

MIDSTATE COLLEGE  
411 W. NORTHMOOR RD. PEORIA, IL 61614  
(309) 692-4092 (800) 251-4299  
Winter 2016

**Course:** FSN 260

**Credit:** 4 quarter hours      **Method of Delivery:** eLearning

**Course Description:** This course will explore essential nutrients and their roles in the body, the changing nutritional needs of individuals throughout their lifespan, and food technology and science. Students will study the impact of exercise and food choices on metabolism, commercially prepared foods and major diseases and conditions. This course will emphasize factors that impact the food choices of individuals across cultural, religious, and age groups. Students will also learn about water's role in health, healthy eating, food labeling and preparation, supplements, and allergies.

**Prerequisite:** None

**Text(s) & Manual(s):** Nutrition Now 7<sup>th</sup> ed. ISN: 978-1-133-93658-9

**Author(s):** Brown, Judith E.

**Publisher:** Cengage Learning

**Materials needed for this course:**

Additional Supplies: Course Text

Hardware/Software and Equipment: Access to a reliable internet connection with ability to use Microsoft Office and various other internet tools and applications. If you do not have a reliable computer, internet connection, access to Microsoft Word or various other internet and program applications it is your responsibility as the student to plan ahead and secure access to these applications. It is essential to have reliable accessibility to these applications in order to be successful in this course. Midstate College and your local library offers free and reliable accessibility to this technology.

**Learning Objectives:** Upon completion of this course, the student will be able to:

1. Demonstrate knowledge of the ten nutrition concepts.
2. Identify diseases that are diet related.
3. Identify sources of reliable nutrition information and labeling.
4. Utilize choose my plate materials.
5. Delineate potential health consequences of obesity.
6. Recognize and understand eating disorders.
7. Describe food sources and function.
8. Understand the diabetes epidemic
9. Assess the effects of alcohol in the diet.
10. Understand the cause, effects, diagnosis, treatment, and prevention of food allergies.
11. Identify functions of vitamins and minerals and what dietary supplements are safe and effective.
12. Explain the importance of water to a healthy diet.
13. Recognize how exercise plays in role in health.
14. Identify the differences in nutritional need during the life cycle.
15. Understand food borne illnesses.

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**Midstate Grading scale:**

90 - 100 A  
80 - 89 B  
70 - 79 C  
60 - 69 D  
0 - 59 F

**Midstate Plagiarism Policy:**

Plagiarism is using another person's words, either by paraphrase or direct quotation, without giving credit to the author(s). Plagiarism can also consist of cutting and pasting material from electronic sources by submitting all or a portion of work for assignment credit. This includes papers, computer programs, music, sculptures, paintings, photographs, etc. authored by another person without explicitly citing the original source(s). These actions violate the trust and honesty expected in academic work. Plagiarism is strictly against the academic policy of Midstate College. Its seriousness requires a measured, forceful response which includes consequences for inappropriate and/or no citation.

In courses containing writing assignments, the College promotes the use of an electronic resource which compares the student's writing against previously submitted papers, journals, periodicals, books, and web pages. Students and instructors can use this service to reduce the incidence of plagiarism. This electronic resource has been found to conform to legal requirements for fair use and student confidentiality. It is able to provide a report to the student indicating the parts of the assignment that match.

**Student Success:**

The Office of Student Success is available to students seeking tutoring for individual classes or who need assistance with writing assignments. Information is also available on test taking techniques, how to take notes, developing good study skills, etc. Contact Student Success in Room 217 (in person); (309) 692-4092, extension 2170 (phone); [studentsuccess@midstate.edu](mailto:studentsuccess@midstate.edu) (email).

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Instructor: Danyelle L. Barlow, MS, BSW  
Midstate email: dlbarlow@midstate.edu

Room: ONLINE  
Office Hours: TBA  
Phone: (309) 692-4092  
Emergency Phone: (309) 370-9172

### Requirements for completing the course:

### Policies and Procedures:

1. The eLearning course materials will be available for you, the student to access by noon each Monday. Students will have until 7:59 AM the following Monday morning to complete the week's material.
2. All work is to be **submitted on time**. *I do not accept late assignments*. Please plan ahead for unusual circumstances. Oftentimes, sickness or technological problems occur. Plan to start assignments early in the week to be much better prepared to avoid these issues. Please plan accordingly to complete all assignments on a reliable computer that contains all needed programs and a strong internet connection. This will reduce frustration substantially and increase enjoyment and success in the course.
3. Students are required to complete a minimum of two discussion posts each week. Discussion posts should be a minimum of 3-4 sentences and pertain quality information that is meaningful to the topic. Please refer to the Student eLearning Guide for more information.
4. Attendance/Online participation is required. Attendance is taken each week, by review of submitted completion of student's weekly assignments. Excessive absence will hurt your performance and your ability to pass this class.
5. As stated in the Midstate Catalog and Student Handbook, Academic Integrity is important. Cheating on examinations, written papers, or discussion posts will result in failure of the course and referral to the dean. Papers and discussion posts must be in the student's own words. Academic dishonesty will not be tolerated and will be referred to the dean.
6. Weekly discussion questions will be graded. The initial discussion post is due by **Wednesday of each week at Midnight**. This post must be a full paragraph in length and provide substantial information that is relevant to the topic and thought provoking. **If it is not posted by Wednesday you will not receive any discussion post points for that week**. This post is worth 10 points. Students will need to **respond to a minimum of 2 their fellow student's posts by Sunday of the same week at Midnight**. The reply must be a minimum of two sentences in length. Replies are worth 10 points.
7. Please remember to obtain professional integrity and standards throughout the course. Use of profanity, disrespectful, rude, or inappropriate behaviors will not be tolerated. In addition, discussions posts must remain respectful even if the post is not agreed with. If this standard is not maintained the student will be asked to leave the class. The student will not be allowed to return to the class until a meeting between instructor, dean, and student is completed.

**Commented [AS1]:** is needs to be the policies and procedures for your class...ie: Late assignment rules. I will forward you a copy of another syllabi to look at.

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8. Please review the syllabus each week for the specific assignment. If modifications are made to the assignments, a note will be added to the Weekly Overview.

9. Students must log into the course and their Midstate eLearning Joule email/account daily to ensure they receive all course communications. Students must post and reply to fellow students in the various course forums. Attendance is turned in weekly. Students must complete their weekly assignment in order to be marked present.

**Disability Statement:**

Students with disabilities who believe that they may need accommodations in this class are encouraged to contact the Disability Support Services Office at (309)692-4092 as soon as possible to better ensure that such accommodations are implemented in a timely fashion.

**Code of Conduct:**

Midstate College has established a student code of conduct. Generally, College disciplinary action shall be taken for conduct that adversely affects the college community's pursuit of its educational objectives. Academic Misconduct generally refers to behavior also known as academic fraud in which an individual cheats, plagiarizes, or otherwise falsely represents someone else's work as his or her own. Forms of Academic misconduct include, but are by no means limited to:

- Cheating
- Plagiarism
- Falsification and Fabrication
- Abuse of Academic Materials
- Complicity in Academic Dishonesty
- Falsification of Records and Official Documents
- Personal Misrepresentation and Proxy
- Bribes, Favors, Threats

**Examination Information:**

Examinations will consist of timed testing procedures delivered in various methods regarding the current topic of the week. This could include, but is not limited to questions delivered as Multiple Choice, T/F, Matching, Fill in the Blank, etc. In addition, students will participate in various weekly discussion forums and complete other homework as assigned.

**Methods of evaluating student performance:**

Grading will be based on the successful completion of all of the stated course requirements and in combination with a careful review of your development in your work with the following percentages:

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1. Testing Procedures 60%
2. Homework 40%

**Methods of Assessment:**

Lecture, discussion, audio-visual, printed matter, online discussion and assignments, and guest speakers

The instructors will use the following methods of assessment:

1. Compositions
2. Test Grades

Instructors may also use one or more of the following methods:

1. Tests
2. Quizzes

**1. Grade Distribution:**

Grading will be based on the successful completion of all of the above course requirements and in combination with a careful review of your development in your work with the following percentages:

1. Testing Procedures 60%
2. Homework 40%

**Instructor's Grading Scale:**

Grade Distribution

90 – 100	A
80 – 89	B
70 – 79	C
60 – 69	D
Below 60	F

*\*The Grade Distribution is subject to change throughout the course with the instructor's discretion.*

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Project 1 Obesity Epidemic Research Paper-Due Week 4-Worth 100 points

Using the Midstate writing format taught in Eng 116 and Eng 117, you are required to write a two page paper, double spaced regarding your thoughts on the Obesity Epidemic in the Untied States. Please use credible, reliable sources to support your findings. Do not forget to have a separate Bibliography page citing a minimum of two sources in MLA or APA format. Please utilize the Student Success Center on campus if you need any support with your writing submissions.

Project 2-Alcohol Dependency Project-Due Week 7-Worth 150 points

Each student is required to plan ahead, find and attend a local AA group meeting. Using the Midstate writing format taught in Eng 116 and Eng 117 you are required to write a two page, double spaced research paper summarizing the meeting. The paper must include when and where the meeting was located and your personal thoughts on the support this meeting provides. Please remember to remain confidential and not name the “exact” names of individuals in your paper. Please be respectful of those attending and sharing during the meeting. Remember to site your sources on a separate Bibliography page using MLA or APA format. These meetings are typically public and you are allowed to state this is for a college research paper. In the past, students have found this project to be the most enlightening of their entire college career. Please let me know if you have any questions regarding this project.

Project 3- Diet and Cancer- Due Week 9-Worth 100 points

Using the Midstate writing format taught in Eng 116 and Eng 117, you are required to write a two page paper, double spaced regarding your thoughts on the effects diets have on Cancer. Please use credible, reliable sources to support your findings. Do not forget to have a separate Bibliography page citing a minimum of two sources in MLA or APA format. Please utilize the Student Success Center on campus if you need any support with your writing submissions.

Project 4-Super-Size Me Food Documentary-Due Week 10-Worth 100 points

Please plan ahead, reserve, and view the food documentary titled, “Super-Size Me”. This can be checked out at your local library or viewed on Hulu or YouTube. After viewing this documentary, please write a two page paper, double spaced summarizing the movie and your opinion of it. Please remember to use the writing format taught in Eng 116 and Eng 117 at Midstate and include a separate Bibliography page citing your sources in MLA/APA format. Remember that Student Success is an excellent resource and support.

**Course Units:**

**Week 1-**

Topic: Unit 1/2- Key Nutrition Concepts and Terms, The Inside Story about Nutrition and Heath,

1. The Meaning of Nutrition
2. Concepts of Nutrition
3. Nutrition and Health

Objectives:

1. Orientation to class

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2. Examine the nutritional state of our Nation
3. Understand the importance of proper nutrition
4. Comprehend the relevance of disease and inadequate nutrition

Assignments:

1. Read Chapters 1 and 2
2. Review Power Point Lecture

Weekly Summary & Discussion:

1. Discussion Forum 1
2. Discussion Forum 1.2

\*Friendly Reminder: Initial Discussion Forum posts are always due on Wednesday of the week, replies are due by Sunday. If you haven't posted by Wednesday you will not receive any points for that week's discussion.

### **Week 2-**

Topic: Unit 3-Ways of Knowing about Nutrition

1. Nutrition Advertising
2. Nutritional Research

Objectives:

1. Learn how to identify Nutrition Truths
2. Learn key components of the scientific methods for Nutrition research

Assignments:

1. Read Chapter 3
2. Review Power Point Lecture

Weekly Summary & Discussion:

1. Discussion Forum 2
2. Worksheet 2

### **Week 3-**

Topic: Unit 4/5/6-Understanding Food and Nutrition Labels,

Nutrition, Attitudes, Behaviors, Healthy Diets, Dietary Guidelines, ChooseMyPlate, and More

1. Nutrition Labels
2. Food Choices
3. MyPlate

Objectives:

1. Learn how to properly read a Nutrition Food Label
2. Understand how Origins of food relate to our choices
3. Review ChooseMyPlate.gov

Assignments:

1. Read Chapters 4, 5, & 6
2. Review Chapter Outline

Weekly Summary & Discussion:

1. Complete Discussion Forum 3
2. Complete Daily Food Plan using ChooseMyPlate

### **Week 4-**

Topic: Unit 7/8- How the Body Uses Food, Calories! Food Energy, and Energy

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Balance

1. Digestion and Absorption
2. Calories and Energy

Objectives:

1. Identify the digestion process
2. Understand the obesity epidemic in the United States

Assignments:

1. Read Chapters 7 & 8
2. Review Power Point Lecture

Weekly Summary & Discussion:

1. Complete Discussion Forum 4
2. Complete Research Paper on the Obesity Epidemic

### **Week 5-**

Topic: Unit 10- Weight Control: The Myths and Realities

1. Weight Control
2. Diets and Surgery

Objectives:

1. Explain healthy weight control plans
2. Identify procedures and risks of weight loss diets and surgery

Assignments:

1. Read Chapter 10
2. Review Chapter 10 Outline

Weekly Summary & Discussion:

1. Complete Discussion 5
2. Complete Quiz #1

### **Week 6-**

Topic: Unit 11- Eating Disorders

1. Disordered Eating

Objectives:

1. Name and understand the various eating disorders
2. Understand and identify the health risk factors associated with eating disorders
3. Identify reliable resources to help those with eating disorders

Assignments:

1. Read Chapter 11
2. Review the Chapter 11 Power Point
3. View "Being Too Thin" Eating Disorders Documentary  
<https://www.youtube.com/watch?v=vzjzSLqX0W4>

Weekly Summary & Discussion:

1. Complete Discussion 6
2. Complete Discussion 6.1
3. Complete the Eating Attitudes Test: Figure 11-13

### **Week 7-**

Topic: Unit 14- Alcohol: The Positives and Negatives

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1. Dependency
2. Effects

Objectives:

1. Name and understand the chronic diseases caused by alcohol dependency
2. Identify the positive effects that alcohol has on the body

Assignments:

1. Read Chapter 14
2. Review the Chapter 14 Power Point

Weekly Summary & Discussion:

1. Complete Discussion Forum 7
2. Complete Discussion Forum 7.1
3. Complete and submit Alcohol Dependency Project (view syllabus for specific instructions)

**Week 8-**

Topic: Unit 16/17- Vegetarian Diets, Food Allergies and Intolerances

1. Perspectives on Vegetarianism

Objectives:

1. Understand the benefits and limitations of vegetarianism
2. Identify the varying types and reasons for vegetarianism

Assignments:

1. Read Chapters 16 & 17
2. Review the Chapter 16 & 17 Power Point

Weekly Summary & Discussion:

1. Complete Discussion Forum 8
2. Complete Worksheet 8

**Week 9-**

Topic: Unit 22- Diet and Cancer

1. Processes of development and progression of cancer

Objectives:

1. Understanding the phases of cancer
2. Name the variety of treatment methods of cancer
3. Discuss how healthy diets help prevent cancer

Assignments:

1. Read Chapter 22
2. Review Chapter 22 Power Point

Weekly Summary & Discussion:

1. Complete Discussion Forum 9
2. Complete Research Paper, "Diet and Cancer".

**Week 10-**

Topic: Unit 26, 27, 28-Nutrient-Gene Interactions in Health and Disease,  
Nutrition and Physical Fitness for Everyone, Nutrition and Physical  
Performance

1. Effects of Nutrition regarding genetic predisposition and physical activity

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Objectives:

1. Identify different types of physical activity
2. Risks associated with Genetic Predisposition
3. Understand how Nutrition effects Physical Activity

Assignments:

1. Read Chapters 26, 27, & 28
2. Review Chapter Summary
3. Watch the food documentary, "Super-Size Me"

Weekly Summary & Discussion:

1. Complete Discussion Forum 10
2. Complete "Super-Size Me Food Documentary" Report

**Week 11-**

Topic: Unit 29/30/31-Nutrition for Life-Birth to Aging Adult

1. Nutrition at Birth
2. Nutrition for Growing
3. Nutrition for the Aging Adult

Objectives:

1. Identify proper Nutrition for a newborn and mother
2. Summarize proper Nutrition for a growing child
3. Identify the changing Nutritional needs for an aging adult

Assignments:

1. Read Chapters 29, 30, & 31
2. Review the Chapter 29, 30, & 31 Power Point

Weekly Summary & Discussion:

1. Complete Discussion Forum 11
2. Complete Discussion Forum 11.1

**Week 12-**

Topic: Conclude Course

Objectives: Assessment of Student Learning

Assignments: Final Exam

*\*Course Units/ Weekly Reading/Topics are subject to change upon instructor notification.*

*\*Syllabus is subject to change upon instructor notification*

*\*Please note: Unless otherwise stated, I will check my email at a minimum of once daily.*

Rev 6-1-09 jb