



BIOL 1322 Nutrition

Course Syllabus: Spring 2018

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

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	Monday	Tuesday	Wednesday	Thursday	Friday	Online
Office Hours		9:30 AM-12:20 PM 2:30-4:00 PM		9:30 AM-12:20 PM		via NTCC email

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 focuses on principles of nutrition throughout the life cycle, with special emphasis placed on normal healthy adults, the role of basic nutrients in the body, metabolism and dietary needs at different times during life. The economic, cultural, and psychosocial implications of food and eating are also studied. Food safety, availability, and nutritional information including food labels, advertising, and nationally established guidelines are addressed. Dietary assessment will be included, with special attention to student’s nutrition. Also included are nutritional treatments of various common disorders, such as CVD, diabetes, and eating disorders.

Required Textbook:

Wardlaw’s Contemporary Nutrition Updated with 2015-2020 Dietary Guidelines for Americans, 10th ed. with Connect
 ISBN: 978-1-259-93374-5 OR 978-1-259-91833-9

Publisher: McGraw-Hill

Recommended Reading: Chapters 1-10; 11; 13-15 in textbook

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. 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.

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/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 homework and quizzes. Homework assignments and weekly quizzes will be completed online through 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.

Exams:

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, a scantron and possibly a bluebook 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 mhearron@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.

As your instructor, I will attend all classes on time and prepared to teach what you are expected to learn each day. I will make a conscientious effort each class period to teach to the best of my ability and to provide you with clear, well-organized explanations of class material. I care deeply about your learning experience and your success in this course. However, that ultimate success does depend largely on you. Your success can be maximized and your potential achieved by making a commitment to meet the following classroom expectations:

- a) Attend ALL classes – physically and mentally. Wherever you are, be all there.
- b) Be on time for class. Attitude is not everything but it is very important. Remain in class for the entire instructional period.
- c) Be an active learner – participate in class. Be attentive, answer questions, and ask questions. Smile, be interested, and act as if you care. (OK, I'll admit that occasionally things get a little boring; work through that

boredom by participating!)

d) Read ahead. This will help make the next lecture much more effective.

e) A good student acts like a good student, which includes not sleeping in class, not talking in class, and not reading unrelated material or doing other work in class. All cellular phones must be turned off during class time.

f) Realize that I do not GIVE grades. You EARN grades based upon your performance. That performance includes turning all assignments in on time. You shouldn't expect less of me because of my other commitments. I don't expect less of you because of your other commitments.

g) Be respectful of yourself, your classmates, and your instructors.

h) Learning is hard work but it is also invigorating and fun. Work hard and have fun doing so.

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 Chp 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**

Week 9- Chapter 8 Vitamins

Week 10- Chapter 9 Water and Minerals

Week 11- Chapter 10 Nutrition: Fitness and Sports

Week 12- Chapter 11 Eating Disorders; **Exam 3**

Week 13- Chapter 13 Safety of Our Food Supply

Week 14- Chapter 14 Nutrition During Pregnancy and Breastfeeding

Week 15- Chapter 15 & 16 Nutrition from Infancy through Adulthood; **Exam 4**

Final (Comprehensive) Exam: Wednesday, May 9th at 9:30 am

Thursday, April 12th 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. **Failure to officially withdraw will result in your receiving a grade of F.**

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 Shannin Garrett, Academic Advisor/Coordinator of Special Populations located in the College Connection. She can be reached at 903-434-8218. 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.