Family and Consumer Sciences/College SSIS

FACS 10 Nutrition and Wellness (A hybrid class: ½ in-class, ½ online)
Spring 2014 Syllabus

Part 1: Course Information

Instructor Information

Instructor: Lynn Hanna PhD  
Office: 3013 Mariposa Hall  
Office Hours: Mondays 9:00 am – 10 am, Tuesdays and Thursday 10:30 am – 11:30 am  
Office Telephone: (916) 278-6420 (Due to budget constraint, calls will typically NOT be returned)  
E-mail: email on the FACS 10 homepage in SacCT - MOST EFFECTIVE METHOD OF CONTACT

Peer mentor: Martha Lawder, Dietetics candidate  
Contact: email on the FACS 10 homepage in SacCT  
Office: 3005 Mariposa Hall,  
Office hour: Tuesdays 1:30 - 2:30 pm

Course Description

Introduction to the basic principles of nutrition and the relationship of the human diet to health. Overview of the nutrition profession, the biological uses of nutrients and tools for dietary planning. Examination of specific issues such as weight loss, sports nutrition, food safety, the diet-disease relationship and global nutrition. Analysis of special nutritional requirements and needs during the life cycle. Evaluation of personal dietary habits using current dietary guidelines and nutritional assessment methods. Spring 2014 (33289)

Prerequisite

None

Textbook & Course Materials

Required Text

  - Please also see the publisher’s supporting resources that come with your textbook

- Previous editions of the textbook are on reserve at the library for temporary use until you can obtain a textbook of your own.

**Other Readings and Materials**
- Other readings and required materials will be made available through SacCT

**Course Requirements**
- Internet connection (DSL, LAN, or cable connection desirable)
- Access to SacCT
  - Use of personal computers and internet access is at your own risk. ANY type of computer or system failure, other than a CSUS computer or system failure, will not be considered an acceptable reason for failing to complete coursework. For a list of CSUS computer labs, locations, and hours of operation, go to: http://www.csus.edu/uccs/labs.
- Scantron forms 882
- Soft lead pencil
- ½ sheets of standard paper (for Concluding Comments)

**Optional items**
- Simple calculator without programmable memory
- Digital voice recorder if you want to record lectures

**Course Structure**

This course is designed to provide a hybrid experience, including both face-to-face and online activities. **THIS CLASS IS NOT A FULLY ONLINE COURSE**

Contact time will be divided in the following way:

50% face-to-face (Tuesdays 9:00 am to 10:00 am in room 150 Amador Hall)

50% online

**Online Component**

Online SacCT materials include: Syllabus, schedule, printable lecture slide companions, video resources, a link to Blackboard Collaborate
recorded lectures, quizzes, practice materials, supplemental reading and resources, a link to Choose My Plate SuperTracker, extra credit assignments, announcements, mail, and instructor contact.

You will be required to access online material, assignments, quizzes and lectures several times per week

On Thursdays the instructor will give a live lecture online in Blackboard Collaborate. These lectures will contain audio/visual content just like a conventional classroom meeting. Students are able to view these lectures in progress on Thursday 9:00 am – 10:30 am.

- A link to the Blackboard Collaborate is available in the SacCT menu under ‘Materials for Learning.’
- Resources for getting started with Blackboard Collaborate, customer support, computer check, and tutorials on use etc. can be found at the CSUS Collaborate homepage. The initial setup for Blackboard Collaborate involves pop-up windows and download approval, as well as an updated version of JAVA. Support services for Blackboard Collaborate can be reached through the CSUS Collaborate homepage.
- To access live lectures (see below for instruction for recorded lectures):
  - Click on the link to Blackboard Collaborate in the ‘Materials for Learning’ module in SacCT
  - Click on the link to ‘FACS 10 Nutrition and Wellness.’
  - Accept any download prompts and the Collaborate program should run using JAVA.
- If you are logged in during a recording session (Thursdays 9:00 – 10:30 am) you may be able to ask questions, just follow these steps:
  - Type a question in the chat box
  - Then click the ‘Raise Your Hand’ icon to alert the instructor that there is a question to view.
    - The instructor won’t know you have typed a question unless you provide an audible alert though raising your hand.
- To access recorded lectures:
  - Know the date the lecture was recorded
  - Link to Blackboard Collaborate in the ‘Materials for Learning’ module in SacCT
  - On the upper left select the ‘Recordings’ tab
  - Select the date for the recording from the calendar in the upper right of the recordings page
  - Begin play back by selecting ‘FACS 10 Nutrition and Wellness’

The online Blackboard Collaborate recordings are an integral part of this course. You will not be able to succeed in this course if you do not review the Blackboard Collaborate sessions prior to the next Tuesday classroom meeting. The hybrid method of instruction offers great flexibility but requires regular vigilance and scheduling on your own.
**Face to face component**

Tuesday class meetings will include lecture, videos and discussion. Students are expected to attend these meetings regularly. **One half of the course content will be covered during Tuesday meetings. You will not be able to succeed in this course if you do not make arrangements to participate in Tuesday class meetings.**

**SacCT Access**

Supporting instruction materials and quizzes will be delivered online through a course management system named SacCT.

To access this course on SacCT you will need access to the Internet and a supported Web browser (Internet Explorer, Firefox, Safari, Google Chrome). To ensure that you are using a supported browser and have required plug-ins please run the [Check Browser](https://sacct.sakai.ucdavis.edu/) from your SacCT course. Refer to the SacCT Browser Tune-up page for instructions.

**Peer Mentor**

The peer mentor can provide tutoring, return exam scantrons, help you review midterms, develop strong study strategies, and connect you to other campus resources for support. Complete contact information and tools will be posted in SacCT through the ‘[Peer Mentor Portal](https://sakai.ucdavis.edu/)’.

**Technical Assistance**

**SacCT**

If you need technical assistance at any time during the course or to report a problem with SacCT you can:

- Visit the SacCT [Student Resources Page](https://sacct.sakai.ucdavis.edu/)
- Review SacCT [Student Tutorials](https://sakai.ucdavis.edu/)
- Visit the SacCT [Student FAQ’s Web page](https://sakai.ucdavis.edu/)
- Submit a [SacCT Problem Form](https://sakai.ucdavis.edu/)

**Choose My Plate SuperTracker**

- This website is supported by the US Department of Agriculture. Their help page can be accessed at: [http://www.choosemyplate.gov/help.html](http://www.choosemyplate.gov/help.html)

**Important Note:** This syllabus, along with course assignments and due
dates, are subject to change. It is the student’s responsibility to check SacCT for corrections or updates to the syllabus. Any changes will be clearly noted in course announcement or through SacCT email.
Part 2: Course Objectives

1. Describe the characteristics, physiological functions and sources of nutrients for optimal health.
2. Identify the sociological and psychological influences on food habits and nutrition over the life cycle.
3. Identify nutritional requirements during various stages of life and apply this knowledge to one’s own health.
4. Recognize the relationship between dietary habits and health including dietary risk factors for major chronic conditions/diseases.
5. Differentiate between valid nutrition sources and misinformation.
7. Promote a critical understanding of world hunger and global food needs as they relate to the social and natural environment.

You will meet the objectives listed above through a combination of the following activities in this course:

- Attending lectures in class
- Viewing online lectures through Blackboard Collaborate
- Completion of:
  - Lecture Slide Companions (these are outline of lectures, your worksheets to practice materials, and study guides for exams)
  - Online pretests and practice quizzes
  - Supplemental assignments
  - A two-part assessment project
  - Nutrition assessment assignments with quizzes
  - Midterms of multiple choice questions
  - Final exam of multiple choice questions
- Reviewing online quizzes after they are graded
- Reviewing midterm exams in office hours after they are graded
- Asking for clarification of topics during lecture and in office hours
### Part 3: Topic Outline and TENTATIVE Schedule

**Important Note:** Refer to the course SacCT website for verification of scheduled work, due dates and announcements. Please notify the instructor if you identify any discrepancies.

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topic/Chapter</th>
<th>Assignments</th>
<th>Due date and time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1/28</td>
<td>Introduction – Welcome!</td>
<td>Online quiz regarding the syllabus</td>
<td>Open 1/28 @ 10:30 am – 2/10 @ MIDNIGHT</td>
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<td></td>
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<td></td>
<td><em>Read the syllabus</em></td>
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<tr>
<td></td>
<td>1/30</td>
<td>Role of nutrition in health &amp; Dietary Reference Intakes Ch 1</td>
<td>Read chapter 1</td>
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<td></td>
<td>Online</td>
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<tr>
<td>2</td>
<td>2/4</td>
<td>Dietary Reference Intakes Ch 1 Planning a healthful diet – food labels Ch 2</td>
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<td></td>
<td>2/6</td>
<td>Planning a healthful diet - choose my plate Ch 2 GI physiology Ch 3</td>
<td>Read chapter 2</td>
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<td></td>
<td>Online</td>
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<tr>
<td>3</td>
<td>2/11</td>
<td>Dietary Guidelines for Americans Ch 2 GI physiology Ch 3</td>
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<td></td>
<td>2/13</td>
<td>Weight of the Nation documentary – part 2 Choices</td>
<td>Online Diet Assessment quiz: Using SuperTracker</td>
<td>Open 2/13 @ 10:30 am – 2/25 @ MIDNIGHT</td>
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<td></td>
<td>Online</td>
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<tr>
<td>4</td>
<td>2/18</td>
<td>Energy balance body weight assessment Ch 11</td>
<td>Read chapter 11</td>
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<tr>
<td></td>
<td>2/20</td>
<td>Energy balance body weight assessment Ch 11</td>
<td>Online quiz – pretest MT 1</td>
<td>Open 2/20 @ 10:30 am – 2/24 @ MIDNIGHT</td>
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<td></td>
<td>Online</td>
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<tr>
<td>5</td>
<td>2/25</td>
<td>Carbohydrates Ch 4</td>
<td>Read chapter 4</td>
<td>Upload before midnight 3/17</td>
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<td>2/27</td>
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<td>Online</td>
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<td>Week</td>
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<td>Topic/Chapter</td>
<td>Assignments</td>
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<tr>
<td>6</td>
<td>3/4</td>
<td><strong>MIDTERM 1: weeks 1-5</strong></td>
<td>Read chapter 5</td>
<td>Open 3/6 @ 10:30 am – 3/21 @ MIDNIGHT</td>
</tr>
<tr>
<td></td>
<td>3/6</td>
<td>Lipids Ch 5</td>
<td>Online Diet Assessment quizzes: 1) Carbohydrates, 2) Lipids, &amp; 3) Proteins</td>
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<td></td>
<td>Online</td>
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<tr>
<td>7</td>
<td>3/11</td>
<td>Lipids Ch 5</td>
<td>Read chapter 6</td>
<td>Open 3/6 @ 10:30 am – 3/21 @ MIDNIGHT</td>
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<tr>
<td></td>
<td>3/13</td>
<td>Proteins Ch 6</td>
<td>Online Diet Assessment quizzes: 1) Carbohydrates, 2) Lipids, &amp; 3) Proteins</td>
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<td>Online</td>
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<tr>
<td>8</td>
<td>3/17</td>
<td><strong>Upload self assessment project part 1</strong></td>
<td>Upload before midnight TODAY</td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td>3/18</td>
<td>Proteins Ch 6</td>
<td>Online Diet Assessment quizzes: 1) Carbohydrates, 2) Lipids, &amp; 3) Proteins</td>
<td>Open 3/6 @ 10:30 am – 3/21 @ MIDNIGHT</td>
</tr>
<tr>
<td></td>
<td>3/20</td>
<td>TBA</td>
<td>Online quiz – pretest MT 2</td>
<td>Open 3/20 @ 10:30 am – 4/4 @ MIDNIGHT</td>
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<td></td>
<td>Online</td>
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<td></td>
<td>3/21</td>
<td>Last day to complete Online Diet Assessment quizzes on carbohydrates, lipids, &amp; proteins</td>
<td>Due today</td>
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<tr>
<td>Friday</td>
<td>March 24th – March 30th</td>
<td>Spring break</td>
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<tr>
<td>9</td>
<td>4/1</td>
<td>Dietary supplements, functional foods, food marketing</td>
<td><strong>Read In Depth: Dietary supplements pgs 360-367</strong></td>
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<td></td>
<td>4/3</td>
<td>Introduction to vitamins and minerals and other substances in food</td>
<td><strong>Read In Depth: Vitamins and minerals pgs 216-225</strong></td>
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<td>Online</td>
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<td></td>
<td>4/4</td>
<td>Last day to complete Online quiz – pretest MT 2</td>
<td>Due today</td>
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<tr>
<td>Friday</td>
<td>4/8</td>
<td><strong>Midterm 2, weeks 6-9</strong></td>
<td>Read chapter 7</td>
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<td></td>
<td>4/10</td>
<td>Fluids, electrolytes Ch7</td>
<td>Assignment – Self Assessment Project Part 2</td>
<td>Upload before midnight 4/28</td>
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<td></td>
<td>Online</td>
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<tr>
<td>11</td>
<td>4/15</td>
<td>Antioxidants Ch 8</td>
<td><strong>Read chapter 8</strong></td>
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<tr>
<td></td>
<td>4/17</td>
<td>Bone health Ch 9</td>
<td><strong>Read chapter 9</strong></td>
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<tr>
<td>Week</td>
<td>Date</td>
<td>Topic/Chapter</td>
<td>Assignments</td>
<td>Due date and time</td>
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<td>12</td>
<td>4/22</td>
<td>Blood health Ch 10</td>
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<td>4/24</td>
<td>View Dying to be Thin Documentary on disordered eating</td>
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<tr>
<td>13</td>
<td>4/28</td>
<td><strong>Upload Self-Assessment project part 2</strong></td>
<td></td>
<td>Upload before midnight today</td>
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<td></td>
<td>Monday</td>
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<td></td>
<td>4/29</td>
<td>Alcohol</td>
<td><strong>Read In Depth Alcohol pgs 28-37</strong></td>
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<td></td>
<td>5/1</td>
<td>TBA</td>
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<tr>
<td>14</td>
<td>5/6</td>
<td>Lifespan nutrition Ch 14</td>
<td><strong>Read chapter 14</strong></td>
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<tr>
<td></td>
<td>5/8</td>
<td>Lifespan nutrition Ch 15</td>
<td><strong>Read chapter 15</strong></td>
<td>Open 5/8 @ 10:30 am – 5/12 @ MIDNIGHT</td>
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<td></td>
<td>Online</td>
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<td>15</td>
<td>5/13</td>
<td>Global and environmental issues in Nutrition</td>
<td><strong>Read In Depth Alcohol pgs 490-499</strong></td>
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<tr>
<td></td>
<td>5/15</td>
<td>Food Safety Ch 13</td>
<td><strong>Read chapter 13</strong></td>
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<td></td>
<td>Online</td>
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<tr>
<td>FINAL</td>
<td></td>
<td>Tuesday May 20th 10:15 am – 12:15 pm</td>
<td><strong>Final exam, lecture weeks 10-15</strong></td>
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</tbody>
</table>

*The descriptions and due dates are subject to change at the discretion of the Instructor.*
Part 4: Grading Policy

Graded Course Activities

<table>
<thead>
<tr>
<th>Approximate grade distribution of course work</th>
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<tbody>
<tr>
<td>~Points</td>
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<td>---------</td>
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<tr>
<td>2</td>
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<tr>
<td>30</td>
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<tr>
<td>20</td>
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<tr>
<td>40</td>
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<tr>
<td>120</td>
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<tr>
<td>212</td>
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</tbody>
</table>

**NOTE:** By the end of the semester the total points assigned may be different

Late Work Policy

To receive credit for course work, it must be submitted on time as instructed. Failure to follow instructions and policies for course work will curtail, or void, the points earned on quizzes or the assessment project. There are no makeup exams or assignments without communication with the instructor prior to the due date and time. For last minute circumstances beyond your control require documentation to be considered for accommodation and must be brought to the instructor’s attention promptly (see course policies for accommodation below).

Viewing Grades

In SacCT

- You can monitor your grades on the various assignments through SacCT. **You are responsible for verifying that the scores in the grade book are accurate.** The scores in the grade book will be used to calculate your grade for the course, failure to verify accuracy of the grade may result in you receiving an erroneous grade. Errors or disputes must be brought to the instructor’s attention within 1 week of posting.
The complete results from your online quizzes will be available after the quiz closes (usually midnight on Mondays). To view your results go to ‘My Grades’ in the left menu. Scroll down to the section titled ‘GRADED’. Select the quiz by clicking on its title to open the ‘View Attempts’ page. Click on the score for the pretest to view the questions, answers and other feedback.

- Reviewing your pretest results is a good way to prepare for exams.

In Office hours

- Graded scantrons from the midterms will be available for pick up in office hours. It is the student’s responsibility to review their scantron and the midterm to determine what topics were strengths and weaknesses and verify that scores were accurately entered in the grade book.

- Explanation of scores for the Assessment Project will be available online in the grade book. Students should consult the instructor during office hours with questions and concerns about scoring.

Letter Grade Assignment

Final grades assigned for this course will be based on the percentage of total points earned and are assigned as follows:

<table>
<thead>
<tr>
<th>Letter Grade</th>
<th>Percentage of total points</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>≥93-100%</td>
</tr>
<tr>
<td>A-</td>
<td>≥90-92%</td>
</tr>
<tr>
<td>B+</td>
<td>≥87-89%</td>
</tr>
<tr>
<td>B</td>
<td>≥83-86%</td>
</tr>
<tr>
<td>B-</td>
<td>≥80-82%</td>
</tr>
<tr>
<td>C+</td>
<td>≥77-79%</td>
</tr>
<tr>
<td>C</td>
<td>≥73-76%</td>
</tr>
<tr>
<td>C-</td>
<td>≥70-72%</td>
</tr>
<tr>
<td>D+</td>
<td>≥67-69%</td>
</tr>
<tr>
<td>D</td>
<td>≥63-66%</td>
</tr>
<tr>
<td>D-</td>
<td>≥60-62%</td>
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<td>F</td>
<td>≤59%</td>
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</tbody>
</table>

Important note: For more information about grading at Sac State, visit the academic policies and grading section of the university catalog.
Part 5: Course Policies

Attend Class

Students are expected to attend all class sessions as listed on the course calendar. Attendance at class meetings and participation in online activities is essential for success in this course.

You may make an audio recording of the lecture if you wish.

Concluding Comments

At the end of each Tuesday lecture you will be asked to provide a ½ sheet of paper with your name, the date, and your responses to two questions.

- What made the most sense today?
- What made the least sense today?
- Optionally, you may also write any questions you have for the instructor.

This information is used to monitor attendance and student understanding. Your Concluding Comments on Tuesdays earns you 0.5 point of extra credit toward your grade in the course. Points earned for Concluding Comments will be posted at the end of the semester.

Participate Effectively

- Please feel free to raise your hand to ask, and answer, questions in class at any time. Your questions, no matter how small, help everyone learn and understand.
- Please avoid distracting the instructor or other students by using any electronic devices in class (examples: laptops, texting, smart phones) or speaking during lectures (unless you have a question to share with the class).
- Your instructor reserves the right to determine what is disruptive and determine a course of action to ensure a supportive learning environment for everyone. Due to disruptive behavior your instructor may discontinue instruction for the entire class until an environment without disruption can be established.

Build Rapport

If you find that you have any trouble keeping up with assignments or other aspects of the course, make sure you let your instructor or the
peer advisor know as early as possible. As you will find, building rapport and effective relationships are key to becoming an effective professional. Make sure that you are proactive in informing your instructors or peer advisor when difficulties arise during the semester so that they can help you find a solution.

Mentors are the key to success in life. They will not come knocking on your door, you have to seek them out. Get started today!

**Complete Assignments, Exams and Online Quizzes**

**Assignments, exams and quizzes must be submitted by the given deadline or special permission must be requested from instructor before the due date. See late work policy above in Part 4**

**Things worth points**

**Exams – midterms and final**

- Exams will focus on material presented in class lectures, online assignments and quizzes. The textbook should serve as a supporting reference for lecture materials. Exam questions will not be based exclusively on the textbook.
- To assist you in preparing for all exams, Lecture Slide Companions for each section will be posted on the SacCT website. Lecture Slide Companions serve multiple functions:
  - Lecture outlines to assist with taking notes during lecture
  - Worksheets for learning, practicing and reviewing lecture materials
  - Study guides for exams
  - A guide for focusing on reference materials in the textbook and SacCT that are most relevant to lectures
- Practice quizzes are also available online to assist with preparing for exams.
- Exams are only administered in class at the date and time specified. Plan your schedule to meet your obligations to attend class on exam days.
- No exams will be administered to any student who arrives after the first student has completed and turned in the exam.
- Use of unauthorized electronic devices, audio/video devices, written material, text messaging, or any other form of communication, such as talking, during an exam is cheating. Students who cheat will receive a zero score, be reported to Student Affairs, may receive a failing grade for the course, and may face other disciplinary action.
  - During exams students should be in immediate possession of a scantron form 882, pencil(s) and eraser
  - A simple calculator (multiplication, division, addition, subtraction) is recommended for exams
  - All other possessions should be concealed away from the desktop during exams
- Answers to multiple choice questions must be recorded on a scantron. Only the scantron, and not the exam sheet, will be graded.
There will be 2 **midterms** (40 points each) requiring you to use a **scantron** form 882, and **pencil**. Questions will be multiple-choice, and may require calculations. The second midterm will only cover material presented since the first midterm.

Midterms begin at 9:00 am and end at 10:00 am. Please arrive on time to begin the exam. The exams will be collected at 10:00 am regardless of when a student began the exam.

Your scantron will be available for pick up in office hours after scores have been recorded.

- You are strongly encouraged to review your exams to help improve subsequent performance and verify accuracy of your score in the SacCT grade book.

The 3rd **exam** will be administered as the final exam and will only cover topics from the last third of the semester since the 2nd midterm. The 3rd exam will also require a scantron form 882, eraser, and pencil (optional simple calculator).

- You should plan for your 3rd exam to take place at the date and time listed in the campus final exam schedule [http://www.csus.edu/schedule/ActiveFinalExamSched.html](http://www.csus.edu/schedule/ActiveFinalExamSched.html) in room 150 Amador Hall.
- The registrar has set the date and time for Tuesday, May, 20th 10:15 am – 12:15 pm
- **Note:** your final exams are typically scheduled for times other than when classes have met during the semester.
- Confirmation of the date, time and location of the final will be made later in the semester

### Online quizzes (syllabus quiz & pretests)

- Become familiar with tests in SacCT review the tutorials available online at [http://www.csus.edu/sacct/student/tutorials.stm](http://www.csus.edu/sacct/student/tutorials.stm)
- Access quizzes in SacCT through the left menu under ‘Things worth points’
- **To prepare for quizzes:**
  - Complete all assigned reading in advance
  - Have your textbook, any assigned materials and lecture notes available as reference
  - It is **not acceptable** to work with other students on your answers to the quiz questions. This is considered cheating.
- Quizzes may consist of a variety of question formats, such as true/false, multiple-choice, matching, short answer, and others.
- Save your answers for each question as you go.
- Once you submit your quiz you will receive your score
- **Accessing your quiz results:**
  - Beginning at the time when the quiz release window closes (often midnight on a day posted in Part 3, above) results are available through ‘My Grades’ in the left menu in SacCT
  - In the grade book, scroll down to the section titled ‘GRADED’. Select the quiz by clicking on its title to open the ‘View Attempts’ page. Click on the score for the quiz to view the questions, answers and other feedback.
• Each quiz will be available for several days to allow scheduling flexibility. **It is your responsibility to check the class schedule (Part 3 above) and the SacCT website for the dates and time of availability for each quiz.**

• Use of personal computers and internet access is at your own risk. ANY type of computer or system failure, other than a CSUS computer or system failure, will not be considered an acceptable reason for failing to take or complete a quiz. For a list of CSUS computer labs, locations, and hours of operation, go to: [http://www.csus.edu/uccs/labs](http://www.csus.edu/uccs/labs).

• Problems, such as freezing up, may be resolved by closing the browser and starting it again, or restarting your computer. Simply log back into SacCT and resume where you left off. The clock will still be running.
  
  o If SacCT shuts down, the quiz closes, or you lose internet access while you are taking a quiz, you may miss points for any unanswered questions. Your responses to saved answered questions are automatically saved and your instructor can finish the submission for you.

• **It is your responsibility to be aware of SacCT downtime for service.** During such service, quizzes may not be available, please plan around service time to complete your work. Downtime announcements can be found at the SacCT home page: [http://www.csus.edu/sacct/](http://www.csus.edu/sacct/)

• If you experience problems with a quiz, don’t see it during the scheduled release period, or find questions with possible errors please contact your instructor via SacCT email.

• The **syllabus quiz** is designed to help you understand the course policies. Your enrollment in this course is your confirmation that you are aware of the course policies and will be held to their standards for your course performance. This quiz is worth 2 points

• **Syllabus quiz settings:**
  
  o Read the syllabus before attempting this quiz
  o You may attempt this quiz as many times as you like during its release window posted in Part 3, above
  o The top score out of all your attempts will be used to calculate your grade.
  o This quiz will be available during the first 2 weeks of instruction

• **Pretests** are designed to help you assess your readiness for an upcoming in-class exam. The pretest will cover topics from the lectures and supplemental materials from SacCT. Each pretest is worth 10 points
  
  o Complete all assigned reading and lecture materials first
  o Use the **practice quizzes** to help familiarize yourself with course topics
  o Have your lecture note and text available during the quiz

• **Pretest quiz settings:**
  
  o You will have **ONE opportunity** to attempt the pretest quizzes.
  o Once you have opened and started a quiz, you must complete and submit it within the indicated **time limit** – the timer will not stop once the pretest is started.
Online Self-Assessment Project

- To learn how to determine and interpret a person’s nutrition habits and compare these to the Dietary Reference Intakes, Dietary Guidelines for Americans and Choose My Plate, you will be analyzing your own dietary habits.
- Details on these assignments, using SuperTracker online and when to begin will be described on SacCT and in class in February.
- Recorded instructional videos will be posted in SacCT to help you in completing each part of these assignments.
  - PART 1: Data collection
    - You will keep track of your food intake and physical activity for three days to estimate your habits.
    - You will use SuperTracker online to enter this information and generate reports to learn your calorie and nutrient intake, and energy balance.
    - You will upload your reports into the assignment module provided in SacCT.
    - Part 1 is due Monday, March 17th before midnight.
  - PART 2: Dietary Analysis
    - You will analyze some aspects of your dietary habits and make some conclusions based on the reports you generated in Part 1.
    - You will upload your reports into the assignment module provided in SacCT.
    - Part 2 is due Monday, April 21st before midnight.
- Failure to follow all instructions for completing and submitting the project will result in a loss of points.
  - Read all instructions carefully before beginning each part of the project.
  - Any files you upload to SacCT must not contain an apostrophe in the file name.
- These assignments contribute a significant portion to the course grade and will require planning and many days to complete.
  - Please do not assume that your work can be completed in a short amount of time. Please plan ahead accordingly.
- Late assignments are not accepted. The instructor only grades assignments that are uploaded as instructed on time.
  - Attempting to use an alternative method for turning in your work (such as email) will result loss of points.

Online Diet Assessment quizzes

- A series of 4 assignments with quizzes have been designed to prepare you for the self-assessment project.
- The release dates and times for each can be found in Part 3 above.
- Download and read all instructions and supporting materials for each assignment before beginning the quiz.
• **Diet assessment quiz settings:**
  o Each quiz will be available for several days to allow scheduling flexibility. **It is your responsibility to check the class schedule (Part 3 above) and the SacCT website for the dates and time of availability for each quiz.**
  o You may attempt these quizzes as many times as you like during the release window posted in Part 3, above.
  o There is no time limit once the quiz is started, but it must be submitted before the window of release closes.
  o The top score out of all your attempts will be used to calculate your grade.

**EXTRA CREDIT**

There may be a few opportunities for extra credit over the course of the semester. Further information will be provided in SacCT as these become available. Extra credit in this course will not exceed 15 points total, even if all extra credit opportunities combined exceed this cap.

**Concluding Comments**

At the end of each Tuesday lecture you will be asked to provide a ½ sheet of paper with your name, the date, and your responses to two questions.

- What made the most sense today?
- What made the least sense today?
- Optionally, you may also write any questions you have for the instructor.

This information is used to monitor **attendance** and student **understanding**. Your Concluding Comments on Tuesdays earn you 0.5 point of extra credit toward your grade in the course. Points earned for Concluding Comments will be posted at the end of the semester.

**Understand When You May Drop This Course**

It is the student’s responsibility to understand when they need to consider un-enrolling from a course. Refer to the Sac State Course Schedule for dates and deadlines for registration. After this period, a serious and compelling reason is required to drop from the course. Serious and compelling reasons includes: (1) documented and significant change in work hours, leaving student unable to attend class, or (2) documented and severe physical/mental illness/injury to the student or student’s family.

Further information can be found at:

http://www.csus.edu/acaf/calendars/Fall%202013.html

http://catalog.csus.edu/current/first%20100%20pages/academicpolicies.html
Inform Your Instructor of Any Accommodations Needed

As your instructor, I actively support a wide range of learning styles and abilities. Feel free to discuss your progress in this course with me. In addition, if you have a documented disability and require accommodations, please provide a copy of your accommodation letter from Services to Students with Disabilities (SSWD). Contact me as early as possible at the beginning of the semester so that your learning needs may be appropriately addressed. If you do not have an accommodation letter, please contact SSWD in Lassen Hall, 1008, (916) 278-6955; 278-7239 TDD, sswd@csus.edu to initiate the accommodation process.

Missed exams, quizzes, or assignments due to circumstances beyond your control

If you must miss an assignment, quiz or exam due to circumstances beyond your control (e.g. illness or injury) you must complete all 4 of the following steps before a grade for your work will be recorded.

1. Inform the instructor of your circumstances via SacCT email PRIOR to the exam, quiz or assignment due date, or as immediately feasible thereafter.
2. Provide valid documentation to the instructor (e.g. physician’s note, police report, funeral home receipt, etc.). Any work submitted will not be graded until documentation is verified.
3. Make arrangements with the instructor for how and when the missed assignment or exam will be made up.
   i) EXAMS:
      (1) It is the student’s responsibility to make an appointment at the testing center (http://www.csus.edu/testing/) for a make up to be completed within 5 days of the exam date.
      (2) You may make this appointment at the same time you contact the instructor to ensure that space is available for you at the testing center.
      (3) Your instructor will need 48 hours advance notice of your appointment so that an exam can be placed on file for you.
   ii) ASSIGNMENTS:
      (1) Be prepared to submit all work thus far competed on the due date to demonstrate a good faith effort and validate the uncontrollable circumstance that has befallen you.
4. The alternative arrangement must be completed on time as agreed.

Students with scheduled athletic, military or scholastic commitments that may interfere with meeting responsibilities in this course must inform the instructor within the first two weeks of the semester to receive accommodation.

Commit to Integrity

As a student in this course (and at this university) you are expected to maintain high degrees of professionalism, commitment to active learning and participation in this class and also integrity in your behavior in and out of the classroom.
Sac State’s Academic Honesty Policy & Procedures

“The principles of truth and honesty are recognized as fundamental to a community of scholars and teachers. California State University, Sacramento expects that both faculty and students will honor these principles, and in so doing, will protect the integrity of academic work and student grades.”

Read more about Sac State’s Academic Honesty Policy & Procedures

Definitions

At Sac State, “cheating is the act of obtaining or attempting to obtain credit for academic work through the use of any dishonest, deceptive, or fraudulent means.”

Source: Sacramento State University Library

Important Note: Any form of academic dishonesty, including cheating, or failure to meet the requirements of originality for an exam or assignment will result in loss of points on the affected assignment, a report to the office of student affairs, and a possibility of a failing grade in the course.

Course policies are subject to change. It is the student’s responsibility to check SacCT for corrections or updates to the syllabus. Any changes will be posted in SacCT.