



**NORTHEAST TEXAS**  
COMMUNITY COLLEGE

## **BIOL 1322.001 .002 Nutrition**

**Course Syllabus:** Fall 2020 (Face-to-Face Delivery)

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

**Dr. Mary Hearron**

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	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Online</b>
<b>Office Hours</b>	9:30-10:30 AM 1:00-4:00 PM		9:30-10:30 AM 1:00-3:00 PM	1:00-3:00 PM		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.*

**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.

**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 Updated with 2015-2020 Dietary Guidelines for Americans, 11<sup>th</sup> ed. with Connect McGraw-Hill, Publisher

**Recommended Reading:** Chapters 1-9; 11, 13-16 in textbook

**Minimum Technology Requirements:**

Laptop or computer with webcam

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

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

**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. 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

**Attendance Policy:** Regular and punctual attendance is expected. In-class quizzes or assignments that are completed as a result of attendance 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 quizzes, discussions, and assigned projects as well as online Learn Smart and homework assignments in McGraw-Hill Connect. You will need to access Connect during the first week of the semester and register your key-code to complete your assignments. Each of the online assignments will have a posted due date for completion.

**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 scantron and possibly a bluebook for each exam. 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 [mhearron@ntcc.edu](mailto:mhearron@ntcc.edu) 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.

**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. 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.

**Assignments with Proctorio**

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. 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.

**Evaluation/Grading Policy:**

**Tests/Exams: 40%**

4 unit exams: 10% each

**Comprehensive final exam: 20%**

**Connect assignments: 20%**

Connect homework, LearnSmart,

**In-class quizzes and attendance/assigned projects/dietary analysis: 20%**

**Grading Scale**

A =	100 – 90%
B =	89 – 80%
C =	79 – 70%
D =	69 – 60%
F =	<59

**Student Responsibilities/Expectations**

Like all colleges, Northeast Texas Community College strives to be 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 human beings and as scholars, I expect every student to be courteous and considerate toward other individuals.

**For this course, scheduled as Face-to-Face on campus delivery, face coverings and social distancing in the class room will be mandatory. Please see paragraph on "Alternative Operations" below.**

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.

### **Lectures & Discussions:**

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 Chp 3; <b>Exam 1</b>
Week 5-	Chapter 4 Carbohydrates
Week 6-	Chapter 5 Lipids
Week 7-	Chapter 6 Proteins
Week 8-	<b>Exam 2;</b> Role of Exercise
Week 9-	Chapter 7 Energy Balance and Weight Control
Week 10-	Chapter 8 Vitamins
Week 11-	Chapter 9 Water and Minerals
Week 12-	<b>Exam 3;</b> 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-	<b>Exam 4 &amp; Final (Comprehensive) Exam</b>

See detailed calendar available in Bb.

**Tuesday, November 17th 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.

**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.