



Syllabus

Course Information

Course Number:	HE 230
Course title:	Principles of Nutrition
Location:	Online
Semester Credits:	3
Instructor:	Jen Verdugo
Office Hours:	(By appointment)
Contact Information:	785-639-1380 (Cell) jverdugo@ncktc.edu

Course Description

This course is an in depth study of essential nutrients for healthy lifestyles, body processes and fallacies with emphasis on the scientific basis of nutrition.

Required Course Materials

Byrd-Bredbenner, Moe, Beshgetoor, Berning: Wardlaw's Perspectives in Nutrition 8th edition. McGraw-Hill Publishing Company, 2009.

Nutrition Calc Plus 3.2 CD Rom

Course Objectives

1. Students will be able to identify the relationship between nutrition and good health.
2. Students will be able to describe various factors that affect our daily food choice.
3. Students will be able to define terms used in the study of nutrition.
4. Students will be able to describe methods to promote good nutritional intake.

5. Students will be able to recognize healthy weight management practices.
6. Students will be able to apply knowledge of the nutrient needs to the meal environment.
7. Students will be able to describe the effect nutrition has on growth and development.

Evaluation

Discussions	10 points each
Exams	100 points each
Take Action	15 points each
Chapter Questions	15 points each
Dietary Analysis	100 points
Other Assignments	TBD

Grading Scale

Final grades will be determined by the following total points possible:

100-90%	=A
89-80%	=B
79-70%	=C
69-60%	=D
59-below	=F

Late Work

Late work will **NOT** be accepted. Watch weekly deadlines and pay attention to the clock within Angel. The deadline for weekly assignments is Sunday night at 11:55 p.m. "Angel Time" not your time. Pay attention to the clock within the Angel system.

(If extenuating circumstances arise – contact me to discuss your options)

Services for Students with Disabilities

Students with either a permanent or temporary disability, who require accommodations for more than one week should request services by contacting the Student Services office. Students requesting accommodations must present written documentation from

a certified professional, which should include a statement identifying the disability as well as recommendations for accommodations. Contact at least one month in advance, the Dean of Student Services at (785) 738-2276 to make requests for accommodations.

Policy Regarding Academic Dishonesty

Academic dishonesty of any kind will not be tolerated while attending North Central Kansas Technical College. Examples of academic dishonesty include: plagiarism, cheating, falsification or forgery of any assignments or examinations. Any student who participates in any form of academic dishonesty must accept the consequences for their actions. These consequences may include, but are not limited to the following (a) verbal or written warning, (b) lowering of grade for assignment/activity, (c) failure of class assignment, exam, and/or course. For further information regarding NCKTC policies regarding scholastic dishonesty see pages 9-10 of the Student Handbook.

EPA STANDARDS

The college will comply with all Federal and State Standards in regard to OSHA and EPA Regulations. In most of the shops and labs, students either handle or produce hazardous waste materials. All faculty have received training on these standards.