HE-103 NUTRITION & HEALTH

QUEENSBOROUGH COMMUNITY COLLEGE
Health, Physical Education & Dance Department

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Office Hours: Monday 8-9 am
Tuesday 8-9 am
Wed 8-9 am
E-mail- LZinger@qcc.cuny.edu

REQUIRED TEXT:
Zinger, L., Sinclair, A. Nutrition and Health Today;  Kendall/Hunt; 2011, 2nd ed
ISBN# 978-0-7575-9025-2
Must be purchased NEW not USED

RECOMMENDED TEXT: Extra credit assignments
Zinger, L. Introduction to Public Health;  Kendall/Hunt; 2009

Zinger, Lana, Critical Issues in Health;  Kendall/Hunt; 2006, 2nd ed. ISBN #978-0-7575-8834-1

Thompson/Wadsworth Publishing Co.ISBN: 978-0495390657
Chapters can be purchased individually at (just enter above ISBN number):
http://www.ichapters.com/market/index.html

WEB RESOURCES:
The Lean & Fit in the Washington Post (Every Tuesday):
Jane Brody’s weekly column, Personal Health, in the New York Times (Every Tuesday):
www.nytimes.com

GRADES
Your grade in this course will be determined by the total number of points that you accumulate.

ONLINE ASSIGNMENTS/EXAMS (mandatory to pass the class)
Class Exams (2) .......................... 0 to 10 points each exam
Project................................. 0 to 10 points
Homework ................................ 0 to 10 points
Online Discussion Boards.............. 0 to 11 points
Homepage ................................ 0 to 3 points
**EXTRA CREDIT** (cannot be substituted for above, only used as addition to above)
Blood donation or HIV or STD test .................. 2 points each
Nutrition book assignments ........................ 1 point each, 10 points total
Critical Issues book assignments ................... 1 point each, 11 points total
Summarize NY Times health articles ................ 1 point each, 5 points total
Attend health lecture and submit summary ........ 1 point each

<table>
<thead>
<tr>
<th>Exam &amp; Discussion Board Grade</th>
<th>Points</th>
</tr>
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<tbody>
<tr>
<td>90-100</td>
<td>10</td>
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<tr>
<td>87-89</td>
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<tr>
<td>84-86</td>
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<td>80-83</td>
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<td>65-67</td>
<td>2</td>
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<tr>
<td>60-64</td>
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**ATTENDANCE:** Graded by ONLINE DISCUSSION BOARDS
Students are permitted to be absent from class (discussion boards) for **NO MORE THAN 2 sessions** during the semester. A late (discussion board) is considered a ½ absence. This is official department policy.

**GRADE DESIRED**
In order to receive a grade, the total number of points you must earn is:

<table>
<thead>
<tr>
<th>Points</th>
<th>Grade</th>
<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>45 or more</td>
<td>A</td>
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<tr>
<td>42-44</td>
<td>A-</td>
<td>90-95</td>
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<td>39-41</td>
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<td>87-89</td>
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<td>36-38</td>
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<td>D</td>
<td>64-66</td>
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<tr>
<td>8-11</td>
<td>D-</td>
<td>60-63</td>
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<tr>
<td>7 or less</td>
<td>F</td>
<td>0-59</td>
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</tbody>
</table>

**EXPECTATIONS**
Print out the Course Calendar and hang it by your computer so you will know when to show up to class. **This is a 24 - 7 course: available 24 hours a day - seven days a week.** I expect the successful student will spend an average of about 1-1.5 hours per day on this course - 7 days a week. Although that may seem like a lot - remember this: A traditional classroom-based course
requires 45 hours of "seat time" in the classroom, plus 2-3 hours outside of class for each hour in class.

**TO DO LIST FOR STUDENTS:**

- First, refer to the Calendar and Weekly Course Outline. This will let you know what topic we’re covering this week and what chapters to read in the textbook.

- Second, click the Lecture and read the Chapters in the Textbook. New lectures will be posted every Tuesday. Do the Homework assignment in back of each chapter.

- Third, you should go to the link for the week’s Discussion Board Forum. New boards will be posted on Wednesday, and you have until the following Saturday to complete part 1 of the discussion board and Tuesday to complete Part 2 of the discussion board.

- **Exams** There will be two exams given in this course. Please bring #2 pencils for both exams. ******There will be NO make-up exams (unless hospital/doctor’s/funeral note.)*******

**DISCUSSION BOARDS:**

- After reading each lecture you will be given a prompt for discussion. You have until Sunday of each week to complete the discussion. Each late assignment/discussion will get points deducted, and 2 missed boards=2 absences=WU.

- Each week you are required to make at least 3 posting to your board. Found in the Discussion Board button on the left hand side of the main page. Read all your classmate’s responses, and reply to at least 2 of them each week. Your reply should include questions and constructive comments – not plagiarized text. If you do not respond— you are counted as absent. Reminder 2 absences= Failure for the course.

The quality of the posts. Some students will make thoughtful and informative posts to your discussion, and some will give minimal responses. I grade the quality of the posts, and that grade influences the student's grade in the course. What is a low quality post? Responses such as: "I agree.", "Good question" or "Good answer" / Any response which is just their opinion, or is unsubstantiated / any response which is carelessly typed, poorly thought-out, grammatically incorrect or confusing / any response which is disrespectful of another student or any other person, etc. The use of 'Internet Slang' is also inappropriate in a college course. Use proper English and Grammar. A high quality response contains information from the textbook, notes, your experiences, and opinions.

The quantity of posts. I expect each student to contribute at least 3 posts per log-on. These are minimums - not suggestions or recommendations.
Grading for the Online Discussions:

Grade= A  Thoughtful, substantive response and replied to 3 other posts. Includes comments from notes, articles. Min 100 words.

Grade= B  Mediocre response- includes opinion only. Responds to 2 other posts. Words 50-99.

Grade= C/ D  A response that is short in length- responds to 1 other post. Words <50. Uses slang, inappropriate grammar…

Grade= F  Does Not Respond.

ACADEMIC INTEGRITY

Forms of Academic Integrity Violations

Violations of academic integrity can occur in a number of ways. Acts of academic dishonesty include (the complete listing with definitions and examples is included in the main body of the QCC Academic Integrity code):

A. Plagiarism – the inclusion of someone else’s words, ideas or data as one’s own work without acknowledging the source.

B. Fabrication – the use of invented information or the falsification of research or other findings.

C. Cheating – an act or an attempted act of deception by which students seek to misrepresent that they have mastered information on an academic exercise that they have not mastered.

D. Academic Misconduct – any act to gain an undue academic benefit for oneself or to cause academic harm to another.

E. Any other serious violations of academic integrity as established by the professor.

Services for Students with Disabilities

Any student who feels that he/she may need an accommodation based upon the impact of a disability should contact me privately to discuss his/her specific needs. Please contact the office of Services for Students with Disabilities in Science Bldg, room 132 (718-631-6257) to coordinate reasonable accommodations for students with documented disabilities.
**COURSE OUTLINE**: Homework in written at the end of each chapter, ripped out and submitted.

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<thead>
<tr>
<th>Week</th>
<th>Subject</th>
<th>Chapter</th>
<th>HW</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Syllabus, Course Overview/Food Choices &amp; Human Health</td>
<td>Chapter 1</td>
<td>Hw 1</td>
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<tr>
<td>2</td>
<td>Blackboard Instruction-Meet in computer lab</td>
<td>Chapter 1</td>
<td>Online</td>
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<td>Homepage</td>
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<td>3</td>
<td>The Dietary Guidelines</td>
<td>Chapter 2</td>
<td>Hw 2</td>
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<tr>
<td>4</td>
<td>Nutrition; Macro Nutrients</td>
<td>Chapter 3</td>
<td>Hw 3</td>
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<td>5</td>
<td>Micro Nutrients</td>
<td>Chapter 3</td>
<td></td>
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<td>6</td>
<td>Preventing Heart Disease, Cancer, Diabetes and other Diseases;</td>
<td>Chapter 4</td>
<td>Hw 4</td>
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<td>7</td>
<td><strong>Midterm Exam</strong></td>
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<td>8</td>
<td>Food Safety</td>
<td>Chapter 7</td>
<td>Hw 7</td>
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<td>Exploring Weight Control; Obesity &amp; Eating Disorders</td>
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<td>Hw 8</td>
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<td>Optimal Nutrition for Exercise &amp; Training</td>
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<td>Lifecycle Nutrition</td>
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<td>Myths &amp; Misconceptions</td>
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<td>Exploring Diet and Nutrition trends</td>
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<td>14</td>
<td>Designing A Program Unique for YOU; A Lifetime of Healthy Eating Paper</td>
<td>Chapter 10</td>
<td>Hw 10</td>
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<td><strong>Exam</strong></td>
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