



COURSE SYLLABUS

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 Program 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 the courses 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 your time outside the course to prepare for and complete the course assignments. This varies between students and courses; however, students typically spend nine-twelve hours per week on course material.

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

1. Participate in and complete the online orientation prior to your first online course.
2. Obtain the required course materials prior to the course start date.
3. Login and participate in your course a minimum of three times per week.
4. Complete all assignments to the best of your ability.
5. Participate in the class discussions and demonstrate respect and consideration to the instructor and other students when they express themselves in discussion.
6. If you have any technical difficulties, you must contact the Office of Distance Education immediately at ubonline@bridgeport.edu.

If you cannot perform these six expectations, it is recommended that you drop the course. We look forward to your academic success in each course and the ultimate completion of your degree.

Course No. & Title: NUTR 205 ID8W2 , Fundamentals of Nutrition
Semester and Term: Spring 2014
Day and Dates: Mondays, March 10 – April 28, 2014
Time: 6pm – 9pm
Campus Location: Bridgeport

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.

Prerequisite Courses: None
Course Code: HS, DM-HPR

Instructor & contact information:

Instructor Contact Information:

Instructors name: Padma Damera

contact Info: pdamera@bridgeport.edu.

Subjects lines which can be used: HW/QUESTIONS etc.

Required Textbook:

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

Note: Older editions (11th or 12th) are also acceptable.

ISBN-13: 978-0495116691

Learning Outcomes:

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

- Understand the principles of nutrition, i.e. proteins, carbohydrates, fats, vitamins, and minerals.
- Apply this knowledge with consideration to overall health.
- Identify the constituents of a healthy diet. Understand how to read food labels and understand the influence of the Food Pyramid.
- Gain a solid understanding of the importance of diet and exercise in relation to proper health.

- Understand the difference between the Recommended Dietary Allowances (RDAs) and the Optimal Daily Allowances (ODAs).
- Describe the nutritional implications of major diseases such as coronary heart disease, cancer, diabetes, osteoporosis, and AIDS.
- Understand what is meant by optimal nutrition and learn about the latest findings on this subject.
- Understand the differences in nutritional requirements during the various stages of human life.
- Understand the nutritional implications of eating disorders.

NOTE: No letter grades will be assigned during the semester but a final letter grade will given based on the total number of points earned for the semester based on the percentages defined by the IDEAL department.

First Assignment Prior to the First Class Session.

A. please read chapter 1 and type up a half page of summary for the 1st class this assignment is worth 10 points.

B. please choose a topic of your interest related to this class and have it ready for the first class to submit the topic to me 10 points

(Topics can be chosen from the text book, health conditions like diabetes or environmental issues).

Please e-mail me with any questions at pdamera@bridgeport.edu.

A final research paper based on this topic will be due at the last day of the class which should be 5-7 pages long with proper citations. Plagiarism is not allowed. So, please refer to the definitions of plagiarism in the syllabus defined by the IDEAL department. The final paper is worth 50 points, and these points will be added to your points from other assignments for the final letter grade.

Assignments & Grading Criteria.

A. Each week a take home quiz consisting of short answer questions will be given based on the chapter/topic that we will be covering for that week, which will be worth 10 points each, points are assigned based on clarity, precision and accuracy. Students are also expected to research a little on their own to answer the questions. No letter grade will be assigned for the take home quizzes but the total number of points accumulated over the whole semester will be added to the rest of points accumulated through other assignments finally to generate a FINAL grade. Please look the table below how number of points are transferred as letter grade.

B. Apart from the take home exam each week a discussion topic will be posted on CANVAS, to which students are expected to participate ACTIVELY for complete points of 10 each. To get a complete grade students are expected to participate at-least once upto the due date. ACTIVELY doesn't mean 1 or 2 comments at the end of the week but rather an active participation during the whole week with some interesting things to say about the subject. Please do not include comments like yes, I agree/No, I disagree. This is not defined as active participation. NO letter grade will be assigned to the discussions but rather 10 points are assigned to the postings and these points are added to the final points of all assignments of the whole semester to come to a final grade. Please check the table below for grading. The total number of points for the whole semester will be out of 300 points.

% of Points Earned	Actual total points	Letter Grade
100-94	300-282	A
93-90	279-270	A-
89-87	267-261	B+
86-84	258-252	B
83-80	249-240	B-
79-77	237-231	C+

% of Points Earned	Actual total points	Letter Grade
76-74	228-222	C
73-70	219-210	C-
69-67	207-201	D+
66-64	198-192	D
63-60	189-180	D-
< 60	180	F

Mid-term and Final.

1. A midterm exam will be posted on canvas in QUIZZES SECTION, after 4 weeks based on the chapters covered which will be a timed quiz which will include mostly short answer questions which will be worth 5 points each for a total of 50 points . . No letter grade will be assigned to the midterm but total number of points from midterm are added to the total number of points from the other assignments for a final letter grade. Since the midterm is posted on CANVAS and is timed, it is students responsibility to check the validity of the system that they are going to use and the best time to take it without interruption. Students are expected to finish the Quizzes in about 50 minutes, the quizzes should not take more than 50 minutes.
2. A final exam will be given in class similar to the midterm and which is for 50 points are added to the rest of the points from other assignments for a final letter grade. The final will cover the rest of the chapters after midterm. Research papers are due on the last day of the class.

Course Calendar. Since we will not be able to finish the text book in 8 weeks the order of the chapters will be covered in order of most relevant.

Chapter 1 will be covered first before moving on to the next chapters.

Chapters are covered with most emphasis on the most interesting topics, based on our class dynamics, emphasis will be placed on the topics that are related to our daily life and our practical health and environmental problems etc.

Week 1- brief summary of the first chapter for the first class, Topic for research paper, for the first class take home given on the first day, discussions on CANVAS worth 40 points altogether.

Week 2- take home and discussions on CANVAS topic. = 20 points

week 3 – take home and discussions on CANVAS TOPIC = 20 points

week 4 – take home and discussion on CANVAS topic. = 20 points

week 5- discussions on CANVAS topic and MID-TERM = 60 points.

Week 6 – take home and discussions on CANVAS topic = 20 points.

Week 7 – take home and discussions on CANVAS topic = 20 points

week 8 – research paper due and in class Final = 100 points.

For a total of 300 points the final letter grade will be assigned based on the table above defined by the IDEAL department. The total number of points are translated to the percentages defined by IDEAL.

NOTE: It is students responsibility to check the validity of their e-mails, regularly check the e-mails and CANVAS for postings and ask for help if needed instead of waiting until the last minute. Take exams on time and hand in the assignments on time.

ACADEMIC POLICIES

Attendance Policy

Course attendance via online participation is an integral part of the online academic experience; therefore, students are expected to be participative in all course activities and discussions. If an absence is unavoidable, the student should communicate with the instructor. Arrangements should be made at that time for submission of any missed assignments.

IMPORTANT:

- An absence (lack of participation) in any week of the course, will drop the final grade by one letter grade (for example if a student earns a grade of “B” in the course, the final grade would be a “C”).

- An absence of two or more weeks will be cause for a failing grade.

Drop Procedures

To drop a course, you must complete and submit a Schedule Change Request Form. The form can be accessed at the IDEAL Course Schedule webpage:

<http://www.bridgeport.edu/academics/continuinged/ideal-academic-degree-programs-and-certificates/ideal-course-schedule/>.

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 drop fees and tuition refunds at the Academic Calendar; accessed at the IDEAL Course Schedule webpage (same link above).

Cell Phones

Cell phones must be turned off (or placed on “vibrate”) while in the classroom. A cell phone call is disruptive and disrespectful to the other students in the class.

Academic Dishonesty

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 psychology course. He has co-workers who have taken the same course. As the end of the course approaches, he wonders how he will find the time to get the research paper finished, and asks one of his co-workers for help. His co-worker hands him a research paper that he submitted in a similar course. The student makes minor modifications to the paper, and submits it under his own name.

Case #2: A student enrolled in a humanities course is unsure about how to structure an essay. She is doing research on the World Wide Web, and comes across an essay written by a student from another university. Using her computer mouse, she copies and pastes the essay 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. 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 courses; 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

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.

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://www.bridgeport.edu/pages/2209.asp> The Center is located on the 5th Floor of the Wahlstrom

Library. Make an appointment or walk-in. Telephone: 203-576-4290. **Online Tutoring** is available at: www.etutoring.org. To use this free service you must have a UBNNet account.

Obtaining a UBNNet Account

Every registered student should obtain a UBNNet Account. The account allows you to access MyUB; the portal for grades, library services, Canvas online learning system. Also, the account allows you access to computers in the Library and computer labs, and provides an email account in which the University sends out information. Go to: <http://www.bridgeport.edu/ubnet> – Click on “New UBNNet 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 private email account you use. Following the activation of your UBNNet 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.

Learning Management System (LMS) – Canvas

For all courses that use Canvas, you can access Canvas through the portal by using the myUB link. Faculty post class documents on Canvas e.g. syllabus, power points, discussion questions, case studies, current event articles, papers, reports etc. (save some trees). All students have access, and can download and copy the documents.

Canvas Tutorial For Students: <https://bridgeport.instructure.com/courses/985903>

For assistance contact the UB Help Desk at 203-576-4606 or email helpdesk@bridgeport.edu
<https://bridgeport.instructure.com/courses/829447/>

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. To access WebAdvisor, login in to MyUB and follow the WebAdvisor menu on the right. If you are carrying a financial balance, access to WebAdvisor will be restricted.

Using the Library

Access to the Digital Library is through MyUB. On the MyUB home, in the central column, click on “myEureka Digital 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.

Using Computers

Open access computer labs are available at three locations:

- Bridgeport – 1st 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

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). 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.

IMPORTANT CONTACT INFORMATION

Office	Telephone	Email
Bridgeport Campus Security	(203) 576-4911	ubsecurity@bridgeport.edu
Bursar	(203) 576-4692	bursar@bridgeport.edu
Cashier	(203) 576-4682	cashier@bridgeport.edu
Financial Aid	(203) 576-4568	sfs@bridgeport.edu
Registrar	(203) 576-4635	registrar@bridgeport.edu
Emergency Notification Phone	(203) 576-4159	
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

Directions to IDEAL Campus locations	http://www.bridgeport.edu/pages/2260.asp
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To fill out your financial aid report to the Federal Government, please go online to www.fafsa.ed.gov.

The school code for the University of Bridgeport is 001416.

Federal Student Aid Information: 1-800-433-3243