

**MiraCosta College**  
**Department of Kinesiology, Health and Nutrition**  
**Course Syllabus for NUTR 125 Online (section 2452), Nutrition and Aging**

Professor Information	Course Information
<b>Professor:</b> Gail Meinhold, MS, RD	<b>Units:</b> 3
<b>E-mail:</b> <a href="mailto:gmeinhold@miracosta.edu">gmeinhold@miracosta.edu</a> I prefer email to phone messages. If you'd like to make sure that I get your email, write it professionally and <b>include your name, NUTR 125 Online in subject area.</b> Allow 24 hours on instructional days (Monday – Friday) for responses.	<b>Office Hours:</b> - Tuesdays: noon to 1pm - Thursdays: noon to 1pm
<b>Meets:</b> 100% Online	<b>Semester/Year:</b> Fall 2016
<b>Office:</b> Oceanside Campus, T411	<b>Transfer Accepted:</b> CSU and UC
<b>Drop off Work:</b> Leave with faculty secretary, Monique Reeve in building 4604 or in my mailbox at T420, Oceanside Campus, between 8am to 3:30pm Monday through Friday.	
<b>Phone:</b> 760-757-2121 ext 6566 (email provides a quicker response.)	

### Online Dropping Policy

Due to the nature of the online class, it is essential that students attend class regularly by participating on the course BlackBoard. Missing more than three consecutive activities and/or quizzes on BlackBoard are considered excessive for this class and will result in the student being involuntarily dropped.

**It is ultimately your responsibility to officially drop this class if that is your intent. Failure to do so may result in an "F" grade on your transcript.** Please consult the MiraCosta College class schedule and the office of admissions and records for official with drawl deadlines.

**Note:** you will be dropped if you do not submit a discussion posting and take the syllabus quiz the first week of class.

**Course Description:** This course focuses on the specific nutritional needs and problems in older adults. Topics include diet and nutrition guidelines, diet modifications, body system changes, body weight issues, nutrition-related chronic diseases, barriers to proper nutrients, drug/nutrient interactions, and community resources.



## Performance Objectives:

Upon successful completion of this course the student will be able to:

1. Explain the physiological, lifestyle and cultural factors influencing nutrient requirements and food choices in the elderly.
2. Use diet planning tools when designing a nutritious and appropriate menu based on the information, health and living conditions appropriate to an elder individual interviewed.
3. Examine and discuss the common food and nutrient interactions that impact the elder population.
4. Identify and describe potential nutrition-related diseases and medical conditions, and their risk factors affecting nutrient needs in the elderly.
5. Investigate supplements and forms of Complementary and Alternative Medicine that are common in the aging population.
6. Evaluate and design weight gain and weight loss diets for improving the nutritional status of individuals in their later stage of life.
7. Identify and describe the appropriate nutrition intervention and diet modification based on an older person's medical condition.
8. Relate nutrition related community resources available to assist the aging population.

## Student Learning Outcomes (SLOs):

1. The student will interview an older person then plan a day's nutritious and appropriate menu based on the information, health and living conditions appropriate to the individual interviewed.
2. The student will interpret and apply major theories and principles of aging to determine their impact on and implication for the nutrition and diet of an older person.
3. The student will identify the appropriate nutrition intervention and diet modification based on an older person's medical condition.

## How Will We Measure Your Progress Toward Our Course Learning Outcomes?

### How Am I Doing?

I hope that throughout the semester you will evaluate your progress toward achieving our course outcomes.

### Grading Criteria & Point Distribution

The table below lists the major assignments and the number of points awarded for each of those assignments.

175	33%	<b>7 Quizzes @ 25 pts each</b> Quizzes are part of the Units Missed quizzes <b>cannot</b> be made up ...NO Exceptions!
175	33%	<b>7 Unit Activities/Projects @ 25 pts each</b>
120	23%	<b>8 Discussion Board Posts &amp; Responses @ 15 pts each</b>
50	9%	<b>Final Paper</b>
-	0%	<b>25 Point Comprehensive Final Exam</b> (used to make-up one missed activity score)
10	2%	<b>Week 1 Syllabus Quiz</b>
-	-	<b>Extra Credit</b> Service Learning is the only option for extra credit, 40 points are possible
530	100%	<b>Total Class Points</b>

### Calculate Your Grade:

You can always calculate your grade by dividing the number of points you have earned by the total number of possible points. For example, midway through the semester, you might have earned 240 of 280 possible points:  $240/280 = .86 = 86\%$

Your final grade is based on the policies of the Kinesiology, Health and Nutrition Department. Your grade is based on the percentage scale 90% = A, 80% = B, 70% = C, 60% = D.

**This is not a self-paced course and assignments will not be accepted late. Assignments are due by the due date (usually Thursday evening at 11:55pm), even if you have a technology failure, illness, work, or a family crisis. Best advice – work ahead!**

If you plan on being out (off BlackBoard) for more than one week anytime in the semester (scheduled surgery, deployment, pregnancy/delivery, etc.), please contact me AHEAD of time so that missed activities will not be an issue. Trips, family vacations, weddings, and the alike are not permitted reasons for not completing online work.

# Assignments

Units are broken into two week segments (with the exception of week one.) Every 2nd Friday there will be reading and homework assignments. These assignments include individual Quizzes, Discussions, and Activities. These will be posted weekly under the **Course Document/Unit** section of the Bb course website. Every 2<sup>nd</sup> Thursday, at 11:55pm, the week's activities will close. Activities must be submitted via turn-it-in. **No assignments will be accepted via email.** If you have trouble with uploading activities, it is your responsibility to contact the student help-desk BEFORE the due date.

Microsoft Office (Word) or Microsoft Office for Mac software is required. These contain the needed Word application. All assignments MUST be in a doc, docx, or pdf format. **wps, rft, etc. WILL NOT be accepted and a zero grade will result.** The MiraCosta Library has the correct software and formats if your home computer does not.

Many documents on Bb are uploaded in pdf or docx format. If your computer does not have this capability (current Microsoft Word), please use the Library computers or upload a free convertor on the Web.

## 1. **Syllabus Quiz:** 10 points

- After reading this syllabus, take this 10 question Syllabus Quiz, Week 1.

## 2. **Weekly Quiz:** 7 quizzes at 25 points each

- Each graded test will typically have 25 multiple-choice questions worth 1 point each.
- **Make sure you are prepared. You have only one attempt, which must be done at one sitting within the 2-hour time allotment. Do not leave your computer and have no other windows or tabs open. You will automatically be logged off with a "0" result.**
- The questions are based on assigned readings and Bb activities.
- You can work on tests as soon as they are made available. This practice is encouraged since the due dates are not flexible.

## 3. **Unit Activities:** 7 at 25 points each

- Evidence-based research is to be used on all activities. References must be in MLA or APA format.
- **Activities must be submitted via turnitin for credit. No activities are accepted via email.** You must get a digital receipt (sent you're your SURF email) confirming the activity has been submitted. No receipt means the activity has not been properly submitted and a "0" will result.
- Your instructor provides feedback (positive and constructive) on all activities. Please spend time reading activity comments. This is done through "My Grades" or within the "GradeMark." Read comments before contacting your instructor. A "Viewing activity comments" pdf is provided on Bb.
- Make sure your activity submission is complete and ready to be graded. Your instructor will only grade once.
- One skipped activity can be made up at the end of the semester by taking the 25 point comprehensive final exam.

4. **Weekly Discussion Board Posting:** 8 postings at 15 points each

- Discussion grades are based upon the initial posting worth 10 points and a meaningful response to another class member worth 5 points.

- For meaningful Discussions you must post your answer to a question by the second Monday of a unit at 11:55pm to receive full credit (10 points). After this time, you will only receive 5 points. You still have until the unit closes (usually Thursday at 11:55pm) to respond to a classmate. Students are required to answer a classmates post that is on a different topic from their post.

- Points will be deducted for lack of content, inappropriate answers and responses, incorrect punctuation and lack of evidence-based references. Outside sources must be cited properly using APA or MLA format. Postings will be checked for plagiarism.

- Minimum length for your post is **100** words to receive full credit. However, quality, not quantity, is what really matters for your grade.

5. **Final Paper:** 50 points

– During week 14, guidelines will be provided to students on a final paper that is based on readings from *The Blue Zones* by Dan Buettner.

6. **Comprehensive Final Exam:** 25 points

- During finals week you will have a 50-question comprehensive final with each question worth ½ point. It is critical that you study prior to taking the exam by studying the previous 7 quizzes. For this exam, the time limit is set to 3 hours.

- Note: The 25 points will replace one missed activity score. Students that are performing well and have **completed ALL seven activities and “The Blue Zones” final paper** are exempt from taking the final.

7. **Extra Credit**

The only extra credit offered in NUTR125 is for students to volunteer at least 15 hours at one of the MiraCosta approved Service Learning organizations assisting elder nutrition programs and feeding local seniors. For credit, students must follow all guidelines provided on the Service Learning document posted on the course Bb. Following the guidelines, students can earn 40 extra credit points.

# Essential Learning Tools

## Textbooks

Online documents, journal articles, websites and textbook reading will be required, but no general nutrition textbook is required for this course. Having access to one to refer to while studying the macronutrients (carbohydrates, fats, proteins) and micronutrients (vitamins and minerals) is recommended. Nutrition textbooks are on reserve in the MiraCosta Oceanside library for overnight checkout. These textbooks include:

**Geriatric Nutrition: The Health Professional's Handbook, 4<sup>th</sup> Edition.** R. Chernoff (2014). Jones & Bartlett.

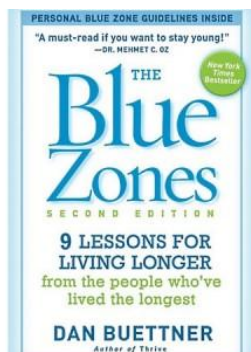
**Nutrition for the Older Adult.** M. Bernstein & A. Schmidt-Luggen (2010.) Jones & Bartlett.

**Nutrition Through the Life Cycle, 5<sup>th</sup> Edition.** Judith Brown (2013.) Cengage Learning.

**Nutrition: Concepts & Controversies, 13<sup>th</sup> Edition.**Sizer/Whitney (2014.) Cengage Learning.

Your instructor also has copies of nutrition textbooks to loan out for the semester to students. Stop by her office during her office hours on Tuesday or Thursday. Student loans are on a first-come, first-served basis.

You are required to purchase **The Blue Zones, Second Edition: 9 Lessons for Living Longer From the People Who've Lived the Longest** by Dan Buettner, National Geographic, 2012.



## Blackboard (Bb) Course Management System

Blackboard Login: <https://blackboard.miracosta.edu>



### Course Geography on BlackBoard:

You will find these menu items on the course home page:

- **Announcements:** Class messages,
- **Course Documents:** Chapter information by folder. Includes power points, topic specific discussions, quizzes, assignments and turn-it-in links.
- **Discussion Board:** area where students will post a response to a weekly question and respond to classmates.
- **Syllabus & Dates:** Refer to course syllabus for class guidelines. Be sure to read, as this is our class contract.
- **My Grades:** area to view your grade.
- **Meet Your Instructor:** Professor's information.
- **Student Help:** student help desk information.
- **Bb Tutorials:** important tutorials for online success.

# How to Succeed in Human Performance and Sports Nutrition



## Invest the Time

To be successful in this course, you should expect to spend a **minimum of 9 hours** of study time per week just for this class!

Students who invest regular, small blocks of time into this course have more success than those who cram work into one large block.

Since there are no actual lectures or in-person class meetings and the professor can't give you a nasty look after you've missed a week of classes, online courses require a high level of maturity from the students. Procrastinators will probably not finish the course. There is not a particular time of day that you need to be in class, but there is still a schedule to be followed and those who fall way behind are sunk. On the other hand, you can choose the time of day to "attend" class that best fits your schedule, work habits, biorhythms, etc.

Your college education is a huge commitment. Does your daily lifestyle reflect that commitment? If not, make adjustments now—at the beginning of the semester—before problems emerge.

## Class Participation

Since there is no actual classroom, the Discussion Board becomes the only way to interact with your classmates. To enable class interaction, you must post your Discussion Board answer to a question by Monday at 11:55pm to receive full credit (10 points). After this time, you will only receive 5 points. You have until Thursday at 11:55pm to respond to a classmate.

You are responsible for all activities and deadlines listed in the syllabus as well in the Course Documents, even if you have technology failure.

## Communicate with your Instructor

Use email and office hours to communicate with me and receive additional support for your work.



## Use Sources Fairly

American universities have high standards for documenting sources used in essays and other academic writing. For example, any ideas first encountered in an article, a web page, or some other source must be carefully documented. In this course, you will be expected follow the MLA or APA documentation standards. In cases were a student uses ideas and/or language from a source and does not properly document that source, I do reserve the right to assign a grade of 0 for that assignment.

## Refer to BlackBoard Frequently

Be sure to check Bb frequently for course announcements. The announcement page will be updated frequently. Again, **DO NOT** wait until Thursday night to complete the week's Chapter activities, exam, assignments, etc.

Exams and assignments will be graded within one week after the due date and scores are posted in the Bb Grade book. Weekly instructor feedback for each unit activity will be provided and appear in "My Grades." Students are required to check progress in the course by accessing the "My Grades" feature in Bb each week. **Any errors or discrepancies in grades must be brought to my attention promptly (within 2 weeks).**



## Connect to Campus Support Resources

**The Writing Center** is an invaluable support resource for this class. Consider consulting with Writing Center tutors on all of the writing assignments for this class, including the chapter activities and case studies. For more information, call (760) 795-6682 or just drop by the HUB.

**Disabled Student Services:** Students with disabilities, whether physical, learning, or psychological, who believe that they may need accommodations in this class, are encouraged to contact Disabled Students Programs & Services as soon as possible to ensure that such accommodations are implemented in a timely manner. Their phone number is 795-6658 and they are located in Building 3000-Student Services, Room 3009.

## **Our Academic Honesty, Plagiarism, Ethic Guidelines and Standards of Conduct**

It is my belief that academic honesty is the cornerstone of the educational community. There will be severe consequences for academic dishonesty, plagiarism or behavior that does not meet the Standards of Conduct Policy. Please refer to the college catalog: Academic Standards & Policies. Each student agrees to the following statements of student behavior:

- I agree that I, and only I, will be the one completing and submitting class materials (homework, quizzes, exams, written projects, etc.) in my name.
- I agree that I will not directly copy or plagiarize material from books, publications, the Internet, other students' work, or any other source. I am familiar with, and I agree not to violate, copyright laws. If small amounts of material from other sources are used as part of any class assignment, I agree to clearly indicate such and properly cite the source according to APA or MLA standards.
- I agree that I will not buy papers or course work and submit them as my own.
- I agree that, unless approved by the instructor, I will not share answers to homework assignments, quizzes, exams, or any other course material with fellow classmates.
- I agree that I will not use abusive, profane, or vulgar language verbally or in writing when communicating with the instructor or classmates.

I acknowledge that failure to comply with any of the above statements may result in failure of an assignment, removal from the course, failure of the course, and disciplinary probation / suspension set forth by the college.

### **Important Fall Dates and Drop Information**

1. **Sept 2<sup>nd</sup> 2016** is the last day to drop this class with no grade and eligible to receive a refund.
2. **Sept 23<sup>rd</sup> 2016** last day to exercise pass/no pass option.
3. **Nov 18<sup>th</sup> 2016 is the last day to withdraw and receive a W.**
4. If you decide to stop participating and attending the class, it is your responsibility to go the Admissions and Records Office and drop the class. If you do not do this you will receive an F in the class.

**By staying enrolled in NUTR 125 you are agreeing to all the terms in this syllabus.**

## Create a Plan for Online Success

Roger Maris, a famous baseball player, once said, "You win not by chance, but by preparation." The same is true for success in college; you succeed not by chance but by preparation. Planning for success is a significant step toward accomplishing your college goals.

The flexibility of college courses that use online technologies can be a double-edged sword for most students. The opportunities to complete assignments or activities at times that are convenient for you can be misleading, swaying you to procrastinate. **You must set out a clear plan which includes setting aside time each day for assessing online materials to creating a study environment with few distractions.** Yet, no matter how good the plan created, many times during the semester you will likely want to depart from it; maintaining good study habits can be difficult as other distractions will come your way .....athletic events, work, family commitments - all will compete for your attention. But by staying with your initial plans, you have the best opportunity for online success.

### Student Tips:

- Developing excellent study habits is critical to online success. Successful online students must be independently driven.
- Using the course schedule, set up a class calendar. Use the calendar to plan for class, work, family and other personal life commitments.
- Be realistic in your plans to be able to complete assignments. Always assume that something will interrupt you and/or that something may not work as you had planned and therefore delay you.

### Install required software at the beginning of the semester... the 1st week class opens.

First, make sure you install and maintain an antivirus software application. Viruses are software programs that are created to disrupt your use of the computer, and they will cause many of your course-related files to stop functioning. These virus programs can be sent to your computer by email or through websites; because of this, you will want to have the most recent virus protection software available. If you are using the computers at MiraCosta, protection software has been installed.

For online NUTR 125 courses you are required to install:

- Microsoft Office Windows 7 or 8 on your computer. If not, MiraCosta Library computers have the correct software installed. If your home computer has an earlier version of Microsoft Office, upload a free doc to docx convertor (just Google in doc to docx convertor.)
- **Note:** papers and activities will only be accepted in Microsoft Word (can get a free MAC convertor) or in Adobe Acrobat PDF formats.
- Download the latest versions of Adobe (flashplayer, reader and shockwave). Get software at [www.adobe.com](http://www.adobe.com).
- Download the latest version of Firefox or Google Chrome (Firefox or Chrome are the recommended browsers for this course).



- Update your Java.

- The above downloads are free.

3) If you do not have these software applications or questions about how to install, contact the MiraCosta Student Help Desk at (760) 795-6655 or email questions to [StudentHelp@miracosta.edu](mailto:StudentHelp@miracosta.edu).

- Use the Student Help Desk for all technical questions throughout the semester. Your instructor is there to assist with course content, not technical issues.

4) If this is the first time you are using BlackBoard (Bb), take the time to go through the Bb tutorials. These are located on the left sidebar of the Bb course.

5) Make sure that Admissions and Records has your correct email address. Your instructor will be using this email for announcements and updates. Go to the SURF website to change it.

6) Make a plan for backing up your files that will include course assignments and activities. Activities will be submitted through turnitin and make sure that you receive a turnitin digital receipt for every submission and the you save the receipts. This is your only proof that your activity has been receive. Assume, no receipt and therefore no grade.

## Be realistic with time

You may be online for only a few minutes a day yet by the end of the semester you will have spent the same amount of time (or more) as you would in a traditional classroom course. Although this may sound like a small change with little impact on your study habits, the shift from concentrating a few hours once or twice a week on a particular on-campus course to staying actively involved in online class discussions and activities for the entire semester can be a major obstacle to success. Plan on small amounts of work daily in NUTR courses. Successful students put in approximately 9 hours a week.

### Student Tips:

- Be prepared to make education a priority. If you do, making the time to learn will be less an effort and will become an opportunity to expand life's possibility.....learning should be exhilarating, not a chore.
- Set a specific time a day, at least 4 days a week to do regular work on your NUTR course.

## Success Strategies:

#1: Don't procrastinate! Sounds simple but this is the number one reason students fail to perform in online nutrition courses. Late work is never accepted and a technical issue or family crisis is never an excuse.

#2: Don't expect your instructor to always be online. Do not wait until an activity is due to email your instructor with questions. Your nutrition instructor teaches seven classes, including on-campus classes and does have a family and life outside of MiraCosta. She is not online 24 hours a day. Plan your time wisely and here are a few tips:

- \* Email questions as soon as possible, best is when a new unit just opens.

- \* Allow 1 business day (24 hours) for responses.

#3: Keep to a schedule. This includes schedules for your academic, work, and family commitments. Choose an online calendar, smart phone, or paper calendar.

## Effective Online Communication Tips:

1) Spell check and grammar check everything related to coursework. Although emails and text message to friends may be informal and misspelled words are common, when establishing a good relationship with your classmates and instructor, spelling and grammar becomes important. Misspelled words or incorrect grammar gives the wrong impression about your abilities as a student, the priority the course has for you, your attention to detail, or other characteristics that would keep a classmate from wanting to work with you throughout the course.

\*\* If writing is not your strength, please get assistance from MiraCosta's Writing Center. Make an appointment online (<http://www.miracosta.edu/student-services/writing-center/index.html>), call (760-795-6861) or just stop by the Writing Center.

2) Avoid writing in all capitals. When expressing emotions in online conversations, it has become common for students to use all CAPITALIZED letter when they want to shout or express other argumentative positions. Writing in all capital letters is called "flaming" and is unacceptable in emails, on activities, and on the course Discussion Board. Profanity or vulgar language is never allowed and will lead to disciplinary action.

\*\* Treat your classmates in an online course the same way you would in a regular classroom. You are learning as a unit, not as an individual. In NUTR courses that use the Discussion Board, you will be responding to classmates and it is ok to provide corrections or raise objections. Support your side with evidence and be sure to site your material.

3) Communication with your instructor is important in all courses and even more important in the online environment. Communication with the instructor in the online environment is a way for the instructor to "feel" your presence. You are highly encouraged to visit your instructor during office hours. Consider this before you have difficulty. Your instructor likes to get to know each student and put a face to a name on the course roster.

4) Avoid plagiarism. Plagiarism is a huge problem in American Colleges and in the NUTR courses you are expected to complete your own work. Shared or plagiarized work will result in a "0" on the assignment. Evidence-based research is required and you are expected to follow MLA or APA document standards and referencing.

## **Maintaining Motivation Online**

For many of us, the opening excitement of learning more about a topic can generate some unrealistic expectations. We can often overestimate the time we have available and even convince ourselves that we will be interested in all the tedious facts that will be covered. Yet, when the reality of daily course requirements sets in (such as chapter activities, quizzes, case studies, discussion board post and responses and online reading) is when our motivation is most challenged. Many of the conveniences offered through online coursework may also be what presents many of the motivational challenges. Ask any friend who has tried working exclusively from home about the challenges of staying motivated when their office is only steps from the television or family members wanting their attention. Likewise, while completing online assignments, there will be many tempting distractions that aren't there while you are sitting in the classroom. Few conventional classrooms offer cable television, email, phone calls, and other distractions like those you will have while completing your assignments online. Your best strategies for maintaining motivation:

- Stick to your set schedule and study times;
- be realistic with weekly time needed for this online course;
- be an active participant in the course; and
- link the nutrition topics you are studying to their application in your own life.

**Eat well and stay healthy!**