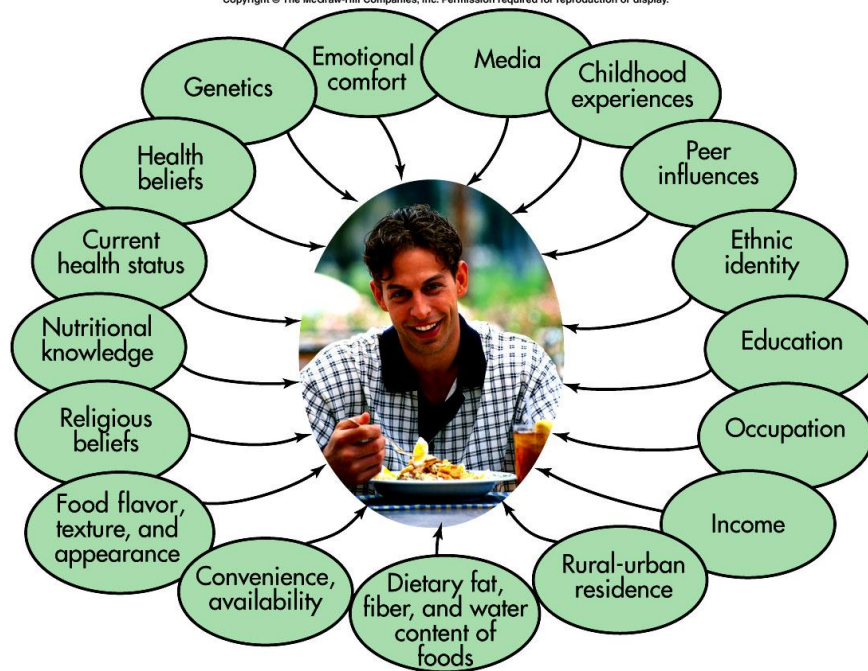


# Distance Learning@RCC

## Summer 2011

*The mission of Rappahannock Community College is to promote success through high quality teaching and learning. Opportunities are offered equally to all citizens for personal, professional, and workforce development through traditional and distance learning courses. The college carries out its mission through offerings and services in accessible locations and formats.*

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**HLT 230**  
**Principles of Nutrition & Human**  
**Development**  
**Mrs. Sara Headley, MSN, RN**

**Course Description:**

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

**Course Credits:** 3 semester hours

**Instructional Materials:**

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

(Access to references for the above mentioned book)

You can buy the materials at the campus bookstore or at the online at the Follett website:

<http://www.efollett.com/> Enter your state, your institution and select your campus and submit.

Contact the bookstore at either campus for their hours of operation and pricing information.

Glenns (804) 758-2099 or Warsaw (804) 333-0009

**Instructor:** Mrs. Sara Headley, MSN, RN

Campus: Warsaw

Email: [sheadley@rappahannock.edu](mailto:sheadley@rappahannock.edu)

Phone: Leave Message @ 804-333-6874

**Instructor Availability:**

Varies, dates/times TBA on Bb

Appointment to be scheduled in advance

Email or phone message

*(Email will be returned within 24 to 48 hours on normal business days – Monday through Friday)*

**METHODS OF INSTRUCTION:**

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.

**COURSE OBJECTIVES - The student will be able to:**

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

Course Content and Due Dates:

| Week Begins:   | Notes  | Lecture Topic(s)                                 | Chapter(s) Assigned | Assignments and Quizzes  |
|--|--|--|---------------------|--|
| Class Begins<br>05/23/11   | Orientation on-line                          | Nutrition in Nursing                             | 1                   | <b>Email Instructor</b> with information about your self and what you would like to learn from this class <b><u>DUE 05/27/11</u></b>                             |
| 05/30/11   |  | Carbohydrates                                    | 2                   | <u>Discussion Board Question #1</u><br><b>Family Tree Assignment <u>DUE 5/31/11</u></b>  |
| 06/6/11  | <b>Add/Drop<br/>06/02/11</b>                 | Protein  | 3                   | <u>Discussion Board Question#2</u>   |
| 06/13/11   |  | Lipids   | 4                   | <u>Discussion Board Question#3</u>   |
| <b>Test I- On chapters 1 through 4 – To be open book in the Testing Center on Campus<br/>(Test available from 06/13/11 until 06/18/11)</b>                           |  |  |                     |  |
| 06/20/11   |  | Vitamins<br>Water and Minerals                   | 5<br>6              | <u>Discussion Board Question#4</u><br><u>Discussion Board Question #5</u><br><b>Current Event Review due</b><br>(Details in Syllabus) <b><u>DUE 06/24/11</u></b> |
| 06/27/11   |  | Energy Balance                                   | 7                   | <u>Discussion Board Question#6</u>   |
| <b>Test II on Chapters 5, 6, &amp; 7- To be Open Book in the Test Center<br/>Available from( 06/27/11 to 07/2/11)</b>  |  |  |                     |  |
| 07/4/11  |  | Guidelines for Healthy Eating                    | 8                   | <u>Discussion Board Question#7</u>   |
| 07/04/11   |  | Consumer Issues                                  | 9                   | <b>Post a recipe</b> for an ethnic food for Extra Credit <b><u>07/8/11</u></b><br><u>Discussion Board Question#8</u>   |
| 07/11/11   | <b>Last Day-<br/>Withdraw<br/>7/5/2011</b>   | Cultural and Religious Influences                | 10                  | <b>Three Day Diet with Evaluation</b> –see example in syllabus <b><u>7/15/11</u></b>   |
| <b>Test III on Chapters 8, 9, and 10-To be Open Book in the Test Center on Campus<br/>(Test available- 7/11/11 to 07/16/11)</b>                                      |  |  |                     |  |
| 7/18/11  |  | Work on Research Paper                           | Research            | Email instructor with your topic   |
| 7/18/11  |  | Healthy Eating for Healthy Babies                | 11                  | <b>Research Paper</b> on approved topic<br><b><u>DUE 7/22/11</u></b>   |
| 07/25/11   |  | Nutrition for Infants, Children, and Adolescents | 12                  | <u>Discussion Board Question#9</u>   |
| 7/25/11  |  | Nutrition for Older Adults                       | 13                  | <u>Discussion Board Question#10</u>  |
| 04/25/11   | <b>Classes end on Friday, August 1, 2011</b> |  |                     | <b>Final day to turn in ALL assignments<br/>Friday, July 29, 2011 by 12noon</b>  |
| <b><u>FINAL EXAMINATION</u> – available at Testing Centers from 7/25/11 to 8/1/11<br/>Open Book &amp; Cumulative (Ch. 1-10) with Focus on Chapters 11, 12 and 13</b> |  |  |                     |  |

This schedule is provided for the convenience of the student. The instructor reserves the right to alter it as necessary.

## Assignments and their grading percentages are as follows

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

### ASSIGNMENTS:

1. **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.
2. **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.
3. **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%
4. **"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%
5. **Research Paper** on topics designated under Assignments in Blackboard written in APHA 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%
6. **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.
7. **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.

## ➤ TESTING CENTER HOURS

### Warsaw Campus / Glenns Campus

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.

|           |                        |
|-----------|------------------------|
| Monday    | 8:30 a.m. to 8:30 p.m. |
| Tuesday   | 8:30 a.m. to 8:30 p.m. |
| Wednesday | 8:30 a.m. to 8:30 p.m. |
| Thursday  | 8:30 a.m. to 8:30 p.m. |
| Friday    | 9:00 am – 3:00 pm      |
| Saturday  | 9:00 am – 3:00 pm      |
| Sunday    | Closed                 |

### King George High School Site

Call for more info: (540) 775-0087

## ➤ Distance Learning Contact Information

**Leslie Smith**  
 Dean Technology & Distance Education  
 Warsaw (804) 333-6781 or (800) 836-9379 Ext.36781  
 Glenns (800) 836-9381 Ext. 36781

E-mail: [LSMITH@RAPPAHANNOCK.EDU](mailto:LSMITH@RAPPAHANNOCK.EDU)

**Kristy Walker**  
 Assistant for Technology & Distance Education  
 Warsaw (804) 333-6786 or (800) 836-9379 Ext. 36786

E-mail: [KWALKER@RAPPAHANNOCK.EDU](mailto:KWALKER@RAPPAHANNOCK.EDU)

### WITHDRAWAL POLICY

A student who does not contact the instructor before or during the add/drop period will be dropped from their course by the instructor without the student's permission.

Students who stop participating in class activities during the withdrawal period, should complete a withdrawal form to receive a grade of "W." Students will be withdrawn by the instructor without the student's permission for missing 20 percent or more of the assigned distance learning coursework by the last date to withdraw.

**BASIS FOR EVALUATION AND REVISION OF COURSE**

Students will be given an on-line evaluation document near or before the end of the course. This evaluation instrument is completed anonymously and results are given to the faculty member in an anonymous summary format. The results of the evaluations are used to improve course delivery and course content.

**Academic Integrity:** Cheating, dishonesty, and plagiarism are examples of breaches of academic integrity and will not be tolerated. Punishment for violations will be swift and severe ranging from awarding a lower or failing grade for an exam or the course by the instructor to dismissal from the college by the president. Student conduct and disciplinary procedures are addressed in the Student Handbook.

**HONOR CODE**

It is the responsibility of the student to be aware of the rules as stated in the College Catalog and to monitor the activities of their peers with respect to Prescribed Conduct (as described in the College Catalog) and report any violations thereof.

**EMERGENCY EVACUATION PLAN**

In each classroom, laboratory, or other place where students are assembled for the purpose of instruction, a fire evacuation plan will be posted indicating the direction of travel from the room in the event it becomes necessary to evacuate the building as a result of fire or other emergency. This plan will be posted in a conspicuous place near the exit from the room.

At any time the fire alarm sounds, the building will be evacuated. The instructor is to ensure the fire door is closed upon leaving the area (doors with automatic closures on them). It is the responsibility of the instructor to assist disabled students in evacuating the building.

If a classroom does not have an evacuation plan, the student should notify the instructor or Campus Director.

**Special Request:** It is important to RCC that all students have a learning environment that is conducive to their needs. Therefore, any student who feels that they may need some type of accommodation in order to make this class a successful setting, should go to the Counseling Office on either campus for information about applying for services and accommodations. You will need to provide current documentation of your disability and recommended accommodation for that disability. For additional information refer to "Student Services" on the RCC website and look for "Students with Disabilities."

**College Closing Information:** The College will be open unless an official closing is announced. If it is necessary to cancel or delay the opening of the college, the decision will be announced over radio and television stations serving the college region.