

FOOD SCIENCE AND HUMAN NUTRITION 185 (FSHN 185)
The Science of Human Nutrition (3 credits)
Online Course Syllabus
Windward CC - Spring 2021 (CRN 61310)

Instructor: Corin Nishimura

Office location: PS-202 (located at Leeward CC). Due to COVID-19, I will not be keeping in-person office hours. If you need to communicate with me (in a manner other than through email) we can arrange a Zoom meeting. Note: I teach courses at both Windward CC and Leeward CC. Leeward CC is my main campus.

Email address: corinn@hawaii.edu (BEST method to contact)

Office phone: 808-455-0262 (NOT a reliable method to contact; I'm not on campus regularly)
(DO NOT use Lulima messaging to contact)

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 Ko'olau region of O'ahu and beyond with liberal arts, career and lifelong learning in a supportive and challenging environment — inspiring students to excellence.

Required Materials:

- Access to a computer with **reliable** Internet connection.
- Free online textbook developed by UH Manoa nutrition faculty: Human Nutrition
- Highly Recommended: Basic calculator

Course Description:

A biological science course which integrates the basic concept of science and human nutrition. Emphasis is placed on the nutrient requirements of healthy individuals, nutrient categories and their characteristics, physiological functions, and food sources. Includes a review and adaptation of dietary practices to reflect current nutritional concerns and issues. (Same as UH Manoa's FSHN 185).

Co-requisites: None

Prerequisites: Placement into ENG 100

Course Format:

Students will find weekly instructions, assignments, and supporting materials on the FSHN 185 Lulima page. The instructor will communicate with students mainly via email, so it is important for students to check their email **DAILY**.

Students are expected to read corresponding chapters in the textbook in addition to studying and reviewing PowerPoint slides, watching suggested videos, completing assignments, and completing any additional activities provided.

Student Learning Outcomes:

The primary goal of this course is to understand the nutrition concepts that will enable you to make informed dietary choices. Upon completion of FSHN 185 the student should be able to do the following at a minimum of 70% proficiency:

1. Describe the physiologic functions of the six classes of nutrients (proteins, lipids, carbohydrates, vitamins, minerals, and water).
2. Utilize the information on food labels to make informed dietary choices.
3. Describe the process of human digestion and absorption.
4. Discuss the fundamentals of energy metabolism and the consequences of feasting, fasting, and extended fasting.
5. Understand how nutrition and physical activity influences body mass index (BMI), body composition, and disease risk.
6. Evaluate recipes, menus, and personal dietary intake using nutrient analysis software.

Evaluation of Performance:

Your grade for this course will be evaluated based on your performance of exams, assignments, and participation in discussions. Grading is based on 300 total points. *Please note that the number of quizzes, assignments, exams, and the number of total possible points are **subject to change**.*

Item	Points
3 exams (40 pts each)	120 pts
12 study guides (10 pts each)	120 pts
5 discussion forums (10 pts each; topics subject to change) <ul style="list-style-type: none"> ● Introduce yourself ● Weight, body image, self-esteem. Your thoughts ● Airlines charging passengers by weight ● Should Hawaii's drinking water be fluoridated? ● Should dietary supplements have stricter regulations? 	50 pts
1 written assignment: Processed vs. unprocessed foods (10 pts)	10 pts
Total Points:	300 pts
Extra Credit: Video recipe (10 pts)	10 pts

Letter grades will be assigned based on the following percentages:

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

Make-up exams and all other assignments will only be granted if the student has a legitimate excuse that is accompanied by a note (example: physician's note). Missing exams and assignments due to outside job/work responsibilities **is not** a legitimate excuse, even if your employer writes a note for you.

If a student wishes to withdraw from the course, it is his or her responsibility to officially do so. Any student who stops participating, but who does not officially withdraw from the course, will receive an “F” for the course.

The instructor reserves the right to make decisions regarding make-up quizzes, exams, and assignments on a case-by-case basis.

Participation:

Regular course participation is expected. Students should check their email daily for instructions. Completion and participation in course exams, discussions, assignments, etc., is expected.

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 Accessibility Counselor to discuss reasonable accommodations that will help you succeed in this class. Roy Inouye can be reached at (808) 235-7448, royinouy@hawaii.edu, or you may stop by Hale Kāko‘o 106 for more information.

Sex Discrimination and Gender-Based Violence Resources (Title IX)

Windward Community College is committed to providing a learning, working, and living environment that promotes personal integrity, civility, and mutual respect and is free of all forms of sex discrimination and gender-based violence, including sexual assault, sexual harassment, gender-based harassment, domestic violence, dating violence, and stalking.

If you or someone you know is experiencing any of these, WCC has staff and resources to support and assist you. To report an incident of sex discrimination or gender-based violence, as well as receive information and support, please contact one of the following:

Kaahu Alo, Student Life Counselor & Designated Confidential* Advocate for Students

Phone: (808) 235-7354

Email: kaahualo@hawaii.edu

Office: Hale ‘Ākoakoa 232

**confidentiality is limited*

Desrae Kahale, Mental Health Counselor & Confidential Resource

Phone: (808) 235-7393

Email: dkahale3@hawaii.edu

Office: Hale Kāko‘o 101

Karla K. Silva-Park, Title IX Coordinator

Phone: (808) 235-7468

Email: karlas@hawaii.edu

Office: Hale ‘Ākoakoa 220

As a member of the University faculty, I am required to immediately report any incident of sex discrimination or gender-based violence to the campus Title IX Coordinator. Although the Title IX

Coordinator and I cannot guarantee confidentiality, you will still have options about how your case will be handled. My goal is to make sure you are aware of the range of options available to you and have access to the resources and support you need.

For more information regarding sex discrimination and gender-based violence, the University's Title IX resources and the University's Policy, Interim EP 1.204, go to manoa.hawaii.edu/titleix/

Tentative Schedule: Subject to Change

Week (start date)	Topic	What's Due Due date)
1 (1/11/21)	First week of classes. Students will be adding/dropping classes, so we will not be doing much. If you would like to get started, please read the syllabus, watch the class video introduction, begin reading Ch 1 in your textbook, watch the Ch 1 video lecture, and post your Introduction on the discussion board	
2 (1/18/21)	Ch 1: Basic Concepts in Nutrition	Ch1 Study Guide (1/24/21)
3 (1/25/21)	Ch 2: The Human Body	Ch2 Study Guide (1/31/21)
4 (2/1/21)	Ch 3: Water and Electrolytes	Ch3 Study Guide (2/7/21)
5 (2/8/21)	Ch 4: Carbohydrates	Ch4 Study Guide (2/14/21)
6 (2/15/21)	Exam 1: Chapters 1-4	Exam1 (2/21/21)
7 (2/22/21)	Ch 5: Lipids	Ch5 Study Guide (2/28/21)
8 (3/1/21)	Ch 6: Protein	Ch6 Study Guide (3/7/21)
9 (3/8/21)	Ch 7: Alcohol	Ch7 Study Guide (3/14/21)
10 (3/15/21)	Spring Break: Enjoy your break!	

11 (3/22/21)	Ch 8: Energy	Ch8 Study Guide (3/28/21)
12 (3/29/21)	Exam 2: Chapters 5-8	Exam2 (4/4/21)
13 (4/5/21)	Ch 9 Part A: Fat-Soluble Vitamins	Ch9 Part A Study Guide (4/11/21)
14 (4/12/21)	Ch 9 Part B: Water-Soluble Vitamins	Ch9 Part B Study Guide (4/18/21)
15 (4/19/21)	Ch 10: Major Minerals	Ch10 Study Guide (4/25/21)
16 (4/26/21)	Ch 11: Trace Minerals	Ch11 Study Guide (5/2/21)
17 (5/3/21)	Exam 3: Chapters 9-12 Note: Last day of instruction 5/5/21	Exam 3 (5/13/21)
	<p>Important Notes:</p> <ul style="list-style-type: none"> • Due dates for other assignments/activities will be given as they are assigned. • Everything in the above syllabus is tentative and thus <u>subject to change</u>. 	