NORTHEAST TEXAS COMMUNITY COLLEGE

BIOL 1322.085 TR Online Nutrition and Diet Therapy
Course Syllabus: December 2026
"Northeast Texas Community College exists to provide personal, dynamic learning experiences empowering students to succeed."

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Weekday	Office Hours
Monday	Teams Office By Appointment
Tuesday	Teams Office By Appointment
Wednesday	Teams Office By Appointment
Thursday	Teams Office By Appointment
Friday	Teams Office By Appointment

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:

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.

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. 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.

6. Utilize concepts of aerobic and anaerobic energy systems, and knowledge about macronutrients, vitamins, minerals, ergogenic, and supplements and relate them to fitness and health.

Evaluation/Grading Policy:

The breakdown of the course requirements is as follows:

%	Requirement
20%	Comprehensive Final Exam
30%	Unit Exams
35%	Connect Assignments
15%	Discussion Posts

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

Assignments:

Homework, quizzes, and Learn Smart are assigned using McGraw-Hill Connect. Each assignment will be due at a specific time in the semester related to the lecture schedule. See the course calendar for details. The unit exams and final exam will be given through Proctorio through McGraw Hill and will be timed. The unit exams will be open during specified days at the end of each unit. The final will be open for the last 2 days of the course. Pay attention to the printable calendar that is provided.

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.

Required Instructional Materials:

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

Publisher: McGraw-Hill **ISBN Number:** 978-1-260-16383-4

Recommended Reading: Chapters 1-9; 14-16 in textbook

Optional Instructional Materials:

None

Minimum Technology Requirements:

Either a mac or a pc computer with high speed internet access.

Required Computer Literacy Skills:

Ability to utilize blackboard to access course content. Ability to use Microsoft word and upload assignments.

Course Structure and Overview:

12/11/2026 First day of class
12/13/2026 Syllabus quiz due
12/16/2026 Census Date
12/17/2026 Unit 1 Exam due
12/24/2026 Unit 2 Exam due
12/31/2026 Unit 3 Exam due
1/1/2027 Last day to withdraw with a W
1/7/2027 Unit 4 Exam due
1/8/2027 Final Exam due

Communications:

Please utilize my email for communication purposes. I will get back to you within 24 hours of your email with the possible exception of the holidays. I do not typically return emails between the hours of 9 pm – 6 am. I can have office hours almost any day via teams by appointment. Don't hesitate to contact me to set up an appointment!

Institutional/Course Policy:

This is an online course in Nutrition. Study materials and assignments will be delivered through the Blackboard Learning Management System at NTCC. Students should ensure that they have the appropriate hardware, software, and technical skills for completing all assignments, quizzes, and tests.

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. The academic integrity of NTCC's online

courses is maintained with the documented use of BioSig and proctored mid-term and final examinations.

Your success can be maximized and your potential achieved by making the commitment to meet these online 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.

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.

The last day to drop the course with a grade of "W" is January 1, 2027. 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.

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

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 accommodation 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 accommodation as required to afford equal educational opportunity. It is the student's responsibility to request accommodation. 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.

General Accessibility Statement

I am devoted to creating a learning environment that is inclusive and accessible by design. If there are any barriers to your success, involvement, and engagement in this class, please contact me so that together, we can explore creative solutions. I encourage students with disabilities to contact the Accessibility Services Office in Humanities 103C to arrange for services or by email at mpemberton@ntcc.edu or jperez@ntcc.edu. If you have already been granted accommodation, please contact me so that we can work together to develop a plan that works for you and your learning preferences or needs.

Ally

Northeast Texas Community College (NTCC) has a license for Ally, a digital accessibility tool designed to help make more accessible and inclusive learning content. Embedded directly in the Blackboard LMS, Ally provides alternative formats of digital course content to all students, regardless of disability status or official accommodations. For example, a student could download a syllabus (originally formatted as a Microsoft Word document) as an audio file, translated version, or digital publishing file to be read with an eReader program. Other alternative formats made available to students are OCR'd PDFs, Tagged PDFs, HTML, Braille Ready File format, Microsoft Immersive Reader, and BeeLine Reader. Students do not need to ask for permission or disclose to access the alternative formats, they are readily available for all who wish to use them.

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.