

FACS 120 Syllabus

Food For Wellness

Course: FACS 120 Course Section: 1 Semester: Spring 2017

Class Location: Online via Sakai

Class Meeting time: Online via Sakai - Assignments due Thursdays by 9:00 PM

Course Credit: 3 credits

Professor: Amy Egress, BS, MAT

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Twitter: @ProfEgress

Office Hours: By appointment only

I. Course Description:

This course will explore the importance of eating a healthy diet as a way of life, to improve the quality of life, and to prevent future health risks. Emphasis will be placed on food composition and food quality.

II. LEAP Goals and Learning Outcomes

LEAP Goal: This course addresses LEAP GOAL No. 3: Personal and Social Responsibility

Learning Outcomes:

This course addresses the following learning outcomes/competencies:

- Lifelong Learning
- Wellness

Students in this course will be assessed on their ability to:

- Demonstrate an understanding of the personal and social impacts of foods and develop decision-making skills regarding food choice.
- Identify and practice health-enhancing behaviors and reduce health risks to live safer, healthier lives through diet and physical activity.
- Learn to promote self-care decisions that will improve the quality of their lives and the lives of their families.

- Access, analyze, and evaluate information regarding food products and services in order to become informed consumers.
- Demonstrate awareness of environmental and safety hazards that may impact food quality and influence food choice.

III. Course Requirements

1. Required Books: May be purchased in the Shepherd Bookstore or other outlets

- Michael Pollan (2009) *Food Rules: An Eater's Manual*. Penguin Groups. ISBN: 978-0-14-311638-7. Web Site: <http://www.us.penguin.com>.
- Michael Moss (2013) *Salt, Sugar, Fat: How the Food Giants Hooked Us*. Random House. ISBN: 978-1-4000-6980-4. Web Site: <http://www.randomhouse.com>.

1. Readings: Students are to read course materials before the class in which they are discussed.

2. Class Attendance Policy:

a. This course is offered in an online format. Students are required to check Sakai regularly for course updates, readings, and assignments. Students must have a reliable internet connection and a computer to access the course. Computer labs are located on the Shepherd campus for student use. In addition, many establishments throughout our local communities offer computer stations and/or public wifi connections including, but not limited to, your local public library. Students should

plan ahead for unfortunate circumstances that may prevent them from accessing the internet in their primary manner.

b. You **MUST** attend your classes regularly and engage in the requirements for each class; otherwise, your financial aid may be revoked either partially or in full. This would result in an amount due by you to the University immediately. Please refer to shepherd.edu/faoweb for more details.

c. The ultimate responsibility for class attendance, academic progress, and standing rests with the individual student. You will not do well without coming to class. Absence from class for any reason does not excuse the student from responsibility for learning the material covered in his/her absence nor for completing any assigned work. Classes in which student discussion and participation are necessary for the achievement of the learning objectives call for responsible class attendance. Participation in class also includes respectful behavior toward the instructor, guests, and fellow students. Any disruptive student may be asked to leave the classroom immediately.

3. Assignment Policy:

a. Students are expected to plan their class, work, and personal schedules to avoid potential conflicts.

b. All assignments (unless otherwise told by Professor) are to be submitted on Sakai. Paper and/or email submissions are not accepted.

c. Late assignments - Prof. Egress does not accept late assignments.

d. Submitting blank documents, wrong assignments, and/or corrupt files will result in zero points for the assignment.

4. Make-up Exam Policy:

- Make-up exams will be ONLY be permitted for the following documented and/or verifiable instances: 1) death in the immediate family; 2) incapacitating illness or injury (not including any non-emergency doctors' appointments that could be scheduled at other times)

IV. Grading Procedures: Grades will be based on points earned in the following categories:

Exams: 4 at 100 points each 400 points

Food Journal Assignment: 100 points

Reflection 50 points

Food Rules Assignment 50 point

Weekly Course Responses 150 points

Total Possible Points 750

Semester grades will be assigned according to the following scale:

93 - 100% A 65 - 74% D

85 - 92% B Below 65% F

75 - 84% C

Exams - There are a total of 4 exams for the course. Exams will be taken via Sakai. The exams will be Selective Answer, True / False, Matching or Short Answer. Test questions will come from the class lectures, readings and the books required for the course. Exams will be timed. Exam grades will be posted in the gradebook section on Sakai.

Food Journal Assignment - This assignment will require students to journal all foods consumed over a certain period of time. Students will then use this data to set individual health goals.

Reflection-

A reflection is a personal response to material presented or read in this course. It is a written example of what the student gained (positive or negative) from a subject. Prof. Egress will go over reflection expectations in class lectures.

Food Rules Assignment -

This is a creative assignment that will allow students to display their response to the text.

Weekly Course Responses -

SHORT but thoughtful responses to statements or questions posted on SAKAI by the professor. These will be posted weekly in the Class Discussions area of SAKAI. Students must respond weekly before 9:00 PM Thursday.

V. Academic Integrity:

Members of the Shepherd University community of learners demonstrate that they are students, not merely pupils, by exhibiting a desire to glean all that they can from their courses. Demonstrating that they have read the assignment/text and have given advance thought to the topics by constructively participating in discussions is a significant way to show personal commitment to education and to being contributing members of the Shepherd academic community. Students that forgo the opportunity to grow and learn by not preparing for discussions or that steal someone else's work and present it as their own, demonstrate disregard for themselves and disrespect for their peers and those who dedicate themselves to guiding them through their educational journey.

Academic honesty is expected inside and outside of this class. Academic misconduct will not be tolerated. Please refer to the Shepherd University student handbook for a detailed description of academic misconduct. Any misconduct may result in the maximum penalty set by Shepherd University. Students guilty of plagiarism may be penalized as severely as receiving a grade of F for the assigned work for the first infraction and an F for the course for the second infraction. Examples of plagiarism include but are not limited to, copying text from other student's papers or reference sources (whole or part), and failure to document references.

Academic dishonesty also includes submitting a paper for grading that has previously been submitted for an assignment in another class. Students guilty of cheating on examinations will receive a grade of zero for the first infraction and an automatic F for the course for the second infraction.

Each student in this course is expected to abide by the Shepherd University Academic Integrity Procedures found in the Shepherd University Student Handbook (<http://www.shepherd.edu/students/studenthandbook.pdf>).

VI. Disability Support Services

Disability Support Services at Shepherd University believes that every student should succeed, and works closely with students to meet their needs. Students requesting any disability related accommodation should contact the Disability Coordinator at 304-876-5453. This includes students with learning disabilities needing classroom accommodations, students requesting specific housing accommodations for health-related reasons, and all other disability accommodations. Accommodations need to be documented and provided to instructors. Please see <http://www.shepherd.edu/mcssweb/dss/default.html> for more information.

VII. Important University Academic Dates:

- Last day to change a course from Credit to Pass/Fail status - 1/23/17
- Last day to change a course from Credit to Audit status - 1/30/17
- Last day to withdraw from a Full Semester Course- 2/10/17
- Academic advising for Spring 2017 starts - 3/22/17
- Last day for Complete Withdrawal from Semester - 3/31/17
- Final Exams: 4/24-28

FACS 120 - Food for Wellness - Schedule*

1/12

Introductions & Overview of Syllabus

*Weekly Course Response Due

1/19

Dietary Guidelines for Americans

Components to Reduce

Salt, Sugar & Fat: Chapters 1, 2

*Weekly Course Response Due

1/26

The Dietary Guidelines for Americans

Salt, Sugar & Fat: Chapters 3-5

*Weekly Course Response Due

2/2

Dietary Guidelines for Americans

Salt, Sugar & Fat: Chapters 6-7

*Weekly Course Response Due

2/9

EXAM 1

Dietary Guidelines for Americans

Salt, Sugar & Fat: Chapters 8-9

*Weekly Course Response Due

2/16

The Dietary Guidelines for Americans

Salt, Sugar & Fat: Chapter 10

Food Rules Part 1 and 2

*Weekly Course Response Due

2/23

Mid-Term Exam (EXAM #2)

3/2

Diet Planning with the USDA Food Patterns
Nutrition Tools - DRI's, Food Labels & MyPlate Food Guide

Reflection Due by 9:00 PM via SAKAI

*Weekly Course Response Due

3/9

SuperFoods - Phytochemicals and Bioactive Foods
Choosing Fruits as a Part of a Healthy Diet

*Weekly Course Response Due

3/15 - Spring Break

3/23

Choosing Vegetables as a Part of a Healthy Diet
Choosing Grains and Fiber as a Part of a Healthy Diet

*Weekly Course Response Due

3/30

Choosing Protein-Rich Foods as a Part of a Healthy Diet
Choosing Dairy as a Part of a Healthy Diet

*Weekly Course Response Due

Food Journal Assignment Due

4/6

Salt, Sugar & Fat: Part Two
Food Safety - Food Bourne Illness, Toxins, Safe Food Practices
Food Rules Part 3

*Weekly Course Response Due

4/13 - Spring Weekend Recess

4/20

EXAM 3

Healthy Body Weight - Calories in vs Calories out, Obesity

Guidelines for Physical Activity

Resistance/Cardiorespiratory Training, Athletes

Food Rules Assignment Due

*Weekly Course Response Due

4/27 **FINAL**

*The professor reserves the right to change / alter this course outline to meet the content of the course and the needs of our diverse student population.