

Welcome to Nutrition 210 Online, Fall 2017!
This is a 9-week Late Start Course
Jennifer Frere

Welcome to DE NUTR 210! A few general notes for you:

- **This 9-week class will start **October 23, 2017****
- **You will be able to purchase Connect (which includes SmartBook) through our Canvas course on **October 23, 2017****
- **You may begin accessing and you are expected to access the course in Canvas on the first day of class, **October 23, 2017****

Welcome and special announcements!

- Be sure to take the “Student Readiness Quiz”:
<http://www.cuesta.edu/student/aboutacad/distance/survey.html> before signing up for the course. (Read your results and explanations).
- This general nutrition class is for the motivated and online-savvy student.
- This is *not* a work-at-your-own-pace class. You will have assignments due each week.
- This class is fully online. There are **no** mandatory meetings.
- Please note: By enrolling, you are committing to approximately 14 hours a week for this 9-week class.

Instructor Contact Information

- Instructor name: Jennifer Frere, M.S.
- Email: Jennifer_Frere@cuesta.edu (Use Canvas messaging after course begins)
- Phone: 619-980-7135, M-F 9am – 7pm
- Office Hours (SLO Campus): Tues. 12:00 –1:20am, Rm 4039
- When the semester starts, I am available online ([click on Canvas messages to contact me](#)). I will respond within 24-48 hours, Monday-Friday. All questions about Friday assignments must be asked by Wednesday at midnight prior to the assignment due date.
- Make sure to set your Canvas Notifications so that you are receiving weekly Canvas messages and regular announcements from me in the format you wish (email, text, etc.).

Class Specifications

- CRN: 73344
- Start Date: October 23, 2017

Student Learning Outcomes:

- Understand the basis of the scientific method as it is used in developing hypotheses and theories, then apply the scientific method-based research, such as in peer-reviewed intervention, epidemiological, lab, and case studies, to the critical evaluation of nutrition-related literature and media, thus differentiating between proven scientific based research and myth.

- Develop a basic understanding of the basic chemical structure of the six classes of nutrients and the substances therein; their action, interaction, and balance in relation to health and disease; and the process by which the human body ingests, digests, absorbs, transports, utilizes and excretes food substances.
- Judge the effect of nutrition and lifestyle factors that contribute to chronic diseases (and leading causes of death in the United States), then assess one's own diet for nutritional adequacy, practically apply lifestyle changes, through food label-reading, food safety practices, and altered dietary choices, which are personalized for the individual's nutrient and phytochemical needs based on health status, body weight differences and goals, sports performance, and differing lifecycle stages.

Materials Requirements:

- **McGraw-Hill Connect** - Includes the online SmartBook: *Contemporary Nutrition-A Functional Approach*, McGraw-Hill, Ed. 5, 2017, and includes the NutritionCalc Diet Analysis Software (wait to order directly from our Canvas course page on the first day of class; there will be a 2-week free trial if you don't have the funds on the first day of class)

Computer Requirements:

1. You need a **reliable** computer (generally no more than 4 years old) and an Internet connection that will not lose service in the middle of an exam.
2. You need a Cuesta e-mail account (check your Cuesta email every day).
3. Your computer needs to meet minimum system requirements:
http://www.cuesta.edu/student/aboutacad/distance/faqs_technical.html
4. Your computer must have all of the capabilities of viewing YouTube, pdfs, PowerPoints, etc.
5. **You must use Mozilla Firefox, Safari, or Chrome for Connect.** Please avoid Internet Explorer.

College and Course Policies

Course-specific add-drop policy

1. You will likely be dropped if you are inactive in Canvas or Connect for more than 7 days.
2. Adds will be guaranteed to the top 10 students on the waitlist.
3. Cuesta policy for drops: <http://academic.cuesta.edu/admrrreg/infodate.htm>
4. Cuesta Academic honesty policy (Student Code of Conduct & Computer Technology Access Agreement):
http://academic.cuesta.edu/president/2008BP/BP5000/AP%205500_Standards%20of%20Conduct.pdf

Course-specific waitlist procedure

1. The Cuesta automatic waitlist is in effect until 24 hours before class begins.

2. Remember that many students can get into this class by the waitlist procedure if they check their email daily; you are given 24 hours to accept your spot through the Cuesta College waitlist process.
3. I will give add codes to waitlisted students who email me one day before class.
4. If you are on the waitlist when notifications close Sunday 12:00 am then email me to request an add code, giving me your full name, Cuesta email, and course CRN.
5. Students have until Wednesday night (11:59 pm) to enter their add codes.
6. All students (no matter when they register) will be held to the same deadlines for this class.
7. All students should have read the Welcome Letter in its entirety prior to enrolling in my DE classes.
8. Cuesta waitlist procedure and instructions: <http://academic.cuesta.edu/admrrreg/waitlist.htm>

Grades: You are responsible for following your grades in both Canvas and Connect and waiting to email the instructor until 1 week after assignments are due with questions about grades. You are also responsible for any final grade question by the last day of final exams. Grades will not be updated for any reason after the Friday of the last day of classes so check them!

Accessing Course LMS (Learning Management System)- Canvas:

Students will use Canvas (syllabus, grades, materials, directions, links, videos, discussion board, assignments, messaging, conferencing, etc.) for this course.

Canvas Quick Reference for getting into Canvas:

- http://www.cuesta.edu/student/documents/distance_ed_students/Canvas_Quick_Reference_Students.pdf
- Note: All students receive a myCuesta email that can be accessed through the myCuesta Portal (my.cuesta.edu). If you do not want to use this email you can login to myCuesta and set this email to be forwarded to any other email.
- If you are having technical difficulties with the login, contact tech support at support@my.cuesta.edu .

Student Readiness & Time Requirement

Computer Skills necessary to succeed in the course:

1. You are expected to already have the computer skills for an online class such as saving in pdf, manipulating and attaching files, and using different forms of interactive computer programs.
2. Computer assistance will not be available for this course. Please consider the half unit- Intro to Online- course before taking this course.

Time requirements necessary to succeed in the course:

1. You have regular deadline each week.
2. You may work ahead if assignments are open, but "Discussion/Forum" responses must be done the week they are due.

3. If you have a disability and might need accommodations (support services) in this class, please contact Disabled Student Program & Services in Building 3300 as soon as possible to ensure that you receive the accommodations in a timely manner. <http://academic.cuesta.edu/acasupp/dsps/>

Important Reminders:

- Save this page as a Favorite/Bookmark so that you can easily find it again.
- Students are responsible for reading all of the information on this Welcome Letter and the course site once enrolled. Students will also register for McGraw-Hill Connect.
- Late work is not accepted, unless a verifiable emergency has occurred.
- Check your spam if you do not receive a weekly e-mail from me in your inbox.
- Important: Please check that you are properly enrolled in the course. If at any time you are unable to access our course through myCuesta via the Cuesta website, then you are not enrolled.
- Late adds will not be granted.
- The exams are timed -the time runs out. Do not click on the exams until you are ready to take them or your time will run out.

See you online in Canvas!

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