



## Course Information

Semester & Year:	Spring 2023
Course Title:	Introductory Nutrition
Course Prefix & Number:	FON100
Section Number:	25325
Credit Hours:	3
Start Date:	January 30, 2023
End Date:	May 12, 2023

## Course Format

Online – on your time

## Instructor Information

Instructor:	Sara Najafi, MS, RD
Email:	sara.najafi@scottsdalecc.edu
Phone:	n/a
Office Location:	Held over zoom
Office Hours:	Appointments made by email

## Course Description

Introduction to the science of food and human nutrition. Current sustainable dietary recommendations and applications for maximizing well-being and minimizing risk of chronic disease throughout the life cycle. An overview of the nutrients, emphasizing the importance of energy and fluid balance, and optimal functioning of the digestive system. Understanding factors that influence food intake in different cultures. Methods for evaluating credibility of nutrition claims, a focus on modern food safety and technology practices, and a worldview of nutrition are included. Emphasis is on personal dietary behavior change for a holistic life of wellness.

## Prerequisites

None

## Course Competencies

After completing FON 100, the student should be able to:

1. Use evidence-based research and scientific reasoning to understand basic concepts and principles of human nutrition.
2. Locate, evaluate, and use credible sources of nutrition information.
3. Analyze factors that influence food choices.
4. Use current dietary recommendations to maximize wellness and prevent chronic disease throughout the lifecycle.
5. Identify general functions, unique characteristics, and major sources of the nutrients, food components and alcohol.
6. Evaluate the merits of functional foods and supplements.
7. Describe and apply basic principles of fluid balance for optimal health and performance.
8. Apply fundamental principles of energy balance to the human biological system.
9. Explain the importance of healthful eating and physical movement in chronic and acute disease prevention and identify the nutrient adjustments needed to support optimal health throughout the lifecycle.
10. Describe the processes of digestion and absorption as part of the larger complex human biological system, and identify the functions of the major and assisting digestive tract organs.
11. Examine and apply basic guidelines for food safety.
12. Adopt an informed worldview on domestic and global hunger issues.
13. Explore the impact of industrial technology on health and the environment and justify the need for a sustainable food system.

## Texts, Course Materials, and Technologies

Nutrition Now 8th Edition (Choice)

ISBN-13: 978-1305656611 / ISBN-10: 130565661X

Author: Brown

The text can be found in the SCC bookstore or it can be found online for rent/purchase.

A copy is available to check out in the library.

Maricopa Systems

This course uses key Maricopa systems for course management and communication.

- Canvas Learning Management System
- Student Maricopa Gmail Account
- Maricopa Open Educational Resource Learning System (MOER)

View the [Accessibility Statements & Privacy Policies](#) of technologies used in this course.

## Course Policies

The following are policies specific to this course. Students are also responsible for the college policies included on the [Student Regulations](#) page of the Maricopa Community College District website.

The Nutrition Department has three primary expectations of students taking our courses. Regardless of the course, we expect the following:

1. Students are responsible for the college policies included in the college catalog and the [Student Handbook](#). Please read over these policies and familiarize yourself with them.
2. "Attend" class regularly. Your success in this class is strongly related to your being involved in classroom discussions, reviewing online materials, and completing activities/assignments.
3. Be prepared by reading the text. Students will be expected to incorporate concepts from the reading in classroom discussions, assignments, and of course quizzes. Students are expected to actively participate in class by completing assignments and replying to instructor posts as needed. This is a key to your learning and applying the material. Further, it is part of your grade.
4. Work hard in the class and submit all your assignments on time. Ask for help when needed. If you are having difficulty keeping up or need additional help, please talk to me! If you communicate with your instructor, he/she can better support you as best we can in completing this class with a good grade. We want you to learn something in the class and be successful in it too!

## Instructor Expectations

In addition to the expectations above, there are also expectations that I hold personally as an instructor:

1. Written assignments - While the main intent of the class is not to improve your research and writing skills, I strongly believe that this should be a part in ALL of your college classes. There will be 5-10 points from each written assignment dedicated to writing quality, formatting, and citations (when appropriate). You cannot get an A on an assignment if you are not paying attention to your writing style.
2. Copy and Paste- Copying and pasting information from websites, textbooks, Power Point Presentations etc is not an acceptable practice in the academic world. If I can tell that you are copying and pasting material without proper citations, you will lose points on the assignment. If the issue continues you may be asked to leave the class.

## **Announcements:**

Each week you should check the announcements section on Canvas for any updates on important course-related information.

## **Response Time:**

You are encouraged to reach out to your instructor with questions or concerns about the class structure or content. The best method of contact is via the email provided above or Canvas inbox. Students can expect a response time of 1-2 business days max (except over weekends) for the instructor to respond to messages sent via the Canvas Learning Management System or email. Students can expect assignments to be graded within a week of the assignment's due date. If this is ever not the case, please do not hesitate to send out a friendly reminder email.

## **Time Management:**

This course is designed to take an equivalent amount of time as if it were in the classroom. Generally, students should be spending at least 6-9 hours per week on coursework, which includes reading the assigned chapters, reviewing the posted lecture slides, completing assignments and quizzes, and participating in the discussion board topics. Please do not wait to complete all of your assignments right up until the night before it is due, this will show in the quality of your work and result in a marginal grade. In cases of excused travel (i.e. college sporting events) where internet access will be limited, all course work needs to be completed prior to departing.

## **Attendance Policy**

You are expected to attend class regularly by posting into the online discussion forums, completing online quizzes/exams, and turning in your assignments. This first week of class, if I do not receive the syllabus acknowledgement by the due date I will reach out to you to make sure you still want to be enrolled in the course. If you go more than two weeks without submitting work I will reach out to you as well. If I am unable to make contact and there are no postings/attendance at the end of a third week you may be dropped from the class. The key to success is good communication. Please contact me if something comes up.

## Grading Standards & Late Policy

- All assignments will be submitted through Canvas.
- Generally, assignments will be due on Sundays before 11:59pm (Phoenix, Arizona Time) unless otherwise specified.
  - *Keep in mind the last week of the course ends before Sunday so assignments will be due by Friday that week.*
- Assignments can be submitted during the semester up to one month late with 10% deducted each week that it is late
  - *1-6 days late equates to a 10% deduction*
  - *7-14 days equates to a 20% deduction, etc.*
- Failure to complete any assignments will result in grade of zero. In the case of family, medical or other emergencies, extensions may be granted on a case-by-case basis. Please reach out to me if any due date is a conflict for you.
- You can expect to receive fair and objective grading on quizzes, projects and other assignments

## Extra Credit

There is one optional extra credit assignment posted in Canvas at the very bottom of the home page. It can be completed for 10 extra credit points at any point in the semester. Extra credit questions are offered on most exams and the final assignment offers extra credit points as well.

## Grading Scale

Category		Points	Frequency	Total
Quizzes	Syllabus Quiz	10		10
	Quizzes	10	x 8	80
Assignments	Calculation Assignment	25		25
	Food Label Assignment	25		25
	Diet Analysis Assignment	25		25
	Volunteering Assignment	25		25
Discussions	Discussion Board Posts	15	x 5	75
Exams	Exams	50	x 4	200
<b>Total</b>				465

Scale:    **A=90-100%**    **B=80-89%**    **C=70-79%**    **D=60-69%**    **F= <60%**

### Important Note Regarding Quizzes

- You will have two attempts on quizzes and the highest score out of 2 attempts for each quiz will be recorded.
- Please be sure you have a stable internet and computer before taking quizzes.

### Important Note Regarding Discussion Questions

- Each week you are to write an original reply to the DQ and reply to at least **two other students by Sunday at 11:59pm**.
- Please do not wait until the last minute to post your original discussion in order to make it easier for students to reply to everyone
- You cannot earn full credit unless you provide meaningful feedback to a couple peers.

## Online Tutoring

SCC's tutors are available online to help with your courses. You may work with an SCC tutor remotely using Google Meet, your phone, or email. Visit the [SCC Tutoring & Learning Centers](#) page for detailed information on the five learning center's hours and procedures.

As much as possible, it is highly recommended that you utilize SCC tutors since they are more familiar with SCC coursework, instructor expectations, and assignments; however, if you need to work with a tutor outside regular hours, online and hybrid students now have access to a 24/7 online tutoring service called Brainfuse. Brainfuse provides online tutoring in a variety of academic subjects. Each student may utilize up to 6 hours of online tutoring through Brainfuse per semester, and has the option of requesting additional time if needed.

To access Brainfuse and begin working with a tutor:

1. Visit the [SCC Online Tutoring Services Through Brainfuse](#) page (https://www.scottsdalecc.edu/students/tutoring/online-tutoring)
2. Click the **Visit a tutor online** button
3. Enter your MEID and password
4. Choose your topic and subject
5. Click the **Connect** button

Please use your time effectively and be prepared with your questions before you connect to a tutor. Tutors and students communicate in real-time so whatever you type, draw, or share on the screen, the tutor sees, and vice versa. You may also want to have screenshots ready if applicable. All Brainfuse sessions are recorded for review later.

Students are responsible for the information contained in this syllabus, the Syllabus page in your Canvas course and the **College Policies & Student Services** page found in the First Steps module of your Canvas course. Students will be notified by the instructor of any changes in course requirements or policies.

### Syllabus Acknowledgement

*"I have read the syllabus and I understand the requirements for the FON100 online course. It is my responsibility to abide by policies/procedures as described above. I will check announcement/class emails at least once weekly, complete course requirements by due dates posted, and be respectful of my own, my classmate's, and my instructor's time."*