

Fam & CS 21 (8523)
Spring 2014

Dr. Shepherd
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Office hours: 10-11

MW

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COURSE DESCRIPTION: This course deals with basic concepts of human nutrition throughout life, aimed at achieving and maintaining optimum health. Food compositions and the nutritional aspects of food preparation are explored.

STUDENT LEARNING OUTCOMES: Determine healthy food diets that are designed for their nutritional needs.

TEXT:

NUTRITION - CONCEPTS & CONTROVERSIES:Sizer & Whitney. 12th edition. Thomson Publishers.

ISBN: 9780538734943 It is available for rent or sale from the book store

CLASS REQUIREMENTS:

- 1. Regular Attendance/Participation**
- 2. Three Exams**
- 3. Dietary Record**
- 4. Four Class Assignments**
- 5. Four Online Assignments**

POINTS:

- 1. Class Participation.....35 Points**
- 2. Exams.....300 Points (100 Points Each)**
- 3. Dietary Record.....100 Points**
- 4. Four Class Assignments.....40 Points (10 Points Each)**
- 5. Four Online Assignments.. . 80 Points (20 Points Each)**

GRADE:

- 500 - 555 Total Points.....A**
444 - 499 Total Points.....B
389 - 443 Total Points.....C
333 - 388 Total Points.....D

Feb 11	Introduction
Week one	Lecture Chapters 1-2 First Online assignment (given in class)
Feb 18	Lecture Chapter 3
Week two	First Class Assignment* Second Online assignment (given in class)
Feb 25	First exam Chapters 1-3
Week three	Second Class Assignment Third Online assignment (given in class)
Mar 4	Lecture Chapters 4-6
Week four	Fourth Online assignment (given in class)
Mar 11	Second Exam Chapters 4-6
Week five	Third class assignment*
Mar 18	Lecture Chapters 7 & 8
Week six	Fourth Class Assignment Dietary Record Guidelines
Mar 25	Lecture Chapter 11

Week seven

Dietary Record Due

Make-up Day

Apr 1

Third Exam Chapters 7, 8, 11

Week eight

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 (tests, assignments.) 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.

Online Assignments: There are four online assignments due for this class. Due dates are listed in the first part of this syllabus. **The online assignments can be found in the "Assignments, Tests and Survey" tool (left hand menu). The online assignments will be given in class the week before they are due. You will be able to access the online assignments when class is over that day.** 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. To access the websites in the assignments, you have a choice of the resources section or modules sections. You **cannot** access the websites from the 'Assignments, Tests, and Survey section'

When you submit your assignment your grade may 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.

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@wlaac.edu

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 17.

The last day to drop the class with a "W" is Mar 23.