



Course Syllabus
SEMESTER
School of Business Hospitality Management and Public Safety

Course Name:	Basic Nutrition
Course & Section Number:	FNH 121- XXX
Meeting Day(s) & Time(s):	Online
Credits:	2
Contact Hours:	2 Lecture
Location:	
Instructor's Name:	
Office Hours & Location:	
OCC Phone:	
OCC Email: *	
Additional Contact Information:	

Catalog Description:

Basic Nutrition explores the relationship between food choices, meal planning and prevention of diet related chronic diseases for personal health. Topics covered include the science behind nutrition, physiology and digestion, function and sources of nutrients, meal planning, nutrient requirements across the life span and how to evaluate nutrition information scientifically. Students will evaluate a personal diet and fitness record using a computer database.

Prerequisite/Corequisites:

None

Course Materials:

Required: This course will use *Wardlaw's Contemporary Nutrition: A Functional Approach, 7th edition (2024)* along with *Connect Learn Smart* homework modules and *NutriCalc* software for nutritional analysis. An eBook with an access code for *Connect Learn Smart* and *NutriCalc* is provided for you as part of your course fees. It is not necessary to purchase a book (or access code) prior to class start.

Optional Loose-leaf Book: You can purchase a loose-leaf book from the online Owens Bookstore if you prefer to have a paper copy. ISBN 978-1-266-78306-7.

Inclusive Access (I.A.) Materials are included in the cost of the course to save students money through lower negotiated rates with publishers. Courses containing I.A. materials will have it noted on the online class schedule. If your course includes I.A. digital materials, you will receive an email with subject line, “Your inclusive Access Materials,” and it will include any codes or digital links.

The email will come to your Owens Community College email from the Owens e-Campus Bookstore on the first day of class, if not before. Be sure to check your spam (junk email) if you do not find it in your inbox. If the email is not in your inbox or spam folder, contact your instructor immediately. You may also see a folder at the top of your course labelled “Course Materials by eCampus.” This folder will contain any needed codes or links to needed materials.

If the I.A. materials also include a printed book or are in print form, the item will be shipped to your address of record automatically based on your enrollment in the course. Please note that some courses do not include printed materials in I.A. and those materials would need to be purchased separately using the link on the course schedule. When you access the Find Books link you will see which items in a course are included in I.A.

What You Will Learn in the Course

Course Objectives:

Outcome	Where Assessed
1. Examine the fundamentals of nutrition and metabolism.	Smart Books, Exams
2. Identify nutrients required for human health, their principal food sources and their main functions in the body across the lifespan.	Smart Books, Exams
3. Illustrate the influence of socioeconomic, cultural and psychological factors on food and nutritional behavior.	Discussion Boards, Exams
4. Explore how nutrition requirements are converted to dietary recommendations and how the concepts of balance, variety and moderation apply to dietary intake.	Smart Books, Diet Analysis
5. Provide an overview of basic weight control, sports nutrition and eating disorders.	Smart Books, Exams
6. Establish the ability to critically evaluate food labels, health claims, “fad” diets and dietary information for the public.	Discussion Boards, Diet Analysis
7. Examine the relationship of nutrition and chronic diseases.	Smart Books, Exams

Student Learning Outcomes:

Outcome	Where Assessed
1. Identify basic physiology, dietary requirements and major food sources of carbohydrates, proteins, fats, vitamins and minerals.	Smart Books, Exams
2. Evaluate diet patterns and health risks associated with inadequate/excessive nutrient intake.	Diet Analysis
3. Discuss the influence of socioeconomic, cultural & psychological factors on food intake and eating behavior.	Discussion Boards, Exams
4. Explain how food intake has a significant relationship to health and the role of diet in health promotion and prevention of chronic diseases.	Smart Books, Exams
5. Describe current trends in sports nutrition, weight control and eating disorders.	Discussion Boards
6. Interpret food labels, health claims and dietary information for the public.	Smart Books
7. Identify nutrient needs for various stages of the life cycle.	Smart Books, Exams

Program Outcomes:

The following program outcomes are assessed in this course

Outcome	Where Assessed
1. Evaluate menus based on nutrition standards and industry requirements.	Discussion Boards, Diet Analysis

Institutional General Education Competencies:

As a student at Owens Community College, you will take General Education courses as part of your degree program. While specific to the General Education courses, will be reinforced in many of your degree program major courses and may be measured in your capstone course(s) and others as identified.

Competency	Where Assessed
1. Communicate effectively.	Discussion Boards, Diet Analysis
2. Act with professional responsibility.	Discussion Boards, Exams
3. Demonstrate sensitivity to others' beliefs and values.	Discussion Boards
4. Think analytically, critically, and creatively.	Discussion Boards, Diet Analysis

Academic Support

Disability Services Resource Center: If you have a disability or acquire one, you may be entitled to receive reasonable accommodations intended to assure you an equal opportunity to participate in and benefit from the program. To receive more information or to register for

accommodations, please contact the Disability Resource Center at 567-661-7007, email disability@owens.edu, visit <https://www.owens.edu/disability/>, or stop by College Hall 116.

Tutoring Services: Owens Community College offers academic tutoring and assistance in a variety of subjects including: accounting, computing, economics, mathematics, science, and writing. For more information go to: <https://www.owens.edu/successcenters/>.

Counseling Services: Counseling Services provides assistance to students experiencing personal, educational, interpersonal/relationship, family, social, or psychological difficulties. If you feel you may benefit from this service, please contact them at counselingservices@owens.edu. More information is at <https://www.owens.edu/counseling/>.

Campus and Community Connections: The Center for Campus and Community Connections (College Hall 151) is a walk-in office created to provide retention support through resource stability initiatives and community connections. Go here for more information: <https://www.owens.edu/connection/> or contact connections@owens.edu

Owens Library: The Owens Library offers two locations (Toledo and Findlay) as well as online resources. For more information visit <https://www.owens.edu/library/>.

****Students can find more information on campus resources and student support at this [link](#).*****

General Information

Student Code of Conduct: All students are expected to follow Owens Community College's [Student Code of Conduct](#), which includes academic honesty, encompassing plagiarism. See the [Board Policy](#) for more information.

Anti-Discrimination and Harassment & Title IX/Sexual Misconduct: All students, faculty, and staff are expected to follow Owens Community College's [Anti-Discrimination and Harassment Policy](#) and the College's [Title IX Policy](#)/Sexual Misconduct Procedures and Guidelines. The College strictly prohibits and will not tolerate harassment, discrimination, intimidation, or hostile/offensive working or learning environments.

Religious Accommodations: A student seeking an accommodation for an absence permitted under Ohio's Testing Your Faith Act must provide the instructor with a written email notice with the specific dates for an absence, and must do so not later than fourteen (14) days after the first day of instruction. Alternative accommodations are not retroactive, and no academic penalty will be imposed for an absence under the policy*. The request for an alternative accommodation will be kept confidential. Students with questions about a religious accommodation under Ohio's Testing your Faith Act may contact the College's Office of Academic Affairs: provost@owens.edu. The policy may be found on the Owens website: [3358:11-2-63 Accommodation](#) for a Student Absence for the Observance of Religious Beliefs and Practices Policy

Document Collection: Throughout the semester, your instructors may ask for a variety of assignments including tests and/or quizzes for student learning of institutional general education competencies or program assessment. Please save all your class materials until the end of the semester.

Classroom Admittance: OCC classes shall only be attended by the officially registered OCC students or perspective students, instructor of record, guest lecturer, or substitute. Visitors are not permitted to be in the classroom and should not be invited to attend or participate in the class. See

Use of AI Tools: This course permits you to use artificial intelligence (AI) tools, such as chatbots, text generators, paraphrasers, summarizers, or solvers, to get guidance on assignments, as long as you do so in an ethical and responsible manner. Essentially, you can think of these tools as ways to help you learn but not to entirely create work for assignments like discussion board posts, essays, presentation slides, and so on. AI is more like your tutor or TA, not a replacement for your independent thinking.

This means that you must:

- Not use AI tools to replace your own thinking or analysis or to avoid engaging with the course content.
- Cite or explain any AI tools you use. Provide the name of the AI tool, the date of access, the URL of the interface, and the specific prompt or query you used to generate the output.

APA Example:

OpenAI. (2024). *ChatGPT* (Mar 14 version) [Large language model]. <https://chat.openai.com/chat>

- Be transparent and honest about how you used the AI tool and how it contributed to your assignment. Explain what you learned from the AI tool, how you verified its accuracy and reliability, how you integrated its output with your own work, and how you acknowledged its limitations and biases.

You are accountable for any mistakes or errors made by the AI tool. Always check and edit the output before submitting your work. If you discover any inaccuracies or inconsistencies in the output after submission, notify the instructor immediately and correct them as soon as possible. Using AI tools in an unethical or irresponsible manner, such as copying or paraphrasing the output without citation or transparency, using the output as your own work without verification or integration, or using the output to misrepresent your knowledge or skills, is considered a form of academic dishonesty and will result in a zero grade for the assignment and possible disciplinary action. If you have any questions about what constitutes ethical and responsible use of AI tools, please consult with the instructor **before** submitting your work.

Student Responsibilities & Instructor Expectations

Instructor Expectations:

- **Discussion Boards:** Your initial discussion board post is due by Wednesday at 11:59 pm of the week it is due. Your response post to one of your classmates is due by Sunday at 11:59 pm of the week it is due. Each post must be a minimum of 5 sentences. You must use proper grammar and reference any material researched to receive full credit.
- **Tests/Quizzes:** These are NOT comprehensive, they include material from the chapters noted in syllabus.
 - The tests will consist of fifty (50) two-point multiple choice type questions, and you will be allowed one hour (60 minutes) to complete the test. The tests will shut down once the allotted time has been reached.
 - The quizzes consist of twenty-five (25) two-point multiple choice type questions, and you will be allowed 35 minutes to complete the quizzes. The quizzes will shut down once the allotted time has been reached.
 - All test questions will be presented one at a time. The time allotment described above does not allow sufficient time to look up every answer in your text. You will need to prepare for these exams! Please keep this in mind as you proceed through this course.
 - *Quizzes/Exams will be available in Blackboard during the posted week beginning on Monday at 8:00 am through Sunday 11:59 p.m.* Make sure you have a secure internet

connection before beginning the quiz/exam. Technical difficulties do happen, so it is strongly recommended that you take the tests earlier in the testing period as **NO test will be accepted after this time has lapsed.**

- **Smart Books:** Completing the weekly Smart Book Modules is mandatory and accounts for a large portion of your course grade. Smart Books consist of practice test questions with the goal of helping you to understand the chapter material. You should set aside 60-90 minutes per week to complete each assignment. They must be completed by the Sunday evening deadline of 11:59 PM EST the week they are due. Smart Books are accessed via McGraw Hill Connect, through your online textbook.
- **How to Access Connect via Blackboard:**
 1. Log into Blackboard from the Owens website
 2. Locate and click on the name of the course, FNH 121, Basic Nutrition
 3. Under the “Week 1” tab, click on a Connect Assignment (Smart Book 1)
 4. Enter your email address (must be your student.owens.edu email) and submit
 5. Enter all required information; then, click continue (if you already have an account, click “forget password”, if needed)
 6. Click confirm and “Go To Connect”
 7. Registration and pairing have been completed. Work in Connect or click to *Go Back To Blackboard*.
 8. You should not be paying for this access, you do not need a code for this access, and it should not be a 2 week free trial. You have inclusive access to Connect when using your Owens email.

Classroom Environment:

- I am here to help you succeed! You are welcome to email me concerns or email me to set-up an appointment if you need help. Do not wait until it is too late. I don’t know you are having problems if you don’t communicate with me.
- When emailing you must use your Owens email account. Please add your section number to the email. Do not use the messaging system on Blackboard, as I do not get notified of these messages.
- When corresponding via email, please remember to use proper email etiquette and professional language.
- Announcements will be posted frequently on Blackboard. Please check announcements and your Owens email account regularly to access course related announcements.
- Once final grades are submitted there will be no work accepted. **Please check your gradebook frequently and let me know if something doesn’t look right ASAP.**

How Grades are Determined and Major Assignments

Evaluation Measure	Student Learning Outcomes Assessed	Value
Smart Book Assignments (14 x 25 points each)	1,2,6,7	350 points
Exams (2 x 100 points each)	1,3,4,7	200 points
Quizzes (2 x 50 points each)	1,3,4,7	100 points
Syllabus Quiz		10 points
Discussion Boards (4 x 20 points each)	3,5	80 points
Diet Analysis	2	150 points
Total		890 points

Grade	Percentage	Points
A	92 – 100 %	819-890
B	83 – 91 %	739-818
C	74 – 82%	659-738
D	65 – 73%	579-658
F	0 – 64 %	0-578

All students enrolled in the Culinary Arts Program or Hospitality Management Program and certificates must earn a “C” grade or better in each Food, Nutrition and Hospitality (FNH) course and maintain a 2.0 grade point average (GPA). Students that earn a grade of “D or F” must repeat the course and meet with their Academic Advisor for academic remediation. Students with a GPA below 2.0 will be placed on Academic Probation (<https://www.owens.edu/trustees/wp-content/uploads/sites/45/2022/02/2-42-academic-recovery-procedures.pdf>).

SEMESTER Assignment Calendar

Week	Topic
Week 1	Chapter 1- Nutrition, Food Choices, and Health Chapter 2- Designing a Healthy Dietary Pattern Discussion Board 1 Syllabus Quiz SmartBook Module Chapters 1-2
Week 2	Chapter 3 – The Human Body: A Nutrition Perspective SmartBook Module, Chapter 3 due Quiz 1-50 points Chapters 1, 2 and 3
Week 3	Chapter 4 – Carbohydrates Chapter 5 – Lipids SmartBook Modules-Chapters 4 and 5 due
Week 4	Chapter 6 – Proteins SmartBook Modules- Chapter 6 due Discussion Board 2

	Quiz 2 – 50 points covering Chapters 4, 5 and 6
Week 5	Chapter 9 – Fluid and Electrolyte Balance Chapter 10 – Nutrients Involved in Body Defenses SmartBook Modules- Chapters 9 & 10 due
Week 6	Chapter 11 – Nutrients Involved in Bone Health Chapter 12 – Micronutrient Function in Energy Metabolism SmartBook Modules- Chapters 11 & 12 due Exam 1- 100 points Chapters 9, 10, and 11
Week 7	Discussion Board 3- Nutrition Analysis Project due- TIME.
Week 8	Chapter 13- Nutrients that Support Blood and Brain Health Chapter 18- Nutrition for Pregnancy and Breastfeeding SmartBook Modules- Chapter 13 & 18 due
Week 9	Chapter 19 – Nutrition from Infancy through Adolescence Chapter 20 – Nutrition During Adulthood SmartBook Modules- Chapters 19 & 20 due
Week 10-Final	Discussion Board 4- Final Exam- 100 points Chapters 13, 18, 19, and 20 due <u>DATE</u> <u>at TIME</u>

Disclaimer: The instructor reserves the right to amend this syllabus as deemed necessary and will communicate such amendment to the students in the course. Please note that while unlikely, there is a possibility courses might need to change the delivery method due to external issues like public health concerns, weather issues, etc. If this happens, the college will communicate any changes via email and/or other communication methods.