



BIOL 1322.001 Nutrition and Diet Therapy

Course Syllabus: Fall 2026 (Face-to-Face Delivery)

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

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Class meets: MW 11am-12:20pm

Room: UHS 158

Office Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Online
	9-11am	9-11am; 1:30-2:30pm	9-11am	9-11am	Off campus; research	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.

BIOL. 1322 Nutrition & Diet Therapy

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. (Cross-listed as HECO 1322)

Prerequisites: TSI complete

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, Collene and Spees, 2026 Release with Connect McGraw-Hill, Publisher, 2026. ISBN: 978-1-265-68732-8 (bound); 978-1-266-39653-3 (loose leaf). **Make sure you get Connect access.**

Recommended Reading: Chapters 1--16 in textbook and/or as assigned

Minimum Technology Requirements:

Laptop or computer with webcam

Access to high-speed daily internet (**Google Chrome suggested**)

Microsoft Office 365 (available as a free download for all NTCC students)

Calculator such as TI-30Xa or equivalent. No programmable calculators or cell phones are allowed on exams.

Required Computer Literacy Skills:

Ability to use a web browser to access NTCC Blackboard System for course information, eBook and Connect assignments. Ability to access NTCC student email system and communicate professionally and competently with instructor. Ability to create and complete Word documents, save on your computer and upload into Bb assignment links in Microsoft word.

Core Curriculum Purpose and Objectives:

Through the core curriculum, students will gain a foundation of knowledge of human cultures and the physical and natural world; develop principles of personal and social responsibility for living in a diverse world; and advance intellectual and practical skills that are essential for all learning. Courses in the foundation area of life and physical sciences focus on describing, explaining, and predicting natural phenomena using the scientific method. Courses involve the understanding of interactions among natural phenomena and the implications of scientific principles on the physical world and on human experiences.

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.

Personal and Social Responsibility

Learning Outcomes:

Upon successful completion of this course, students will:

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 and alcohol 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.

Attendance Policy: Regular and punctual attendance is expected. In-class weekly quizzes and/or assignments that are not completed as a result of attendance/punctuality (for weekly quizzes) 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.

Assignments: Assignments will make up 40% of your overall grade and may include in-class weekly quizzes, discussions, and assigned projects as well as online Smartbook and homework assignments in McGraw-Hill Connect. You will need to access Connect during the first week of the semester and register using your NTCC email address to complete your assignments.

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 simple calculator (not a cell phone) and a Scantron. 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 cmcallister@ntcc.edu well 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.

Projects: (*Tentative and due to change-stay tuned*) There will be 3 projects required throughout the semester. The dietary analysis projects require you to 1) track your food, beverage and activity intake using NutriCalc and analysis your results at: <https://nutritioncalc3.mheducation.com/>
 2) develop 3-day menus following all guidelines of MyPlate recommendations;
 3) provide a written analysis of a diet plan or ergogenic aid of your choice; Details for each project are provided in Blackboard.

Evaluation/Grading Policy:

Tests/Exams: 40%

4 unit exams: 10% each

Final exam: 10%

Projects: 10%

Connect assignments: 20%

Smart book, Connect homework

Required Class Report 10%

Weekly quizzes 9%

Attendance 1%

Semester grades will be earned as follows:

Percentage	Letter Grade
90% and above	A
80 %–89%	B
70 %–79%	C
60%–69 %	D

59.9% and below	F
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Final Grade will be rounded up if you took a major part in completing all assignments on time, took all exams on time by each deadline, responded to emails, logged in each week, had good attendance and punctuality, collaborated, etc.

The Blackboard gradebook will be used to record all of your graded work. You will see a category named "CURRENT GRADE". This number represents your current average based on the work that you have submitted at that point in the semester. Any grades that have not been submitted, will not be averaged into the current grade unless a score of "0" has been entered. The current grade is fluent (a running total up to that point) and can change daily based on the work that you submit on time. If you have any questions about your current grade at any point, you should certainly contact me. A mid-term grade will be submitted to the Academic Success Team based on your Current Grade at that point. Near the end of the semester, the current grade column will be adjusted to include grades of zero for any work that was not submitted by deadlines set.

Four Unit Exams and Final Exam:

The 4 exams are to be recorded on a Scantron and may include both objective questions (multiple choice, matching, etc.) over text materials, and readings as well as the powerpoint for that chapter. Success on the exams is a function of anxiety regulation, test prep, study strategies, and studying for retention. Retention requires repetitions, which requires time! Each exam is 100 questions worth 100 points within an 80 min. timeline. Exams will not be made up for any reason unless prior notice is made *within a reasonable time and with a valid excuse*. Otherwise, missed exams, for any reason, will result in a zero. If you miss **only one exam**, you **MUST** take a comprehensive final exam to replace the zero, in other words, it will count twice. **All 4** regular exams + the final are scheduled **IN CLASS** (unless NTCC testing center is needed for prior accommodations) on the dates noted in this syllabus. A final exam will be given during the time set forth by the college Final Exam Schedule. The final exam will consist of 100 objective questions (multiple choice, matching, etc.) from chapters (TBA) chosen by your professor. A scantron is also required for the final exam. **These exam dates are firm – no makeups for missed exams will be allowed without prior notice.**

Weekly Exams and Bonus pts:

Weekly quizzes will be given promptly during the first 10 minutes of class to check your understanding of the previous week's (days) lecture material. Each quiz will be worth a total of 12 pts (2 pts on each is always bonus and fill in the blank, other 10 questions are multiple-choice). Every odd quiz (1, 3, 5, 7...) is totally bonus, every even quiz (2, 4, 6, 8...) counts 10 pts toward your grade. **You must be in your seat and ready to take each quiz at the beginning of lecture. Any student who comes in late after the quiz has begun will not be able to take the quiz.** So, punctuality is very important! Bring a #2 pencil and scantron for each.

Required Class Report:

You will make a special written report in this class on topics provided by the instructor. First come, first serve. It is worth 100 pts. Could help raise your grade if done well. This is a requirement! *No late reports accepted.* You will turn in a hard copy of the report (word document, no PDFs!) on or before the due date. **The report is due on Sunday, Nov. 29th by midnight.** The specs for the report will eventually be posted, please stay tuned.

Connect Online Assignments:

Each chapter has an assigned McGraw-Hill Smartbook (Connect) activity, chapter assignment, and chapter quiz to check your understanding of chapter topics and reading assignments. These are completed online in Connect which is accessed through blackboard (Bb). You will need to login to Bb on the 1st day of the semester. **You will work at your own pace and can always work ahead but never get behind.** Activities and Assignments are not timed. The chapter quizzes each consist of 20 questions with a 25 min. timer. **All**

Connect chapter assignments are due near the end of the semester by Sunday, Dec. 6th at midnite. I strongly suggest you work on them each week and not wait until the end!

Late Work:

I do not accept late work and/or give extensions. Deadlines are meant to be met when they are set.

Communications:

NTCC email is the official form of communication used by the college. The instructor will try to respond to student emails within 24 hrs of receipt (except on weekends). **You should NOT expect an immediate response from your instructor in reply to your email.** While I will try to respond in a timely fashion, I do not always have my phone on my person, and I do not have notifications set on my phone to alert me the moment an email arrives in my inbox. (On the weekends it may be up to 48 hrs after receipt of email). Feedback and grades on assignments and postings will be posted 48 to 72 hrs after due date/time of assignment. Email me at: cmcallister@ntcc.edu

Institutional/Course Policy:

Northeast Texas Community College is a “community of scholars.” Please remember that you and all of the students in this class are pursuing very important goals in your lives. All colleges and universities must remain diligent in their pursuit of assuring the academic integrity of their courses to maintain their accreditation status with Southern Association of Colleges and Schools and the Texas Higher Education Coordinating Board. Your success can be maximized and your potential achieved by making the commitment to meet these expectations: Schedule and plan to complete all assignments and submit them when they are due. Be sure to print off the calendar to help you keep up with assignment due dates. Late work will not be accepted. Be sure to do all of your own work. Collusion and plagiarism are acts of academic dishonesty. Work that is copied and pasted directly from any website is not acceptable in any form on any assignment, lab or test. See the Student Handbook, p. 90 for definitions of collusion, plagiarism, and cheating. Infractions can result in severe grading penalties or failure.

Science is a way of knowing about the natural world requiring the use of all six learning outcomes. That knowledge is based on evidence that is continuously subjected to testing and verification. Please see the paragraph on “Alternative Operations”.

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 exhibiting the characteristics of a good student including:

- 1) Honesty
- 2) Punctuality
- 3) Resourcefulness
- 4) Motivation
- 5) Organization
- 6) Diligence
- 7) Perseverance

These characteristics lead to success in college and contribute to success in future careers as well.

Remember that you have something to contribute in every class. Be aware of those around you and the activities that are going on in the classroom. To do so to the best of your ability, **DO NOT use cell phones** during class. Be attentive in real time! Practice mindfulness in all you do!

Statement Regarding the Use of Artificial Intelligence (AI) Technology:

Employees and students shall be permitted to explore artificial intelligence (AI) and implement its use in and out of the classroom in accordance with policy and administrative regulations. The use of AI shall only be as a support tool to enhance student outcomes or as necessary to engage in research and shall never take the place of faculty, staff, and student decision-making. Any use of AI must comply with law, policy, and administrative regulations relating to student and employee privacy and data security. A student shall only use AI tools with faculty permission and shall be expected to produce original work and properly credit sources, including AI tools used in creating the work.

Example:

APA (7th edition)

OpenAI. (2026). ChatGPT (March 25 version) [Large language model]. <https://chat.openai.com/>

MLA (9th edition)

OpenAI. ChatGPT. 25 Mar. 2026, <https://chat.openai.com/>.

Employees or students who use AI tools to deceptively harm, bully, or harass others shall be disciplined in accordance with policy. [See DH, DIA series, FFD series, FFE, FLB, and the FM series] AI Use by Employees and Students. Northeast Texas Community College 225500 TECHNOLOGY RESOURCES CRB ARTIFICIAL INTELLIGENCE (LOCAL) DATE ISSUED: 12/8/2025 1 of 1 UPDATE 50 CRB (LOCAL)-AJC Adopted: 12/16/2025

Lectures & Discussions: (M-W: 11am-12:20pm)

Week 1-Aug. 24, 26: Syllabus; Intro & Chapter 1 Nutrition, Food Choices and Health

Week 2-Aug. 31, Sept. 2: Chapter 2 Designing a Healthy Diet

Monday, Sept. 7: LABOR DAY HOLIDAY-NO CLASS!

Week 3-Sept. 9: Chapter 3 The Human Body: A Nutritional Perspective

Week 4-Sept. 14, 16: continue Chp 3; Begin Chapter 4; **Exam 1 Sept. 14**

Week 5-Sept. 21, 23: Chapter 4 Carbohydrates

Week 6-Sept. 28, 30: Chapter 5 Lipids

Week 7-Oct. 5, 7: Chapter 6 Proteins

Week 8-Oct. 12, 14: Chapter 7 Energy Balance and Weight Control **Exam 2 Oct. 12**

Week 9-Oct. 19, 21: Chapter 8 Vitamins

Week 10-Oct. 25, 28: Chapter 9 Water and Minerals

Week 11-Nov. 2, 4: Chapter 10 Nutrition Fitness and Sports & Chapter 11 Eating Disorders

Week 12-Nov. 9, 11: Chapter 11 Eating Disorders **Exam 3 Nov. 9**

Week 13-Nov. 16, 18: Chapter 12 Global Nutrition

Week 14-Nov. 23: Chapter 14 Nutrition during Pregnancy and Breastfeeding

Thanksgiving Holiday: W-F, Nov. 25-27

Sunday, Nov. 29 (midnite): Class Report due

Week 15-Nov. 30, Dec. 2: Chapter 15 Nutrition in Infancy and Adolescence & Chapter 16 Nutrition in Adulthood

Sunday, Dec. 6 (midnite): ALL CONNECT DUE

Dec. 7-Exam 4; Dec. 2 (TBA)

Week 16-Dec. 7: **Final Exam**

Withdrawal Date:

Tuesday, November 17 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.

Alternate Operations During Campus Closure and/or Alternate Course Delivery Requirements:

In the event of an emergency or announced campus closure due to a natural disaster or pandemic, it may be necessary for Northeast Texas Community College to move to altered operations. During this time, Northeast Texas Community College may opt to continue delivery of instruction through methods that include, but are not limited to, online through the Blackboard Learning Management System, online conferencing, email messaging, and/or an alternate schedule. It is the responsibility of the student to monitor NTCC's website (<http://www.ntcc.edu/>) for instructions about continuing courses remotely, Blackboard for each class for course-specific communication, and NTCC email for important general information.

Additionally, there may be instances where a course may not be able to be continued in the same delivery format as it originates (face-to-face, fully online, live remote, or hybrid). Should this be the case, every effort will be made to continue instruction in an alternative delivery format. Students will be informed of any changes of this nature through email messaging and/or the Blackboard course site.

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.

Dr. Mac adds the Following Statements:

Cell Phones and Unapproved Electronic Devices: Absolutely NO cell phones, video cameras, tape recorders, beepers, laptops, MP3 players, I-pods, or other unapproved electronic devices are to be used during class. You may turn your cell phone to a silent buzz (but not during any exam) and excuse yourself from the classroom if you absolutely must answer the call (emergencies only!). Examples would include sick children and/or seniors or other family members who need your immediate help. It is wise to leave your phone in your car on test days!! Students found using their cell phones or other devices during class will **lose 10 pts** from their total class score for each offense. **THIS INCLUDES TEXTING!!**

Please make it a habit to turn cell phones OFF or on vibrate before class begins each day. Phones are never to be on during any sort of examination. If your phone rings during any exam, you must immediately turn in your exam and receive the grade you earned on all questions whether or not you completed that exam (probably an "F"). No one to blame but yourself!

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 located in Student Services and can be reached at 903-434-8264. For more information and to obtain a copy of the Request for Accommodations, please refer to the special populations page on the NTCC website.

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.

Eagle Assist: At Northeast Texas Community College, we understand that students often need support that extends beyond the classroom. “Eagle Assist” is the place to start when looking for that type of assistance. Our support system is here to help you succeed in both your academic and personal growth.

Services provided:

- Mental Health Counseling (visit www.thevirtualcaregroup.com/ntcc to activate your account)
- Classroom Accommodations
- NTCC Care Center Food Pantry
- NTCC Care Center Hygiene Closet
- NTCC Care Center Cook Nook
- Financial Literacy
- Child Care Assistance
- Emergency Aid

Send us a message at eagleassist@ntcc.edu *Dual credit students please email jstewart@ntcc.edu if interested.

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

The instructor reserves the right to alter this syllabus as necessary with full disclosure to the student. This syllabus and schedule are articulated as an expectation of class topics, learning activities, and expected student learning. However, the instructor reserves the right to make changes in this schedule at any time that, within his professional judgment, would result in enhanced or more effective learning on the part of the students. These modifications will not substantially change the intent or objectives of this course and will be done within the policies and procedures of NTCC. *This may include the test schedule or topics of discussion in either lecture or laboratory. Should that happen, the student will be notified.*

Appendix of Additional Information:

***What is McGraw-Hill Connect?**

The McGraw-Hill Connect provides you with access to your eBook. Additionally, within each Connect Folder in Blackboard you will see a link to three different activities: 1) SmartBook, 2) Chapter Assignment, and 3) Quiz.

- 1) **SmartBook assignments are figured into your course grade;** This guided reading helps identify areas that you are having trouble understanding and provides you with some “tutoring” in those areas.
- 2) **Weekly Quizzes are required and figured into the course grade.** Quizzes are usually 12 questions. Please use these quizzes to determine whether you have a true understanding of the material.