

Welcome To Nutrition 211 Online

Spring Semester 2012

Before reading any further, stop and bookmark this page so you can easily find it again.

Nutrition 211: Introduction to Nutrition for Health Professionals will be offered as a fully online course, meaning that all course work will be accomplished online.

Nutrition 210 and Nutrition 211 are parallel courses. In other words, you would not want to take both courses as they cover the same general topics. Nutrition 211 covers more of the details of physiology and chemistry in nutrition that individuals going into the health professions will find valuable.

If you are a student with a verified disability, please notify the instructor of your needs for accommodations as soon as possible. Authorized accommodations and alternative media will be provided as appropriate.

The instructor is Caryn Coffman and her email address is ccnutrition211@live.com

Please be aware of the following important details.

Do This First:

1. Print out this page so that you will have the instructions to login the first time.
2. Check your MyCuesta email frequently for information about this course.

What To Buy:

1. **Textbook:** *Wardlaw's Perspectives in Nutrition*, 2009, 8th Edition
2. **Software:** Nutrition Calc Plus 3.0 Online Version

Keep your receipt when you buy the textbook. If you buy the wrong book, you will be able to exchange it, if you have your receipt.

If you would like to purchase the textbook from the Cuesta Bookstore at the North County Campus, please call the Cuesta Bookstore in San Luis Obispo (546-3206) and request that they send a textbook to the North County Campus Bookstore with your name on it.

You will need to purchase an access code for the diet analysis software separately. The cost will be \$15 plus tax and it can be purchased online at:

www.mhhe.com/nep3

Click on **I do not have a McGraw-Hill Education account**. You can pay with American Express, Discover, MasterCard and Visa.

You will have access to the online software for 1 year, whether you buy a new text which includes the access code or if you buy the access code at the above web site.

Computer Requirements:

Supported Browsers:

Microsoft Internet Explorer 6, 7 and 8

Mozilla/Firefox 1.7, through 3.5.7

Safari, both the Mac version and the PC version.

Netscape 7.2 through 9.0.0.6 (Netscape is no longer "live" but it still works).

Java must be active.

Popup blocker must be "Off" to allow internal, Blackboard, commands to run correctly.

Please note: If your favorite, default, web browser does not work, try a different one.

Browsers should be installed "clean" no input from any other browser.

New browsers should not be allowed to set themselves as the "default" you want to continue to use your current browser since that is what you are familiar with.

For problems contact support@my.cuesta.edu

Include your name, class, section number, instructors name.

Describe the problem you are experiencing.

Getting Your Computer Set Up To Use The Course Website:

After you have logged into the course for the first time, you will need to do a Browser Tuneup. Click on the [Check Browser](#) hyperlink that is at the top of the Welcome page (the Welcome page has the Course List) after you have logged into the course website.. Then click on the [Browser Tuneup Page](#) hyperlink. Follow the prompts to optimize your browser for the course. **Be sure to go through the Browser Tuneup step.**

If you do not have Adobe Reader installed on your computer, please do that so that you can read .pdf files. It is free download at:

<http://www.adobe.com/products/acrobat/readstep2.html>

Technical Support

If you are having technical difficulties with the course website, please contact your instructor first. She is aware of many of the common problems and will probably be able to respond to your problem quicker than Technical Support. However, listed below is the contact information for the Help Desk.

Help Desk (for technical issues):

All help requests should be directed to the Help Desk in the Open Computer Lab, room 3400 phone 546-3100 ext: 2802. Online at: support@my.cuesta.edu

There is also a help area for students at Blackboard:):
Online at: ["https://behind.blackboard.com/s/student/"](https://behind.blackboard.com/s/student/)

WebCT/Blackboard:

Blackboard has bought out WebCT so you will see both names used in the course.

Access To The Course:

For your first login:

Note: This course WILL NOT be available until the first day of the semester.

· Type this URL into the address line of your Internet browser. Because of problems with the way the course loads, it is recommended that you type this address every time, and DO NOT save it as a Bookmark/Favorite.

<http://cehosting.blackboard.com>

· Click on the **Log In** button. Type in your User name. Your username is the same as your MyCuesta User Name, firstname_lastname (all lower case).

Example: If your name was Sally Someone, your User name would be: sally_someone

· Type in your password. Be sure to type it with all **UPPERCASE** letters. Initially your password will be: STUDENT This initial password of STUDENT is only for Blackboard.

You should change your password to something you can easily remember as soon as possible. Write down your password and keep it in a safe place. If you wish, you can change your Blackboard password to be the same as your MyCuesta password. Passwords are case sensitive and must be at least 6 characters. Your instructor does not have access to student passwords, so if you lose or forget it you will need contact your instructor, so that she can put in a request through technical support to resolve the problem. Any change of your password will be effective for ALL Blackboard courses in which you are enrolled at Cuesta College.