

## Welcome to HLT 230 Principles of Nutrition & Human Development

*Sara Headley, MSN, RN  
Assistant Professor of  
Nursing*

## Welcome

- This course teaches the relationship between nutrition and human development; emphasizing nutrients, balanced diet, weight control, and your nutritional needs.

## Instructor Information

- Sara Headley, MSN, RN
- Warsaw Campus Suite 109
- Office Hours TBA via Bb
- 804-333-6874 voice
- [sheadley@rappahannock.edu](mailto:sheadley@rappahannock.edu)
- \*Note: the best method to reach me is via email. Emails will be returned within 48 hours during regular business hours Monday-Friday.

## Instructor Availability

- Mrs. Headley will be available on campus two days per week; one day per campus. Please email her for an available appointment date and time.

## Course Information

- This course teaches the relationship between nutrition and human development; emphasizing nutrients, balanced diet, weight control, and your nutritional needs.
- Objectives:
  1. Understand the importance of different foods in a diet.
  2. Gain the knowledge used in designing a healthy diet.
  3. Understand the human body from a nutrition perspective.
  4. List and explain the energy yielding nutrients.
  5. Describe the roles of vitamins, minerals, and water.
  6. Apply energy balance knowledge to weight control.
  7. Explain the importance of nutrition in the various stages of life.
  8. Understand Nutrition and its effect on the world population

## Student Expectations

1. **Workload-** Students can expect to spend 9-12hrs per week completing the required reading and assignments for this course.
2. **Check the Announcement/ Email Area** in your Blackboard course more than once a week.
3. **Keep up with readings, tests, modules, discussion postings.** Late submissions will not be accepted.
4. **When emailing the instructor please include subject headings and use your student email account** (emails sent by accounts other than RCC accounts may not get through the email security filters).
5. **When posting in the discussion board respect other ideas and feelings. Be courteous and considerate.**
6. **Assignments or homework will be turned in via Blackboard.**
7. **Proctor Testing-**All tests will be completed in the testing center. Students are expected to take the tests by the due dates. No test make-ups or retests will be permitted.

## Course Material

- Dudek, Susan G., [Nutrition Essentials for Nursing Practice](#), 6th Ed. Wolters Kluwer Health,
- Web site: <http://thepoint.lww.com/Dudek6e> ISBN#978-0-7817-8454-2
- To purchase books online, you can visit Follett Online via the RCC website at <http://www.rappahannock.edu/bookstore/>.



## Getting Started

- Go to the RCC website at [www.rappahannock.edu](http://www.rappahannock.edu)
- Click on the MyRcc blue button.
- If you don't know your username, click on New to Your College? Look up your username and set your password.
- Once you have set up your password and Security Question, you will be able to login to Blackboard, Student Email and the Student Information System.
- For more directions go to <http://www.rappahannock.edu/distancelearning/Loginnew.shtml> or view the myRCC single signon help video at <http://www.screencast.com/t/mzEoQAQv>.
- If you need help, please contact the RCC Helpdesk at [rcchelp@rappahannock.edu](mailto:rcchelp@rappahannock.edu).

## Getting Started

After logging into the  single signon you need to:

1. Login to Blackboard and go to your course
2. Review your Syllabus
3. Review the text information and make sure to purchase course materials.
4. Login to your Student Email Account and make sure you know how to use it; you will be required to use this account for all course related email.
5. Be sure to look at the official start date for the course and assignment deadlines.

## Technical Requirements

- Either copy the Distance Learning packet material or add in something unique (ex. To locate software in plugins you might need for the course, look in the Blackboard course for Technology Tips.)
- General student Blackboard Help at <https://sites.google.com/a/email.vccs.edu/bb9/> and <http://www.rappahannock.edu/helpdesk/blackboard/>

## Dates to Remember

- General Course Related Dates in general terms- First Assignment Due Date
- Add/drop is generally 1 weeks after classes start
- Withdrawal deadline is generally 3 weeks after classes start.
- Check in your Distance Learning packet or Blackboard course for exact dates

## Course Content Overview

- This course is offered as an online course using Blackboard on RCC's website as the instruction and communication center station. The course work will be covered through text readings, analysis of diets, analysis of family history, discussion boards, a research paper and tests. Important concepts are outlined at the beginning and summarized at the end of each chapter. This would allow the student to complete most of the learning sequence independently, following the prescribed outlined activities. There is a schedule included with dates for the required work to be completed and submitted via Blackboard. There is an online resource to assist in your learning of resources and assist with learning activities.

## Grading/Evaluation

- **Assignments and their grading percentages are as follows**
  - Tests (3) at 12% ea 36%
  - Final exam 20%
  - Family History Diagram & Evaluation 10%
  - "Your Diet and How to Improve It" Report 10%
  - Discussion Board Participation is 10 questions: (Each question = 1point) 10%
  - Current event below 4%
  - Research Paper 10%
  - Total= 100%
- | Grading Scale    |  |
|------------------|--|
| A = 90 - 100     |  |
| B = 80 - 89      |  |
| C = 70 - 79      |  |
| D = 60 - 69      |  |
| F = 59 and below |  |

## Testing

- **Tests** – This course is divided into four sections. There will be an open book – multiple choice test at the end of each section. The fourth section will be tested on the final exam which is cumulative with the information from the fourth section being evaluated with multiple choice and the cumulative information, accounting for 50% of the grade, being multiple choice. To be prepared, please review each chapter's objectives and key concepts.
- **For more information on testing center times, please visit our website at:**
- [http://www.rcc.vccs.edu/distance\\_ed/flo/testingtime.htm](http://www.rcc.vccs.edu/distance_ed/flo/testingtime.htm)
- **\*\*NOTE:** Summer Hours may vary. Please review the website above for the most up to date hours.

## Getting Started with Assignments

- **Discussion Board Participation** – There will be a discussion question posted under Discussion Board for the weeks specified on the course content outline. To achieve 10% participation, you must answer the questions listed, citing reasons why you believe your answer is correct. You are encouraged to respond to other comments. These dates are recommended and points are not lost for late entry until noon on the last day of class.
- **Family History Diagram & Evaluation** - Please use the diagram of a family tree to show relatives going back 3 generations to determine what disease(s) that they have or had and what impact this would have on you. Along with the diagram; a 2-paragraph written summary to determine what lifestyle changes are recommended specific to your family history. 10%
- **"Your diet and how to improve it"** This is a 3 day diet summary of what you have eaten. You are to categorize it according to [www.mypyramidtracker.gov](http://www.mypyramidtracker.gov) and your BMI. Then address changes that are realistic for you and why you would make these changes. --Follow example given. *This paper is submitted via assignment feature in Blackboard* - 10%

## Getting Started with Assignments

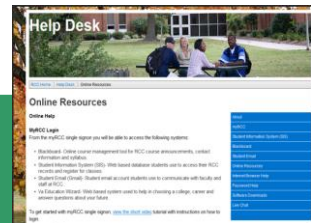
- **Research Paper** on topics designated under Assignments in Blackboard written in APA or MLA format. This should be 5 pages in length in addition to title page and bibliography (for a total of 7 pages). *This Research Paper is submitted via assignment feature in Blackboard* - 10%
- **Recipe** for an ethnic food should be placed under Discussion Board topic "Recipes". Please read and review other cultural recipes. **Extra Credit-2 pts.** State the ethnicity of the recipe.
- **Current Event Article**, concerning any nutritional topic in the newspaper or journal, and it can be found in the paper or on the internet. Submit a two paragraph summary of the article using correct referencing format and the article must be within one month of your summary. Please submit this under the Discussion Board topic "Current Events". 4% of grade.

## Evaluation

- In order to truly improve, we must evaluate the class. Please complete your course evaluation when posted in the Blackboard Announcement area near the end of the semester.
- Only you can make the course better by giving us constructive feedback.

## Login Help

Email the helpdesk at [Rcchelp@rappahannock.edu](mailto:Rcchelp@rappahannock.edu)



Help Website  
<http://www.rappahannock.edu/helpdesk/>

## Email and Blackboard Tips and Tricks

- If using AOL or other broadband internet providers, please open another browser such as Internet Explorer or Firefox.
- Make sure when sending attachments that the filename contains no spaces or special characters such as hyphens or % symbols.
- If you are typing a long email or discussion posting in Blackboard, you might want to type it in word and then cut and paste the information into your email message.
- Make sure to log out of Blackboard and Email when using a public computer.

Have a great semester