



BIOL 1322.001TR - Nutrition

Course Syllabus: Spring of 2023

“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
	1:30-6:00p	8:00-9:00a	1:30-6:00p	8:00-9:00a	online	

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.

Prerequisite(s): 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 Updated with 2015-2020 Dietary Guidelines for Americans, 11th ed. with Connect McGraw-Hill, Publisher

Recommended Reading: Chapters 1-11, 13-16 in textbook

Minimum Technology Requirements:

Laptop or computer with webcam using **Chrome browser and Proctorio extension**

Access to high speed daily internet

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 Chrome web browser to access NTCC Blackboard System for course information, eBook and Connect assignments and Proctorio extension on Chrome.

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.

Please submit any general technology questions to ithelp@ntcc.edu The IT department can only respond to messages from your NTCC email account. Please submit any specific technology issues you may have with Connect or Proctorio to the appropriate help desk resource found on those websites.

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.

Course 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. Utilize concepts of aerobic and anaerobic energy systems, and knowledge about macronutrients, vitamins, minerals, ergogenic, 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. *

*Core Curriculum Standard

Course Structure and Overview: BIOL 1322 is a 16-week course. The course is divided into 4 units with each unit covering 3 to 4 chapters in the textbook. Students complete each chapter by 1) reading the Learn Smart assignment, 2) watching the instructional videos available, 3) completing the Connect homework and quiz. Each of the four units also includes a nutritional related project. The four projects include 1) a 3-day dietary analysis, 2) a 3-day menu analysis, 3) a nutritional public service announcement (group project) on a vitamin or mineral and 4) an analysis of a popular weight-loss or diet plan. This course will require you to spend a minimum of 4 to 6 hours per week on these activities so you will want to plan your time accordingly. A printable calendar is available which clearly shows all due dates.

Assignments, Unit Tests, and Final Exam:

- Weekly Learn Smart, homework, and quizzes/assessments are assigned using McGraw-Hill Connect. Each assignment or quiz will be due at a specific time in the semester related to the lecture schedule. All Connect homework assignments are automatically submitted on the due date. After the due date, you are allowed study attempts on the homework prior to the exam but there are no extensions for missed due dates on homework. Each chapter also requires you to complete a chapter quiz. Each quiz has a time limit of 30 minutes and you will have 2 attempts to complete with a 5% deduction on the second attempt. There is a 10% deduction for each day late you complete the quiz.
- There are 4 unit tests. Each unit test has a time limit of 70-80 minutes. All unit test will be taken during class time.
- There are 4 unit projects. Some projects require the use of NutriCalc found as a component of your Connect material. You will create a profile and enter data into NutriCalc to complete some of these projects.
- The final exam is a proctored exam which you must take in person. Failure to take the final exam will result in a grade of “F” for the course.

Communication: NTCC email is the official form of communication used by the college. Please check your NTCC email daily for any important announcements or communications from me. I will post important announcements each week based on the topics that are to be studied. You should receive an email notification of these announcements as well. I encourage you to contact me with any questions that you have about the course through email. I will respond to your email within 24-36 hours but generally much sooner.

Institutional/Course Policy/Student Expectations: 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. As scholars, I expect every student to be courteous to other students and the instructor in all online experiences.

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 proctored final examinations.

Proctoring of Assignments/Exams: This course will use Proctorio, a browser-locking and remote proctoring solution designed to protect the integrity of this course's assessments, within some of your Connect assignments and unit exams. As your instructor, I've chosen the secure exam settings required by this course, and only I will make a judgment as to any potential academic integrity violation. You'll be able to see which assignments in Connect include Proctorio settings because they will be clearly labeled with "Proctoring Enabled" in the assignment title. The settings that I use may vary depending on the assignment or exam. When you start a proctored assignment, the settings in use will be indicated. Please refer to the additional information about Proctorio posted in the Start Here folder in Blackboard. You will practice your first Proctorio assignment the first week of class by completing the Syllabus Acknowledgement Quiz. Be sure to read thoroughly the Proctorio Quick Start Guide found in the Start Here Folder in Bb. You must download the Proctorio extension to the Chrome Browser to be able to complete the Syllabus Acknowledgment + Proctorio Verification Quiz.

Evaluation/Grading Policy

Tests/Exams: 40%

4 unit exams: 10% each

Comprehensive final exam: 20%

Connect assignments: 20% Connect homework, LearnSmart, quizzes, discussion post

Dietary analysis Projects & Public Service Announcement Project: 20%

Lecture and Discussions: Tentative:

- 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 Ch. 3; **Exam 1**
- Week 5- Chapter 4 Carbohydrates
- Week 6- Chapter 5 Lipids
- Week 7- Chapter 6 Proteins
- Week 8- **Exam 2**; Chapter 7 Energy Balance and Weight Control
- Week 9- Chapter 8 Vitamins
- Week 10 Chapter 9 Water and Minerals
- Week 11- Chapter 10 Athletic Performance
- Week 12- **Exam 3**; Chapter 11 Eating Disorders
- Week 13- Chapter 13 Protecting our Food Supply
- Week 14- Chapter 14 Nutrition during Pregnancy and Breastfeeding; Thanksgiving
- Week 15- Chapter 15 Nutrition in Infancy and Adolescence & Chapter 16 Nutrition in Adulthood
- Week 16- **Exam 4 & Final (Comprehensive) Exam**

April 20th, 2023 is the last day to withdraw from the course with a grade of "W". 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.

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.