

## Middlesex Community College

### NTR\* F100 30 – CRN 3503: Introduction to Nutrition and Dietetics

FALL 2017



← The logo for the association of nutrition professionals!

**Class times:** Fully Online. Weekly participation is required. Deadlines will be posted for each post assignment, but are generally Thursdays for your initial Discussion Board (DB) posts and Saturday for follow-up discussion posts and assignments or exams.

**Required Course Text:** Payne-Palacio JR, Canter DD. *The Profession of Dietetics: A Team Approach, Sixth Edition*. Burlington, MA: Jones & Bartlett Learning, 2017.

**Instructor:** Sue Gebo, MPH, RD, CD-N, CDE. Email: [sgebo@mcc.commnet.edu](mailto:sgebo@mcc.commnet.edu)

Communication for the course will be via Blackboard and email. Be sure to check your “myCommnet” email regularly.

**Course Description:** 1 credit. This course acquaints students with the nutrition and dietetics profession. The many roles of dietetics professionals will be explored, along with training requirements for those entering the field. In addition, the course will cover continuing education requirements for dietetics professionals to maintain their credentials. Students will also learn how nutrition and dietetics professionals function as members of the health care team. The course is designed to complement material presented in HLT 103, Investigations in Health Careers. For students intending to transfer into the Nutrition and Dietetics Associate’s Degree Program at Gateway Community College, HLT 103 and NTR 100 will meet requirements for NTR 101. *Prerequisite: Eligible for either ENG\*101E or ENG 101.*

#### **General Objectives of the Course**

Upon successful completion of this course the student will be able to:

1. Describe the evolution of the dietetics profession
2. Describe the roles and responsibilities of dietetics professionals
3. Describe the types of occupational settings in which dietetics professionals practice.
4. Identify the training requirements for dietetics professionals, including both RDN (Registered Dietitian Nutritionist) and NDTR (Nutrition and Dietetics Technician Registered).
5. Identify the continuing education requirements to maintain RDN and NDTR credentials.
6. Describe the professional and ethical standards for the profession of dietetics.

***Specific course objectives can be found in the Course Outline, posted separately.***

#### **General Requirements**

You will be taking this course online with your classmates. **Each week** we will cover different topics, and you will be expected to read the assigned chapter/s in the textbook, review other posted material, and participate by making a post by every Thursday, and submit an assignment or take an exam by every Saturday.

Just as in an on-ground course, if you don’t keep up you can expect to fall behind. An on-ground 1 credit course would have approximately 1 hour in the classroom per week, with the expectation that you will do work outside the classroom for 1-2 hours for every hour in the classroom. So -- that’s a total of 2-3 hours per

week. Since this is a summer course, a more condensed time-frame is expected, so you will be expected to spend 3-6 hours per week to complete this course successfully.

Participation in this course depends on your having access to a computer in good working order and the internet. This can be in your home, at the library or on campus. You are expected to have all of this worked out prior to the start of class, and should make sure you can access Blackboard. Please also have a “Plan B” if something should go wrong (your network is down, your computer breaks). You should always save copies of your work even after submission; it’s best to back-up your work on a flash drive or other external memory. Remember that most public libraries have public computers, and that there are computer labs on campus. Understanding that there may be unexpected problems, the instructor will allow one extension (no later than 24 hours past deadline) per student for an assignment with no penalty upon request prior to the due date, and with an explanation of the problem.

### ***Netiquette (online etiquette)***

You are expected to contribute to creating a productive and respectful learning environment. Disruptive, threatening, or profane language or behavior that impairs other students’ ability to learn and participate, or the instructor’s ability to teach, will not be tolerated. After an initial warning, repeated disruptive behavior will be cause for contact with the college administration, and appropriate follow-up including blocked access to the Blackboard site and dismissal from the course.

As students you can learn from one another, and each of us can help to make the course a positive experience. Please be aware of your writing and responses to your classmates, and consider how you can contribute to the collective success.

Here are “netiquette” (online etiquette, or manners) guidelines to follow:

- Do not dominate any discussion.
- Do not use offensive language.
- Never make fun of someone’s ability to read or write.
- Use simple English.
- Use correct spelling and grammar.
- Share tips with other students.
- Keep an “open-mind” and be willing to express even your minority opinion.
- Be aware of the University’s Academic Honesty Policy.
- Think before you push the “Send” button.
- Do not hesitate to ask for feedback.
- When in doubt, always check with your instructor for clarification.

You can learn more about online etiquette at <http://teaching.colostate.edu/tips/tip.cfm?tipid=128>  
[http://jolt.merlot.org/vol6no1/mintu-wimsatt\\_0310.htm](http://jolt.merlot.org/vol6no1/mintu-wimsatt_0310.htm)

### **WEEKLY Material to read and review**

During the summer course, each week you will have 1-3 chapters of the textbook assigned to you (see course schedule) along with additional material posted by the instructor each week. This may include PowerPoint lectures, links to videos, written material, interactive web sites, etc. The material will be posted by Monday mornings, and will remain posted for the rest of the summer module.

You are expected to read/review all of the material posted; material will be labeled as “optional” if it is not essential to exams or assignments.

## **Exam**

One exam will be administered during the semester. The exam will be posted on Blackboard by Wednesday and must be completed by Saturday. The exam may include multiple parts, including essays and timed portions (e.g. multiple choice) on Blackboard. Since students will have a number of days to complete the exam, there should be no need for extensions. If there are extenuating circumstances the student should contact the instructor right away before the due date. There is no guarantee the instructor will grant the request.

## **Thursday Posts**

Students will be directed to make a post of their own (in their own words, not copied from the textbook) by Thursdays at 10:00 pm, and to comment on other students' posts by Saturday at 10:00 pm. Directions will be included in each forum. Posts are expected to be grammatically correct and should generally be a short paragraph that is "information rich" – so, you are not using words to restate the question or make general comments ("dietetics is really interesting"). Your comments on other students' posts can be shorter, but should also be meaningful and should provide additional discussion on the topic (stay away from "good post, well written!"). Since students have several days to make a post there will be no time extensions granted unless there are documented extenuating circumstances and the instructor is notified right away.

## **Reflection Paper**

The reflection paper will be due during the next-to-last week of the course. The paper must be 4-5 pages long and double-spaced. Complete instructions will be posted.

### ***Complete your work in Word, then submit on Blackboard***

It is best to complete all work, including Blackboard posts, in Word before you upload or cut/paste your work to Blackboard. That way you can use Spelling and Grammar check tools, work offline and save your work should there be some problem with Blackboard or you lose internet access.

## **Accommodations**

Students with physical or learning disability who may require accommodation are encouraged to contact the Disability Support Services office (Hilary Phelps, Disabilities Support Specialist at 860-343-5879 or hphelps@mxcc.edu; her office is in Founders Hall, Room 121). After disclosing the nature of the disability, students are urged to discuss their needs with individual instructors. This should be done at the beginning of each semester. Instructors, in conjunction with appropriate college officials, will provide assistance and/or accommodations only to those students who have completed this process.

## **Grading**

All required work must be received when due to receive full credit. Plan accordingly – you will have ample lead time on all submissions, so if you anticipate a conflict submit your work in advance. With approval from the instructor and a legitimate, documented excuse partial credit may be given. Please note, however, that this is not always possible and is at the discretion of the professor.

Your total grade is based on 100 points. Grades will be posted and accessible to students. Here is the breakdown:

- Exam (1) = 30 pts
- Reflection paper = 30 pts
- Discussion Board posts = 40 pts

Weekly discussion board posts are worth a total of 40% of your grade, so participating regularly will be key to earning a good grade in this course.

If a student is enrolled for a course but do not officially withdraw, fail to participate in course activities through the end of the term, and have insufficient gradable work during the course or if a student is enrolled in a course, never attended (logged in in regards to online course), and never officially withdraw, that student will be given a final grade of “UF” – “unearned F.” This “UF” grade will automatically be convert to an “F” on the student’s transcript and will count in the student’s GPA. Students are required to check the Academic Calendar and the College Catalog for specific dates and procedures regarding the withdrawal process.

### **Plagiarism policy**

- Plagiarism is defined as the use of another’s’ idea(s), or phrase(s) and representing that/those idea(s) as your own either intentionally or unintentionally.
- Plagiarism includes (NOT limited to) cheating on examinations, unauthorized collaboration on assignments, unauthorized access to examinations or course materials, copying from another student, cutting/pasting from another source without referencing, falsifying an excuse for absence and other proscribed activities.
- Whether this is done intentionally or unintentionally, plagiarism will result in loss of credit for the work in question and a report will be filed to the Dean.
- Repeated cases of plagiarism will result in an “F” for the course and a report will be filed to the Dean.
- Always write using your own words when submitting a written assignment.
- When you get information from any source, make sure you provide a citation to protect yourself if there is a question about copying.
- The college’s policy on Plagiarism can be found by clicking on the following link;  
[www.mxcc.edu/catalog/syllabus-policies/](http://www.mxcc.edu/catalog/syllabus-policies/)

**Course schedule** The course schedule is contained in this syllabus. Details regarding posts and assignments will be posted on Blackboard. While unlikely, it is possible that the schedule may change. In that case students will be sent an announcement.

### **Tell me!**

Use email to communicate directly with me. Because I am not online all the time, it may take up to two days for me to respond. If I think your question might be helpful to the whole class, I may post it anonymously on the Discussion board and answer to the whole class. Feel free to contact me about class etiquette – for example, if you notice one student consistently criticizing another, specific, student. While I will read all posts and will enforce our “netiquette” rules, it is certainly possible I can miss something. Likewise, if posted material contains apparent inaccuracies or contradictions, or for any other information you would like to provide.

### **IMPORTANT COLLEGE POLICIES!! PLEASE READ CAREFULLY!**

For information about the college's policies and procedures regarding academic honesty, accessibility/disability services, attendance, audio-recording in the classroom, grade appeals, plagiarism, religious accommodations, weather and emergency closings, and more, please go to the following website: [www.mxcc.edu/catalog/syllabus-policies/](http://www.mxcc.edu/catalog/syllabus-policies/) or scan the QR code with your smart phone. Also, please become familiar with the policies regarding nondiscrimination, sexual misconduct, and general student conduct at the following website: [www.mxcc.edu/nondiscrimination/](http://www.mxcc.edu/nondiscrimination/).



### **NON-DISCRIMINATION STATEMENT**

*Middlesex Community College does not discriminate on the basis of race, color, religious creed, age, sex, national origin, marital status, ancestry, present or past history of mental disorder, learning disability or physical disability, sexual orientation, gender identity and expression or genetic information in its programs and*

activities. In addition, the College does not discriminate in employment on the additional basis of veteran status or criminal record. The following people have been designated to handle inquiries or complaints regarding non-discrimination policies and practices:

Primary Title IX Coordinator Dr. Adrienne Maslin; Dean of Students/Title IX and Section 504/ADA Coordinator;

amaslin@mxcc.edu; 860-343-5759; Founders Hall Room 122; Secondary Title IX Coordinator Ms. Anastasia Pych;

Director of Human Resources, Middlesex Community College; apych@mxcc.edu; 860-343-5751; Founders Hall Room

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### **Academic Ethics and Classroom Behavior *Read and see link below***

I expect that everything you give me is in your own words, unless you state otherwise. I look for plagiarism and cheating. Incidents of cheating or plagiarism will be dealt with according to school policy and guidance from the Academic Division Director or Dean. Students should expect anything from a zero on the work, to an F in the course. For more information go to: [www.mxcc.edu/catalog/syllabus-policies/](http://www.mxcc.edu/catalog/syllabus-policies/). Please ask questions if you are not sure how to present information or need clarification.

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## NTR 100 – Introduction to Nutrition and Dietetics – FA17 - Course Schedule

**Note:** this schedule is subject to change.

**Other important dates:** <http://mxcc.edu/catalog/about/calendar>

**Course Content:** Course content will include both the assigned textbook and materials posted on Blackboard for that week, including occasional PowerPoint presentations and several links to external sources. Students should make sure to review the material for each week carefully. Specific requirements for posts as well as the assignment will be posted with content each week.

**Participation and assignments:** Please remember that you are participating in an online class, and just like an on-ground class this will require regular attendance and participation. Every Thursday by 10:00 pm you will be required to post your discussion board thread, and by the following Saturday at 10:00 pm your responses to others' threads are due. Due dates for the exam and reflection paper are posted below.

WK	Days	Unit/Chapter - Review ALL materials posted for week	Readings	ASSIGNMENT
1	9/18-9/24	History of Dietetics	Chapter 1 Posted materials	Discussion Board (DB) posts
2	9/25-10/1	The Dietetics Profession	Chapter 2 Posted materials	DB posts
3	10/2-10/8	The Team Approach	Chapter 3 Posted materials	DB posts
4	10/9 – 10/15	The Path to Dietetics	Chapter 4 Posted materials	DB posts
5	10/16 – 10/22	Dietetics Education and Training	Chapter 5 Posted materials	DB posts
6	10/23 – 10/29	The Supervised Practice Experience	Chapter 6 Posted materials	DB posts
7	10/30 – 11/5	Credentialing	Chapter 7 Posted materials	DB posts
8	11/6 – 11/12	Professional Organizations	Chapter 8 Posted materials	DB posts
9	11/13 – 11/19	Trends in Dietetics	Chapter 9 Posted materials	DB posts Exam (due Saturday 11/16 by 10:00 pm)
10	11/20-11/26	THANKSGIVING BREAK – No new materials	Enjoy!	None
11	11/27 – 12/3	From Student to Professional <ul style="list-style-type: none"> <li>• Continuing Education</li> <li>• Standards of Practice</li> <li>• Code of Ethics</li> </ul>	Chapter 10 Posted materials	DB posts
12	12/4 – 12/10	Reflecting on the course and the profession	Posted materials	DB posts Reflection paper (due Saturday 12/9 by 10:00 pm)
13	12/11 – end	Final Thoughts		DB posts