



BIOL 1322 Nutrition

Course Syllabus: Fall 2017

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

Office Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Online
	8:15-9:30 am 1:30-5 pm	8:15-9:30 am 2:50-3:25 pm	8:15-9:30 am	8:15-9:30 am 2:50-3:25 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.

Required Textbooks:

Wardlaw's Contemporary Nutrition Updated with 2015-2020 Dietary Guidelines for Americans, 10th ed. with Connect
 ISBN: 978-1-259-93374-5
 978-1-259-91833-9

Publisher: McGraw-Hill

Recommended Reading: Chapters 1-9; 11; 13-15 in textbook

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.

Attendance Policy:

Regular and punctual attendance is expected.

Evaluation/Grading Policy:

Overall course grade is determined as follows:

Tests/Exams: 60% of overall course grade

4 unit exams: 40%

Comprehensive final exam: 20%

Connect assignments: 20%

Connect homework, LearnSmart and quizzes

In-class quizzes and assignments: 20%

Grading Scale

A = 100 – 90%

B = 89 – 80%

C = 79 – 70%

D = 69 – 60%

F = <59

Assignments:

These assignments will make up 40% of your overall grade and may include in-class quizzes, discussions, and assignments as well as online homework and quizzes. Homework assignments and weekly quizzes will be completed online through 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 keubanks@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. Also, there is absolutely no cheating on exams. If you are caught cheating, you will be subject to disciplinary action. See *Academic Ethics* below.

Other Student Responsibilities/Expectations

You are expected to attend class on time and stay for the entire period.

Use of cell phones, hand held devices and computers will not prevent any student from learning. If this is the case, they will be prohibited during class time.

Be prepared for class. Read the corresponding chapter in the textbook in order to participate during our class time.

Be polite. Students and instructors are expected to treat others with respect and courtesy.

Lectures & Discussions:

Week 1-	Intro & Chapter 1
Week 2-	Chapter 2
Week 3-	Chapter 3
Week 4-	Exam 1
Week 5-	Chapter 4
Week 6-	Chapter 5
Week 7-	Chapter 6
Week 8-	Chapter 7; Exam 2
Week 9-	Chapter 8
Week 10-	Chapter 9
Week 11-	Exam 3 , Chapter 11
Week 12-	Chapter 13
Week 13-	Chapter 14
Week 14-	Chapter 15
Week 15-	Exam 4

Final (Comprehensive) Exam: Thursday, December 14th at 9:30 am

Tuesday, November 21st is the last day to withdraw from the course with a grade of “**W**”. If you stop attending class and fail to officially withdraw, expect to earn a grade of “**F**” in the course.

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.