

Quarter: Fall 2009 (4 units)

Location: SC2116; T-R 9:30-11:10

Instructor: Gigi Acker, MPH, RD

Office Hours: Thursday 8:30-9:30 am

Office Hours Location: Classroom – SC2116

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Course Description: Physiological, psychological and practical aspects of obtaining a healthy diet. Relationship of nutrients to health and well being. Evaluation of current nutritional issues and controversies.

Prerequisites: English Writing 100B and Reading 91 or 100 or English as a Second Language 24 or 72 and Mathematics 200 are advised. It is expected that you can do simple math problems, including those that use percentages and ratios.

Text Book: *Discovering Nutrition* by Insel, Turner and Ross, 3rd edition, 2010. *On reserve in library*
Access to the Internet is required for this course.

Attendance: Not all of the course material is in the text, so attending class is very important for you to do well. Please do your best to come to every class, on time. Should you miss class, it is your responsibility to find out what you missed from a classmate. If you are absent more than 5 times (excused or not), I have the option to drop you from the class. Also remember, it is YOUR responsibility to withdraw from the course if you wish to drop. Failure to do so may result in your receiving an “F” grade.

Exams: Each exam will cover only topics from the lectures preceding each exam. The final exam will NOT be comprehensive I do not give make-up exams except for unavoidable circumstances that have documentation. You will need an 882-E or 2052 scantron sheet and number two pencil (with eraser) for each exam. Here are some exam “rules” to be aware of:

- Once the exam begins, you will not be allowed to go to the bathroom & return to finish it.
- No exams will be handed out after the first exam has been completed and returned.
- Cell phones cannot be used for any purpose during an exam.
- Exam questions are taken from the lecture, videos and class presentations.
- Cheating will not be tolerated and will result in an “F” in this class. *NO EXCEPTIONS*

Record Your Grade Here

Exam 1	100 pts
Exam 2	100 pts
Final Exam	100 pts
Group Presentation	80 pts
Diet Analysis Assignment	60 pts
Label Reading Assignment	20 pts
Class participation	20 pts
TOTAL	480 pts

Assignments:

- Assignments must be turned in before the end of the class that the assignment is due. An assignment turned in after the close of the class that it is due is considered late.

- The Diet Analysis assignment will be accepted only 1 class period after the due date and will be marked down 10%.

Group Presentation:

You will join a group with four other students and research a **nutrition issue**. Your group will present the information to the class on either **October 29th** or **November 3rd**. Presentations will be 10-15 minutes in length. **It is most important that you draw from accurate scientific information and present the pros and cons of this topic.** NO PAPER is due. PowerPoint slides are recommended. To use PowerPoint, save slides in 2006 version and bring on USB drive. You will turn in a reference page with a minimum of 2 primary sources and 2 secondary sources. Use the APA (American Psychological Association) format for references. You can learn more about the APA format at:

Duke: <http://library.duke.edu/research/citing/index.html>. Click on “assembling a list of works cited”

Ohio State: <http://library.osu.edu/sites/guides/apagd.php#articlefour>

Some topics to consider are:

- Energy drinks
- Green tea
- Water (bottle vs tap)
- Artificial sweeteners
- High fructose corn syrup
- Supplements (vitamin, mineral, protein or creatine)
- Vegetarian Eating
- Sports Nutrition

Note: Failure to show up in class on the day of your presentation means your score will be a “0” unless an emergency prevented you from coming to class and you can provide valid documentation of that emergency. In this case, an appropriate grade will be assigned after meeting with me to discuss your contribution to your group and your mastery of the topic.

Overall Grading:

93-100%	A
90-92%	A-
87-89%	B+
83-86%	B
80-82%	B-
77-79%	C+
70-76%	C
67-69%	D+
63-66%	D
60-62%	D-
59% or below	F

Student Handbook: The Biological and Health Sciences Division Handbook has a student handbook available at <http://bhs.deanza.edu/StudentHandbook.pdf>. All the material contained in the handbook is a part of this green sheet and does apply to you as a student in the class. It contains a lot of useful information that will increase your chances of success in this class.