

## 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).**

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.

### **The IDEAL Program**

**Fundamentals of Nutrition**  
University of Bridgeport  
126 Park Avenue  
Bridgeport, Connecticut 06604



DNUTR 205: Mondays, Main Campus  
July 1 – August 19, 2013 6:00pm – 9:00pm

Instructor: Joyce Wall  
Office Hours: by appointment  
jwall@bridgeport.edu

**\*REQUIRED TEXTBOOK:**

Whitney, E.N. & Rolfes, S.R. (2013). Understanding Nutrition. 13<sup>th</sup> edition. Belmont, CA: Wadsworth Cengage Learning. ISBN 978-1-133-58752-1

*\*SPECIAL NOTE: All sections of this course follow the format for the required text material. Older editions of the text materials and/or books by other authors are not acceptable replacements. They are to be used as supplements only!*

**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 implication of eating disorders.

*Recommended resources will be announced periodically during the course semester. There may be in-class or computer-based handouts and assignments.*

***THE STUDENT IS RESPONSIBLE FOR OBTAINING CLASS INFORMATION AND RELATIVE MATERIALS IN CLASS, THROUGH CANVAS, AND/OR EMAIL.***

**EVALUATION:**

- 2 exams (up to 100 questions each) may include: multiple choice, matching, diagrams, fill-in-the blanks, true or false, short answers.
- Extra credit will be incorporated into exams as bonus questions.
- The final exam will be given during the last session and will not be cumulative.
- 6 quizzes in total; each to be administered at the end of six different class sessions.
- One creative project.
- Participation-includes attendance, level of engagement in class discussions, and a display of knowledge of the topic material.

Any assignments and/or participation assessments will be credited at the instructor’s discretion.

**NOTE: Students are not permitted to leave the classroom during exams and quizzes until the exam is turned in for grading.**

The final course grade will be determined as follows:

2 exams	25% each	2 x 0.25	50%
Project	25%	1 x .25	25%
5 out of 6 quizzes	15% total	5 x .03	15%
Participation	10%	1 x .10	10%
<b>Total Average</b>			<b>100%</b>

<b>GRADES</b>	<b>GRADES</b>
<b>93-100</b>	<b>A</b>
<b>90-92</b>	<b>A-</b>
<b>87-89</b>	<b>B+</b>
<b>83-86</b>	<b>B</b>
<b>80-82</b>	<b>B-</b>
<b>77-79</b>	<b>C+</b>
<b>73-76</b>	<b>C</b>
<b>70-72</b>	<b>C-</b>
<b>67-69</b>	<b>D+</b>
<b>63-66</b>	<b>D</b>
<b>60-62</b>	<b>D-</b>
<b>&lt;59</b>	<b>F</b>

***SPECIAL NOTE: ABSOLUTELY NO NUMERICAL OR LETTER GRADE CREDIT IS GIVEN FOR EFFORT PUT INTO STUDYING THE MATERIAL. GRADES ARE BASED SOLELY ON EXAMS, QUIZZES, AND THE PROJECT. IF YOU FALL ON A CUSP GRADE, IT IS NOT AUTOMATICALLY ROUNDED TO THE NEXT HIGHER GRADE. GRADES ARE CALCULATED ACCURATELY AND PRECISELY USING THE APPROPRIATE NUMBER OF SIGNIFICANT DIGITS TO AVOID ROUNDING ERRORS. THERE WILL BE NO ROUNDING OF GRADES BEYOND THE CALCULATED METHODS. ALL AVERAGED AND FINAL GRADES ARE ACCURATE!!!!!!!***

## **TEACHING METHODS**

- PowerPoint and online resources are used in the presentation of topic material.
- Case scenarios and role playing may be used in class discussions.

## **CLASSROOM AND LABORATORY PROCEDURES**

- At each class session, you will be required to sign an attendance sheet with your original signature, your time of arrival, and time of early departure (if applicable).
- Avoid socializing/talking while class is in session to avoid distractions.
- Children are not permitted in class or lab.
- Bring your text books to **every** class. All attempts should be made to use the book as a reference for looking up information relative to the subject matter.
- The chapter outlines serve as a guide for the lecture material and notes should be incorporated into them.
- Answers for quizzes will be announced immediately after all quizzes are handed in within the same session.
- You are expected to read/review the chapters prior to coming to class and to take an active part in class discussion. Be advised that all the material covered in your reading assignments may not be reviewed in class. Similarly, all the material presented during lecture may not be contained in your text. You are responsible for learning all topics (to include terminology, and key concepts) that are presented in the outlines and although some material may not be covered during the class lecture, you are still responsible for the information for exam purposes.
- Reviews will be held before exams as time permits. See the instructor on an individual basis for post exam reviews. Group study sessions are encouraged.

## **CANVAS**

- Canvas is used as an electronic means to communicate with the class and to post class and lab material.
- Be certain to check your email/ Canvas before coming to class for announcements and other pertinent material to obtain any necessary information that may be forwarded by the instructor.
- The student is responsible for printing out any material from Canvas and/or through email that will be used in class.
- Grades are posted on Canvas to help the student keep a running average throughout the semester. Use the weighted percent averages in the syllabus to calculate all grade averages.

**LECTURE SCHEDULE**

*Special Note: Exam/topic/date correlation may vary.*

DATE	TOPIC	SOURCE
7/1 M	<b>Introduction: Understanding Food Labels</b> An Overview of Nutrition	Chapter 1
<b>Session 1</b>	Planning a Healthy Diet	Chapter 2
	<i>Quiz 1</i>	
7/8 M	<b>Classes of Nutrients</b> The Carbohydrates: Sugars, Starches, and Fibers	Chapter 4
	The Lipids: Triglycerides, Phospholipids, and Sterols	Chapter 5
	Protein: Amino Acids	Chapter 6
<b>Session 2</b>	<i>Quiz 2</i>	
7/15 M	<b>Classes of Nutrients</b> The Water-Soluble Vitamins: B Vitamins and Vitamin C	Chapter 10
	The Fat-Soluble Vitamins: A, D, E, and K	Chapter 11
<b>Session 3</b>	<i>Quiz 3</i>	
7/22 M	<b>Classes of Nutrients</b> Water and the Major Minerals	Chapter 12
	The Trace Minerals	Chapter 13
<b>Session 4</b>	<b>Exam 1</b>	Ch: 1, 2, 4, 5, 6, 10, 11
7/29 M	<b>Life Cycle and Nutrition</b> Life Cycle Nutrition: Pregnancy and Lactation	Chapter 15
	Life Cycle Nutrition: Infancy, Childhood, and Adolescence	Chapter 16
	Life Cycle Nutrition: Adulthood and the Later Years	Chapter 17
<b>Session 5</b>	<i>Quiz 4</i>	
8/5 M	<b>Eating Disorders</b> Energy Balance and Body Composition	Chapter 8
	Weight Management: Overweight, Obesity, and Underweight	Chapter 9
<b>Session 6</b>	<i>Quiz 5</i>	
8/12 M	<b>Fitness &amp; Health</b> Fitness: Physical Activity, Nutrients, and Body Adaptations	Chapter 14
	Diet and Health	Chapter 18
<b>Session 7</b>	<b>Project Due</b>	
	<i>Quiz 6</i>	
8/19 M	<b>Topics of Interest</b>	Chapter Selection
<b>Session 8</b>	<b>Exam 2</b>	Ch: 8, 9, 12, 13, 14, 15, 16, 17, 18

### **MAKE-UP POLICY:**

One date will be assigned toward or at the end of the semester for make-up of Exam #1 ONLY. **THERE ARE ABSOLUTELY NO MAKEUPS FOR MISSED QUIZZES AND/OR THE FINAL EXAM.** A quiz cannot be made up after the rest of the class has taken it (recall that the lowest quiz grade is dropped). The instructor will extend a makeup of missed lecture Exam #1 only if there is sufficient justification, which usually requires official documentation (i.e. medical). Keep in mind that the makeup exam is considerably more difficult in intensity than the regular exam.

### **FOOD:**

Food and drink are permissible in class only if the student maintains a clean working environment.

### **DUE DATES:**

Assignments **will not be accepted beyond the due date.** The instructor must be notified **before the fact** should a problem arise. **Only original** assignments may be submitted for grading, **copies will not be accepted.** Documentation will be required to substantiate any claims for submission that are contrary to the due date.

### **ELECTRONIC DEVICES:**

Laptops, cellular phones, wireless ear pieces, beepers, watch alarms and any other type of audio devices are allowed in class **ONLY IF THEY ARE TURNED OFF! UNDER NO CIRCUMSTANCES are telephones to be ringing, answered, or used to make calls or text messages in the classroom regardless if the class is in session or not.** A cell phone call is disruptive and disrespectful to the other students in the class. **ALL CALLS OUTSIDE OF THE CLASSROOM!** Students who choose to ignore this request will be asked to leave the room. Abuse of this policy or any disruptive behavior that interferes with the learning process in the classroom is subject to disciplinary action.

### **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/include/pdf/AddDropForm.pdf>.

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>

### **CLASS WITHDRAWAL:**

To drop a course, you must complete and submit a Schedule Change Request Form, which can be accessed at the following web page: <http://www.bridgeport.edu/include/pdf/AddDropForm.pdf>. Print and complete the form and FAX it 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. Review the Academic Calendar (<http://www.bridgeport.edu/pages/2595.asp/>) for drop fees and the effect it has on tuition.

### **CLASS CANCELLATION PROCEDURE:**

If the instructor is late, the class is expected to wait 15 minutes before leaving. If the class is cancelled, a message will be left on the classroom door. In the event of a school cancellation (listen to the local radio stations) any planned activities (exams, assignments) will occur on the next scheduled class date.

### **ACADEMIC DISHONESTY**

It is expected that the students uphold the integrity of the college by respecting the standards of the honor system. Any student involved in academic dishonesty (cheating, plagiarism, etc.) will receive a failing grade and/or dismissal from the class. Refer to the school policy manual.

## **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 UBNet 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 UBNet 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 UBNet username and password. To access WebAdvisor, go to: <http://www.bridgeport.edu/webadvisor>

1. Login in with your UBNet 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 UBNet 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.edu
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

Directions to IDEAL Campus locations	<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