



## BIOL 1322.001 .002 Nutrition

Course Syllabus: Fall 2021 (Face-to-Face Delivery)

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

**Dr. Mary Hearron** (she, her)

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Office Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Online
	9:30-10:30 AM 1:00-4:00 PM	In class all day	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 2020-2025 Dietary Guidelines for Americans, 12<sup>th</sup> ed. with Connect McGraw-Hill, Publisher

**Recommended Reading:** Chapters 1--16 in textbook as assigned

**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 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

### **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.

#### Personal and Social Responsibility

### **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

**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 Smartbook and homework assignments in McGraw-Hill Connect. You will need to access Connect during the first week of the semester and register using your NTCC email address 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 simple calculator (not a cell phone) and a scantron. 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.

**Projects:** There will be 4 projects required throughout the semester. The dietary analysis projects require you to 1) track your food, beverage and activity intake using NutriCalc and analysis your results; 2) develop 3 day menus following all guidelines of MyPlate recommendations; 3) provide a written analysis of a diet plan or ergogenic aid of your choice; and 4) working collaboratively with another student produce a public service announcement of a vitamin or mineral .

**Evaluation/Grading Policy:**

**Tests/Exams: 40%**

4 unit exams: 10% each

**Comprehensive final exam: 20%**

**Connect assignments: 20%**

Smart book, Connect homework, In class quizzes

**3 Dietary analysis Projects & 1 Public Service**

**Announcement Project: 20%**

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

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.

**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. This classroom will practice all six college student learning outcomes: critical thinking, communication, empirical and quantitative skills, teamwork and personal and social responsibility.

**Science is a way of knowing about the natural world requiring the use of all six learning outcomes.**

**That knowledge is based on evidence that is continuously subjected to testing and verification.**

**Whether you are or are not vaccinated against COVID-19, because of the increase in the highly contagious delta variant, it is HIGHLY RECOMMENDED that face coverings and social distancing in the class room be observed to protect you and others. Face coverings must cover both mouth and nose.**

**Covering coughs and sneezes and hand washing continue to be imperative in all situations. Please see the paragraph on "Alternative Operations".**

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-	Chapter 7 Energy Balance and Weight Control <b>Exam 2</b>
Week 9-	Chapter 8 Vitamins
Week 10-	Chapter 9 Water and Minerals
Week 11-	Chapter 10 Nutrition Fitness and Sports
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 16th 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.