

BIOL 1322 Nutrition and Diet Therapy (BIOL 1322.001 and BIOL 1322.002)

Course Syllabus: Spring 2020



"Northeast Texas Community College exists to provide responsible, exemplary learning opportunities."

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Office Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Online
	8:00 – 9:30 a.m.	8:00 – 9:30 a.m. 3:00-5:00 p.m.	8:00 – 9:30 a.m.	8:00 – 9:30 a.m. 3:00-5:00 p.m.	Through email: lpresley@ntcc.edu	

The information contained in this syllabus is subject to change without notice.

Students are expected to be aware of any additional course policies presented by the instructor during the course.

Course Description:

This course introduces general nutritional concepts in health and disease and includes practical applications of that knowledge. Special emphasis is given to nutrients and nutritional processes including functions, food sources, digestion, absorption, and metabolism. Food safety, availability, and nutritional information including food labels, advertising, and nationally established guidelines are addressed.

Inclusive Access: We have negotiated with the Publisher to obtain a discounted price for your lecture course materials. Your ebook and Connect Access Code are included with your tuition and will be available through Blackboard on the first class day (use the link found on the Bb course homepage). The materials are required for your class and essential in your success. If you also determine that you would like a print copy of your text in addition to your inclusive access loose-leaf copies will be available in the College Store at a discounted price. You may opt out of purchasing your materials from the College Store through the Census Date for the course. If you choose to opt out you will be responsible for purchasing your Connect Access Code from another vendor. You will receive a refund for the Inclusive Access if you opt out.

Required Textbook:

Wardlaw's Contemporary Nutrition Updated with 2015-2020 Dietary Guidelines for Americans, 11th ed. with Connect 978-1-260-16383-4; McGraw-Hill, Publisher

Recommended Reading: Chapters 1-9; 13-16 in textbook

College Student Learning Outcomes:

Critical Thinking Skills

(CT.1) Students will demonstrate the ability to

1) analyze complex issues, 2) synthesize information, and 3) evaluate the logic, validity, and relevance of data.

Communication Skills

(CS.1) Students will effectively develop, interpret and express ideas through written communication.

Empirical and Quantitative Skills

(EQS.1) Students will manipulate numerical data or observable facts by organizing and converting relevant information into mathematical or empirical form.

(EQS.2) Students will analyze numerical data or observable facts by processing information with correct calculations, explicit notations, and appropriate technology.

Team Work

(TW2) Students will work with others to support and accomplish a shared goal.

Student Learning Outcomes:

1. Apply nutritional knowledge to analyze personal dietary intakes, to plan nutritious meals using nationally established criteria to meet recommended goals, and to evaluate food labels and the validity of nutritional claims and communicate that information to others.*
2. Trace the pathways and processes that occur in the body to handle nutrients through consumption, digestion, absorption, transport, metabolism, storage and waste excretion.
3. Discuss functions, sources, deficiencies, and toxicities of macro- and micronutrients, including carbohydrates, lipids, proteins, water, vitamins, and minerals.
4. Apply the concept of energy balance and its influences at the physical, emotional, societal, and cellular level to evaluate advantages and disadvantages of various methods used to correct energy imbalances.
5. Utilize concepts of aerobic and anaerobic energy systems, and knowledge about macronutrients, vitamins, minerals, ergogenics, and supplements and relate them to fitness and health.
6. Describe health and disease issues related to nutrition throughout the life cycle, including food safety, corrective dietary modifications, and the influence of specific nutrients on diseases.*

*Core Curriculum Standard

Attendance Policy:

Regular and punctual attendance is expected. In-class quizzes or assignments that are completed as a result of attendance will be recorded as zeros if a student is not present for the entire class period. There are no exceptions for make-up work on daily attendance grades.

Evaluation/Grading Policy:

Overall course grade is determined as follows:

Tests/Exams: 40%

4 unit exams: 10% each

Comprehensive Final Exam: 20%

Connect Assignments: 20%

Connect homework, LearnSmart and quizzes

In-class quizzes, discussions, and assignments/assigned projects/dietary analysis: 20%

Grading Scale

A =	100 – 90%
B =	89 – 80%
C =	79 – 70%
D =	69 – 60%
F =	<59

Assignments:

Assignments will make up 40% of your overall grade and may include in-class quizzes, discussions, and assigned projects as well as online Learn Smart and online homework assignments in McGraw-Hill Connect. You will need to access Connect during the first week of the semester and register your key-code to complete your assignments. Each of the online assignments will have a posted due date for completion. Please see course calendar in Bb.

Exams:

Four lecture exams and a comprehensive final exam comprise 60% of your overall grade. The lecture exams may include both objective (multiple choice, true-false, matching) as well as subjective questions over all covered and assigned reading and exercises. All students will need a #2 pencil and a scantron for each exam. Exams are not to be missed. The only acceptable reason for missing an exam is either you are seriously ill or the hospitalization/death of a close family member. Proof (a doctor's note) of illness or death may be necessary for you to take a make-up exam. You must contact me at lpresley@ntcc.edu **before** the exam informing me of why you cannot take the exam on time. Otherwise, you may receive a zero for that exam. See *Academic Ethics* below.

Student Responsibilities/Expectations

Like all colleges, Northeast Texas Community College strives to be a "community of scholars." Please remember that you and all of the students in this class are pursuing very important goals in your lives. As human beings and as scholars, I expect every student to be courteous and considerate toward other individuals. It is expected that you will adhere to all college policies on academic honesty.

Lectures & Discussions:

Week 1-	Intro & Chapter 1 Nutrition, Food Choices and Health
Week 2-	Chapter 2 Designing a Healthy Diet
Week 3-	Chapter 3 The Human Body: A Nutritional Perspective
Week 4-	continue Ch 3; Exam 1
Week 5-	Chapter 4 Carbohydrates
Week 6-	Chapter 5 Lipids
Week 7-	Chapter 6 Proteins
Week 8-	Chapter 7 Energy Balance and Weight Control; Exam 2
	Spring Break
Week 9-	Chapter 8 Vitamins and Chapter 9 Water and Minerals
Week 10-	Chapter 8 Vitamins and Chapter 9 Water and Minerals cont.; Exam 3
Week 11-	Chapter 13 Safety of Our Food Supply
Week 12-	Chapter 14 Nutrition during Pregnancy and Breastfeeding
Week 13-	Chapter 15 Nutrition in Infancy and Adolescence
Week 14-	Chapter 16 Nutrition in Adulthood
Week 15-	Exam 4
Week 16	Final (Comprehensive) Exam:
	BIOL 1322.001 Wednesday 5/13 at 9:30 a.m.
	BIOL 1322.002 Thursday 5/14 at 1:30 p.m.

Thursday, April 9th is the last day to withdraw from the course with a grade of "W". If circumstances require you to withdraw from this course, you must do so by that date. It is the **student's responsibility** to initiate the withdrawal with the registrar's office.

NTCC Academic Honesty Statement:

The college expects all students to engage in academic pursuits in a manner that is beyond reproach. Students are expected to maintain complete honesty and integrity in their academic pursuit. Academic dishonesty such as cheating, plagiarism, and collusion is unacceptable and may result in disciplinary action. Refer to the student handbook for more information on this subject.

ADA Statement:

It is the policy of NTCC to provide reasonable accommodations for qualified individuals who are students with disabilities. This College will adhere to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student's responsibility to request accommodations. An appointment can be made with the Academic Advisor/Coordinator of Special Populations, Kat Belew, located in the Student Success Building. She can be reached at 903-434-8264. For more information and to obtain a copy of the Request for Accommodations, please refer to the [NTCC website - Special Populations](#).

Family Educational Rights and Privacy Act (FERPA):

The Family Educational Rights and Privacy Act (FERPA) is a federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education. FERPA gives parents certain rights with respect to their children's educational records. These rights transfer to the student when he or she attends a school beyond the high school level. Students to whom the rights have transferred are considered "eligible students." In essence, a parent has no legal right to obtain information concerning the child's college records without the written consent of the student. In compliance with FERPA, information classified as "directory information" may be released to the general public without the written consent of the student unless the student makes a request in writing. Directory information is defined as: the student's name, permanent address and/or local address, telephone listing, dates of attendance, most recent previous education institution attended, other information including major, field of study, degrees, awards received, and participation in officially recognized activities/sports.