

**COLLIN COUNTY COMMUNITY COLLEGE DISTRICT
COURSE SYLLABUS**

COURSE NUMBER: BIOL 1322

COURSE TITLE: General Nutrition

COURSE DESCRIPTION: Study of nutrients and nutritional processes including functions, food sources, digestion, absorption and metabolism with application to normal and therapeutic human nutritional needs.

CREDIT HOURS: 3

LECTURE HOURS: 3

LAB HOURS: 0

PRE-REQUISITE: None

CO-REQUISITE: None

INSTRUCTOR: **KIM LOWER, M.S., R.D.**
Email: klower@collin.edu
Phone: 972-516-5072

OFFICE HOURS: **Tues: 1:00-3:00 (J223); Wed. 12:00-2:00 (Blackboard); Thurs. 1:00-3:00 (J223)**

OFFICE: **J223 – SPRING CREEK CAMPUS**

COURSE RESOURCES: Nutrition: From Science to You, 2nd edition, Joan Salge Blake, Kathy D. Munoz, Stella Volpe

SUPPLIES: None

STUDENT LEARNING OUTCOMES:

The student will be able to:

1. Plan nutritious daily meals using nationally established criteria to meet desired recommended goals. (Critical Thinking Skills)
2. Trace the pathways and processes that occur in the body to handle food through consumption, digestion, absorption, transport, metabolism, storage and waste excretion.
3. Discuss the macro and micronutrients, their functions, sources, deficiencies, and toxicities. (Communication Skills)
4. Apply the concept of energy balance and its influences on the physical, emotional, societal, and cellular level, understanding the advantages and disadvantages of different methods to correct the imbalances. (Critical Thinking Skills)
5. Utilize concepts of energy systems to maximize physical fitness and performance, using knowledge about foods, vitamins/minerals, ergogenics and supplements. (Critical Thinking Skills)
6. Choose optimal nutrition throughout the lifecycle, knowing the problems in obtaining it, and the consequences of improper nutrition and eating habits. (Empirical and Quantitative Skills)
7. Select correct dietary intake to reduce disease risk, enhance prevention, health and wellness using knowledge of ideal intake and influences of various components of food on the diseases. (Empirical and Quantitative Skills)

METHOD OF EVALUATION:

Exam #1	100 points	450-500=A
Exam #2	100 points	400-449=B
Unit quizzes (10 @ 10 pts each)	100 points	350-399=C
Fast Food Menu Assignment	100 points	300-349=D
Vitamin & Mineral Assignment	50 points	<300=F
Lifecycle Nutrition Assignment	<u>50 points</u>	
Total:	500 points	

Students will be required to complete two exams containing questions from the topics outlined in the professor's notes, nutrition articles, and videos. If an exam is not completed for any reason, a comprehensive final exam can be completed at the end of the semester as a makeup exam. There will also be assignments and class activities administered throughout the semester to engage students in topics related to nutrition and health. Late assignments will not be accepted.

Because this is an online class, you are expected to have a reliable computer with all of the necessary programs to operate Blackboard and open PDF, MS Word, and PowerPoint files. A list of recommended programs to download onto your computer is provided in the course orientation.

IMPORTANT: Please understand that you will only have one opportunity to complete each exam, quiz and assignment. If you think your computer is not reliable, it is your responsibility to find a reliable computer to complete all of your assessments. If your computer freezes up while taking an exam, the exam will **NOT** be reset, and you will be required to complete the comprehensive final exam. If a quiz is not completed, there will be an extra credit assignment that can be completed to replace the grade of zero.

Extra Credit: There will be two extra credit opportunities offered in this class. One of the unit quizzes can be counted as extra credit if the student chooses to complete all eleven unit quizzes (only 10 out of the 11 unit quizzes are required). There is also a food safety extra credit assignment located in the "Extra Credit" folder, which is worth 10 points. Any extra credit points earned by the student will be added to a low exam, quiz, or assignment grade.

ATTENDANCE POLICY

Online participation is mandatory. Individual conflicts with this policy are to be discussed with the instructor. Students who stop attending class and do not officially withdraw from the course will be assigned a grade of "F". **Religious Holy Days:** please refer to the current Collin Student Handbook. The last day to withdraw is **10/17/14**.

AMERICAN with DISABILITIES ACT STATEMENT

It is the policy of Collin County Community College 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 contact the ACCESS office, SCC-G200 or 972.881.5898 (V/TTD: 972.881.5950) in a timely manner to arrange for appropriate accommodations. See the current *Collin Student Handbook* for additional information.

ACADEMIC POLICIES

Every member of the Collin College community is expected to maintain the highest standards of academic integrity. Collin College may initiate disciplinary proceedings against a student accused of scholastic dishonesty. Scholastic dishonesty includes, but is not limited to, statements, acts, or omissions related to applications for enrollment or the award of a degree, and/or the submission of one's own work material that is not one's own. Scholastic dishonesty may involve, but is not limited to, one or more of the following acts: cheating, plagiarism, collusion, use of annotated texts or teacher's editions, use of information about exams posted on the Internet or electronic medium, and/or falsifying academic records. While specific examples are listed below, this is not an exhaustive list and scholastic dishonesty may encompass other conduct, including any conduct through electronic or computerized means:

Plagiarism is the use of an author's words or ideas as if they were ones own without giving credit to the source, including, but not limited to, failure to acknowledge a direct quotation.

Cheating is the willful giving or receiving of information in an unauthorized manner during an examination; collaborating with another student during an examination without authority; using, buying, selling, soliciting, stealing, or otherwise obtaining course assignments and/or examination questions in advance, copying computer or Internet files, using someone else's work for assignments as if it were one's own; or any other dishonest means of attempting to fulfill the requirements of a course.

Collusion is intentionally or unintentionally aiding or attempting to aid another in an act of scholastic dishonesty, including but not limited to, failing to secure academic work; providing a paper or project to another student; providing an inappropriate level of assistance; communicating answers to a classmate about an examination or any other course assignment; removing tests or answer sheets from a test site, and allowing a classmate to copy answers.

See the current *Collin Student Handbook* for additional information.

STUDENT CONDUCT

The college expects students to conduct themselves in class in such a way as to not interfere with or disrupt the educational process. Students are to speak and act in a respectful manner toward their fellow students and the professor. Those who participate in inappropriate behavior such as, excessive talking, cell phone or pager use, verbal altercations, or blatantly disregarding instructor's directions will be asked to leave the class. Continuance of such behavior will result in permanent removal.

LATERAL TRANSFER POLICY

Lateral transfers will not be granted after the 4th week of class or after the first lecture exam, whichever comes first. Exceptions to this are for documented changes in work schedule or family emergencies. If a student does transfer to another section, all previous grades will accompany the student. However, the new instructor can require the student to retake any exam or quiz. For questions concerning this policy, contact the Biology Department Chair.

WITHDRAWAL POLICY - Course Drop Limit Provisions

Students who enroll as an entering freshman or a first-time college student in undergraduate courses at any Texas public community college, technical institute, health sciences institution, or any public university offering undergraduate courses must comply with the legislation of TEC51.907. TEC51.907 states that students who enroll for the first time during the fall 2007 semester or any subsequent semester are subject to the course drop limit of six course drops. This includes any course a transfer student has dropped at another institution. Collin College will not begin to count dropped courses until the fall 2009 semester. For more information go to <http://www.collin.edu/gettingstarted/register/withdrawal.html>.

IF YOU HAVE DIFFICULTIES

First contact your instructor. If you are unable to resolve the problem, contact the divisional secretary on your campus.

BIOL 1322 - Course Outline:

Weeks 1-7:

Course Orientation

Unit 1: The Basics of Nutrition

Unit 2: Tools for Healthy Eating

Fast Food Menu Assignment due by Sept. 14, 2014

Unit 3: Digestion, Absorption, & Transport

Unit 4: Overview of Vitamins & Minerals

Unit 5: Carbohydrates

Unit 6: Fats, Oil, and Other Lipids

Unit 7: Proteins

Video: Forks over Knives

Exam #1(Units 1-3 & 5-7) –must be completed by Oct. 19, 2014

Vitamin & Mineral Assignment due Oct. 19, 2014

All unit quizzes (1-3, 5-7) must be submitted no later than Oct. 19th

Weeks 8-16:

Unit 8: Metabolism

Unit 9: Energy Balance and Body Composition

Unit 10: Weight Management

Unit 11: Eating Disorders

Video: Dying to Be Thin

Unit 12: Nutrition & Fitness

Video: Marathon Challenge

Unit 13: Nutritional Guidelines for Pregnancy and Lactation

Unit 14: Nutritional Guidelines for Young Children and Adolescents

Exam #2 (Units 8-12) – Must be completed by 12/7/14

Life Cycle Nutrition Assignment due 12/7/14

All unit quizzes (8-12) must be submitted no later than Dec. 7th

Comprehensive Final Exam –This is a makeup exam for students who did not complete a regularly scheduled chapter exam. This exam can be completed on Blackboard anytime during the following date: 12/8/14-12/12/14.