



BIOL 1322.088 Nutrition and Diet Therapy, Online

Course Syllabus: Spring 2020

"Northeast Texas Community College exists to provide personal, dynamic learning experiences empowering students to succeed."

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Office Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Online
	11 – 12:30	9 - 11	11 – 12:30	9 - 11		via
	1:30 – 4:30					NTCC email

This syllabus serves as the documentation for all course policies and requirements, assignments, and instructor/student responsibilities.

Information relative to the delivery of the content contained in this syllabus is subject to change. Should that happen, the student will be notified.

Course Description:

3 credit hours.

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.

Prerequisite(s): None

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.
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.

Evaluation/Grading Policy:

Overall course grade is determined as follows:

Proctored Exams: 50% of overall course grade

Midterm exam: 25% (taken at an approved proctored location)

Comprehensive final exam: 25% (taken at an approved proctored location)

Assignments and unit exams: 35%

Connect homework, LearnSmart, quizzes and unit exams

Discussion Posts: 15%

Grading Scale

A = 100 – 90.0%

B = 89.9 – 80.0%

C = 79.9 – 70.0%

D = 69.9 – 60.0%

F = <59.9

Required Textbooks:

Wardlaw's Contemporary Nutrition Updated with 2015-2020 Dietary Guidelines for Americans, 11th ed. with Connect

Publisher: McGraw-Hill

ISBN: 978-1-260-16383-4

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

Minimum Technology Requirements:

High speed internet access

MS Office (free download available as an NTCC student)

Required Computer Literacy Skills:

Ability to communicate effectively via email.
Word processing skills.

Course Structure and Overview:

This is an online Nutrition course. The course will consist of weekly assignments done online, unit exams using Respondus lockdown browser, and unit discussions using Blackboard discussion board. You will be required to take a midterm and final exam at a proctored location. It is imperative that you make sure to be responsible for getting work done prior to the deadline as late work will not be accepted. **Look for announcements and pay attention to the printable calendar that is provided.**

Communications:

If you need to get in touch with me outside of office hours, please email me at syarbrough@ntcc.edu. I will get back in touch with you within 24 hours.

Institutional/Course Policy:

Failure to take the proctored midterm exam or proctored final exam will result in a grade of "F" for the course. The last day to drop with a "W" is **April 9**. 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.**

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Team Work

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Exams:

The mid-term and final exams are proctored exams which you must take in person at a college testing center or public library with a proctoring service. Failure to take the mid-term and/or final exams will result in a grade of "F" for the course. If you reside in the NTCC service area, you must take the midterm and final on campus at the NTCC testing center on the main campus. If you do not reside in the NTCC service area, you will be

asked to contact the instructor the first two weeks of the semester and identify a college testing center (preferred) or public library with an exam proctoring service where you can be proctored while taking these exams. Please be aware that other college testing centers or libraries may charge a fee for you to use their facilities. Proctored exams must be taken using the testing center's network. Mobile hot spots are not acceptable when taking the mid- term and final exam

Discussion Posts:

For introducing ourselves and for each unit, there will be a required discussion post (5 total). For each one, you will post an original response and then respond to at least two of your classmates' posts. This will give us a chance to get to know each other, share what we are learning, and ask each other questions. Detailed instructions will be given with each discussion topic. Each original post is worth 10 points and each response is worth 5 points for a total of 20 points for each discussion topic. Please note that discussions will be closed after the due date so make sure not to wait until the last moment to begin.

NTCC Academic Honesty/Ethics Statement:

NTCC upholds the highest standards of academic integrity. The college expects all students to engage in their academic pursuits in an honest manner that is beyond reproach using their intellect and resources designated as allowable by the course instructor. Students are responsible for addressing questions about allowable resources with the course instructor. Academic dishonesty such as cheating, plagiarism, and collusion is unacceptable and may result in disciplinary action. This course will follow the NTCC Academic Honesty and Academic Ethics policies stated in the Student Handbook. Refer to the student handbook for more information on these subjects.

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.

Lectures & Discussions:

- Week 1- Introduction & Chapter 1
- Week 2- Chapter 2
- Week 3- Chapter 3
- Week 4- **Test 1 (Chapters 1-3);**
- Week 5- Chapter 4
- Week 6- Chapter 5
- Week 7- Chapter 6 **Test 2 (Chapters 4-6);**
- Week 8- Chapter 7 **Midterm Exam (Chapters 1-7)**
- Week 9- Chapter 8
- Week 10- Chapter 9
- Week 11- **Test 3 (Chapters 8-9);**
- Week 12- Chapter 13
- Week 13- Chapter 14
- Week 14- Chapter 15
- Week 15- Chapter 16 **Test 4 (Chapters 13-16)**
- Week 16- **Final Exam (Comprehensive)**