

Welcome Notes

Welcome to Introductory Nutrition. Before I mention anything about this first chapter, I wanted to cover a few things concerning the basic layout of this course. Each week we will cover one or more new chapters. You will be expected to **begin reading the "chapter(s) of the week" at least by Monday of each week**. The chapters are pretty long, but they have great information in them that you will need to know. It is absolutely essential for you to read the chapters!!!! That will be your starting point each week. You will find a Power Point presentation for each chapter located in the chapter modules. You will find many other things in the chapter modules to assist you in learning the material from each chapter.

One thing that you will “do” each week for this class, after you have read the chapter(s), is the **Discussion** that corresponds with the chapter that we are covering. You will find these discussions on the "discussion board"—**just click on the “Discussion” icon to get there**. What are the "rules" for the discussions?

1. You must read the chapter containing the topic that is to be discussed--making particular note of the things that I want you to discuss.
 2. You must post your response on the discussion board. To do this, you should OPEN MY ORIGINAL MESSAGE AND CLICK "REPLY". All of our discussion responses should be connected within the same "thread". Please DO NOT COMPOSE A SEPARATE MESSAGE for these discussions.
 3. Your response must be at least 25 words in length.
 4. You must refer to a fellow student's comment in your response (please include the classmate's name)--this helps to make it a true discussion.
 5. Discussions are due each week on Thursday nights by 12:00 midnight.
- Points will be removed for not following these directions starting this week--thanks.

Other things that you can expect each week in this class are **Quizzes**. There is a chapter quiz and a short answer quiz for each chapter. You will find these in the chapter modules. You will receive credit for completing these quizzes; however, the main reason the quizzes is to assist you in preparing for the midterm and final exams. You may take these quizzes as many times as you like during the time that the quiz is available. Your highest score for each chapter quiz is what will be recorded. Each quiz will generally be available for one week. You may print off your results to assist you in studying the material. These are self correcting quizzes in that you are given automatic feedback with the correct answers. Please complete all of these. It is from these questions that the midterm and final exams will come.

Various other assignments will be assigned over the course of the semester including a Dietary Analysis/ Dietary Planning Assignment, Grocery Shopping Adventure, etc. Further instructions for these will be given. You may access these by clicking on the assignments icon. Due dates for all assignments and discussions can be found by clicking on the calendar tool.

Discussions, various assignments and quizzes combined will count as 30% of your overall grade for the class.

The only tests that you will have are a **midterm**, over all the information covered to that point, and a **final**, that will be over all the information covered during the semester. The midterm and final together will make up 70% of your grade (see syllabus for more specific grading information). **You must take these two tests on the ASU—Beebe or the ASU--Heber Springs campus**, and you need to be prepared to show a photo ID. If you live out of state or have other extenuating circumstances, you may take the test at another location approved by the instructor. Special proctoring arrangements must be made as soon as possible.

Most of the additional information for this course (like handouts, assignments, additional reading, etc.) you will find in

the Chapter Modules. There is a separate Module for each chapter. The information in these modules are to help you better understand the subject matter. For those wanting additional reading, it can be found in every chapter module. Please note that **they are not all assignments. Only the things that I have already mentioned will be graded.**

It can be a daunting task trying to navigate through an online class. Hopefully these instructions will help you better understand the flow of this class.

Feel free to use the WebCT mail to contact me anytime.

Although this is not a "fluff" class, it should be a pretty fun one. I will try to help you apply the information to your lives. It's **not** my goal to make this a difficult class for you. It **is** my goal for you to learn a lot about nutrition and become a healthier person. I care about how well you do in this class, but I also care about your health and well being. That is how I will teach the class. So, let's have fun along the way to making great grades in this class.

Carol