

**FOOD SCIENCE AND HUMAN NUTRITION 185 (FSHN 185)**  
**The Science of Human Nutrition (3 credits)**  
**Online Course Syllabus**  
**Windward CC - Spring 2023 (CRN 64118)**

Note: This syllabus contains important information for the course. Please read it carefully. Students are responsible for knowing the information contained in this syllabus. In Laulima you will find an accompanying graded quiz on the contents of this syllabus.

**Instructor: Corin Nishimura**

Office location: PS-202 (located at Leeward CC). I will not be keeping regular in-person office hours. If you need to communicate with me (in a manner other than through email) we can arrange a meeting either by phone, via Zoom, or in person.

Email address: **corinn@hawaii.edu** (BEST method to contact)  
(DO NOT use Laulima messaging to contact)

**Email procedures:**

- Email is the main form of communication for this course.
- I will check my email, at a minimum, twice-per-day, Monday through Friday.
- I expect students to check their email, at a minimum, once-per-day, Monday through Friday.
- ALWAYS use your University of Hawaii email account for communication in this course.

**Required Materials:**

- Access to a reliable 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 Formats:**

Currently FSHN 185 is offered in two formats. Be sure to know what format you are registered for.

1. Online Asynchronous Course: All course activities will be 100% asynchronous.
2. Hybrid Course: One mandatory face-to-face meeting required at the beginning of the semester. Majority of course activities conducted online, asynchronously.

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

Students are expected to read corresponding chapters in the textbook, watch video lectures, study PowerPoint slides, review supplementary resource materials, take quizzes, complete assignments, and participate in any additional activities assigned.

### Course 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. Identify the functions, sources, and the deficiency and toxicity symptoms of the essential nutrients
2. Evaluate current nutrition and health-related topics, including proposals and legislation.
3. Utilize the information on food labels to make informed dietary choices.
4. Classify underweight, normal weight, overweight, and obesity by interpreting body mass index (BMI), body fat percentage, waist circumference, and other anthropometric measures.

### 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 220 total points. *Please note that the number of quizzes, assignments, exams, and the number of total possible points are **subject to change**.*

Item	Points
15 quizzes	150 pts
6 discussion board forums (10 pts each)	60 pts
1 written assignment: Processed vs. unprocessed foods (10 pts)	10 pts
<b>Total Points:</b>	<b>220 pts</b>
Extra Credit: Video Recipe Assignment (15 pts)	15 pts
Note: In order to get the highest possible final grade, students are highly encouraged to do this extra credit assignment.	
<p><b>You will find all due dates for course activities on Laulima. It is your responsibility to keep track of due dates.</b></p> <p>Since course activities are conducted via Laulima, DO NOT wait until the last minute to turn in assignments, take quizzes, etc. Many technical problems can occur in online classes. Your computer could crash, the WiFi may go down, etc. You are given ample time to complete course assignments and activities; therefore do things early. That way, should you experience any unforeseen problems you will still have adequate time to complete your tasks. Not being able to turn in an assignment, due to technical issues experienced at the last moment, will not be excused.</p>	

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 quizzes 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 quizzes and assignments due to outside job/work responsibilities **is not** a legitimate excuse, even if your employer writes a note for you.

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

Handling of various "borderline" final grades:

- If Lulima shows your grade to be 59.5%, 69.5%, 79.5%, 89.5%, I will always round UP, regardless if you missed any assignments/quizzes, did not do the extra credit, etc.
- If the decimal point on your final grade percentage is below 0.5% (for example, 79.47%, 79.0%, etc.), I will round DOWN if you missed any assignments and/or did not do the extra credit. I will round your grade UP **if you completed everything and you did the extra credit**. If you missed something during the semester, and you did not do the extra credit, then I will NOT round up these types of borderline grades. No exceptions. My reasoning is: If you had not missed anything, then you would not have been borderline to begin with.

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.

### **Participation:**

Participation and completion in all course activities is expected. Course assignments, quizzes, and activities (along with their due dates) are posted on the Lulima site. It is the student's responsibility to be aware of due dates.

### **Participation Verification:**

Students who do not participate in their classes during the first week of the semester are considered to be "No Shows." The College assumes that "No Show" students no longer wish to participate in their education. Students who are identified as "No Shows" will be administratively disenrolled from their classes and given a 100% tuition refund. Participant Verification helps to release students who registered but did not intend to come to class from a financial obligation and failing grade. It also keeps the College in compliance with federal financial aid guidelines. See Executive Policy 7.209 Student Participation Verification in Coursework.

### **Additional Information:**

#### **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, [royinouye@hawaii.edu](mailto:royinouye@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/](http://manoa.hawaii.edu/titleix/)

### **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.*

**Note: Everything in this syllabus is tentative and subject to change.**