

## IDEAL PROGRAM COURSE SYLLABUS

Dear Student,

Please read the following course syllabus carefully, especially the course dates, times and location. If you have any questions, please do not hesitate to communicate with the IDEAL office, your academic advisor, or the instructor.

The IDEAL degree-completion program is designed with the adult learner in mind. Adult learners approach learning with specific goals, want to be able to directly apply new learning to their work and personal lives, and tend to learn best when the coursework is problem-centered so that they are actively engaged in the learning process. In addition, adults bring rich and varied experience to the classroom, which becomes a valuable learning resource for other students.

**The IDEAL Program assumes joint responsibility in the learning process.** The activities and assignments in our classes build on the shared experience of all learners in each class. This is why each student's preparation, participation and interaction in class activities and discussions are critical to the success of each course. The accelerated format of each course requires a significant amount of time outside the classroom to prepare for and complete the course assignments. This varies between students and courses; however, students typically spend a minimum of ten-twelve hours per week on course material.

**To participate in the IDEAL Program, it is expected that you will do the following:**

1. Attend every class session. Be on time.
2. Obtain the required course materials prior to the first class session.
3. Complete the first assignment prior to the first class session and all subsequent assignments to the best of your ability.
4. Participate in the class discussions and demonstrate respect and consideration to the instructor and other students when they express themselves in discussion.

If you cannot perform these four expectations, **it is recommended that you drop the course.**

***Missing one class session will drop the final grade by one letter grade (for example if the student earned a grade of "B" in the course, the final grade would be a "C"). If a student misses two or more classes a grade of F will be entered as their final grade.***

### **Cheating and Plagiarism**

It is the student's responsibility to become familiar with and adhere to the standards set forth in the policies on cheating and plagiarism as defined in Chapters 2 and 5 of the Key to UB <http://www.bridgeport.edu/pages/2623.asp> or the appropriate graduate program handbook

### **E-mail correspondence**

It is imperative that you check your UB e-mail on a regular basis. All written correspondence, to include IDEAL and the University will be sent to you through his e-mail. **The University can no longer correspond to your personal e-mail account(s).**

### ***Ethics Statement of Confidentiality***

An integral component of an IDEAL course is student and faculty expression of personal experiences for the purpose of facilitating coursework. Students enrolled in the program are expected to honor confidentiality as it pertains to student disclosure. Shared information, comments, or opinions expressed by another student or the faculty member during the course of classroom discussion should never be used in a manner which is intended to humiliate, embarrass, harass, damage, or otherwise injure other students in their personal, public, or business lives. In addition, confidentiality must be upheld by not disclosing any information that would identify any particular individual.

### **STUDENT'S RESPONSIBILITIES:**

1. TO HAVE THE INTERNET ACCES
2. TO HAVE BRIDGEPORT USERNAME AND PASSWORD TO ACCES THE MAILS REGARDING THE COURSE.
3. TO CHECK E-MAILS REGULARLY FOR CLASS ASSIGNMENTS AND UPDATES.
4. TO DELIVER THE ASSIGNMENTS ON TIME, LATE ASSIGNMENTS WILL NOT BE ACCEPTED.
5. TO DO ASSIGNMENTS AHEAD OF DUE DATE SO THAT ANY ENCOUNTERED PROBLEMS COULD BE FIXED.
6. TO ASK FOR HELP AND CLARIFICATIONS.
7. AVOID BEHAVIORS THAT CAN DISTRACT OTHER STUDENTS IN THE CLASSROOM
8. TO PURCHASE THE TEXTBOOK AND BRING IT TO CLASS EACH WEEK.

### **The IDEAL Program**

#### **DNUTR 205 FUNDAMENTALS OF NUTRITION**

Fall 2013

Thursday

6:00pm - 9:00pm

Class dates: August 29; September 5, 12, 19, 26; Oct 3, 10 and 17.

Waterbury Campus

**Instructor:** Janice LaPlante, Ph.D.  
[jlaplant@bridgeport.edu](mailto:jlaplant@bridgeport.edu)

**Office hours:** by appointment. Phone calls will be available by appointment- and can be pre-arranged by email.

#### **Required Textbook:**

Whitney, E.N. & Rolfes, S.R., Understanding Nutrition, 13<sup>th</sup> edition, Wadsworth Publishing Company. 9781133587521

**Note:** Older editions (11<sup>th</sup> or 12<sup>th</sup>) are also acceptable.

**ISBN-13: 978-0495116691**

To order textbooks, go to the bookstore website at <http://bridgeport.textbooktech.com/>  
Select IDEAL Campus and login to the bookstore. Select the course and follow instructions

### **COURSE DESCRIPTION:**

This course is designed to help students gain knowledge of the basic elements of nutrition. The nutrients in carbohydrates, proteins, lipids, vitamins, minerals and water are emphasized. Exercise, weight control, eating disorders, cholesterol, diabetes, nutritional needs of different age groups, including pregnancy, and the importance of good nutrition for health are also discussed.

### **LEARNING OUTCOMES:**

Upon completion of this course, the student should be able to:

1. Understand the principles of nutrition, i.e. proteins, carbohydrates, fats, water, vitamins, and minerals.
2. Apply this knowledge with consideration to overall health.
3. Identify the constituents of a healthy diet. Understand how to read food labels and understand the influence of the Food Pyramid.
4. Gain a solid understanding of the importance of diet and exercise in relation to proper health.
5. Understand the difference between the Recommended Dietary Allowances (RDAs) and the Optimal Daily Allowances (ODAs).
6. Describe the nutritional implications of major diseases such as coronary heart disease, cancer, diabetes, osteoporosis, and AIDS.
7. Understand what is meant by optimal nutrition and learn about the latest findings on this subject.
8. Understand the differences in nutritional requirements during the various stages of human life.
9. Understand the nutritional implications of eating disorders.

## EVALUATION:

- 7 quizzes:** (given on Canvas during the week after each class, to fortify your knowledge of the material from each class before moving on to the next. Quizzes will be given after Class #1,2,3,4,5, 6 and 7). The lowest score will be dropped. each @ 10% of total grade. (6 x10=60%).
  - Homework and discussions** on Blackboard @ 30% of grade
- Class attendance/participation/behavior/professionalism** @ 10% of grade. Points will be deducted for arriving late, leaving early or without permission, disrespectful or unprofessional behavior such as gossip, backbiting, intimidation or otherwise generating a hostile atmosphere, failing to contribute on a regular basis to in class discussions, failing to bring textbook to class, etc.
- Extra credit:** Optional projects-details to follow, for up to 10 extra points.

**Reading must be completed before each class in order to provide the background needed for the lecture and discussion. Students must bring their book to the first class, and it is recommended that they bring it to every subsequent class because we will be using it for in class discussions. No excuses for not purchasing the book! You will also need to bring a calculator.**

### Letter Grading Scale:

% of Points Earned	Letter Grade	% of Points Earned	Letter Grade
100-94	A	76-74	C
93-90	A-	73-70	C-
89-87	B+	69-67	D+
86-84	B	66-64	D
83-80	B-	63-60	D-
79-77	C+	Below 60	F

**Canvas quizzes:** These will be mostly multiple choice or true/false questions, in an open book format. You can take the quiz at home any time throughout the week, as long as you have completed it before the next class. The lowest score of these will be dropped. It's an open book exam, and you are free to use your textbook, lecture slides or personal notes, but you **WILL NOT BE ALLOWED TO COLLABORATE** with anyone while taking the test. You will also find the MS Word version of the same exam. I recommend that you Open the MS Word version, print out a copy to use as a worksheet and to keep a copy of your answers, just in case something goes wrong in the submission process.

**Homework Assignments:** Most of the homework assignments will be a follow-up to our discussions during class, designed to tie the content of lesson to real life issues that are interesting and relevant to the student. Each week's discussion builds on the previous homework. Therefore, it is essential that you complete your worksheets **ON TIME**, and

that you bring a printed copy to class with you. Please Login to Canvas after class for a description of each week's assignment.

**Diet Plan:** This project will be built during the semester, during several of our class discussions. Therefore, it is essential that all projects be completed before the follow-up discussion. You will start by evaluating your current diet and identifying areas that could be improved. You will determine your personal calorie needs, based on your Basic Metabolic Rate and Body Mass Index (calculated from your height, weight, age and activity level). From there you will determine you optimal weight, and how many calories you need to consume per day to achieve that weight goal in a healthy manner. That is a personal decision, and can be varied, according to how quickly you want to achieve that goal. Next you will calculate how many grams of carbs, fats and proteins you should eat per day. The goal of this project is to learn how to design your personal diet plan, based on healthy choices that you will learn about throughout the semester.

**Syllabus updates:** The schedule below is subject to change. Because the textbook is rather broad, in many cases, the reading assignments will be narrowed to specific sections of the chapter. When a new version of the Syllabus is placed on the Canvas, the change will be noted on the Announcement Page, so check for the latest version before reading.

**Canvas Tutorial: Assignment to be completed during the week Before the first class:** We will be relying heavily on the course Canvas site throughout the semester. In order to become comfortable with the site you will need to practice navigating around it. There will be a mini-tutorial. If you have computer problems, call or email the UB Online Help desk for advice <https://myub.bridgeport.edu/portalhelp/Pages/default.aspx>

About one week before the first class, you should Go to the Canvas Announcement page for this course to find a welcome announcement that gives you a general overview of how the Canvas site is set up for this course. It will direct you to the tutorial.

**Note: MS Excel will be used at times during the course.** Please make sure that you have access to a computer with this program for occasional homework assignments, or plan to use the computers in the UB Computer Lab on the Waterbury Campus in the same building as our classroom. Excel is available in most public library or other campus computer labs. You will be taught how to use the program in class.

**NUTRITION 205 LECTURE SCHEDULE – Fall 2013**

**LaPlante**

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**DATE**

**TOPIC**

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**Session 1**  
**August 29th**

**Read Chapters 1 and 3 before class**

Ch 1 Introduction to Course Optimal Nutrition – What is it?  
Ch 3 Overview of the building blocks of nutrition  
and the body systems involved on digestion,  
absorption and circulation of nutrients

**Reading should be completed before each class in order to provide the background needed for the lecture and discussion. Students must bring their book to the first class. No excuses will be tolerated for not purchasing the book!**

**Discussion topics:** Relationship between risk factors and causes of death  
Digestive disorders

**Assignment:** After class Login to Canvas for **Quiz #1** and details for the following week's assignments.

**Session 2**  
**September 5th**

**Read Chapter 2 and pp. 456-464 Fitness before class**

Ch 2 Planning a Healthy Diet  
Ch 14 Fitness

**Discussion topics:** Diet Plan – Pt 1: Developing an awareness of what we eat. **Bring a calculator.**

**Assignment:** After class Login to Canvas for **Quiz #2** and details for the following week's assignments.

**Session 3**  
**September 12th**

**Read Chapter 4 and pp.620-625 before class**

Chapter 4 Carbohydrates  
Chapter 18 Diabetes

**Discussion topics: Diabetes/hypoglycemia**

**Assignment:** After class Login to Canvas for **Quiz #3** and details for the following week's assignments.

**Session 4**

**September 19th      Read Chapters 5, 7, and pp. 610-617 Cardiovascular Disease before class**

Ch 5 Triglycerides, phospholipids and sterols

Ch 6 Proteins

Chapter 18 Cardiovascular Disease

**Discussion topic:** Prevention of heart disease

**Assignment:** After class Login to Canvas for **Quiz #4** and details for the following week's assignments.

**Session 5**

**September 26th      Read Chapters 8 before class**

Ch 8 Energy balance and body composition

**Discussion topic:** Diet Plan – Pt 2 Calculate your personal daily calorie consumption and BMI

**Assignment:** After class Login to Canvas for **Quiz #5** and details for the following week's assignments.

**Session 6**

**October 3<sup>rd</sup>              Read Chapter 9 before class**

Ch 9 Weight Management

**Discussion Topics:** Diet Plan Part 3 – Calculate what you need for your personal weight management. **Bring a calculator.**

Also: Healthy weight management: eating disorders, psycho/social factors that interfere.

**Assignment:** After class Login to Canvas for **Quiz #6** and details for the following week's assignments.

**Session 7**  
**October 10<sup>th</sup>**

**Read Chapters 10-13 before class**

Ch 10 Water soluble vitamins

Ch 11 Fat soluble vitamins

Ch 12 Water and the major minerals

Ch 13 Trace Minerals – Calcium, Phosphorous, Magnesium, Potassium, Sodium, Chloride, Sulfur, Iron, Chromium, Fluoride, Zinc

**Discussion topic: Diet Plan – Part 4.** Convert calories into grams for your personal diet plan. **Bring a calculator.**

**Assignment:** After class Login to Blackboard for **Quiz #7** and details for Homework Assignment

**Session 8**  
**October 17th**

**Read Chapter 17 before class**

Ch 17 Life Cycle Nutrition: Adulthood and the Later Years

**Discussion topic: Design a healthy eating plan for life.** By the time you get to class, all calculations should have already been already completed on Parts 1-4. We will use this time to set up a tentative diet plan for you, personally, and make sure that you are on the right track for a lifetime of healthy eating. If there is something that you don't understand about the project, this will be your opportunity to get it cleared up. You should have a list of questions written down and ready to ask. By the time you leave class you should have a very clear sense of what needs to be done.

## **ACADEMIC POLICIES**

### **Attendance Policy**

Classroom attendance is an integral part of the academic experience; therefore, students are expected to attend all class sessions. If an absence is unavoidable, the student, prior to class, should advise the instructor. Arrangements should be made at that time for additional assignments if appropriate. It is also expected that students arrive on time and not leave until the class is dismissed. Tardiness will result in a reduced grade for the course. If you cannot attend every class session you should consider dropping the course.

### **IMPORTANT:**

- **Missing one class session will drop the final grade by one letter grade (for example if the student earned a grade of “B” in the course, the final grade would be a “C”).**
- **Missing two or more class sessions will be cause for a failing grade.**

### **Incomplete grade**

An incomplete may be given, at the discretion of the instructor, to those students who fail to complete assignments due the last day of your course. These would include absence from a final examination or inability to complete terminal assignments (papers, presentations) due to illness, employment conflicts, etc.

Incompletes will not be given to a student who fails to complete any assignment during the term. At the discretion of the instructor, these assignments could be completed no later than the last scheduled day of your class.

### **Drop Procedures**

To drop a course, you must complete and submit a Schedule Change Request Form. The form can be accessed at the following web page:

<http://www.bridgeport.edu/pages/2595.asp>

### **Starting Fall 2012**

- Add and/or Drop a course after the start date.....\$30.00 per transaction
- Drop prior to the start of classes.....100% Tuition Refund
- Drop prior to the second class session.....75% Tuition Refund
- Drop prior to the third class session.....50% Tuition Refund
- Drop after the third class session.....0% Tuition Refund

**\*\*Please note students will not be automatically dropped for missing the first class. Missing one class session will drop the final grade by one letter grade. If you have to miss the first class, or the first week of class for online classes, *you must contact your instructor in writing before or after the first class/first week*. However, a grade reduction will apply.**

Please print and complete the form and fax the form to the IDEAL Office: 203-576-4537. Prior to dropping a course, the student should contact their IDEAL Academic Advisor to understand the implications to financial aid and/or degree plan progress.

Please review the Academic Calendar to see the fees for a drop and the impact on tuition. The Academic Calendar can be found at: <http://www.bridgeport.edu/pages/2595.asp>

### **Cell Phones**

Cell phones must be turned off while in the classroom. A cell phone call is disruptive and disrespectful to the other students in the class.

### **Academic Dishonesty**

We are committed to intellectual integrity in our academic pursuits; therefore, the IDEAL program prohibits all forms of academic dishonesty. Academic dishonesty is normally defined as, but not limited to, the following two categories:

Cheating – Using inappropriate sources of information in an assignment or on a test. The following are examples of cheating taken from real student experiences:

Case #1: A student is enrolled in an introductory computer-programming course. He has co-workers who program in the same language as his final project. As the end of the

term approaches, he wonders how he will find the time to get the project finished, and asks one of his co-workers for help. His co-worker hands him a disk with a complete program similar to the kind required for the course project. The student makes minor modifications to the program, and submits it under his own name.

Case #2: A student enrolled in a religious studies course has never taken a humanities or history course, and is unsure about how to structure a research paper. She is doing research on the World Wide Web, and comes across a paper written by a student from another university. Using her computer mouse, she copies and pastes the document into her word processor. She goes to great lengths to re-word the paper in her own style, but essentially leaves the content and organization the same.

Plagiarism – Intentional as well as unintentional failure to acknowledge sources as well as the use of commercially available so-called “research papers” without full recognition of the source. Presenting as one’s own, the ideas, words, or products of another. The following are examples of plagiarism taken from real student experiences:

Case #3: A student is conducting research for a Civil War research paper. He has reviewed work on the Internet as well as in the library. Finding helpful information, he has summarized his findings without citing his sources. He believes that minor paraphrasing is all that is necessary.

Case #4: A student is writing a paper that requires her to address specific topics and problems in the assigned course textbook. She takes the information directly from the textbook with slight modification, without giving any citation. She thinks that since it is the course textbook, she doesn’t have to use quotations or citations.

Academic dishonesty applies to all courses, assignments or exams completed by students and submitted as their own original work, whether in person or by electronic means. The University does not tolerate cheating in any form. It is a serious breach of conduct with serious consequences. Instructors have the right to determine the appropriate penalty for academic dishonesty in their own classes; generally, however, such acts will result in a failing grade for the assignment and/or the course. The penalty for subsequent acts of academic dishonesty may include expulsion.

More information on how to recognize plagiarism can be found at this site:  
[http://www.indiana.edu/~istd/plagiarism\\_test.html](http://www.indiana.edu/~istd/plagiarism_test.html)

## **ACADEMIC RESOURCE CENTER**

The Academic Resource Center is available for IDEAL students seeking help in their studies. The Center is staffed by writing professionals and peer tutors. More information can be found at: <http://myub.bridgeport.edu/academics/academicrescenter/Pages/default.aspx> The Center is located in the Wahlstrom Library, Room 506. Hours of operation are Mondays –Thursday 9am – 6pm and Fridays 9am – 1pm. Make an appointment or walk-in: Telephone: 203-576-4290.

**Online Tutoring** is available at: [www.etutoring.org](http://www.etutoring.org). To use this free service you must have a UBNet account.

### **Obtaining a UBNet Account**

Every registered student should obtain a UBNet Account. The account allows you to access your grades, access library services, access online tutoring, access the computers in computer labs, and

provides an email account in which the University sends out information. Go to: <http://www.bridgeport.edu/ubnet> - Click on “New UBN Net Account” and follow the instructions.

The @bridgeport.edu email address is the official email the University uses to send information to you. You can have your Bridgeport.edu email forwarded to any other email account you use. Following the activation of your UBN Net account (takes 24 hours), login at: <http://www.bridgeport.edu/email> and click on “forwards” at the top of the page. Follow the directions to forward email messages to your other account.

### **Accessing Your Grades & Schedule Online**

The WebAdvisor online information system allows students to search for available classes, check grades, view semester class schedule and verify your personal profile. Grades are generally posted 2-3 weeks following the end of a course. Information on WebAdvisor is password protected and requires you to use your UBN Net username and password. To access WebAdvisor, go to: <http://www.bridgeport.edu/webadvisor>

1. Login in with your UBN Net username and password.
2. Click on “Student Menu.”
3. Click on “My Grades.”

If you are carrying a financial balance, access to WebAdvisor will be restricted.

### **Using the Library**

You can access the library through the library’s website: <http://www.bridgeport.edu/library>.

Research tools available:

- Search for books held at the library.
- Search the online databases for your academic field; business, counseling, human services, psychology, etc.
- Send questions to the Reference Librarian for assistance in research topics and searching strategy.

To access the online journals for research purposes, you will need a UBN Net account (see above).

### **Using Computers**

Open access computer labs are available at three campuses:

- Bridgeport – 1<sup>st</sup> floor of the Wahlstrom library. Check library hours of operation at: <http://www.bridgeport.edu/library>.
- Stamford – Room D; Check open hours at: <http://www.bridgeport.edu/stamford>
- Waterbury – Computer Lab; Check open hours at: <http://www.bridgeport.edu/waterbury>

### **Course Cancellations/ Weather Policy**

Any emergency necessitating the canceling of courses will be announced by the University through the Emergency Notification Telephone Line, (203) 576-4159. Please call this number for information on course cancellations. Also, information will be posted under “Latest News” on the UB home page, ([www.bridgeport.edu](http://www.bridgeport.edu)). Canceled classes will be made up either the week following the end of the course or in consultation between the instructor and the students as to day and time availability. Course cancellations are also announced on television and radio stations.

Please note each campus makes weather cancellations independently. You should always check with the specific campus staff. It is best to call the campus emergency phone.

Bridgeport – 203-576-4159

Waterbury - 203-573-8501  
 Stamford – 203-358-0700

**IMPORTANT CONTACT INFORMATION**

Office	Contact	Telephone	Email
Bridgeport Campus Security		(203) 576-4911	ubsecurity@bridgeport.edu
Bursar	Robinson Hernandez	(203) 576-4692	bursar@bridgeport.edu
Cashier	Lana Mistry	(203) 576-4682	cashier@bridgeport.edu
Financial Aid		(203) 576-4568	sfs@bridgeport.eud
Registrar		(203) 576-4642	registrar@bridgeport.edu
Emergency Notification Phone		(203) 576-4159	
Distance Education Office		(203) 576-4853	ubonline@bridgeport.edu
IDEAL Office		(203) 576-4800	idealinfo@bridgeport.edu

**CAMPUS CONTACT INFORMATION**

Campus	Address	Telephone	Email
Bridgeport	126 Park Avenue Bridgeport, CT 06604	(203) 576-4800	idealinfo@bridgeport.edu
Stamford	5 Riverbend Drive Stamford, CT 06750	(203) 358-0700	ubstamford@bridgeport.edu
Waterbury	84 Progress Lane Waterbury, CT 06705	(203) 573-8501	ubwaterbury@bridgeport.edu
Woodbridge	6 Lunar Drive Woodbridge, CT 06525	(203) 576-4800	<a href="mailto:idealinfo@bridgeport.edu">idealinfo@bridgeport.edu</a>
IDEAL Office		(203) 576-4800	idealinfo@bridgeport.edu

<b>Directions to IDEAL Campus locations</b>	<a href="http://www.bridgeport.edu/pages/2260.asp">http://www.bridgeport.edu/pages/2260.asp</a>
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**To fill out your financial aid report to the Federal Government, please go online to [www.fafsa.ed.gov](http://www.fafsa.ed.gov). The school code for the University of Bridgeport is 001416. Federal Student Aid Information: 1-800-433-3243.**