



HUN2201 Fundamentals of Human Nutrition Syllabus Summer 2024

Course Information

Course Title: Fundamentals of Human Nutrition

CRN: 30041

Course number with Section: HUN2201 Section 01

Course Description: This course examines the human body's needs for nutrients, vitamins, minerals and water to function and the role of food intake in appropriate quantities to meet these needs. Consumer issues, food labeling, dietary guidelines, energy needs and expenditure, and disease/health problems are addressed.

Prerequisite: Required successful completion of NFC developmental reading and writing course options or appropriate reading and writing placement score on postsecondary readiness test. Exemptions may exist; consult an academic advisor.

Course Location: Online

Course Day and Time: N/A

Prerequisites: Suggested: Minimum grade of "C" in one of the following courses: BSC 1010C, BSC 1005C, BSC 2085C or CHM 1033.

Corequisites: N/A

Instructor Information

Name: Paula Karamihas

Office Location: Virtual

Office Hours: : Since this is an online course, I will not have in person office hours. I will, however, be available every Monday from 5:00pm-9:00pm where you can guarantee an email or text message response, unless otherwise noted. If I am not available at this time I will post an announcement in D2L making you aware of the change in time of my office hours.

Phone Number: 240-676-7346

Email: karamihasp@nfc.edu

Instructor Response Time for Phone/Email: Text message – 24 hours. Email – 48 hours. If trying to contact me by phone, please TEXT, do not call. Please understand that I may not answer text messages after 5:00pm.

Response Time for Posting Grades on D2L: Please allow 10 days from the time that case studies are due for grades to be posted on D2L. Quizzes and the final exam are graded automatically after submission.

Department Chair: Dr. Guenter Maresch

Department Chair Email: mareschg@nfc.edu

Required Curriculum/Textbook and Course Materials

Required Textbook:

Williams' Essentials of Nutrition and Diet Therapy

- by Schlenker, Eleanor
- Edition: 12th
- ISBN: 978-0323529716
- Pub. Date: 2019

Required Course Materials/Supplies: Devices to use as 'Reminders' of due dates (smart phones, planners, etc.).

Minimum Technological Requirements and Skills: Students must have access to the internet and a computer that will run D2L during non-school hours or make provisions to complete all work during campus hours, Monday through Friday, from one of the many computer labs across campus. **All quizzes and the final exam require a computer that is compatible with Respondus Lockdown Browser.** Students need basic computer skills to include creating files using a word processing program and submitting files using Dropbox through D2L. Knowledge of correct email use and protocol is expected.

For textbook questions, please visit:

<https://customersupportcenter.highered.follett.com/hc/en-us>

Grading Policy and Assessment Methods

Course Grading/Student Performance Evaluation:

Case Studies: Students' scientific reasoning and understanding of the concepts in nutrition (scientific methods) are evaluated based on how students respond to case study questions. The case studies illustrate key concepts in authentic, "real-life" scenarios that reinforce learning and promote nutritional applications. Case studies are due every Sunday and are posted in the D2L Content page. Students are required to submit their responses into the appropriate folder in the D2L Dropbox by 11:59pm on **Sundays**. Each case study is worth 50 points, and the rubric is found in the Content Section of D2L. **Missed case studies can be submitted up to 7 days past the due date. 5 points (10%) will be taken off for each day the assignment is late. For example, if the case study is submitted 4 days past the due date, 20 points will be taken off the final score, so the max score you can receive is 30/50.**

Quizzes: There will be 8 multiple choice quizzes given on **Sundays**. The quizzes will open at 11:59pm on the Sunday *before* the quiz is due and close at 11:59pm on the Sunday the quiz is due. Please see the course schedule for the topic of each week's quiz. Quizzes are found in the "Quizzes" section of D2L. Students have 60 minutes to complete each quiz and have only one attempt to complete the quiz. **There is no make up for a missed quiz.** Each quiz is worth 25 points and will be graded immediately after submission. Quizzes and the final exam will require Respondus Lockdown Browser.

Grades:

All grades are kept in a D2L gradebook and final grades are calculated based on total points accumulated.

Using D2L and the scale below, students can access their grades anytime throughout the semester.

Assignments	Number	Points Per Assignment	Total Points Per Assignment
Quizzes	8	25	200
Case Studies	8	50	400
Final Exam	1	100	100
Total Available Points			775
Bonus Points (Syllabus Quiz, Quiz, Case Study)		50	

Grading Scale

Percent of Total Points	Letter Grades
89.5 – 100.0	A
79.5 – 89.4	B
69.5 – 79.4	C
59.5 – 69.4	D
≤ 59.4	F

Response time for posting of grades on D2L: Please allow 10 days from the time that each assignment (discussions, peer responses, and case studies) is due for grades to be posted on D2L.

Midterm and/or final exam information: The final exam is a cumulative, multiple choice exam and will be available online. Time and date TBD. The final exam will require the use of Respondus Lockdown Browser.

Outcomes/Objectives

GENERAL EDUCATION PROGRAM LEARNING OUTCOMES

1. **Communication Skills:** Students will demonstrate competence and understanding in both oral and written expression.
2. **Critical Thinking:** Students will demonstrate mastery of discipline-specific problem-solving skills.
3. **Diversity:** Students will interpret and evaluate societal and ethical issues, problems and values specific to time and place.
4. **Technology:** Students will demonstrate competence in use of technology appropriate to course and/or circumstance.

Course Level Student Learning Outcomes/Goals

1. Demonstrate mastery of concepts in human nutrition, as well as the functions and applications of nutrition in prevention and treatment of major diseases. (Critical thinking)
2. Summarize scientific data and gain literacy in nutrition and use this insight for the improvement of eating habits and the promotion of long-term health and wellness. (Communication skills)
3. Demonstrate the understanding of principles in nutrition, universality and nutritional applications. (Critical thinking)
4. Demonstrate a mastery of scientific method concepts. (Critical thinking)

Course Level SLO #	Gen Ed Outcome #	Summative Assessments
1	3, 1	Case studies (Students will demonstrate written communication in the form of successful completion of case studies)
2	2	Case studies (Students will demonstrate written communication in the form of successful completion of case studies)
3	4	Weekly Quizzes
4	2, 4	Mastery of broad set of scientific method concepts by recognizing correct answers to specific questions on exams.

Course Content and Schedule

COURSE CONTENT AND SCHEDULE

WEEKS	ACTIVITIES	ACTIVITIES FOUND IN:	DUE DATE (by 11:59pm)
Week 1	Read and understand course syllabus and rubrics	D2L Content Page	
	Syllabus Quiz – “Attendance”	D2L Quizzes	5/22/24
	Read Chapter 2 & 3	D2L Content Page	
	Case Study 1	D2L Dropbox	5/26/24

	Quiz 1 (Chapter 2 & 3)	D2L Quizzes	5/26/24
	Read Chapters 4 & 5	D2L Content Page	
Week 2	Case Study 2	D2L Dropbox	6/2/24
	Quiz 2 (Chapter 4 & 5)	D2L Quizzes	6/2/24
	Read Chapters 6 & 7	D2L Content Page	
Week 3	Case Study 3	D2L Dropbox	6/9/24
	Quiz 3 (Chapters 6 & 7)	D2L Quizzes	6/9/24
	Read Chapters 11 & 12	D2L Content Page	
Week 4	Case Study 4	D2L Dropbox	6/16/24
	Quiz 4 (Chapters 11&12)	D2L Quizzes	6/16/24
	Read Chapters 8 & 15	D2L Content Page	
Week 5	Case Study 5	D2L Dropbox	6/23/24
	Quiz 5 (Chapters 8 & 15)	D2L Quizzes	6/23/24
	Read Chapters 16 & 19	D2L Content Page	
Week 6	Case Study 6	D2L Dropbox	6/30/24
	Quiz 6 (Chapters 16&19)	D2L Quizzes	6/30/24
	Read Chapters 21 &22	D2L Content Page	
Week 7	Case Study 7	D2L Dropbox	7/7/24
	Quiz 7 (Chapters 21 and 22)	D2L Quizzes	7/7/24
	Read Chapter 23	D2L Content Page	
Week 8	Case Study 8	D2L Dropbox	7/14/24
	Quiz 8 (Chapter 23)	D2L Quizzes	7/14/24
	Read Chapters 23	D2L Content Page	
	Extra Credit Case Study 9 (Chapter 25)	D2L Dropbox	M, 7/15/24
	Extra Credit Quiz 9 (Ch 25)	D2L Quizzes	M, 7/15/24
	FINAL EXAM: Cumulative	D2L Quizzes, Online	Th, 7/17/24

NFC Course Policy Statements

At the beginning of the semester, the instructor must report “no show” students for this course. “No show” indicates the student will be removed from the course. In order to be considered as attending the online course, the student must log in to D2L and complete the Syllabus Quiz. Students must complete the Syllabus Quiz by the deadline as given on the course schedule; this quiz will verify students’ attendance in the course. This quiz is also worth 5 bonus points. Failure to complete the quiz will result in a “no show”.

Due to the online nature of this course, it is extremely important that students keep up with the weekly readings in order to be successful. There are lecture slides to accompany the chapters that will serve as a guide for your readings. Do not hesitate to contact me with questions about any of the materials or assignments.

Policy for www.turnitin.com

Originality checks for case studies will be used in this class. For this reason, it is extremely important to not copy words from another source (websites, our textbook, etc.) word-for-word. Additionally, any information that is taken from another source (such as paraphrasing) needs to be cited so that plagiarism is not an issue. If you are in violation of plagiarism, you may receive a 0 for that assignment.

Please be aware of these class expectations:

1. Students are responsible for all reading assignments and lecture materials.
2. Email me ASAP if you have any questions regarding materials, assignments, due dates, etc. Do not wait until the last minute because I may not be able to get back to you in time for the assignment deadline.
3. Students are responsible for all due dates. There is a clear outline of the course schedule in this syllabus, as well as a separate document found in the Course Schedule section of D2L that can be printed for your use.
4. Late work will not be accepted.
5. If you feel you have a legitimate reason for missing a deadline (injury, emergency, etc.), you must email me in advance or ASAP so we can determine a plan.
6. Students must read and follow the rubrics for case studies in order to understand how to earn the maximum points.
7. If you feel I have made a mistake in grading your assignment, or posted the grade incorrectly, it is your responsibility to let me know. I will change incorrect grade postings, and will review any assignments that you feel have been mis-graded.
8. Students must have a dependable computer system and internet access for this class. Quizzes have only one attempt, and a disconnection in service will cause that attempt to be final.
9. Respondus Lockdown Browser is a required tool for this course.

All assignments and activities are listed in the course schedule. Note that:

Quizzes are due on Sundays by 11:59pm

Case Studies are due on Sundays by 11:59pm

NFC Information and Policy Statements

Academic Honesty

NFC is committed to providing a high-quality educational experience to all students, and students are expected to follow appropriate and honest academic practices. This information is available in the Academic Regulations section of the college catalog at www.nfc.edu. All cases of academic dishonesty will be reported to the Office of Academic Affairs.

Instructors use www.turnitin.com to review papers and projects for improper citation and/or plagiarism by comparing each student's report against billions of internet pages, a repository of works submitted to Turnitin in the past, and thousands of academic sources. A comparison document called the *Similarity Report* details the areas of a student paper that may have been documented incorrectly or used improperly. **Refer to instructor's course policy statements for usage details.**

Attendance Policy

Regular and consistent attendance facilitates student success. Absences beyond the equivalent of two weeks of class are considered to be excessive and thus may impact a student's course grade. Typically, two weeks of class would be described as follows:

- For a three-credit hour class that meets MW or TR: 4 class meetings (2 weeks).
- For a three-credit hour class that meets once a week for three hours: 2 class meetings (2 weeks).

Students are responsible for material covered during their absence. Refer to instructor makeup policy.

If there is no verifiable participation within the first week of the term, a student will be dropped from the class for non-attendance. This includes classes delivered in face-to-face, online, or hybrid format. See instructor policy.

Textbook Purchases

All required course materials are listed in the Virtual Bookstore tab on NFC's homepage. Course materials purchased through Follett, NFC's only contracted vendor, can be charged against a student's financial aid account. Course materials may also be purchased from any other source with the understanding that these non-Follett purchases cannot be charged against a student's financial aid account.

Used Book Purchases

Students should check the Follett book list found in the Virtual Bookstore tab on NFC's homepage for correct titles and editions. Note: The ISBN listed in Follett may include both the required text and a required access code. When considering purchasing used books, students should be sure the purchase includes the ACCESS CODE in courses where required. If not, the access code must be purchased separately at an additional cost.

Students/Visitors: Where to Park on Campus

If you have any questions about parking on campus, contact Campus Security at (850) 973-0280. Park in designated parking spaces only. Do not park on the grass or in undesignated areas. Faculty/Staff parking areas are to be used only by full- and part-time employees of the college. Faculty and staff parking spaces are lined in yellow and are clearly marked "STAFF". Students and visitors can park in any spaces that are lined in white. **NOTE: Some visitor parking spaces are lined in yellow with the word "Visitor" in the**

center. These are for visitors only. Students are not allowed to park in these spaces. Vehicles cannot be parked by backing into the space. Any vehicle that is illegally parked will be towed at the owner's expense. Refer to the college catalog or student handbook for all other parking regulations.

Enforcement: If a vehicle is parked illegally anywhere on campus, it is subject to be towed at the owner's expense (\$85.00+). An illegally parked vehicle will be given a **WARNING on the FIRST OFFENSE.** There will be no second warning. Illegally parked vehicles will be **TOWED ON THE SECOND OFFENSE.** Signs will be displayed near parking areas with the name and address of the company to contact if the vehicle is towed.

The company that tows the vehicle is an independent company contracted by North Florida College. The College has no authority to negotiate towing fees and is not in any way responsible for damage or liability to the vehicle or its contents. The company that provides the towing service is:

Jimmie's Firestone
6025 South SR 53
Madison, FL 32340
(850) 973-8546

Campus Security

The administration of NFC works diligently to make the campus as safe as possible. A few of the procedures in place include the use of security officers, the placement of security lights at strategic locations, and the locking of buildings when not in use. Students should always be alert and use normal precautionary measures. Campus crime statistics are documented annually and are available in the college catalog. Campus security can be contacted at 850-973-0280 from 7:30 a.m. until 11:30 p.m. for assistance while on campus with non-emergency security concerns. All emergency incidents should be reported directly to 911.

Library Services

The Marshall Hamilton Library, located in Building 4 at NFC, is open during the following hours (hours are subject to change):

Fall/Spring Term

Monday – Thursday 8:00 a.m. – 7:00 p.m.

Fridays 8:00 a.m. – 4:30 p.m.

Summer Term

Monday – Thursday 8:00 a.m. – 4:30 p.m.

Resources and staff are available in the library to support student learning in the classroom. Students are encouraged to visit our website and use the online resources. Librarians are on duty to help with questions and research strategies. To gain access to the library's extensive collection of electronic resources such as eBooks and academic databases with full-text articles, students will use the Single Sign-on through the MyNFC portal or Library Website. Students should contact the library at library@nfc.edu or call (850) 973-1624 if they are having login issues. Online library resources are available to students 24 hours a day through the library's website, <https://www.nfc.edu/learning-resources/>. Wireless Internet is also accessible in the library and on the patio after hours. Specific policies and regulations applicable to the library are available in the Library or by visiting the Library's website.

Academic Success Center

The Academic Success Center (ASC) exists to provide all NFC students, regardless of academic proficiency, the help and support necessary to ensure successful completion of studies and programs.

Services include one-on-one peer and professional tutoring assistance, online tutoring, organized group study sessions, workshops, study skills training, academic coaching, web resources, and more. The ASC takes pride in working closely with faculty and staff to develop resources and to support the various academic programs offered at NFC.

Walk-in and by appointment services: Students may visit the ASC (Bldg. 4) for in-person services or make an appointment to receive in-person or virtual academic support services during the posted hours:

Fall/Spring Term

Monday – Thursday 8:00 a.m. – 5:30 p.m.

Fridays 8:00 a.m. – 4:30 p.m.

Summer Term

Monday – Thursday 8:00 a.m. – 4:30 p.m.

- **Workshops, organized group study sessions, and professional tutoring:** See the ASC calendars and schedules on NFC's website for specific dates, times, and delivery methods. For additional information visit <https://guides.nfc.edu/asc>.

Tutor.com Online Tutoring

Online tutoring is available to NFC students 24 hours a day, 7 days a week, through Tutor.com.

Tutor.com offers 1-to-1 tutoring available on demand in 250+ subjects, 24/7 Anytime, anywhere.

For more information about accessing the Tutor.com online tutoring service, see the ASC webpage or contact Elizabeth Gonzales at gonzalese@nfc.edu or (850) 973-1719 and/or Brianna Kinsey at kinseyb@nfc.edu or (850) 973-9458.

For **any** additional information regarding services provided by the **Academic Success Center**, please contact any of the following:

- Elizabeth Gonzales, Academic Success Center Coordinator (850) 973-1719 / gonzalese@nfc.edu
- Brianna Kinsey, Tutor Lab Manager (850) 973-9458 / kinseyb@nfc.edu

Americans with Disabilities Act

NFC is dedicated to the concept of equal opportunity. Students desiring modifications in class or on campus due to a disability may choose to inform the instructor at the beginning of the semester or contact the Disability Resource Center directly. Accommodation and modifications will be made after the student registers with the Disability Resource Center and provides appropriate documentation of disability. After the documentation is evaluated, the instructor may be involved in providing accommodations to equalize the student's educational experience. Students may call (850) 973-1683 (V) or (850) 973-1611 (TTY) for an appointment or additional information.

Technology Access

All NFC online learning tools are available on the MyNFC portal. To access the portal, students should click the MyNFC link at the top of the NFC website (<http://www.nfc.edu>) or type the following URL into the Internet address bar: <https://my.nfc.edu>. **When accessing the portal for the first time, students should click the "First Time User" link and follow the instructions to set up the account.**

Each NFC student is provided an email account through GoMail. The student's GoMail account is the official email address used by faculty and staff for communication with the student. A student can access

his/her GoMail account via the MyNFC portal. Students are expected to check their GoMail accounts regularly.

Desire2Learn (D2L) is the learning management system that houses all online and supplemented face-2-face courses. Students can log in to an online or supplemented course by accessing the MyNFC portal. Students will then see their course(s) listed under the "My Courses" widget on the D2L homepage. Click the name of the course to begin.

Student Ombudsman

The Student Ombudsman provides confidential, informal, and neutral assistance to students seeking to resolve disputes or address issues of importance. The Student Ombudsman does **not** serve as a student *advocate*, but rather serves as a guide to assist students in the navigation of college organizational structure and in understanding of policies and procedures. David Paulk is the current Student Ombudsman. He can be reached at (850) 973-9418 or paulkd@nfc.edu.

Equal Opportunity Statement

North Florida College is dedicated to the concept of equal opportunity and access to all programs and activities. In accordance with federal and state laws, and College policy, NFC does not discriminate in any of its policies, procedures, or practices based on race, ethnicity, color, religion, sex, national origin, gender, age, disability, pregnancy, marital status, genetic information or any other characteristic protected by law. Inquiries or complaints regarding equity issues of any nature may be directed to Denise Bell, Equity Coordinator, 325 NW Turner Davis Drive, Madison, FL 32340, Telephone (850) 973-9481 or email equity@nfc.edu.

Student Rights

As members of the College community, students have certain rights that include the following.

Students have the

- Right to a quality education.
- Right to freedom of expression.
- Right to hold public forums.
- Right to peacefully assemble.
- Right to a fair and impartial hearing.
- Right to participate in Student Government.
- Right to be a member in authorized student organizations.
- Right to appeal College decisions through established grievance procedures.
- Right of personal respect and freedom from humiliation and control.
- Right to make the best use of the student's time and talents and to work toward the goal which brought the student to the College; and
- Right to ask about and recommend improvements in policies that affect the welfare of students.

Student Responsibilities

As members of the College community, students have certain responsibilities that include the following.

Students are

- Expected to assume responsibility for knowing the rules, regulations, and policies of the College.
- Expected to meet the course and graduation requirements of the students' program of study.
- Expected to keep college records current with up-to-date addresses and other information.
- Expected to meet with an academic advisor at least once each term.

- Expected to comply with the College rules, regulations, and policies; and
- Expected to behave in a manner which demonstrates respect for others and self.

Student Rights Under the Family Educational Rights and Privacy Act (FERPA)

FERPA affords students certain rights with respect to their educational records.

1. The right to inspect and review the student's educational records.
2. The right to request the amendment of the student's educational records to ensure that they are not inaccurate, misleading, or otherwise in violation of the student's privacy or other rights.
3. The right to consent to disclosure of personally identifiable information contained in the student's educational records, except to the extent that FERPA authorizes disclosures without consent.
4. The right to file with the U.S. Department of Education a complaint concerning alleged failures by North Florida College to comply with the requirements of FERPA. Please write to U.S. Department of Education, 600 Independence Ave. S.W., Washington, D.C. 20203.
5. The right to obtain a copy of North Florida College's student record policy from the Office of the Registrar, North Florida College, 325 NW Turner Davis Drive, Madison, Florida 32340.

Vulnerable Persons Act

All faculty and staff of North Florida College are required by law to report any type of abuse of minors that they witness or become aware of through written or verbal communication, regardless of the time that has passed since the abuse occurred. Students are advised that any information, written or verbal, communicated in this class, or to the instructor in any way, in regards to any willful act or threatened act that results in any physical, mental, or sexual abuse, injury, or harm that causes or is likely to cause harm to the physical, mental, or emotional health of another to be significantly impaired is subject to disclosure as required per Florida State Statutes.