FSHN 185, HUMAN NUTRITION
3 Credits (CRN 64035)
Online

INSTRUCTOR: Gordean Kaui Asing
OFFICE: By appointment
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EFFECTIVE DATE: August 20, 2018 to December 6, 2018

WINDWARD COMMUNITY COLLEGE MISSION STATEMENT

Windward Community College offers innovative programs in the arts and sciences and opportunities to gain knowledge and understanding of Hawai‘i and its unique heritage. With a special commitment to support the access and educational needs of Native Hawaiians, we provide the Koʻolau region of Oʻahu and beyond with liberal arts, career and lifelong learning in a supportive and challenging environment — inspiring students to excellence.

CATALOG DESCRIPTION

An introductory level biological science course which integrates basic concepts of science with the study of human nutrition. Designed for students who want an introduction to nutrition, as well as those who later choose to major in it. (3 hours lecture)

Pre-Requisite(s): Placement in ENG 100 and credit in Math 25, 26, 29, or 82 or higher, placement into Math 103 or higher, or consent of instructor.

Course satisfies: DB at WCC (AA in Liberal Arts), Elective (AS in Natural Sciences), and Elective (CA in Agripharmatech: Ethnopharmacognosy)

STUDENT LEARNING OUTCOMES

Through use of the required course text book and online tools, regular attendance, active participation in classroom discussions, satisfactory completion of assignments and written examinations - students will be able to describe the nutrition and energy needs of the human body across the lifespan at a minimum of 70% proficiency in the following areas:

Food sources and their nutritional value
1. Describe the six categories of nutrients.

Nutrition, biochemistry and physiology
2. Calculate energy requirements based on basal metabolic needs.

Nutrition and human behavior
3. Identify factors that influence eating habits in the Hawai‘i/Asia Pacific region.

Nutrition and the human body
4. Define various types of malnutrition.
5. Discuss physiological changes that occur during the life cycle and explain the changes in nutrient needs that accompany life cycle changes.
6. Analyze and evaluate the nutritional content of menus and recommend modifications responsive to health risks.
7. Describe health promotion and prevention activities to prevent diseases including cancer, heart disease, obesity, and diabetes.

Accessing and presenting evidence-based health and nutrition material
8. Correctly interpret and evaluate information on food labels, packaging, and product advertising.
9. Discuss current issues related to the safety of the food supply according to toxicology evidence.
10. Describe principles and practices of food preparation, hygiene and safety.
11. Discuss various environmental and ecological conditions, which interact with human nutrition both locally and globally

Course Outline: (See course schedule for a comprehensive agenda)
1. The role of nutrition - Food choices, attitudes, beliefs, six classes of nutrients.
2. Designing a healthy diet - Nutrition labels, serving size, and moderation.
3. Eating healthy – Appetite and hunger, functions of cells, and the GI tract.
4. Carbohydrates and energy – Functions of carbohydrates, macronutrients, and fiber.
5. Fats – Essential energy nutrients, types of lipids, healthy and unhealthy fats.
7. Vitamins- Promotion and regulation of growth, reproduction, and the maintenance of health.
8. Water and Minerals- The regulation of fluid balance, thirst, intake and output, and the role of minerals in chemical reactions and body process.
10. Physical activity – Components of fitness, body’s sources of fuel, and ergogenic aids.
11. Nutrition through the lifestyle – Healthy diets in the prenatal period, lactation, healthy infants.
12. Nutrition through the lifecycle – Childhood to late adulthood, physiologic changes.
13. Food safety and hygiene -- Preventing food borne illnesses, chemicals and additives in food, and selecting organic foods.

Note: The course outline has been carefully thought out to coincide with the course text and will be followed as planned in the course schedule as much as possible. The Instructor will inform students by email of any foreseeable changes at least one module in advance. Email is the primary source of instructor communication with students. Students are responsible for checking email frequently for important course information.

COURSE TASKS

Quizzes (300 points total- 6 x 50 points for each quiz). The student will complete 6 online
quizzes to assess their comprehension of course materials. The quizzes will be based on the activities and assigned reading for the time period. Although the quizzes are open-book, they are timed. As such, students who have not studied can expect to do poorly on the quizzes.

**Video Response** (30 points total- 2 x 15 points each). Students view videos of current nutrition topics and submit a 1 page review following the provided format.
- Evaluating Internet Health Information
- Select a nutrition movie or video from the following list or get instructor approval for an alternative:
  - Food Inc.
  - Supersize Me
  - Netflix Series “Rotten”- any episode
  - Michael Pollan- “In Defense of Food” or “The Omnivore’s Dilemma” or “The Eater’s Manifesto”
  - Eating on the Wild Side

**Research Paper and PowerPoint presentation** (40 points total). The purpose of the paper and presentation is for students to engage in an in-depth review of the literature and create a PowerPoint presentation on a vitamin or mineral that they are assigned.

**Final Exam** (100 points). The student will demonstrate understanding of concepts presented in the lectures and text readings. The Final Exam is cumulative and will include essay, multiple choice and true/false questions that cover the entire text as well as key take aways from guest speakers, field trips, and supplemental instructional materials.

**LEARNING RESOURCES**


**ADDITIONAL INFORMATION**

**Netiquette**

The best possible experience in discussion forums and in e-mail exchanges occurs when respect is shown to all participants. When addressing other people on the discussion forums, think about the impact of your words and remember that unlike face-to-face communication, those you communicate with cannot see the expression on your face or hear the intonation in your voice.

Try to be brief and to the point. Answer questions but do not be drawn into arguments. The discussion forum is not the place for political arguments or for discussion of inappropriate topics.

If you cite someone else’s ideas, make sure to give them credit.

**Peer Feedback**

Collaborative learning is a part of this course. Students are expected to provide quality feedback to their peers. Some of the ways that this can be done in this course include the following:

- Be nonjudgmental and provide specific examples if discussing the work of someone else.
• Cite examples from your own work or cite other research as a way to make your point
• Make suggestions that are easy to understand and make sense. Suggest specific processes that a person might use to solve a particularly difficult problem.

LEARNING MODULE TIME MANAGEMENT
Keeping current with learning modules according to the schedule is imperative to the success of every student and the course. Students are evaluated based on demonstration of understanding of learning objectives as reflected by measurable and continual gains in nutritional science knowledge. Students having difficulty with schedule are encouraged to seek academic counseling or speak to the instructor to request help to protect their Grade Point Average (GPA).

MYSUCCESS
Students may be referred for extra help or advising through MySuccess. Students can also explore resources at MySuccess.Hawaii.edu and windward.hawaii.edu/MySuccess

DISABILITIES ACCOMMODATIONS
If you have a physical, sensory, health, cognitive, or mental health disability that could limit your ability to fully participate in this class, you are encouraged to contact the Disability Specialist Counselor to discuss reasonable accommodations that will help you succeed in this class. Ann Lemke can be reached at 235-7448, lemke@hawaii.edu, or you may stop by Hale ʻĀkoakoa 213 for more information.

TITLE IX
Title IX prohibits discrimination on the basis of sex in education programs and activities that receive federal financial assistance. Specifically, Title IX prohibits sex discrimination; sexual harassment and gender-based harassment, including harassment based on actual or perceived sex, gender, sexual orientation, gender identity, or gender expression; sexual assault; sexual exploitation; domestic violence; dating violence; and stalking. For more information regarding your rights under Title IX, please visit: https://windward.hawaii.edu/Title_IX/.

Windward Community College is committed to the pursuit of equal education. If you or someone you know has experienced sex discrimination or gender-based violence, Windward CC has resources to support you. To speak with someone confidentially, contact Karla Silva-Park, Mental Health Counselor, at 808-235- 7468 or karlas@hawaii.edu or Kaahu Alo, Designated Confidential Advocate for Students, at 808-235- 7354 or kaahualo@hawaii.edu. To make a formal report, contact the Title IX Coordinator at 808-235-7393 or wcctix@hawaii.edu.

ACADEMIC INTEGRITY
Work submitted by a student must be the student’s own work. The work of others should be explicitly marked, such as through use of quotes or summarizing with reference to the original author.

Students can upload papers to http://www.TurnItIn.com to have papers checked for authenticity, highlighting where the paper potentially fails to appropriately reference sources.

In this class, students who commit academic dishonesty, cheating or plagiarism will have the following consequence(s):

Windward Community College is an equal opportunity, affirmative action institution.
Students will receive a failing grade for plagiarized assignments.

All cases of academic dishonesty are referred to the Vice Chancellor for Student Affairs.

**ALTERNATE CONTACT INFORMATION**

If you are unable to contact the instructor, have questions that your instructor cannot answer, or for any other issues, please contact the Academic Affairs Office:

Location: Alakai 121  
Phone: 808-235-7422  
Email: wccaa@hawaii.edu