Mar 14**

Test: **Fourth Exam** DUE DATE: **Mar 15** (The exam will remain open until Mar 15, but do not wait until the last minute to do it. No points are possible after Mar 15.)

Module: Read chapters 10 & 11

#### Week 6 (Mar 16 - Mar 22)

Test: **Fifth Exam** DUE DATE: **Mar 22**. It will remain open until Mar 29.

#### Week 7 (Mar 23 - Mar 29)

Discussion: **Third discussion question** Due Date: **Mar 28**

Assignment: : **Nutrition Paper** DUE DATE: **Mar 28**

Test: **Sixth Exam** DUE DATE: **Mar 29** The test will remain open until Apr 4.

#### Week 8 (Mar 30 - Apr 4)

The last day to turn in the Nutrition Paper late is Apr 1.

#### **Other Important Information**

**Systems Requirement:** In order to access some of the web sites provided in the modules, you must use Mozilla Firefox as your web browser. Here's the link <http://www.mozilla.com>. The directions are straight-forward and it will download onto your computer easily. All the videos can only be seen in the QUICK TIME application. Here's the link: <http://www.apple.com/quicktime/download/>.

It is your responsibility to bring your computer in line with the Etudes program. The links are accessible. Before you even log into ETUDES, there is a SYSTEM REQUIREMENTS tab located on the top-left and it states the minimum requirements on accessing the ETUDES website.

Course Map. It will help you navigate through this course by being able to go to tasks (readings, tests, discussions, etc.) directly from Course Map (hot links). This way you can't get lost in the site as easily.. It will also you stay on target with items and deadlines. You will be able to see all due dates for tests and assignments on one page. You will also will be able to monitor your progress: Completed items are listed with a green check , in-progress work is flagged with an 'in-progress' icon , etc.

Modules: Modules (accessed from the left hand menu of the class site) are the "classroom" component of this course. Read the assigned chapter(s) first, and then access the corresponding modules (see Course Outline for assigned modules). Module material is designed to add to course readings with the assumption that you have already read the chapter(s).

Discussions: There are three categories of discussions available for student participation. All discussions can be accessed from the left hand menu in our class site. Click on "Discussion and Private Message" to see two 'Main' discussion categories "Required Class Discussions" & "Questions" and one 'Other' category, "Student Lounge."

A. "Required Class Discussions" is where you will introduce yourself to the class (from which attendance will be taken) and participate in two graded class discussions on topics posed by the instructor covering materials from readings and modules.

To earn full discussion points you must:

- 1) post a thoughtful reply to the initial question. This includes backing up statements with data and ideas presented in modules and readings. Write your response in a word processing program and then paste your answer into the appropriate textbox for submission.
- 2) in a separate submission, comment on a classmate's response. You can reply to a question posed in a fellow student's submission or agree or disagree with a position but be sure to always be polite and backup your position with information and data. For example, if you agree with someone's statements be sure to state why you agree and add to the strength of the statement by not just repeating what the first person said rather adding new corroborating information. Warning: if you only provide one posting the most you can earn is half the points for the discussion.
- 3) have both your response to the original question and your reply to a student's comments by the due date (see above). After the due date, the discussion will be locked, submissions will not be accepted, and no points will be awarded.

Remember these discussions are formal, written assignments for this course and will be graded as such. This means you need to present your ideas in an academic manner.

Once a Required Class Discussion is scored, be sure to go back to your discussion to read instructor comments. Participation in Required Class Discussions is how I know you are active in class. If you do not participate regularly in discussions you will run the risk of possibly being dropped from the course. These discussions are listed on the Course Outline. Participate in the discussion by the due dates. Visit and participate in ongoing discussions frequently.

The post reply is at the top and bottom on the left side of the message screen. The reply with quote is in the upper right corner of the message screen. When you are commenting on a class member's post, use the quote option. That will allow you to include the previous text with your message.

B. "Questions" are for when you have a question or comment on material from the readings and/or the modules. The questions will be organized by chapter. Use this forum to ask all class questions (with the exception of individual grade or other private matters, in which case use Private Message). This will allow others to benefit from the question as well as contribute responses.

C. "Student Lounge" provides you with a forum to "talk" amongst yourselves about course material. These are informal discussions between students about class topics. The instructor reserves the right to eliminate inappropriate topics from this and other forums.

Tests: There are 6 tests (see Course Outline) covering material presented in the textbook, modules, and Practice Tests. All tests are 40 multiple choice questions. There is a 60 minute time limit for each exam. Be aware that once you click on submit/Finish for a test, even if it is accidental, there is no going back to make changes or redo. Once the time limit for a test passes or the last due date has passed and you have not completed the test, the test will be locked and you will not be able to earn points for the test. There will be a zero entered for the test score. There will be no "redo" or "makeup" tests. Let me repeat again, once a test due date passes, you will NOT be able to take the test, regardless of the reason.

Assignments: There are four assignments and a nutrition paper due for this class. Due dates are listed in the first part of this syllabus. **The nutrition paper and assignments can be found in the "Assignments, Tests and Survey" tool (left hand menu). The Nutrition Paper is now active in the Assignments, Tests and Surveys tab. Open the tab, click begin on the assignment and the instructions and topics will appear.** Write your assignments in a word processing program then copy and paste your assignment into the appropriate assignment window for submission. Proof read your papers. Be sure to save copies of your assignments.

When you submit your assignment your grade will show 0 until I have graded the assignment. When I have graded the assignment, you will see your grade and right underneath it is the word "review". Click on it and your answers will come up. At the very end of your text will be my comments.

Plan ahead, start and turn in these assignments as soon as possible. I will accept late assignments (late is defined as even 1 minute after the due date and time) but points will be lost. No assignments will be accepted after the cut off

date. If you look to the right of each module, you will see two dates: a start date and an end date. The start date is when the module is available for you to look at and the end date is when it stops being available.

**Academic dishonesty policy:** Violations of academic integrity of any type by a student provides grounds for disciplinary action by the instructor or college. Violations of Academic Integrity include, but are not limited to, the following actions: cheating on an exam, plagiarism, working together on an assignment, paper or project when the instructor has specifically stated students should not do so, submitting the same term paper to more than one instructor, or allowing another individual to assume one's identity for the purpose of enhancing one's grade.

(Board Rule 9803.28) LACCD student code of conduct

**Disability Support Services (DSS) Accommodation:** Students with disabilities who need any assistance or accommodations should contact the instructor. Students should also contact the Disabled Student Programs & Services (DSPS) center located in SSB 320 or call 310-287-4420." [dsps@wlac.edu](mailto:dsps@wlac.edu)

**Course Grade:**

The point system for the grades in this class is in the first part of the syllabus.

\*No 'Incomplete' will be given for this class.

\*No extra credit will be offered.

Please remember it is ultimately the student's responsibility to drop a course.

The last day to drop the class without a penalty is Feb 12

The last day to drop the class with a "W" is Mar 20.