Contemporary Nutrition is a FULLY ONLINE, ASYNCHRONOUS course. This means that:

- There are no regularly scheduled meeting times.
- Lectures archives are available for listening/viewing anytime throughout the Part in progress.
- Co-curricular activities can be completed at anytime throughout the Part in progress.

Contact Information
Instructor: Kelly Lane, M.S.
Email: klane@mail.sdsu.edu
Online Office Hours: Monday & Wednesday at 12:30p.m.
Graduate Assistant/Email:

Recommended Text & Diet Analysis Software Package
WARDLAW; CONTEMPORARY NUTRITION W/NUTRICALC PLUS 3.2 ACCESS CODE. 8th Ed. (There is a 9th Ed also. This or other editions of the text will suffice). The text can be purchased off the shelf at SDSU bookstore, or it can be ordered online and shipped to your home from www.aztecshops.com via EZ Books. The text and software are available separately also.

Course Prerequisites
Completion of General Education requirement in Foundations of Learning IIA. Natural Sciences and Quantitative Reasoning.

Distance Learning and Information Technology Prerequisites
Download necessary software, including: Adobe’s Acrobat Reader and Flash Player and QuickTime Player. Information about all of these tools and links enabling you to install them are kept under the ‘Technical Support’ button on the Blackboard Website. The BEST web browser for Blackboard is Firefox. Go to http://www.mozilla.com/en-US/ for a free download. Also, for best success with video clips, quizzes, and exams a wired connection is key.

Please enter the Wimba Classroom and Run the Wimba Classroom Setup Wizard. Note that it is essential that you run the Setup Wizard before listening to the first archived Wimba session. Run the Setup Wizard by clicking on the Wimba Classroom link below, then click on the “Setup Wizard” link on the right side of the screen and follow the onscreen instructions. If necessary, please see "Wimba Live Sessions Setup Wizard & Related Support" below. If you continue to have problems you can contact the “Wimba Live Classroom “ help line 24/7 at 866-350-4978. Microphones are not required, so when you run the Setup Wizard and you get to the last item, which is “Recording” you may simply click next.

http://sdsu2.wimba.com/wizard/wizard.html.pl?wc=wms.conf. Also you will need to download the LockDown Browser before the first exam. The instructions and link to download the browser are located at the bottom of the course contents window in Blackboard. You will only need to install the browser ONCE. Please be assured that if and when IT problems occur on the SDSU end, you will not be penalized. However, when problems occur on your end you are responsible for your computing needs. The instructor cannot provide IT support. IT problems that you experience do not constitute an acceptable excuse for non-completion of work.

Purpose of the Course
Contemporary Nutrition fulfills three of your nine required units for GE Explorations, and builds upon the goals and skills of your GE Foundation courses. Course will provide students with an awareness and natural science foundation to understand diet and nutritional issues from individual and global perspectives, and help students learn to do the following with greater depth: 1.) explain basic concepts and theories of the natural sciences; 2.) use logic and scientific methods to analyze natural world and solve problems; 3.) argue from multiple perspectives about issues in natural science that have personal and global relevance; 4) use technology in laboratory and field situations to connect concepts and theories with real-world phenomenon.

Course Description
This course provides a relational understanding of interdisciplinary concepts in biology, anatomy, physiology and chemistry. Basic knowledge from these disciplines provides the architecture for building a solid conceptual
understanding of every facet of human nutrition. The first part of the course is dedicated to reviewing evidence-based standards that control the human nutrition system, classification of the foods and nutrients that are input, the major processing systems that transform food and nutrients into human life, and the internal and external environmental factors that affect every part of the human nutrition systems model. In this section, students will gain information literacy in nutrition-related disciplines by developing skills in literature collection and review. The second part of the course focuses on specific nutrient recommendations, structure, processing and functions, so that in the third section of the course, students are able to follow closely to theories of dietary modification to achieve goals-based effects, or provide solutions to problematic conditions. The third section will to greatly reinforce skills in nutrition-related literature collection and review. The last part of the course examines consumer interest food science topics discussed in context to local and global scenarios. Topics in this section provide students a more clear understanding of the environmental issues that affect the local and global food supply, such as the impact of research and food technology, food safety and regulation, food development and analysis and food marketing. The overall goal of this course is to foster an intellectually curious student who is capable of continual learning in the nutritional sciences.

**Course Design**

The course is divided into FOUR parts. Each part I-IV is a content window in Blackboard and contains:

1. **An exam** (will NOT see the exam in Black Board until date stated in the course schedule)
   All tests will be administered online via Blackboard. As previously written, the Respondus LockDown Browser must be downloaded and installed to take exams. There is a link to a practice quiz located directly under the link to Exam One that you can take to make sure that the browser is downloaded properly (**the practice quiz is not worth any points and only needs to be taken once**). The dates of these tests are noted in the Course Schedule and will be available for student access from 8:00 a.m. to 11:59 p.m. on the scheduled exam date. Once you access the exam you will have one hour to complete the exam and will not be able review answers or re-take the exam once the exam has been accessed. The LockDown Browser prohibits back-tracking, therefore exam responses are NOT subject to change once submitted. Each test will consist of 40 multiple-choice, true false and matching type questions worth 2.5 points each. All test questions will come from lectures, assigned textbook chapters and knowledge reinforcement activities. Any portion of the lectures or assigned readings may be covered on the tests. Please note that there are no make up exams, rescheduling of exam, extensions of time allotments, etc. No exceptions.

2. **Lectures**
   The lectures are designed to introduce basic nutrition-related knowledge and to foreshadow nutrition-related concepts that will be discussed in various contexts throughout the course. Each lecture folder contains the student learning outcomes, and the following materials:

   o **Lecture Notes**
     Lecture slides and notes pages will be posted here as Powerpoint files (2007 compatible). Open the PowerPoint file, click View, select Notes Pages and reduce screen size so that you can follow along in the Wimba Classroom Archive and take notes at the same time. This should provide the framework for well-organized and thorough lecture notes, however for most slides, more in depth information that WILL be used in course assessments will be provided.

   o **Wimba Archive Links**
     Previously recorded lecture archives will include audio, Power Point slides, animations, interactive tools, and application sharing of relevant web pages and tools, and videos. Archived sessions are viewable anytime during the part in progress.

   o **Knowledge Reinforcement Activity (only in Part II)**
     The knowledge reinforcement activities are designed to expand upon and reinforce knowledge through practice and application of nutrition knowledge and theories. Activities
are available anytime throughout the part in progress, but are no longer available after Part II Exam. Each knowledge reinforcement activity contains:

- Activity objectives, instructions and point value for each activity
- Attachments necessary to perform the activity such as articles, work sheets, or links to video clips or websites
- Links to quizzes, discussion board forums, or blogs to complete the activity and assessment

- **Knowledge Extension Activity**
  Knowledge extension activities involve topics that students have expressed interest in in the past, that are typically beyond the scope of the course learning outcomes, or too focused to cover in depth considering scheduling. These activities may be watched or read on student's own time to gain extended knowledge on a focused topic relevant to the course material. Information contained in the posted readings, videos or webcasts will not be used in course assessments.

The Written Project
The Mini Self-Study project satisfies the written requirement of an upper division GE course in the Natural Sciences, and is designed to meet the following student learning outcomes:
1. Able to address and solve problems related to nutritional matters of interest
2. Able to collect and analyze personal diet data
3. Evaluate performance compared to dietary standards for food and nutrient intake
4. Able to implement dietary strategies to elicit a certain effect/condition
To achieve this, students will perform an investigation on their own dietary intake. Practice includes measuring dietary intake using dietary assessment tools and determining dietary changes necessary. Written work will be submitted via Blackboard, and graded and cross referenced for similarities to other student papers in using Turnitin. More detailed instructions, grading rubric and student learning outcomes will be provided.

Assessment and Grading Criteria

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<thead>
<tr>
<th>Assessments</th>
<th>Points Possible</th>
<th>Student Learning Outcomes (see course scheudle)</th>
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<tbody>
<tr>
<td>Exam 1</td>
<td>100</td>
<td>4-23</td>
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<tr>
<td>Exam 2</td>
<td>100</td>
<td>24-28</td>
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<td>Exam 3</td>
<td>100</td>
<td>29-49</td>
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<tr>
<td>Exam 4</td>
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<td>54-69</td>
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<tr>
<td>Knowledge Reinforcement Activites</td>
<td>50</td>
<td>24-28</td>
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<tr>
<td>Self-Study (Written Projet)</td>
<td>50</td>
<td>50-53</td>
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<thead>
<tr>
<th>Points</th>
<th>Grade</th>
<th>TO DETERMINE COURSE GRADE:</th>
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<tbody>
<tr>
<td>465-500</td>
<td>A</td>
<td>1. Locate total points in My Grades (under tools)</td>
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<tr>
<td>450-464</td>
<td>A-</td>
<td>2. Look to see what grade corresponds to the point total accumulated (see left)</td>
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<tr>
<td>435-449</td>
<td>B+</td>
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<tr>
<td>415-434</td>
<td>B</td>
<td></td>
</tr>
<tr>
<td>400-414</td>
<td>B-</td>
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Students with Disabilities
If you have a documented disability and anticipate needing accommodations in this course, be certain that you work with the Disabled Student Services Office to secure appropriate documentation. Course accommodations will not be applied retroactively (e.g., after an examination). Email a copy of the documentation to instructor to have extra time added to the exam period.

Academic Integrity
Academic integrity is one of the fundamental principles of a university community. San Diego State University expects the highest standards of academic honesty from all students. Violations of academic integrity include the following: (1) unauthorized assistance on an examination, (2) falsification or invention of data, (3) unauthorized collaboration on an academic exercise, (4) plagiarism, (5) misappropriation of research materials, (6) unauthorized access of an instructor’s files or computer account, and (7) any other serious violation of academic integrity as established by the instructor.
If your academic integrity is not maintained on a test or assignment, you will automatically receive a grade of zero for that test or assignment and you will be reported to the Dean’s Office, in accordance with SDSU academic integrity policy. Penalties can be severe. More specific information is available in the SDSU Bulletin, both in print and on-line.

Plagiarism (General Catalog, page 449)
“Work shall be deemed plagiarism: (1) when prior work of another has been demonstrated as the accessible source; (2) when substantial or material parts of the source have been literally or evasively appropriated; and (3) when the work lacks sufficient or unequivocal citation so as to indicate or imply that the work was neither a copy nor an imitation. In short, if one purports to present an original piece but copies ideas word for word or by paraphrase, those ideas should be duly noted.” Be aware that the program used to submit the written project cross references like documents to identify similarities between student work.

Other General Policies (the No section)
- No extra credit
- No make-up work
- No pre-grading written project