INSTRUCTOR INFORMATION

NAME: Jessica Coppola Ph.D.

OFFICE: SCC Davis Center (Office TBA)

EMAIL: Coppolj@scc.losrios.edu

TEXTBOOK: http://med.libretexts.org/LibreTexts/Sacramento_City_College/SCC%3A_Nutri_300_(Coppola)/Chapters

DIET ANALYSIS PROGRAM: www.myfitnesspal.com

Class Website: Canvas.losrios.edu

Office Hours:

1) My normal office hours this semester will be at the SCC DAVIS Center Campus:
   - Mondays and Wednesdays from 11-12pm
   - Tuesdays and Thursday 12:30-1:30pm
Office location TBA (it will be in the new Davis Center building!!!)
Phone: (530) 747-5219

   ***By the way, if you haven’t heard of “office hours” before, they are hours that a teacher will be available in their office for your questions or just to talk. ☺

2) I am also available by email Monday through Friday 8am-5pm. I do NOT check email on weekends. If you email me on the weekend I’ll get back to you by Mon or Tues. If you would like to meet with me in-person, at a time/day other than my office hours, please email me and I’ll set up an appointment with you. I only meet with students between 8am and 5pm Monday through Friday. You can also call me or video chat with me on Skype: dr.jessica.coppola but you will need to let me know you wish to Skype.
REQUIRED ORIENTATION:

For all Online Students:
STEP 1) Watch the mandatory orientation video for this course by clicking here:

***While watching the orientation video you will be asked to do 3 things to prove you watched the whole thing. Please do all 3 or you may be dropped! ***

OTHER REQUIRED MATERIAL:
● Availability and use of a computer, printer, Internet access and a back-up plan if your computer breaks! For a list of available computer labs on the SCC main campus please see: https://www.scc.losrios.edu/campusservices/computerlabs/
● Students must have an active Los Rios Student gmail account, which is checked at least twice each week (Mon-Fri). You can easily have this forwarded to your personal email.

ACCOMMODATIONS:
● If you require accommodations please notify me, during the first week of the semester or as soon as you can so I can be sure to give you what you need.
● If you have wondered if you would qualify for accommodations through the disability resource center, please click here: https://www.scc.losrios.edu/dsps/

CLASS WEB SITE: The website for this course is in Canvas: Canvas.losrios.edu Login using your wID number and your Los Rios password (the same one you used to register for classes).

COURSE FORMAT:
1. Each Monday you will begin by checking your email, looking over your course calendar for the week and logging into Canvas.
2. Click on “Modules” in Canvas and click sequentially through each of the required tasks for the week we are in. The required tasks open on Monday morning at 5am and close Sunday of that week at 11:55pm.
3. You will rapidly contact the instructor as well as other students with questions and/or concerns!
*** It is critically important that you do not get behind in this class. Stay engaged and let me know if I can accommodate you more effectively. Office hours, individual appointments and email are available to you if you need them. ***

OPTIONS FOR TURNING IN ASSIGNMENTS:
● Submit via the assignment link in Canvas.
● If you run into trouble submitting an assignment, you may always Email your assignment to the instructor (coppolj@scc.losrios.edu) with course and assignment titles in the subject line. Please be sure to tell me you are in my online NUTRI 300 course. You may be docked points for not turning the assignment in on Canvas.
● If you run into trouble submitting an assignment you may turn it in during office hours BEFORE the deadline for the assignment.

COURSE GOALS:
1. To expose students to the science and application of healthful nutrition.
2. To dispel popular myths and misinformation concerning nutrition.
3. To develop an appreciation for the importance of nutrition to physical, mental, and social health.

COURSE OBJECTIVES:
At the conclusion of the semester, students will be able to:
1. Evaluate various forms of nutritional quackery and find out where/how to get valid answers to nutrition questions
2. Read and evaluate a nutrition label.
3. List and describe the metabolic roles of the major energy nutrients and identify nutrient dense food sources for each.
4. List and describe the metabolic roles of vitamins, minerals and water, and identify nutrient dense food sources for each.
5. Describe the role of nutrition in diseases that have dietary implications.
6. Analyze a personal diet and make specific suggestions for improving the diet based on scientific principles of a balanced diet.
7. Discuss the role of nutrition in exercise and weight control.
8. Understand food poisoning and how to prevent it.
9. Discuss world hunger, what causes it and what is being done to combat it.
10. Describe and give examples of how the scientific method can be used to evaluate nutritional claims.

COURSE REQUIREMENTS:
1. Completion of the mandatory orientation video and the orientation required tasks.
2. Course work must be submitted on time. Due dates and times will be clearly delineated in your course calendar and on Canvas. Once the final deadline for submission has passed, the assignment will not be accepted.
3. Completion of all quizzes and exams online must be done by you and you only. You may use notes and even Google for help but no other person may do your work for you.
   ● Note: Exams and Quizzes will be composed of information from your weekly modules. Videos, activities and other materials provided are likely to appear in your quizzes and exams.
   ● Note: You are always welcome to respectfully question/challenge any question on a quiz or exam.
4. Completion of DIET ANALYSIS PROJECT (3 PARTS). Students will apply what they are learning by completing a 3 part diet analysis project in which they analyze the adequacy and balance of their current diet. Then they will propose changes to their diet that would improve their intake compared to their goals.
5. Regular communication with the instructor (in person, via email, etc).
6. Use of proper "netiquette" and etiquette during discussion boards, emails and all other forms of communication. This means that all forms of communication will be as politically correct and inoffensive as possible and that vulgarity and other inappropriate language will not be used. If a student chooses to act against this course requirement they will be docked 10 points for the first infraction, 20 points for the second infraction and may be removed from the course if the inappropriate language continues.

EXTRA CREDIT/WAYS TO MAKE-UP FOR LOST POINTS

1. **Exams:** Your lowest exam score will be dropped.
2. **Bonus Point Opportunities (found under “assignments” in Canvas):** Late work will not be accepted unless you have proof, from a medical doctor, of a medical emergency. No matter what the reason for the late work, plan on doing a bonus point item or two to make up for missed points.
3. **Participation:** If you are on the borderline for a letter grade, I will use your overall participation in the course to determine whether to move you up or not. Items I will look at are: participation on non-required discussion boards, emails to me, whether or not you watched “optional videos” and more.

GRADING:
Final grades will be based on accumulated points from all exams, quizzes, assignments and projects. The points will be totaled at the end of the semester and the semester grade will be based on the following percentages:

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Grade</th>
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<tbody>
<tr>
<td>90% &amp; above</td>
<td>A</td>
</tr>
<tr>
<td>80 to 89%</td>
<td>B</td>
</tr>
<tr>
<td>70 to 79%</td>
<td>C</td>
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<tr>
<td>60 to 69%</td>
<td>D</td>
</tr>
<tr>
<td>59% &amp; lower</td>
<td>F</td>
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*Standard rounding rules apply, for example 89.5 rounds to 90 (A) but 89.4 rounds to 89 (B)*

POINTS POSSIBLE (Approximate):

<table>
<thead>
<tr>
<th>Item</th>
<th>Points each</th>
<th>Total Possible Points (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 Exams (only 3 count)</td>
<td>100 pts ea</td>
<td>300 pts (46%)</td>
</tr>
<tr>
<td>12 Quizzes</td>
<td>10 pts ea</td>
<td>120 pts (19%)</td>
</tr>
<tr>
<td>5 Assignments</td>
<td>25-50 pts ea</td>
<td>170 pts (27%)</td>
</tr>
<tr>
<td>5 graded Discussion boards</td>
<td>10 pts ea</td>
<td>50 pts (8%)</td>
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<tr>
<td>Total Number of Possible Points</td>
<td>~640 pts</td>
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MAJOR CRITERIA FOR GRADING OF ALL ASSIGNMENTS:
1. Follows directions for assignment
2. Thorough answers to my questions, demonstrating an understanding of concepts.
3. Information is correct and accurate.
4. Comprehensible use of grammar, sentence structure, spelling, and so forth.
5. Shows responsibility for doing own work. **IDENTICAL ASSIGNMENTS, PLAGARIZED ASSIGNMENTS AND/OR IDENTICAL RESPONSES WILL NOT BE GRADED AND STUDENTS WILL RECEIVE A ZERO.**

If you are not sure what plagiarism is, click here: [http://en.wikipedia.org/wiki/Plagiarism](http://en.wikipedia.org/wiki/Plagiarism)

**DROP POLICY**

Online students often begin the semester with the best of intentions but some end up losing interest or getting too busy or otherwise not participating in required course activities. I reserve the right to drop any student who has not completed the required tasks for **3 consecutive weeks**. Periodically I will evaluate your participation and if you are not completing the required tasks you may be dropped.

**PLEASE ENJOY THIS CLASS!**

Now that all of the formalities are out of the way, welcome! I hope you feel free to ask lots of questions so you can apply what you learn to your life!

Welcome to NUTRI 300
Fall 2019 Students!!!

Sincerely, Dr. Jessica Coppola!!!

Please see Course Calendar on next 5 pages!

**NUTRI 300 Course Calendar:**
Dates and Required Tasks
- All tasks are required unless marked “optional”.
- Required Tasks open at 5am on Monday and close on Sunday at 11:55pm each week
- Check off each box as you complete each required task
- Late work will be deducted 10% per day it is late

Orientation & Week 1
Aug 26-Sept 1

By Wed 8/28 you login to Canvas (canvas.losrios.edu) to complete all of the orientation tasks. Once done, you’ll move on to the Week 1 required tasks!

Orientation Required Tasks:
- Watch orientation video (due by Wed 8/28 before 11:55pm)
- Complete practice exam on the syllabus/calendar (GRADED due by Wed 8/28 before 11:55pm)
- Complete orientation discussion board (GRADED due by Wed 8/28 before 11:55pm)
- Complete practice assignment (GRADED due by Wed 8/28 before 11:55pm)
- Consider attending an office hour to meet your teacher (ME!!)

Week 1 Required Tasks:
- Watch video announcement for Week 1/Chapter 1
- Read Chapter 1 Nutrition and You
- Watch video of class lecture on Chapter 1
- Answer study questions to make sure you understood what you read (not graded)
- Use Optional Chapter 1 discussion board to help each other with study questions (not graded)
- Take quiz on Chapter 1 (GRADED, retake up to 3 times) due Sun 9/1 by 11:55pm

Week 2
Sept 2-8
- Mon 9/2 Campus Holiday
- Sun 9/8 Last Day to drop fall classes without notation on record

Week 2 Required Tasks:
- Watch video announcement for Week 2/Chapter 2
- Read Chapter 2 Achieving a Healthy Diet
- Watch video of class lecture on Chapter 2
- Answer study questions to make sure you understood what you read (not graded)
- Use Optional Chapter 2 discussion board to help each other with study questions (not graded)
- Sign up for a free account and begin entering 7 days of normal food intake using “MyFitnessPal” on a computer or phone or tablet
- Take quiz on Chapter 2 (GRADED, retake up to 3 times) due Sun 9/8 by 11:55pm

Week 3
Sept 9-15

Week 3 Required Tasks:
- Watch video announcement for Week 3/Chapter 3
- Read Chapter 3 Nutrition and the Human Body
- Watch video of class lecture on Chapter 3
- Answer study questions to make sure you understood what you read (not graded)
<table>
<thead>
<tr>
<th>Week 4</th>
<th>Week 4 Required Tasks:</th>
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<tbody>
<tr>
<td>Sept 16-22</td>
<td>Use Optional Chapter 3 discussion board to help each other with study questions (not graded)</td>
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<tr>
<td></td>
<td>Take quiz on Chapter 3 (GRADED, retake up to 3 times) due 9/15 by 11:55pm</td>
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<tr>
<td></td>
<td>Complete Assignment #1 (GRADED): Printable Report from MyFitnessPal - submitted on Canvas on or before Sun 9/22 at 11:55pm</td>
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<tr>
<td></td>
<td>Complete Assignment #1 (Graded): Printable Report from MyFitnessPal - submitted on Canvas on or before Sun 9/22 at 11:55pm</td>
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<tr>
<td></td>
<td>Review for your exam on Chapters 1, 2, 3</td>
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<td></td>
<td>Take Exam #1 on Chapters 1, 2 &amp; 3 before Sunday 9/22 at 11:55pm</td>
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<tr>
<th>Week 5</th>
<th>Week 5 Required Tasks:</th>
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<tbody>
<tr>
<td>Sept 23-29</td>
<td>Watch video announcement for Week 5/Chapter 4</td>
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<tr>
<td></td>
<td>Read Chapter 4 Carbohydrates</td>
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<td></td>
<td>Watch video of class lecture on Chapter 4</td>
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<td></td>
<td>Answer study questions to make sure you understood what you read (not graded)</td>
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<td></td>
<td>Complete Chapter 4 discussion board (GRADED) due 9/30</td>
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<td></td>
<td>Take quiz on Chapter 4 (GRADED) due 9/29</td>
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<tr>
<td></td>
<td>Begin Assignment #2 (GRADED): Better Food Choices Case Study Due Sun 10/6 by 11:55pm</td>
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<tr>
<th>Week 6</th>
<th>Week 6 Required Tasks:</th>
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<tbody>
<tr>
<td>Sept 30-Oct 6</td>
<td>Watch video announcement for Week 6/Chapter 5</td>
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<td></td>
<td>Read Chapter 5 Lipids</td>
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<td></td>
<td>Watch video of class lecture on Chapter 5</td>
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<td></td>
<td>Answer study questions to make sure you understood what you read (not graded)</td>
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<td></td>
<td>Complete Chapter 5 discussion board (GRADED) due 10/6</td>
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<td></td>
<td>Take quiz on Chapter 5 (GRADED, retake up to 3 times) due 10/6</td>
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<tr>
<td></td>
<td>Complete Assignment #2 (Graded): Better Food Choices Case Study Due Sun 10/6 by 11:55pm</td>
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<tr>
<th>Week 7</th>
<th>Week 7 Required Tasks:</th>
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<tbody>
<tr>
<td>Oct 7-13</td>
<td>Watch video announcement for Week 7/Chapter 6</td>
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<td></td>
<td>Read Chapter 6 Proteins</td>
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<td></td>
<td>Watch video of class lecture on Chapter 6</td>
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<td></td>
<td>Answer study questions to make sure you understood what you read (not graded)</td>
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<td></td>
<td>Use Optional Chapter 6 discussion board to help each other with study questions</td>
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<td></td>
<td>Take quiz on Chapter 6 (GRADED, retake up to 3 times)</td>
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<td></td>
<td>Begin Assignment #3(GRADED): Autobiography of my Diet Part A (Due 10/20 before 11:55pm)</td>
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<tr>
<th>Week 8</th>
<th>Week 8 Required Tasks:</th>
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<tbody>
<tr>
<td>Oct 14-20</td>
<td>Complete Assignment #3(Graded): Autobiography of my Diet Part A (Due 10/20 by 11:55pm)</td>
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<tr>
<td></td>
<td>Review Chapters 4, 5, 6</td>
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<td></td>
<td>Take Exam #2 on Chapters 4, 5, 6 before Sun 10/20 by 11:55pm</td>
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<tr>
<td>Week 9</td>
<td>Week 9 Required Tasks:</td>
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<tr>
<td>Oct 21-27</td>
<td>- Watch video announcement for Week 9/Chapter 7</td>
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<td>- Read Chapter 7 Vitamins</td>
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<td></td>
<td>- Watch video of class lecture on Chapter 7</td>
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<td></td>
<td>- Answer study questions to make sure you understood what you read (not graded)</td>
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<tr>
<td></td>
<td>- Use Optional Chapter 7 discussion board to help each other with study questions</td>
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<td>- Take quiz on Chapter 7 (GRADED) due 10/27</td>
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<tr>
<th>Week 10</th>
<th>Week 10 Required Tasks:</th>
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<tbody>
<tr>
<td>Oct 28- Nov 3</td>
<td>- Watch video announcement for Week 10/Chapter 8</td>
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<td></td>
<td>- Read Chapter 8 Water and Minerals</td>
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<td></td>
<td>- Watch video of class lecture on Chapter 8</td>
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<tr>
<td></td>
<td>- Answer study questions to make sure you understood what you read (not graded)</td>
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<tr>
<td></td>
<td>- Use Optional Chapter 8 discussion board to help each other with study questions</td>
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<tr>
<td></td>
<td>- Take quiz on Chapter 8 (GRADED) due 11/3</td>
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<tr>
<th>Week 11</th>
<th>Week 11 Required Tasks:</th>
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<tbody>
<tr>
<td>Nov 4-10</td>
<td>- Begin Assignment #4 (Graded): Anorexia Case Study Due 11/18 by 11:55pm</td>
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<td></td>
<td>- Review for your exam on Chapters 7 &amp; 8</td>
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<td></td>
<td>- Take Exam #3 before Sunday 11/10 by 11:55pm</td>
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<thead>
<tr>
<th>Week 12</th>
<th>Week 12 Required Tasks: You will have 2 weeks (12 &amp; 13) on this chapter!</th>
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<tbody>
<tr>
<td>Nov 11-17</td>
<td>- Watch video announcement for Week 12/Chapter 9</td>
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<tr>
<td>- Mon Nov 11 Campus Holiday</td>
<td>- Read (begin) Chapter 9 Energy Balance and Healthy Body Weight</td>
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<td></td>
<td>- Watch video of class lecture on Chapter 9</td>
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<tr>
<td></td>
<td>- Answer study questions to make sure you understood what you read (not graded)</td>
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<tr>
<td></td>
<td>- Use Optional Chapter 9 discussion board to help each other with study questions</td>
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<tr>
<td></td>
<td>- Take quiz on Chapter 9 (GRADED) due 11/17</td>
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<tr>
<td></td>
<td>- Complete Assignment #4 (Graded): Anorexia Case Study Due 11/17 by 11:55pm</td>
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<thead>
<tr>
<th>Week 13</th>
<th>Week 13 Required Tasks: You will have 2 weeks (12 &amp; 13) on this chapter!</th>
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<tbody>
<tr>
<td>Nov 18-24</td>
<td>- Watch video announcement for Week 13/Chapter 9</td>
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<tr>
<td>- Deadline for dropping Fall classes is Nov 11</td>
<td>- Read (finish) Chapter 9 Energy Balance and Healthy Body Weight</td>
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<td></td>
<td>- Watch (finish) video of class lecture on Chapter 9</td>
</tr>
<tr>
<td></td>
<td>- Answer study questions to make sure you understood what you read (not graded)</td>
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<tr>
<td></td>
<td>- Use Optional Chapter 9 discussion board to help each other with study questions</td>
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<tr>
<td></td>
<td>- Take quiz on Chapter 9 (GRADED) due 11/24</td>
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<tr>
<td></td>
<td>- Begin Assignment #5 (Graded): Autobiography of my Diet Part B due on Sun 12/1 by 11:55pm</td>
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<tr>
<th>Week 14</th>
<th>Week 14 Required Tasks:</th>
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<tbody>
<tr>
<td>Nov 25-Dec 1</td>
<td>- Watch video announcement for Week 14/Chapter 10</td>
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<tr>
<td>- Campus Holiday Nov 28 through Dec 1</td>
<td>- Read Chapter 10 Physical Fitness</td>
</tr>
<tr>
<td></td>
<td>- Watch video of class lecture on Chapter 10</td>
</tr>
<tr>
<td></td>
<td>- Answer study questions to make sure you understood what you read (not graded)</td>
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<tr>
<td></td>
<td>- Complete Chapter 10 discussion board (GRADED) due 12/1</td>
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<td></td>
<td>- Take quiz on Chapter 8 (GRADED) due 12/1</td>
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<td>Week 15</td>
<td>Week 15 Required Tasks:</td>
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<tr>
<td>Dec 2-8</td>
<td>Watch video announcement for Week 15/Chapter 11</td>
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<td></td>
<td>Read Chapter 11 Food Safety and the Future of our Food</td>
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<tr>
<td></td>
<td>Watch video of class lecture on Chapter 11</td>
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<tr>
<td></td>
<td>Answer study questions to make sure you understood what you read (not graded)</td>
</tr>
<tr>
<td></td>
<td>Complete Chapter 11 discussion board (GRADED) due 12/8</td>
</tr>
<tr>
<td></td>
<td>Take quiz on Chapter 11 (GRADED) due 12/8</td>
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<td></td>
<td>Any/All Extra Credit (Bonus Points) must be turned in on Canvas no later than 12/8/2019</td>
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<tr>
<th>Week 16</th>
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<tbody>
<tr>
<td>Dec 9-15</td>
<td>Review for your Final Exam (Exam #4) on Chapters 9, 10 &amp; 11</td>
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<tr>
<td></td>
<td>Take Exam #4 (Final) on or before Sunday 12/15 at 11:55pm</td>
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***Please note: Exam #4 Final Exam Closes on Sun 12/15 at 11:55pm

I hope you enjoy learning about Nutrition!!!!!!!!!!

Sincerely,

Jessica Coppola

Keep in touch!!!