Course Information
Introduction to Nutrition
3-0-0-3 3 credits

Course Description (from the College Catalog)
DIET 111 Introduction to Nutrition
This course is designed to provide foundational knowledge in the science of nutrition for nursing and other students interested in health careers. It will help students understand the scientific basis for promoting health. They will learn about factors affecting food selection, standards for assessing dietary quality and criteria evaluation for the reliability of nutrition information available to today's consumer. The course provides basic knowledge about normal nutrition throughout the life cycle.

Course Prerequisites
Prerequisite: ENGL 101 and BIOL 109
For online classes it is important to understand computers

Course Required Text, Software, and Materials
Text

The College Bookstore sells the appropriate bundled text with Software to evaluate your diet called iProfile and Wiley Plus

ISBN: 9780470903926 (a custom ISBN number that is only available at the CCP Bookstore Main Campus and NERC). I highly recommend that you purchase your text at the bookstore.

The text comes bundled with Nutrient Composition of Foods, this is a pamphlet that is an extra and is NOT used in the course. In the bundled Bookstore package this is placed on top and what you will see first. Again it is NOT the text.

If you decide to look or purchase your text else ware, be sure in addition to the text to purchase WileyPlus with iProfile version 2 (not version 1)

This text is also on reserve in the library at the Main Campus and at the NERC, if you choose not to purchase the text or you are waiting for financial aid to purchase the text.

Materials
A calculator will be needed.
Course Objectives
At the conclusion of the course you should be able to:

- Discuss the role of nutrition in health promotion and disease prevention.
- Examine the social, cultural, and psychological factors which influence food selection and may contribute to energy imbalance and chronic disease development.
- Explain the functions of the nutrients in the body, their interrelationships and consequences of over- or under-consumption of these substances.
- Evaluate dietary intakes of individuals.
- Critique the reliability of nutrition information found in the lay press.
- Demonstrate an understanding of the normal nutritional needs for prenatal and postpartum women, infants, children, adolescents, adults and the elderly.
- Present your thoughts clearly in writing and as part of group discussions.

Course Overview
The class is composed of 5 units of material that support the course objectives. There are 5 tests, an iProfile project, assignments, and forums for online classes along with group and team tasks. This is a busy class and tasks are due for each unit. Plan to spend 9 to 12 hours weekly in this class. This is a science class.

The first half of the course sets the foundation. The materials presented in the second half of the course build on and apply what you learned. This is a linear and sequential class introducing units in a designated order.

You construct your own knowledge by taking responsibility for your learning. There are a variety of materials to support your learning, such as, PowerPoint's that summarize the chapter followed by a collaborative discussion. There are also tasks, assignments, and activities that help you to learn the material.

You have specific dates to complete the designated tasks. I do realize that you are busy with other classes and personal life, but the expectation to spend 9 to 12 hours weekly is standard for college courses. Please assess your time to assure that you have adequate time to be successful in this class. By registering for this class, you have told me that you have time to complete the tasks associated with this course.

We begin by discussing how to determine nutritional fact from fiction in a team task. Nutrition is dynamic with daily news stories. It is important as a future health care worker to critically evaluate information.

Then we complete Unit 1 and the introductory chapters: Chapter 1 Nutrition: Food for Health and Chapter 2 Nutrition Guidelines: Applying the science of Nutrition and Chapter 3 Digestion, Absorption, and Metabolism. Chapter 1 has many critical concepts that you will apply throughout the course. It is important to understand these concepts and how to apply the concepts. Chapter 2 deals with the major tools used in nutrition to assess and evaluate eating habits and health status. Chapter 3 deals with digestion.
The next two units focus on the six nutrient categories, the macro and micronutrients or the energy and non-energy yielding nutrients. As you complete your iProfile, you will need to understand the six nutrients. We focus on the six nutrient categories to allow maximum time for completion of the project.

Unit 2 will focus on the macronutrients: Carbohydrates, Fats and Protein. Chapter 4 Carbohydrates: Sugars, Starches, and Fiber, Chapter 5, Lipids (fats) and Chapter 6 Proteins and Amino Acids. When studying nutrition it is very important to understand the role of the energy yielding nutrients in order to build and apply additional nutrition concepts.

Unit 3 focuses on the three non-energy yielding nutrients (micronutrients), Chapter 8 The Water-Soluble Vitamins, Chapter 9 The Fat-Soluble Vitamins, Chapter 10 Water and Electrolytes, Chapter 11 Major Minerals and Bone Health, Chapter 12 The Trace Elements and the Focus on Nonvitamin/Nonmineral Supplements. Once we complete these chapters, the foundation has been set and we will be able to apply these concepts as we continue to study other nutrition topics.

Unit 4 concentrates on energy balance, weight management, and physical fitness. We study Chapter 7 Energy Balance and Weight Management, Chapter 13 Nutrition and Physical Activity, and the Focus on Eating Disorders You will see how we utilize what you have learned with the units devoted to the study of nutrients.

Unit 5 is the final unit we will study. This unit is devoted to nutrition in the lifecycle, Chapter 14 Nutrition During Pregnancy and Lactation, Chapter 15 Nutrition from Infancy to Adolescence, and Chapter 16 Nutrition and Aging: The Adult Years.

**Teaching Philosophy and Instructional Methods**

I worked for over 25 years in various hospitals, so I bring my work philosophy into the classroom. In the hospital we were expected to meet assessment deadlines and complete doctor ordered consults in 24 hours. Regulatory agencies required all patients be screened within 24-hours for nutrition risk. Thus this course is designed with deadlines in mind and penalties exist when deadlines and directions are not followed.

**Course Organization**

1. **Course Objectives**
   All sections of Diet 111 use the same course objectives. The objectives outline what you will learn in the course.

2. **Unit Objectives**
   Unit objectives individualize the course learning outcomes for each unit in relation to the Course Objectives. The unit objectives help to define what to focus on in the chapters, course materials, activities and discussion forum.

3. **Materials**
   Provided for each chapter are PowerPoint presentations that summarize and outline the important concepts. There are also non-graded activities and some self-evaluation quizzes for you to complete to help reinforce the material. You may want to print the
PowerPoint lectures and take notes as you read the text chapters. You build an understanding of the subject matter by use of these materials.

4. **Discussion**
   This is your class time where you demonstrate your critical thinking, application, synthesis, and evaluation of knowledge gained from the text and your own experience. Participation is critical to success in this class.

5. **Tests**
   Tests are designed assess your knowledge. There are 5 tests and no cumulative exam.

6. **Assignments/Projects**
   There is one major project, the iProfile and mini assignments throughout the semester. *Note:* Some assignments take a long time to complete and also a long time to grade. Many tasks are submitted and graded late in the semester.

**Instructor Information**

**Instructor:** Fran Lukacik, MS, RD, LDN  
Please, call me Fran.
**E-mail:** CCP email flukacik@ccp.edu
**Phone:** 215-751-8962 Main Campus
**Mailbox:** W2-5 Main Campus
**Office:** W2-27 Main Campus

**Student Support**

**Personal Help**
The college has a counseling department [http://www.ccp.edu/site/current/counseling.php](http://www.ccp.edu/site/current/counseling.php) if you need information about career, transfer, or have personal problems.

**Library Help**
The College has a wonderful library with librarians that can help you with your studies. [http://www.ccp.edu/site/academic/library.php](http://www.ccp.edu/site/academic/library.php)

**Learning Lab**
The College has a learning lab to help you as a student. [http://faculty.ccp.edu/dept/learn_lab/](http://faculty.ccp.edu/dept/learn_lab/)
Wonderful programs are offered, especially the Master Student Workshops

**Student Responsibilities for Success**
Students are provided with guidelines to support success.

**Class Policies**

**Attendance Policy**
Attendance is key to success in the class. The attendance policy is enforced.

**Testing and Missed Test Policy**
There are 5 tests each related to a unit. If you miss a test you make it up by taking a cumulative final. Tests are multiple-choice with the number of questions varying from 30 to 45 questions in each test. Tests are timed allowing one minute per question.
Assignment and Late/Missed Assignments
Each assignment has instruction/directions to follow. Complete assignments professionally with correct spelling and grammar. Type or word process all assignments. Assignments have point reductions when directions are not followed and if the assignment is not submitted properly (location and time). Assignments accepted after the due date/time, even for valid reasons will have point deductions.

College Policies
Withdrawal Policy
If you need to withdraw from the class, you must comply with the Community College of Philadelphia policies.

Academic Dishonesty
Please read the Student Handbook for College policies on plagiarism, cheating and attendance. Assignments should reflect your original work unless indicated otherwise. You will receive a grade of zero if any task or assignment that is plagiarized.

Code of Conduct/Academic Discipline Policy
All Community College of Philadelphia policies for academic discipline are followed. For further information on the Code of Conduct http://www.ccp.edu/site/current/conduct_code/responsibilities.php

The Code of Conduct indicates that we will "Respect the rights of others.” Please use proper tone and show manners when responding or sending email or participating in the discussion forum as the forum is not a chat room.

Disability Statement
If you have a disability, which requires accommodations in this course, please see me as soon as possible as I am happy to make appropriate accommodations. It is the policy of the College that, “Students who are registered with the Center on Disability must inform the instructor by the end of the first week of classes if special accommodations are requested.” For questions, please refer to the website http://www.ccp.edu/site/academic/cod/

College Attendance
The College requires that I submit an attendance report week 3 and week 7 of the semester.

Paper Usage in Student Computer Labs
Student computer labs are available for student's to complete class assignments. Please be aware of the College policy that only 20 pages of information can be printed on a daily basis. Please keep this page limit in mind when you are planning to print materials.
DIET 111 Introduction to Nutrition

- This class is comprised of 5 units.
- This course is very structured and meeting deadlines and completing requirements is key.
- This course follows a set calendar as outlined in the syllabus.
- Following the syllabus and syllabus calendar will contribute to your success in the course.
- If you complete the work you should be extremely successful in this class, most students loose unnecessary points because they fail to participate or complete their assignments.
- You are provided with instruction/directions for each assignment. The directions are posted in advance of assignment due date. Assignments have point reductions when directions are not followed and/or the assignment is not submitted properly (location and time). Submit assignments professionally with correct spelling and grammar. All assignments are to be word processed/typed. Assignments accepted after the due date, even for valid reasons have point deductions.

Criteria and Methods for Evaluation
The course grade is earned as follows: Possible points (% of final grade)

<table>
<thead>
<tr>
<th></th>
<th>Points</th>
<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>Tests: 5 Tests</td>
<td>200</td>
<td>40%</td>
</tr>
<tr>
<td>Assignments</td>
<td>150</td>
<td>30%</td>
</tr>
<tr>
<td>Project: iProfile</td>
<td>150</td>
<td>30%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>500</td>
<td><strong>100%</strong></td>
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**Letter Grade**

<table>
<thead>
<tr>
<th>Points Range</th>
<th>Percentage Range</th>
<th>Grade</th>
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</thead>
<tbody>
<tr>
<td>450 to 500 points</td>
<td>90 to 100%</td>
<td>A</td>
</tr>
<tr>
<td>400 to 449 points</td>
<td>80 to 89%</td>
<td>B</td>
</tr>
<tr>
<td>350 to 399 points</td>
<td>70 to 79%</td>
<td>C</td>
</tr>
<tr>
<td>300 to 349 points</td>
<td>60 to 69%</td>
<td>D</td>
</tr>
<tr>
<td>&lt; or = 299 points</td>
<td>&lt; 60%</td>
<td>F</td>
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You must earn the designated points to achieve the corresponding letter grade, example 449 points is a B not an A, 399 points is a C not a B, etc.

Extra Credit Points
You are given 25 extra credit points at the beginning of the semester. It is your responsibility to use your extra credit points how you choose. Extra credit points can be used for missed tests, missed assignments, incompletion of tasks, or however you determine to your points. You must follow of the rules of extra credit to receive the extra credit points.