Part 1: Course Information

Instructor Information

Instructor: Lynn Hanna PhD  
Office: 3013 Mariposa Hall  
Office Hours: Mondays 12:45 pm – 1:45 pm, Tuesdays and Thursday 3 pm – 4 pm  
Office Telephone: (916) 278-6420 (Due to budget constraint calls will typically NOT be returned)  
E-mail: SacCT 9.1 email - MOST EFFECTIVE METHOD OF CONTACT

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. FALL 2012 (84289)

Prerequisite

None

Textbook & Course Materials

Required Text and Publisher’s access code

  o Please also see the publisher’s supporting resources that come with your textbook http://wps.aw.com/bc_thompson_nutrition_3/176/45256/1158553.cw/index.html  
  o Previous editions of the textbook are on reserve at the library for temporary use until you can obtain a textbook of your own.

You may also purchase access to MyDietAnalysis online [http://www.pearsonhighered.com/mydietanalysis/](http://www.pearsonhighered.com/mydietanalysis/) from the publisher, but be aware that activation of your account can take 24-48 hours.

Other Readings and Materials

- Other readings and required materials will be made available on SacCT 9.1

Course Requirements

- Internet connection (DSL, LAN, or cable connection desirable)
- Access to SacCT
- Scantron forms 882
- Soft lead pencil
- ½ sheets of standard paper (for Concluding Comments)
- Folder with two interior bottom pockets (no binders or side pockets)

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.

Contact time will be divided in the following way:

50% face-to-face (Tuesdays 10:30 am to 11:45 am in room 3013 of Mendocino Hall)

50% online

Online Component

Online SacCT 9.1 materials include: Syllabus, schedule, printable lecture slide companions, video resources, a link to iMEET recorded lectures, quizzes, practice materials, supplemental reading and resources, a link to MyDietAnalysis, extra credit assignments, mail, and instructor contact.

On Thursdays the instructor will give a live lecture online in iMEET. These lectures will contain audio/visual content just like a conventional
classroom meeting. Students are encouraged to participate in the Thursday sessions (10:30 am – 11:45 am) if they can.

- A link to the iMEET login is available among the SacCT 9.1 menu under ‘Materials for Learning.’
- Resources for getting started with iMEET, customer support, and computer check etc. can be found at the iMEET homepage. The initial setup for iMEET involves pop-up windows and download approval, as well as an updated version of JAVA. Support services for iMEET can be reached through Elluminate Live!
- To access live lectures (see below for instruction for recorded lectures):
  - Log into iMEET using your SacLink username and password
  - Click on the link to ‘FACS 10 Nutrition and Wellness, Dr Hanna Fall 2012.’
  - The password for this class is ‘ilovefood’
  - Accept any download prompts and the Elluminate program should run using JAVA.
- If you are logged in during a recording session (Thursdays 10:30 – 11:45 am) please feel free 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
  - Log into iMEET using your SacLink username and password
  - 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, Dr Hanna Fall 2012’
  - The password for these lectures is ‘ilovefood’

The online iMEET recordings are an integral part of this course. You will not be able to succeed in this course if you do not review the iMEET 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 9.1.

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

Technical Assistance

SacCT 9.1

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
- Review SacCT Student Tutorials
- Visit the SacCT Student FAQ’s Web page
- Submit a SacCT Problem Form

MyDietAnalysis

- If you experience problems with accessing or using the MyDietAnalysis online tool for the Assessment Project please contact the publisher’s customer service at: http://247pearsoned.custhelp.com/

- MyDietAnlaysis also offers help with using the database and assessment tools at: http://www.pearsonhighered.com/mydietanalysis/help.html

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Important Note about MyDietAnalysis: It is very important to follow the directions for the Assessment Project Assignments to ensure that you are using MyDietAnalysis as instructed. E.g. use extreme caution before creating new recipes and food items for your project. Please consult the assignment instructions and the instructor for assistance.

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Important Note: This syllabus, along with course assignments and due dates, are subject to change. It is the student’s responsibility to check SacCT 9.1 for corrections or updates to the syllabus. Any changes will be clearly noted in course announcement or through SacCT 9.1 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 iMEET
- Completion of:
  - Lecture Slide Companions (these are outline of lectures, your worksheets to practice materials, and study guides for exams)
  - Online quizzes and practice quizzes
  - Supplemental assignments and quizzes on special topics
  - A two-part assessment project
  - 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 9.1 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>8/28</td>
<td>Introduction</td>
<td>Online quiz regarding the syllabus must be completed first</td>
<td>Open 8/28 @ 11:45 am – 9/10 @ MIDNIGHT</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Online quizzes Ch 1&amp;2 will appear after you have passed the introductory quiz on the syllabus</td>
<td>Open 8/28 @ 11:45 am – 9/10 @ MIDNIGHT</td>
</tr>
<tr>
<td></td>
<td>8/30</td>
<td>Online Role of nutrition in health &amp; Determining nutrient needs Ch 1</td>
<td>Assignment - Assessment Project Part 1, MyDietAnalysis folder SacCT</td>
<td></td>
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<tr>
<td>2</td>
<td>9/4</td>
<td>Difference between dieting and healthy nutrition Ch 1 Planning a healthful diet Ch 2</td>
<td>Online quizzes Ch 3&amp;4</td>
<td>Due in class 9/25</td>
</tr>
<tr>
<td></td>
<td>9/6</td>
<td>Online Planning a healthful diet Ch 2</td>
<td></td>
<td>Open 9/6 @ 11:45 am – 9/10 @ MIDNIGHT</td>
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<tr>
<td>3</td>
<td>9/11</td>
<td>GI physiology Ch 3 Carbohydrates Ch 4</td>
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<tr>
<td></td>
<td>9/13</td>
<td>Online Carbohydrates Ch 4</td>
<td>Online quiz Ch 5</td>
<td>Open 9/13 @ 11:45 am – 9/17 @ MIDNIGHT</td>
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<tr>
<td>4</td>
<td>9/18</td>
<td>Lipids Ch 5</td>
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<td></td>
<td>9/20</td>
<td>Online Lipids Ch 5</td>
<td>Online quiz Ch 6</td>
<td>Open 9/20 @ 10:15 am – 9/24 @ MIDNIGHT</td>
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<tr>
<td>5</td>
<td>9/25</td>
<td>Proteins Ch 6</td>
<td></td>
<td>Due today</td>
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<tr>
<td></td>
<td>9/27</td>
<td>Online Proteins Ch 6</td>
<td>Online quiz In Depth: Vitamins &amp; Minerals</td>
<td>Open 9/27 @ 11:45 am – 10/3 @</td>
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<tr>
<td>Date</td>
<td>Topic</td>
<td>Pages</td>
<td>Due Date</td>
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<tr>
<td>6</td>
<td><strong>MIDTERM 1 weeks 1-5</strong></td>
<td></td>
<td><strong>(extended time)</strong></td>
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<tr>
<td>6/10</td>
<td>Intro vitamins and minerals-bioavailability</td>
<td>Online quiz Ch 7</td>
<td>Open 6/10 @ 11:45 am – 6/15 @ MIDNIGHT</td>
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<tr>
<td>6/10</td>
<td>In Depth pgs 216-225</td>
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<td><strong>(extended time)</strong></td>
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<tr>
<td>7</td>
<td>Fluids &amp; electrolytes Ch 7</td>
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<td><strong>(extended time)</strong></td>
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<tr>
<td>7/9</td>
<td>Hypertension Ch 7</td>
<td>Online quiz Ch 8</td>
<td>Open 7/9 @ 11:45 am – 7/15 @ MIDNIGHT</td>
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<tr>
<td>7/10</td>
<td>Antioxidants and free radicals Ch 8</td>
<td>Online quiz Ch 9</td>
<td>Open 7/11 @ 11:45 am – 7/22 @ MIDNIGHT</td>
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<tr>
<td>9</td>
<td>Bone health Ch 9</td>
<td></td>
<td><strong>(extended time)</strong></td>
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<tr>
<td>9/24</td>
<td><strong>FOOD DAY</strong></td>
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<td><strong>(extended time)</strong></td>
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<tr>
<td>9/25</td>
<td>Bone health Ch 9</td>
<td>Online quiz Ch 10</td>
<td>Open 9/25 @ 11:45 am – 9/29 @ MIDNIGHT</td>
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<tr>
<td>10</td>
<td>Metabolism and blood health Ch 10</td>
<td></td>
<td><strong>(extended time)</strong></td>
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<tr>
<td>10/1</td>
<td>Metabolism and blood health Ch 10</td>
<td>Online quiz Ch 11</td>
<td>Open 10/1 @ 11:45 am – 10/7 @ MIDNIGHT</td>
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</tr>
<tr>
<td>11</td>
<td><strong>Midterm 2, weeks 6-10</strong></td>
<td>Assignment - Assessment Project Part 2</td>
<td>Due 11/20 in class</td>
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<tr>
<td>11/8</td>
<td>Energy balance Ch 11</td>
<td>Online quiz Ch 12</td>
<td>Open 11/8 @ 11:45 am – 11/12 @ MIDNIGHT</td>
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<tr>
<td>11/18</td>
<td>Exercise Ch 12</td>
<td>Online quiz In Depth: Disordered eating pgs 442-453 and online documentary</td>
<td>Open 11/18 @ 11:45 am – 11/19 @ MIDNIGHT</td>
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</tr>
<tr>
<td>12</td>
<td>Energy balance Ch 11</td>
<td>Online quiz In Depth: Phytochemicals pgs 67-71 &amp; Supplements pgs 360-367</td>
<td>Open 11/15 @ 11:45 am – 11/19 @ MIDNIGHT</td>
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<tr>
<td>13</td>
<td>In Depth: Phytochemicals,</td>
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<td><strong>(extended time)</strong></td>
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<tr>
<td>Date</td>
<td>Activity</td>
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<tr>
<td>Supplements &amp; Functional foods</td>
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<tr>
<td>Assessment project part 2</td>
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<td>Due today</td>
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<td>Online quiz In Depth: Alcohol pgs 28-37</td>
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<td>Open 11/20 @ 11:45 am – 11/26 @ MIDNIGHT</td>
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<tr>
<td>Online quiz Ch 13</td>
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<tr>
<td>Open 11/29 @ 11:45 am – 12/3 @ MIDNIGHT</td>
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<tr>
<td>11/22</td>
<td>Thanksgiving Holiday</td>
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<tr>
<td>14</td>
<td>11/27 In Depth: Alcohol pgs 28-37 Food safety Ch 13</td>
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<tr>
<td>11/29</td>
<td>Online Life cycle nutrition Ch 14 &amp; 15</td>
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<tr>
<td>12/4</td>
<td>Life cycle nutrition Ch 14 &amp; 15</td>
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<tr>
<td>12/6</td>
<td>Online In Depth: Global Nutrition pgs 490-499</td>
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<tr>
<td>FINAL</td>
<td>Tentatively Thursday, 12/13 10:15 am – 12:15 pm</td>
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<td></td>
<td>Final exam, lecture weeks 1-15,</td>
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<td></td>
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<tr>
<td></td>
<td>Final exam, lecture weeks 1-15,</td>
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</tbody>
</table>

_The descriptions and due dates are subject to change at the discretion of the Instructor._
Family and Consumer Sciences/College of SSIS

Nutrition and Wellness
Fall 2012 Syllabus

Part 4: Grading Policy

Graded Course Activities

<table>
<thead>
<tr>
<th>Approximate grade distribution of course work</th>
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</thead>
<tbody>
<tr>
<td>Points</td>
</tr>
<tr>
<td>--------</td>
</tr>
<tr>
<td>96.6</td>
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<tr>
<td>80</td>
</tr>
<tr>
<td>100</td>
</tr>
<tr>
<td>100</td>
</tr>
<tr>
<td>376.6</td>
</tr>
</tbody>
</table>

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. Advance communication with the instructor can mitigate the impact of circumstances outside a student’s control. Such circumstances require documentation to be considered for accommodation (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.

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 when each part of the graded project are returned during class lecture or ready for pick up in office hours. Students should consult the instructor during office hours with questions and concerns about scoring. You can expect that Part 1 of the Assessment Project (and your score) will be returned to you two weeks before Part 2 is due.

  o Due to the comprehensive nature of the Assessment Project and the large class size, grading takes a considerable amount of time. You can expect that it will take several weeks for your graded work to be returned to you.

### 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 Scale</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>
</tr>
<tr>
<td>F</td>
<td>≤59%</td>
</tr>
</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, smartphones) 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 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 when difficulties arise during the semester so that they can help you find a solution.

**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*

**Exams**

- 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 9.1 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 an unauthorized electronic device, 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 (50 points each) requiring you to use a scantron form 882, and pencil. Question will be multiple-choice, and may require calculations. The second midterm will only cover material presented since the first midterm.

• Midterms begin at 10:30 am and end at 11:45 am. Please arrive on time to begin the exam. The exams will be collected at 11:45 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 prepare for the final exam.

• The final exam will be cumulative and comprehensive (100 multiple choice questions 1 point each). Topics on the final will cover the same topics covered in the midterms and new material presented since the second midterm. The final exam will also require a scantron form 882, eraser, and pencil (optional simple calculator). The dates and times for the final exam can be found at http://www.csus.edu/schedule/Fall2012Spring2013/finals.html.
  - Note: your final exams are typically scheduled for times other than when classes have met during the semester.

Online quizzes

• Quizzes are designed to help you become familiar with the lecture material and facilitate an opportunity for you to seek clarification during lecture. Quizzes will test your understanding of material from the chapters of the textbook or other materials assigned through SacCT 9.1, and are generally administered prior to when these topics will be covered in lectures.
  - It is advisable to read the textbook before attempting the quizzes.

• It is acceptable to use your textbook while taking the online quizzes.

• It is not acceptable for you to work with other students on your answers to the quiz questions. This is considered cheating.

• The quizzes will consist of a variety of question formats, such as true/false, multiple choice, matching and others.

• Save your answers for each question as you go.

• In some cases there will be a practice quiz that must be completed before the graded quiz will be released to you. See SacCT quiz page for information and instructions.

• Each quiz will be available for several days to allow scheduling flexibility.
  - You may complete the quizzes at your convenience within the accessible time period
  - Once you have opened and started a quiz, you must complete and submit it within the indicated time period (usually one hour) – the timer will not stop once the quiz is open.
  - You can expect to have one opportunity to complete each quiz.
• Quizzes will automatically close and be submitted once the time has expired or the release period has ended. All saved answers will be graded. Any uncompleted questions will not receive points.
• It is your responsibility to check the class schedule and the SacCT 9.1 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.
• Problems such as freezing up can often be resolved by closing the browser and starting it again, or restarting your computer. Simply log back into SacCT 9.1 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 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.
• Makeup quizzes are not available for students who miss the release period or experience personal computer problems.
• 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.

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 in a TWO-PART ASSIGNMENT.
• Details on these assignments, using MyDietAnalysis online and when to begin will be described on SacCT 9.1 and in class on September 4th.
• It is the student’s responsibility to have an active account with MyDietAnalysis 5.0 online before Part 1 of the project is due
  o Failure to gain access to MyDietAnalysis for the completion of the Assessment Project is not a valid reason for not completing the assignment
  o No accommodation for late work is available due to failure to establish an active MyDietAnalysis account
  o The use of other diet assessment tools is not acceptable for completing the project
  o It is not recommended for students to share MyDietAnalysis accounts and create individual profiles. This jeopardizes the accuracy and integrity of both students’ work.
• PART 1:
o You will write down everything you eat and physical activity you do in ink for three days to estimate your dietary habits
o You will use MyDietAnalysis online to enter this information and generate reports to learn your calorie and nutrient intake, and energy balance
o You will turn in your written notes and the specified reports
o This part of the project is graded on the accuracy of your data entered in MyDietAnalysis compared to your written notes.
  o The assignment for part 1 will be released Tuesday, September 4th
  o Part 1 is due in class on Tuesday, September 25th

• PART 2:
  o You will use your reports to find information about your calorie and nutrient intake, food sources, and energy balance to complete a multi-page worksheet analysis of your dietary habits and nutrition.
  o This part of the project is graded for the precision with which you identify your dietary patterns and nutrient intake; and how accurately you interpret these findings in relation to Dietary Reference Intakes, Choose My Plate, Dietary Guidelines for Americans, and nutrition concepts covered in the course.
  o The assignment for part 2 will be released on, or before Tuesday, November 6th
    ▪ You can expect that your folder with Part 1 of the project will be returned to you on or before this date.
  o Part 2 is due in class on Tuesday, November 20th.

• Both parts of the Assessment Project must be completed in ink. Work submitted in pencil will result in a reduction in points and is not eligible for re-grading or grade disputes.
• Failure to follow all instructions for completing and submitting the project will result in a loss of points.
  o Read all instructions carefully before beginning each part of the project
• These assignments contribute a significant portion to the course grade and will require planning and many days to complete.
  o 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 turned in during class as instructed.
  o Attempting to use an alternative method for turning in your work will result in a score of zero
  o Expect to follow the policy below for accommodation if you experience circumstances beyond your control.

EXTRA CREDIT
There will be a few opportunities for extra credit over the course of the semester. These may include online quizzes, nutrition education projects, or participation in various campus events. Further information will be provided 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 unenrolling 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/schedule/Fall2012Spring2013/calendar.html

http://catalog.csus.edu/current/first%20100%20pages/academicpolicies.html

Inform Your Instructor of Any Accommodations Needed
If you have a documented disability and verification from the Office of Services to Students with Disabilities (SSWD), and wish to discuss academic accommodations, please contact your instructor as soon as possible. It is the student’s responsibility to provide documentation of disability to SSWD and meet with a SSWD counselor to request special accommodation before classes start.
SSWD is located in Lassen Hall 1008 and can be contacted by phone at (916) 278-6955 (Voice) (916) 278-7239 (TDD only) or via email at sswd@csus.edu.

**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

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**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, possible failing grade in the course, notification of other faculty in the FACS department, and/or a report to the office of student affairs.

**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.