



BIOL 1322.085 Nutrition - Online

Course Syllabus: Summer 2022

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

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Office	Monday	Tuesday	Wednesday	Thursday	Friday	Online
Hours						Email anytime

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.

Required Textbooks:

NTCC has 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 (see more information in the Start Course Here folder in Blackboard). The materials are required for your class and essential in your success. If you also determine that you would like a printed 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.

Inclusive Access: Wardlaw’s Contemporary Nutrition with 2020-2025 Dietary Guidelines with Connect/SmartBook
McGraw Hill Copyright 22 Edition 12 ISBN: 97812607900030

Recommended Reading: Chapters 1-9; 11-12; 14-15 in textbook

Minimum Technology Requirements:

- Laptop or computer with Chrome browser
- Access to high-speed daily internet
- Microsoft Office 365 (available as a free download for all NTCC students)
- Calculator. 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

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.

Evaluation/Grading Policy:

Overall course grade is determined as follows:

Tests/Exams: 65% of overall course grade

4 unit assessments: 20% (taken in Respondus LockDown Browser)

Midterm exam: 20% (taken at an approved proctored location)

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

Assignments: 20%

Connect homework, SmartBook and quizzes

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

Assignments:

Homework, quizzes and Smartbook assignments 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.

Assessments and Exams:

There are 4 unit assessments. Each unit assessment will be taken using Respondus Lockdown Browser.

The unit assessments are intended to prepare you for the midterm and the final exams. Read the information in the “Start Course Here” folder to familiarize yourself with the process for downloading Respondus Lockdown Browser.

The midterm 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 midterm 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 exam on campus at the NTCC Testing Center. The testing center is located on the main campus of NTCC in the Student Services Building. The summer hours of the testing center are: Monday—Thursday 8:00 a.m. to 6:00 p.m. and Friday 8:00

a.m. to 12:00 p.m. 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 official 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. You will need to provide the physical address, email address and phone number for the proposed proctoring location. The instructor will contact the center to verify the appropriateness of the location for approval. Proctored exams must be taken using the testing center's network. Mobile hot spots are not acceptable when taking the proctored exams.

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.

Lectures & Discussions:

Week 1-	Introduction & Chapter 1
Week 2-	Chapters 2 & 3
Week 3-	Unit 1 Assessment due (Chapters 1-3); Chapter 4
Week 4-	Chapters 5 & 6
Week 5-	Chapter 7; Unit 2 Assessment due (Chapters 4-7)
Week 6-	Midterm Exam due; Chapter 8
Week 7-	Chapter 9
Week 8-	Unit 3 Assessment due (Chapters 8-9); Chapters 11 & 12
Week 9-	Chapters 14 & 15
Week 10-	Unit 4 Assessment due (Chapters 11-12; 14 & 15); Final Exam due

Communication: NTCC email is the official form of communication used in this course and by the college. I expect that you will regularly check your email and that you will email me using your NTCC email account. Announcements will also be emailed to you frequently. When you email me, I will respond in a timely manner, within 24 hours on weekdays and within 48 hours on weekends.

Other Student Responsibilities/Expectations

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 proctored midterm 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 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 **Thursday, July 28, 2022**. 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 Statement:

"Students are expected to complete course work in an honest manner, using their intellects and resources designated as allowable by the course instructor. Students are responsible for addressing questions about allowable resources with the course instructor. NTCC upholds the highest standards of academic integrity. This course will follow the NTCC Academic Honesty policy stated in the Student Handbook."

Academic Ethics

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 arrange an appointment with a College counselor to obtain a Request for Accommodations form. For more information, please refer to the NTCC Catalog or Student Handbook.

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.