



NORTHEAST TEXAS
COMMUNITY COLLEGE

BIOL 1322.033 Nutrition and Diet Therapy

Course Syllabus: Fall 2024 (8-week Hybrid Delivery)

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

Dr. Mary Hearron

Professor of Biology and Chemistry, Emeritus

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	Monday	Tuesday	Wednesday	Thursday	Friday	Online
Office Hours		10:45 AM		10:45 AM		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, 12th ed. with Connect McGraw-Hill, Publisher

Recommended Reading: Chapters 1-11, 16 in textbook

Minimum Technology Requirements:

Laptop or computer using **Chrome browser**

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 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 to the appropriate help desk resource found on the McGraw-Hill website.

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. *
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 1322.033 is a 8-week hybrid course in nutrition. The course meets class on T and R each week with additional material delivered in an online format. 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 SmartBook assignment, 2) watching the instructional videos available, 3) completing the Connect assessment 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 or ergogenic aid. 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.

Daily Schedule for Lectures & Discussions; EXAM due dates:

10/22	Intro & Chapter 1 Nutrition, Food Choices and Health,
10/24	Chapter 2 Designing a Healthy Diet
10/29	Chapter 3 The Human Body: A Nutritional Perspective
10/31	Chapter 4 Carbohydrates; UNIT 1 Exam due by 5:00 PM in Testing Center
11/5	Chapter 5 Lipids
11/7	Chapter 6 Proteins
11/12	Chapter 7 Energy Balance and Weight Control & Chapter 10 Athletic Performance
11/14	Chapter 8 Vitamins; UNIT 2 Exam due by 5:00 PM in Testing Center
11/19	Chapter 9 Water and Minerals
11/21	Chapter 11 Eating Disorders
11/26	Chapter 14 Nutrition during Pregnancy and Breastfeeding; UNIT 3 Exam due by 5:00 PM
11/28	Thanksgiving Day
12/3	Chapter 15 Nutrition in Infancy and Adolescence
12/5	Chapter 16 Nutrition in Adulthood
12/10	Final (Comprehensive) Exam (Units 1-4 included)

See detailed calendar available in Bb.

Smartbook, Assessments, Unit Tests, Projects and Final Exam:

- Weekly SmartBook and Assessments are accessed in McGraw-Hill Connect. Each assignment or assessment will be due at a specific time in the semester related to the course schedule. All SmartBook assignments are due on Sunday evening. All Connect assignments are automatically submitted on the due date. After the due date, you are allowed study attempts on the assignment prior to the exam but there are no extensions for missed due dates on assignments. Each chapter also requires you to complete a chapter assessment. The chapter assessments are due on Tuesday evenings. Each assessment 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 assessment.
- There are 4 unit exams. Your unit exams are paper and pencil exams and must be taken in the NTCC testing center. The exam will be available to you on Wednesday morning of the assigned week (see calendar) and must be completed by Thursday at 5:00 PM. Anytime during Wed or Thur, you can go to the testing center to complete the exam. I will provide the scantron. You bring a pencil!
- 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.
 - Project 1- A three-day record of all of your food and beverage intake. You will record this information in NutriCalc and complete an analysis of your nutrients.
 - Project 2- You will develop three days of menus based on recommendations from MyPlate. You will record your food and beverage menu items in NutriCalc and complete an analysis on the menu plan you have created.
 - Project 3- You will develop a 3 to 5-minute Public Service Announcement on any vitamin or mineral of your choosing. You may be able to work with a partner on this activity using TEAMS or at a time

of your choosing. The PSA can be a PowerPoint presentation with voice over or a video, etc. Be creative!

- Project 4- A discussion board posting of either a popular dietary plan or ergogenic aid.
- The final exam is scheduled for Dec. 10th at 12 Noon in MS 106. 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 also 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 or during out meeting times on TR in the classroom.

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.

As your instructor, I will make a conscientious effort to provide you with a variety of teaching and learning formats to help you in your efforts to be successful in nutrition. I deeply care 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 making the commitment to meet these online expectations: Schedule and plan to complete all lecture assignments and submit them when they are due. Be sure to print off the calendar to help you keep up with assignment due dates.

Evaluation/Grading Policy:

Tests/Exams: 40%

4 unit exams: 10% each

Comprehensive final exam: 20%

Connect assignments: 20%

Connect SmartBook, & quizzes

2 Dietary analysis Projects, Public Service

Announcement Project & Discussion Post: 20%

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

Understanding Your Grade: The Blackboard gradebook will be used to record all of your graded work. You will see a category named “CURRENT GRADE”. This number represents your current average based on the work that you have submitted at that point in the semester. Any grades that have not been submitted, will not be averaged into the current grade unless a score of “0” has been entered. The current grade is fluent (a running total up to that point) and can change daily based on the work that you submit. If you have any questions about your current grade at any point, you should certainly contact me. A mid-term grade will be submitted to the Academic Success Team based on your Current Grade at that point.

November 26,2024 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.

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.

Eagle Assist: At Northeast Texas Community College, we understand that students often need support that extends beyond the classroom. "Eagle Assist" is the place to start when looking for that type of assistance. Our support system is here to help you succeed in both your academic and personal growth.

Services provided:

- Mental Health Counseling
(visit www.thevirtualcaregroup.com/ntcc to activate your account)
- Classroom Accommodations
- NTCC Care Center Food Pantry
- NTCC Care Center Hygiene Closet
- NTCC Care Center Cook Nook
- Financial Literacy
- Child Care Assistance
- Emergency Ai

Send a message to eagleassist@ntcc.edu