



Welcome to Nutrition 218 Online **Fall 2018**

Instructor: Cherie Moore, M.S.

Important “Get Started” Dates:

You may begin accessing and you are expected to access the course in Canvas on the first day of class **August 13th.**

You will be dropped from the course if you do not access the course in Canvas by **August 17th.**

Welcome and special announcements!

1. 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).
2. This is *not* a work-at-your-own-pace class. You will have assignments due regularly.
3. This class is fully online. There are **no** mandatory meetings.

Instructor Contact Information:

Email: cmoore@cuesta.edu (Use Canvas messaging after course begins)

- 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 assignments must be asked 48 hours prior to the assignment due date for a guaranteed response from the instructor so that the assignment may be completed on time.
- Make sure you are receiving weekly Canvas messages and regular announcements from me.

Course Description: Examines the nutritional requirements and applications of the pregnant woman (gravida), developing fetus, infant, toddler, and child.

Student Learning Outcomes:

1. 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 the nutritional requirements and applications of the pregnant woman (gravida), developing fetus, infant, toddler, and child.
2. Judge the effect of nutrition, breastfeeding, artificial milk feeding, and lifestyle factors that contribute to illness, disease, and optimal health, and evaluate a gravida and toddler diet for nutritional adequacy then apply healthful food group plans.
3. Differentiate between proven nutritional recommendations and speculative myths while describing special nutrient considerations, feeding methods, and diverse population needs during pregnancy, infancy, and childhood, ensuring a healthy feeding relationship between the caregiver/parent and child.

Course Goals:

1. Identify the nutritional needs of a prospective mother and the factors that surround reproduction, conception, and the developing fetus.
2. Describe the changes that occur with pregnancy.
3. Differentiate between proven nutritional recommendations and speculative myths.
4. Describe the basic chemical structure, metabolism, and role of the six nutrients.
5. Apply food group plans to prenatal diets.
6. Describe special nutrient considerations during pregnancy, infancy, and childhood.
7. Analyze how diverse populations meet nutritional needs in varying meal plans.
8. Apply food groups to introducing solids in infant diets.
9. Compare breastfeeding and artificial milk feeding and analyze personal choices.
10. Demonstrate knowledge of breastfeeding basics, including “how to” and “when to”.
11. Demonstrate methods of feeding for special situations including the premature infant.
12. Review research that addresses the maternal breastfeeding benefits.
13. Evaluate and improve personal and/or infant diets to achieve nutritional adequacy.
14. Apply food group plans to toddler and preschooler diets.
15. Name and explain guidelines for ensuring a healthy feeding relationship between the parent and child.
16. Evaluate and improve child diets to achieve nutritional adequacy.

Materials Requirements:

Maternal and Child Nutrition for Nutrition 218, custom edition by McGraw-Hill Create, plus NutriCalc Diet Analysis Online Code (instructor will post details by the first day of class).

Course Organization:

Sessions:

1. Nutrition Basics
2. Nutrition for the Gravida
3. Lactation
4. Infant Nutrition
5. Child and Adolescent Nutrition
6. Final Project and Final Exam Due

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 and make sure all Canvas notifications are turned on so that you receive regular instructor announcements and messages).
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 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 begins.
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) the first week of class 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 Canvas 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 please 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 deadlines, sometimes multiple due dates weekly for courses less than 18 weeks.
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:

1. It is your responsibility to ensure you are properly enrolled in the course!
2. You need to check your junk mail if you are not receiving instructor emails/announcements weekly.
3. The midterm and final exam are timed-the time runs out. Do not click on the midterm and final until you are ready to take them or your time will run out.

See you in class! Cherie