



**BIOL 1322DEC FE Online Nutrition and Diet Therapy  
Course Syllabus: December 2023+**

“Northeast Texas Community College exists to provide responsible, exemplary learning opportunities.”

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<b>Office Hours</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
	Teams Office By Appointment	Teams Office By Appointment	Teams Office By Appointment	Teams Office By Appointment

*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.

**Required Textbooks:**

Wardlaw’s Contemporary Nutrition Updated with 2015-2020 Dietary Guidelines for Americans, 11<sup>th</sup> ed. with Connect ISBN: 978-1-260-16383-4

**Publisher:** McGraw-Hill

**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.

### **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.

### **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.

**Evaluation/Grading Policy:**

Overall course grade is determined as follows:

Comprehensive final exam: 20%

Unit Exams: 30%

Assignments: 35%

Connect homework,

LearnSmart, 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 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.

**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!

**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 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 **Friday, January 5**. 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 request accommodations. An appointment can be made with Shannin Garrett, Academic Advisor/Coordinator of Special Populations located in the College Connection. She can be reached at 903-434-8218. For more information and to obtain a copy of the Request for Accommodations, please refer to the [NTCC website - Special Populations](#).

**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.

**Lectures & Discussions:**

Week 1- Unit 1; **Test 1 (Chapters 1-3); Unit 1 Discussion**

Week 2- Unit 2; **Test 2 (Chapters 4-6); Unit 2 Discussion**

Week 3- Unit 3; **Test 3 (Chapters 7-9); Unit 3 Discussion**

Week 4- Unit 4; **Test 4 (Chapters 14-16); Unit 4 Discussion**  
**Final Exam (Comprehensive) Jan 11-12**