

FSHE 185: The Science of Human Nutrition

KCC AA/DB and KCC AS/NS

List of Topics

- [Class Codes](#)
- [Description](#)
- [Course Policies](#)
- [Prerequisites](#)
- [Instructor Information](#)
- [Getting Started and Requirements](#)
- [Objectives and Course Schedule](#)
- [Purchase Course Material at the KapCC Bookstore](#)
- [Strategies for Success in Distance Learning](#)
- [Testing and Grading](#)
- [Course Withdrawals and NC/CR](#)
- [Disability Access](#)
- [First Year Experience Program](#)
- [UH Policy on Email Communication](#)
- [Campus Policy on Academic Honesty and Student Responsibilities](#)

Class Codes CRNs 31968, 31969, 31970 - 3 units [\[Top\]](#)

Description

The integration of natural science concepts basic to the study of human nutrition. Emphasis is placed on the nutrient requirements of healthy individuals, nutrient categories and their characteristics, physiological functions, and food sources. Includes the review and adaptation of dietary practices to reflect current nutritional concerns and issues. The course is designed for the person who wants an introduction to nutrition and/or who may later choose to major in it. No college-level science background is required.

[\[Top\]](#)

Course Policies

- FSHE 185 is a completely online course that requires students to take responsibility for their learning. Learning in this online class is considerably more autonomous than in a class taken on campus. The instructor does not meet in-person with students, there are no on-campus meetings, and there is no exception to either. In accordance to the May 4, 2012 Executive Committee resolution, the class meets the traditional office hour requirement by using the Lulima email tool, Messages. All course communication must be sent in Lulima using the Lulima communication tools (for instance, Chat, Messages, Discussion).
- FSHE 185 online begins on Monday, August 25 and ends on Wednesday, November 26. It is the student's responsibility to know and abide by all College and class dates and deadlines. This includes course dates and deadlines for quizzes, exams, and assignments (see class calendar in Lulima), the College enforced [academic calendar](#), and [dates unique to our course](#). Please read these documents and save them for reference. Maintaining enrollment or dropping in accordance with posted dates is a student's responsibility.
- Exams and quizzes must be taken when scheduled on the course calendar in Lulima. Students must allocate time to complete FSHE 185 course work. Employment, your other class commitments, vacation, personal obligations, etc are not valid reasons for missing an exam or quiz. A missed exam or quiz can be made up only with approved documentation for the entire testing period. The instructor is responsible for the integrity of all assessment tools, therefore, quizzes and exams are not returned to students. To discuss a specific question on an assessment, notify the instructor using Messages so your concern can be addressed individually.
- Students are encouraged to participate and communicate with the following in mind. Lulima offers various ways to communicate, for instance, Messages, Discussion, Chat. Regardless of the method of communication chosen, all students must practice professional behavior when communicating. The College defines unprofessional behavior as *Disruptive Behavior* in the following way: (1) is disrespectful, offensive, and/or threatening; (2) interferes with the learning activities of other students; (3) impedes the delivery of college services; and/or (4) has a negative impact in any learning environment. Disruptive behavior includes physically or verbally harassing, threatening, or abusing or acting abusively toward an instructor, staff member, or student in any activity authorized by the College. Review the resources: [The Core Rules of Netiquette](#), [Student Conduct](#), [University of Hawaii Systemwide Student Conduct Code](#), [University of Hawaii Computer Use Policy](#).

[\[Top\]](#)

Suggested Prerequisites

Credit or concurrent enrollment in ENG 22 or higher level English; MATH 24 or higher level math.

[\[Top\]](#)

Instructor Information: Barbara Liechty

Barbara Liechty received her MPH in Community Health Education from San Jose State University and BS in Public and Community Health Education from the Arizona State University. Barbara is particularly interested in personal health, nutrition and fitness, behavior change, community organizing, political action, and public policy. She currently teaches distance education classes through the Distance Learning Program at De Anza Community College and Kapi`olani Community College and has taught at San Jose State University, Foothill Community College, and the University of California at Santa Cruz.

Instructor Cell Number: (808) 342-1600 (use this number for time sensitive and dire need issues only – all other class communication should be sent using the email tool in Lulima, Messages)

Office Hours Held: Online using course site communication tools. This class is completely online. There are no campus or synchronous meetings.

E-mail: liechty@hawaii.edu Replies to email can be expected within 24 hours with the exception of weekends and holidays.

Website: <http://www2.hawaii.edu/~liechty>

[\[Top\]](#)c

Getting Started and Requirements

Be prepared to spend a minimum of 12 hours per week using and studying course materials. More time may be necessary depending on English skills, study skills, and/or science background.

1. Review the [Orientation to Online Learning](#) specific to Kapi`olani Community College. Under Overview, this site has links to the Student Conduct Code, Lulima tutorials, expectations on technical tools, faculty-student contact, and a self -assessment to gauge student readiness for online classes. Log onto Lulima and become familiar with the FSHE 185 course site and how the class is organized. If you are new to Lulima,

- complete the Lulima [orientation](#), student [tutorials](#), or review the [frequently asked questions](#). If you are new to online learning, view the video, [What It Takes to be a Successful Online Student](#).
2. Easy access to a computer with a current version of MS Word, QuickTime, and FLASH is required. Reliable high-speed internet service, basic internet and Lulima skills, and use of your 'hawaii.edu' account are required.
 3. Read, study and understand the course syllabus and calendar. Note important dates when assignments, quizzes, and exams are either scheduled or due.
 4. Read and study the fifteen textbook chapters and the chapter associated IN DEPTHS.
 5. Complete the 5 homework exercises as instructed. Learning will be evaluated by 2 scored quizzes on the homework content and concepts.
 6. Take the three scheduled examinations administered by Lulima.
 7. Participate as appropriate in class discussions and activities.

[\[Top\]](#)

Objectives and Course Schedule

After completing the reading and workbook assignments, you should be able to:

Identify factors that influence why you eat as you do and how changes can be made in your diet.

Compare the various types of nutrition studies in terms of research techniques and reliability of results.

Evaluate the nutritional adequacy of your diet using the US Dietary Guidelines, MyPyramid, the Recommended Dietary Allowances, food labels and the Food Composition Table.

List and describe the six classes of nutrients, their functions, risks of excess/deficiencies, sources and guidelines for intake.

Identify the energy producing nutrients and how an excess of a deficiency of energy can affect the body.

Describe over and under nutrition and discuss causes, cures and associated health effects.

Describe the effects farm production, processing, and storage have on nutrients.

Discuss current issues related to the safety of the food supply using concepts from toxicology.

Discuss how alcohol and other drugs interact with the nutritional processes.

Describe the physiological changes that occur during the life cycle and explain the changes in nutrient needs that accompany these changes.

Evaluate nutrition information in popular media critically.

Apply the competencies learned and plan a menu/select from a restaurant menu that would meet the requirements for an individual based on the US Dietary Guidelines, MyPyramid, and the Recommended Dietary Allowances.

Click to view the FSHE 185, Fall [Course Calendar](#). The course schedule can also be accessed as calendar listings on the course Lulima site. Click 'Calendar by Month' on the left navigation bar of the course site.

[\[Top\]](#)

Purchase Course Materials

Text and workbook can be purchased on line at <http://www.bookstore.hawaii.edu>. Go to the Kapi`olani Community College link and follow the cues.

1. The text at the KapCC bookstore is a binder text of the *MyPlate Edition of Nutrition An Applied Approach*. This text comes bundled with an e-text code for access to the online text built in our Lulima course site. If you purchase your text elsewhere (see #2 below), access to the publisher e-text can be purchased separately. Access to the publisher e-text is not required.
2. Thompson, Janice L. and Manore, Melinda, *Nutrition An Applied Approach*, Third Edition, **OR**, Thompson, Janice L. and Monore, Melinda, *MyPlate Edition of Nutrition An Applied Approach*, Third Edition. These soft bound textbooks can be purchased used (or new) online.
3. If you are skilled using online textbooks, Thompson, Janice L. and Manore, Melinda, *Nutrition An Applied Approach*, Third Edition is available for iPad, iPhone, and the web at [Inkling](#). The Inkling text is robust. On the Inkling site, you can review a chapter before you buy.

[\[Top\]](#)

Strategies for Success in Distance Learning

- Using the Lulima communication tools, e-mail your instructor or post when you have questions about course content. It is the student's responsibility to follow the study recommendations and ask for help in a timely manner.
- **Study each week's assignments:** The primary course content comes from the text and homework exercises. It is important to keep current with the required reading and assignments. While proceeding through the class, keep in mind that the health/nutrition/medical science concepts you will be introduced to build in a cumulative manner. For instance, you may be introduced to a concept early in the course that is later further discussed in the text, and then put to practical use in a workbook assignment.
- **Address the class work in the following manner:**
 - Skim the assigned textbook chapters.
 - Address the vocabulary.
 - Read the assigned text book chapters.
 - Use the chapter study tools.
 - View the related videos/animations.
 - Complete the chapter self-test quizzes.
 - Review Hooks student tips.
 - Complete the homework assignments as instructed.

[\[Top\]](#)

Testing and Grading

Lulima will be used to administer the three exams. Exams may have true/false, multiple-choice, matching, and/or short answer questions. Testing time is ninety minutes. Exams are open book and open note. Calculators are allowed.

Points For FSHE 185 Course Grade

- Three exams (50 points each) = 150 points
- Two quizzes based on 5 homework exercises (first quiz 10 point; second quiz 40 points) = 50 points
- Participation (3 participation quizzes-10 points total; site activity-10 points) = 20 points

Grading Standard For FSHE 185 Course Grade (total points = 220)

A	100 – 90% or	220 – 198 points
B	89 – 80% or	197– 176 points
C	79 – 70% or	175– 154 points
D	69 – 60% or	153– 132 points
N	less than	below 132 points
P	60% or	

[\[Top\]](#)

Course Withdrawals and CR/NC

It is the student's responsibility to monitor enrollment status and withdraw from a class if desired or necessary. If you withdraw from this course, do so according to college policies. Within deadlines (see current [Academic Calendar](#) and the [Withdrawal Deadlines](#) specific to our class), students can withdraw online as long as they are not dropping their last remaining class. To do this, go to your MyUH Portal and in View My Classes a pull down menu will allow you to drop or change to 'CR/NC'. If this class is your only class and you are dropping this one class, you can FAX your drop request. Compose a message that contains your full name, student identification number, and a clear statement which class you want to drop. This message MUST be signed and dated. The FAX number is 808-734-9896. Drops past the deadline (late drops) require administrative signatures and are allowed rarely and only when there is a documented and approved extenuating circumstance that supports the need. If you do not withdraw properly, the instructor is REQUIRED to assign a 'F'.

[\[Top\]](#)

Disability Access

If you are a student with a documented disability and have not voluntarily disclosed the nature of your disability so that we may coordinate the accommodations you need, you are invited to contact the Disability Support Services Office (DSSO), 'Ilima 107, 734-9552, or email kapdss@hawaii.edu for assistance. For students whose primary disability is Deaf or hard of hearing, contact the KapCC Deaf Center in Manono 102, 734-9210 (V) or 447-1379 (videophone).

[\[Top\]](#)

First-Year Experience Program

If you are a first- or second-semester student with any questions about KCC or your major, please contact the First-Year Experience faculty at kapstart@hawaii.edu or at 734-9245.

[\[Top\]](#)

UH Policy on Email Communication

The electronic communications policy adopted in December 2005 establishes the University of Hawai'i Internet service as an official medium for communication among students, faculty, and staff. Every member of the system has a hawaii.edu address, and the associated username and password provide access to essential Web announcements and email. You are hereby informed of the need to regularly log in to UH email and Web services for announcements and personal mail. Failing to do so will mean missing critical information from academic and program advisors, instructors, registration and business office staff, classmates, student organizations, and others.

[\[Top\]](#)

Campus Policy on Academic Honesty and Student Responsibilities

Because the university is an academic community with high professional standards, its teaching function is seriously disrupted and subverted by academic dishonesty. Such dishonesty includes, but is not limited to, cheating, which includes giving/receiving unauthorized assistance during an examination; obtaining information about an examination before it is given; using inappropriate/unallowed sources of information during an examination; altering answers after an examination has been submitted; and altering the record of any grade. Refer to the UH Student Conduct Code for further information. Students caught cheating once risk receiving an F for the class.

In instructional activities, students are responsible for meeting all of the instructor's attendance and assignment requirements. Failure to do so may affect their final grade. In all college-related activities, including instruction, they must abide by the college's codes and regulations, refraining from behavior that interferes with the rights and safety of others in the learning environment. Finally, if they decide to file a grievance, they are fully responsible for providing proof that they have been wronged.

[\[Top\]](#)