



# NUTRITION

Course Syllabus

2-3-3.0

Date: 11/29/11

**COURSE NUMBER:** HOS 103

**PREREQUISITE(S):** RDG 100, ENG 100

**CO-REQUISITE(S):** None

**COURSE DESCRIPTIONS**

A study of general nutritional needs of the life cycle, including carbohydrates, proteins, fats, vitamins, and minerals. Practical applications for the food service professionals are emphasized.

**TEXTBOOK(S):**

Brown. Nutrition Now with Interactive Learning Guide including course mate Web Access code. 6<sup>th</sup> Edition. Wadsworth Cengage. ISBN: 1111873216

**REFERENCE(S):**

None

**OTHER REQUIRED MATERIALS, TOOLS, AND EQUIPMENT:**

Computer with Internet access, Internet Explorer 5.0 or higher or other current browser, Java, word processing software (must be able to save Word format), and anti-virus software.

**METHOD OF INSTRUCTION:**

This course will be taught via the Internet using online lecture notes, discussion board, and electronic messaging.

**GRADING SYSTEM:**

90 - 100 = A  
80 - 89 = B  
70 - 79 = C  
60 - 69 = D  
Below - 60 = F

The standard mathematical procedure of rounding will be applied to arrive at a whole number percentage in final grade calculation.

**GRADE  
CALCULATION  
METHOD:**

Assignments and Discussion Boards	=	30%
Unit Tests	=	30%
Menu Project	=	20%
Mid-term and Final Exams	=	20%
	=	<u>100%</u>

All tests will be administered online. If an emergency arises and you are unable to take the test, contact your instructor immediately.

**CONFIDENTIALITY:**

All students' e-mail addresses may be available to other students in the class. Although some assignments in an online course may encourage or require peer communication, the instructor will make every effort to protect the confidentiality of any personal communication (for example, grades). However, you should recognize that e-mail and other electronic media are not secure; there is no guarantee of the privacy of your e-mail or other personal information.

**APPROPRIATE  
ONLINE BEHAVIOR:**

The use of Spartanburg Community College's website, e-mail service or course management software for creation and/or distribution of material not pertaining to course participation is prohibited and is grounds for dismissal according to College policy under "disruptive behavior." Such actions, include, but are not limited to:

- Inappropriate use of email and discussion boards for:
  - ✓ Harassment
  - ✓ Unlawful solicitation
  - ✓ "Spamming"
  - ✓ "Flaming"
- Use of online editing tools within the course management software to:
  - ✓ Create offensive material
  - ✓ Link to inappropriate materials

**ATTENDANCE  
POLICY:**

An electronic e-mail is required from each student to the instructor by the end of the drop/add period. At this time the Instructor will drop the student from the course if it is not received.

Instructors maintain attendance records. However, it is the student's responsibility to withdraw from a course. A student who stops attending the online class and fails to initiate a withdrawal will remain on the class roster. *With this in mind, for every assignment, test or exam not completed while still enrolled in the course the student will receive a grade of zero and the final course grade will be calculated accordingly.*

Withdrawal Policy: During the first 75% of the course, a student may initiate withdrawal and receive a grade of W. A student cannot initiate a withdrawal during the last 25% of the course. Extenuating circumstances require documentation and approval by the appropriate department head and academic dean.

**ACADEMIC  
CONDUCT:**

ACADEMIC DISHONESTY: Students are expected to uphold the integrity of the College's standard of conduct, specifically in regards to academic honesty. All forms of academic dishonesty including, but not limited to, cheating on assignments/tests, plagiarism, collusion, and falsification of information will call for disciplinary action. Disciplinary action imposed may include one or more of the following: written reprimand, loss of credit for assignment/test, termination from course, and probation, suspension, or expulsion from the College. For further explanation of this and other conduct codes, please refer to the Student Handbook.

**CLASS/LAB  
PROCEDURES:**

The textbook is a learning resource. It is the responsibility of the student to read all chapters and submit assignments as scheduled. Additional outside materials will be integrated with instructor's notes, websites/links, and textbook companion website.

**ACCOMMODATIONS:**

Students who need special accommodations in this class because of a documented disability should notify Student Disability Services by calling (864) 592-4818, toll-free 1-800-922-3679; via email through the SCC web site at [www.sccsc.edu/resources/disabilities](http://www.sccsc.edu/resources/disabilities); or by visiting the office located in the East Building Room 30-B on the SCC

Central campus. Contacting Student Disability Services early in the semester gives the College an opportunity to provide necessary support services and appropriate accommodations.

**Program Director**

Chef Dawn Larrieu  
592-4836  
[larrieud@sccsc.edu](mailto:larrieud@sccsc.edu)

**Program Department Chair**

Mrs. Karen Ravan  
592-4840  
[ravank@sccsc.edu](mailto:ravank@sccsc.edu)

**COURSE OUTCOMES  
& OBJECTIVES:**

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

1. Identify current USDA My Pyramid principles and food groups
2. List the nutrient contributions of each food group
3. Discuss the nine areas where dietary guidelines make recommendations
4. Evaluate recipes and menus using dietary guideline recommendations, food guides and food labels
5. Develop menus using dietary guideline recommendations, food guides and food labels
6. Describe the process of human digestion
7. Determine energy needs based upon basal metabolic rate and exercise expenditure
8. Discuss characteristics, functions and best sources of each of the major nutrients
9. List the primary characteristics, functions and sources of vitamins, water and minerals
10. Discuss cooking techniques and storage principles and portion sizes of maximum retention of nutrients and effective weight management
11. Discuss weight management and exercise and nutrition over the life cycle
12. Discuss exchange groups
13. Identify common food allergies and determine appropriate substitutions. (i.e. Gluten, sugar,

- lactose free)
14. Apply emerging technologies (computerization) for nutrient analysis (i.e. Internet, recipe analysis software)
  15. Discuss marketing of healthy menu options