

>> Hi everyone. Welcome to the course. This is your online nutrition NF100 class. My name is Rona Brynin. A little bit about me. I've been teaching at AVC since 2005. I teach various nutrition classes. I teach NF 100, which is this one. I also teach it on the campus. I teach NF 110, which is sports nutrition, which is usually offered in the fall. And NF 102, which is nutrition for children and pregnant women. I have a background, I'm also a chiropractor. I taught at the chiropractic school down in Orange County for 15 years. I'm also a personal trainer. So – and I've been a health nut most of my life. So, I'm really passionate about nutrition, eating well, exercising regularly. If you ever want to come by my office, we can always talk about your diet or your fitness goals. I'd be happy to help you with that. So, let me show you how to get into the course. This is a completely online class. There are no class meetings. Okay, the way to get to Canvas – Canvas is the school's online learning system. So you go to the AVC website. Don't sign in, but scroll down. And you will see "Canvas." By the way, podcasts. Remember that and we'll talk about that later. But you go to Canvas and you click. And then everything in this class will be done in Canvas. You're going to find your online class. It's not this one, but let's say it was. And once you open it, you will see a couple things here. And I've designed this class in modules. So, the first part is just a bunch of general information. If you click on Office Hours and how to contact me, you'll see where I am, which days. I have office hours in both Lancaster and Palmdale campuses. The best way to contact me is my email, rbrnin@AVC.edu. And then if you – see on the right down on the bottom, you can click Next. And it'll just take you to the next bunch of information here. It talks about the quizzes, the final. How you're going to get all your points. The class is out of a total of 410 points. That's between the five 30-point multiple choice quizzes. They're all multiple choice. They're all taken in Canvas. They're timed at 30 minutes. Okay? Which is more than enough. It's one minute a question. There are 30 questions. So, standard college test taking time is one minute per question. So 30 questions, 30 minutes. There are no makeup quizzes in this class because I give you a five day window to take the quiz. All quizzes are available in Canvas anywhere from Friday 5 a.m. through Tuesday midnight. You can take it any time during those five days. So, don't wait until the last minute. You know, life happens. Things happen. Unfortunate things happen. And when you wait till the last minute, now you can't take it. So please don't wait until the last minute. But that's 150 points right there with the quizzes. The final exam is cumulative. It entails all 12 chapters. An hour and a half in Canvas, 60 points. You have two assignments, which I'll go through later. They're 100 points each. Total 410. So depending on how many points you accrue depends on what your grade will be. Okay? So if you click Next, there's just some general information. And attendance. This is an online class. You do have to take a practice quiz by – don't pay attention to what is says right there. In our class it's going to be Thursday. Let me check that date. Well, this video's going to be – each semester's going to be different. So check your syllabus – check your course outline what date that will be. It's usually the first Thursday of the semester. You have to take the practice quiz by midnight or you will be dropped. Also, if you do not sign

into Canvas for two weeks in a row, you can be dropped. And if you miss two consecutive quizzes, one after the next, you can be dropped. Ultimately, though, it is the students' responsibility to drop themselves. If you want to be dropped, something's happened and you just can't handle class at that time, really, you need to take the responsibility to drop yourself. What else? Let's go back to Modules and see if there's something. You can go through and read the Course Objectives, Learning Outcomes. Academic Violations - let me just talk about that for a minute. Basically we're talking about plagiarism. Hopefully you all know what plagiarism is. Please do not copy another student's assignments. We have two assignments. It has happened in the past. I've had students turn in two identical assignments. And you will both get zeros. You can't afford to get a zero on a 100 point assignment. If you have a friend or a family member taking this class and you want to help each other, that's fine. But you've got to do your own work and change the wording in your work. Because if I catch it, you're both going to get zeros, okay? And if you have questions on your assignments, just ask me or come to my office. I'm very open and helpful with that. So I want you all to do well. If you need some accommodations for test taking, please report to the Office of Student Disabilities. And they will email me your accommodations. Okay. Now what else do we have here? Now, scrolling down again. We're at the Modules. Scrolling down you'll see Intro to the Course. There's this video that you're watching. There's some information about the textbook. I recommend not buying the textbook in the bookstore. It is going to cost about \$160. I've had students get older editions on Amazon for about \$20 or less even. You can get the sixth edition, seventh or eighth. It is not a problem. And the book is recommended, it is not required. However, the nutrition software program called NutriCalc is required. I will send out information about it later in the term, where to buy it. Please don't worry about it now. It's about \$22. So set that aside and know that you do need to buy a software program for both 100 point assignments. So, you can't afford not to buy it because you won't be able to do the assignments. I have some tips on how to be successful in this class. The most important one is watching the videos. I have MP3 videos of each chapter. I also have notes. And I'll go over where all that is. But I make videos of each of the chapters, since we don't have lectures here. Rather than you reading these textbooks and those 40 or 50 pages per chapter, and I'm only going to pick 30 questions out of it for two chapters, that's 15 questions a chapter. I go over in the podcasts the important information I feel you need to know. And I also point out what you should definitely know for the quiz. So, please read that. I am old school. I had to have a hard copy of the course outline. Let me just show you what that is. It's going to go - so, I like to print them out. And not the - hold on - keep it handy. And you'll see here in Week 1 what you're going to be reading, what chapters. Each week - Week 2, Week 3. So go through that. And as you scroll down, it tells you when the quizzes are. Again, they're all from Friday 5 a.m. through Tuesday midnight. These are the dates. Again, your particular semester may differ from these dates. So please print out your particular course outline. Talks about the final exam. Talks about when the assignments are due.

Again, dates are going to differ depending on the semester. So, that's it on the course outline. I recommend that you print that out for yourself. Sorry about this. Going back to the course here. All right. So that was the course outline. Now, Week 1. Again, each semester is going to have different dates. But here's Week 1. Click on this. Things you need to do Week 1. I've summarized for you what you need to do. Listen to the podcast. That's the primary thing – I made podcasts of 15-minute increments. So, you know, 15 minutes watch one part of it. Some chapters have three parts. So it's 45 minutes altogether. Some chapters have four parts. Some chapters have two parts. No excuse. Make this really of primary concern. So listen to the podcasts, several times sometimes. Have the notes available. I'll show you where that is. Because again, that's where I will take the information from these for your quizzes. It tells you when to take the practice quiz. Here's my email address. So that's just a summary of Week 1. Click Next. Here is your podcast, right here. With Chapter 1, there's two of them. Just click it and it'll start playing. And it's got PowerPoints. And it's got two 15-minute increments. When you're done with that, click Next. And you'll have your notes here. PowerPoints, just click it. Open it up. And you'll have your notes for chapter 1. Again, I recommend having them handy as you watch the podcast. Circle when I say "know this for the quiz." Some info on the attendance quiz that you need to do. Click Next. When you're ready to take the quiz, here it is. It'll help you if you've never taken a quiz before. When you're ready to take it, once you click it, you can't stop it and then come back to it. You have to take it all in one. They again, are multiple choice. And then of course, that didn't pop up because you can't take it yet. Here's Week 2. So, going back to the Modules just to go over that. Each week you're just going to have the modules like we just went over. I just went Week 1. Then you have Week 2. And Week 2 happens to have a quiz. Then you have Week 3. The podcast, the notes. Week 4, and so forth through the whole semester. Here is one of the assignments and the information for it. We have extra credit quizzes throughout the term. Everything is week by week. It's real simple. Some weeks I combine – you have two weeks to do these chapters. So hopefully you'll like the format. The final week, 15th week, the 16th week, and then you have your notes and the final exam. So, hopefully you like the format. If you have any problems or questions, please let me know. You can always go up to your grades. I'm not in the Student View, so I can't show you this. But your grades will show you where you're at. So you can keep track of that. If you ever want to go through your quizzes, just email me. Make an appointment. Come to my office. And I can open up your quiz in Canvas and go over the quiz and see where you went wrong. We might have some discussions in this class. Usually I find students don't partake in them. But we'll see. But if we do, I'll let you know. I send out announcements each week. Actually, there'll be another one having here for announcements. It also comes as an email reminding you what you need to do that week. For Week 1 and 2 and so forth. So, you have a lot of reminders, but please don't fall behind. It's easy to fall behind in an online class because there's no one there bugging you every day. So, please, you know, read my emails. I send out a lot of hints on the assignments. A lot of students just

ignore the emails and then the assignments come and I'm grading them. And I can see they didn't watch the podcasts. They didn't read my emails. They didn't read the hints in the assignments folders. And then things just kind of go awry. So, they don't do well. Okay? So I encourage you to email me with any questions. That is the best way. Or come by and see me. And I wish you well in your semester. And hopefully I will meet some of you.