GENERAL INFORMATION
College Name Cedar Valley College
Division Math, Science, Allied Health
Semester/Term & Year Spring 2013

INSTRUCTOR INFORMATION
Name Dr. Judy Dacus
DCCCD E-mail address judydacus@dcccd.edu
Telephone 972-860-5012 (Division Office)
Office Number no office
Office Hours (FT faculty) no office hours (adjunct)

COURSE INFORMATION
Course Number BIOL 1322
Section Number 33421, 93001
Credit Hours 3 credit hours
Class Meeting Time online only
Course Title Principles of Nutrition

Course Description This is a Texas Common Course Number. This is a DCCCD Core Curriculum Course.
Topics include classes, sources, and functions of nutrients, digestion and absorption, and metabolism with applications to normal and therapeutic nutritional needs. This course is cross-listed as HECO 1322. The student may register for either Biology 1322 or HECO 1322, but may receive credit for only one of the two. (3 Lec.)

Coordinating Board Academic Approval Number 1905015109

Course Prerequisites One of the following must be met: (1) Developmental Reading 0093 AND Developmental Writing 0093; (2) English as a Second Language (ESOL) 0044 AND 0054; or (3) have met Texas Success Initiative (TSI) Reading and Writing standards AND DCCCD Writing score prerequisite requirement.

Required or Recommended Materials Students are required to purchase access to MyNutritionLab which accompanies the textbook listed below. Required quizzes are on MyNutritionLab. Animations and other learning aids are also found on MyNutritionLab along with the eText.


General Education Competencies (DCCCD Intellectual Competencies)

This course reinforces some of the Core Curriculum Intellectual Competencies defined by the Texas Higher Education Coordinating Board.

1. **READING:** Reading at the college level means the ability to analyze and interpret a variety of printed materials—book, article and documents.

2. **WRITING:** Competency in writing is the ability to produce clear, correct and coherent prose adapted to purpose, occasion and audience.

3. **CRITICAL THINKING:** Critical thinking embraces methods of applying both qualitative and quantitative skills analytically and creatively to subject matter in order to evaluate arguments and to construct alternative strategies. Problem solving is one of the applications of critical thinking, used to address and identified task.

4. **COMMUNICATION:** To develop skills in oral, visual, and written communication.

Student Learning Outcomes

The student will be able to compare the structures, functions, and sources of the three macronutrients that provide energy in the human body.

The student will be able to describe the methods and locations in the human body of the digestion and absorption of each of the three macronutrients.

The student will be able to describe the functions and sources of micronutrients including vitamins, minerals, antioxidants.

The student will be able to describe the special nutritional needs of humans at various stages of life such as pregnant women, children, the elderly.

Exams and Assignments

There will be 5 exams (100 points each), 14 discussion boards (50 points each), 15 quizzes (15 points each.) Although this adds up to 1425 points (500 + 700 + 225) student grades are based on 1400 points. The extra 25 points are the make-up for missed quizzes or bonus if all quizzes are taken.

Evaluation Procedures

**Exams:** Each exam covers 3 chapters. The exams will consist of multiple choice and essay questions. Exams are scheduled for Friday thru Monday so no make-up exams are given.
Discussion Boards: Each discussion board except the first introductory board covers a topic concurrent with the material being studied that week. Each student posts on a topic and responds to four other students’ topics. There is a discussion board due each week of the semester except Spring Break.

Quizzes: Each week there is a 15 question multiple choice quiz to be completed on the chapter being studied that week.

Grading Scale

Grade Assignment:
1260-1400 points = A
1120-1259 points = B
980 - 1119 points = C
840 - 979 points = D
less than 840 points = F

Withdrawal Policy (April 18, 2013)

If you are unable to complete this course, it is your responsibility to withdraw formally. The withdrawal request must be received in the Registrar’s Office by April 18, 2013. Failure to do so will result in your receiving a performance grade, usually an “F.” If you drop a class or withdraw from the college before the official drop/withdrawal deadline, you will receive a “W” (Withdraw) in each class dropped. See institutional policies for additional information on withdrawals.

Attendance Policy

This class is fully online. Logging in to the course is required for a student to be considered “attending.” There are required online activities each week (quizzes and discussion boards).

Emergency Closings

Because this is an online course the student will not be affected by the campus closing due to emergency situations or weather.

Classroom Policies

You must do your own work. It is a violation of the honor policy to allow another student to take your tests or quizzes or to post discussion boards in your name. Copying material from a website or the textbook is plagiarism and is prohibited and penalized.

Course Outline

For maximum success in this course you should spend a minimum of 9 hours per week working on course material.

*(See next page for week by week schedule)*
### Anticipated Online Schedule

**All times Central Time Zone**

<table>
<thead>
<tr>
<th>Date</th>
<th>Chapter Title</th>
<th>Reading</th>
</tr>
</thead>
</table>
| Jan 22 – Feb 8     | *The Role of Nutrition in Our Health*  
*In Depth: Alcohol*  
*Designing a Healthful Diet*  
*In Depth: Phytochemicals*  
*The Human Body: Are We Really What We Eat?*  
*In Depth: Disorders Related to Specific Foods* | Chapter 1, p 2 – 27  
Chapter 2, p 38 -66  
Chapter 3, p 72-99  
Chapter 4, p 106-121 |
| Feb 8, 8 am – Feb 11, 11:30 pm (must be FINISHED by Feb 11, 11:30 pm) | TEST I will be available on e-Campus during these dates. Once you sign in you will have 60 minutes to complete the exam. Start by 10:30 pm if you are taking it on Feb 6. Don’t start on a stormy night – if the electricity goes out in the middle of the test you will be locked out and won’t be able to finish. Covers Ch 1, 2, 3, and the In Depth sections of those chapters | |
| Feb 11 – Mar 1     | *Carbohydrates: Plant-Derived Energy Nutrients*  
*In Depth: Diabetes*  
*Fats: Essential Energy-Supplying Nutrients*  
*In Depth: Cardiovascular Disease*  
*Proteins: Crucial Components of All Body Tissues*  
*In Depth: Vitamins and Minerals: Micronutrients with Macro Powers* | Chapter 4, p. 106 – 136  
Chapter 5, p. 142 – 172  
Chapter 6, p. 184 – 215  
Chapter 7, p. 226 – 249  
Chapter 8, p. 254 – 280  
Chapter 9, p. 290 – 317  
Chapter 10, p. 326 – 359  
Chapter 11, p. 368 – 401  
Chapter 12, p. 410 – 441 |
| Mar 1, 8 am – Mar 4, 11:30 pm | TEST II See notes above. Covers Ch 4, 5, 6, and In Depth sections | |
| Mar 4 – Mar 29     | NOTE: Spring Break is Mar 18-22.  
*Nutrients Involved in Fluid and Electrolyte Balance*  
*In Depth: Fluid Imbalance*  
*Nutrients Involved in Antioxidant Function*  
*In Depth: Cancer*  
*Nutrients Involved in Bone Health*  
*In Depth: Osteoporosis* | Chapter 7, p 226 – 249  
Chapter 8, p 254 – 280  
Chapter 9, p 290 – 317  
Chapter 10, p 326 – 359  
Chapter 11, p 368 – 401  
Chapter 12, p 410 – 441  
Chapter 13, p 454 – 489  
Chapter 14, p 500 – 535  
Chapter 15, p 540 – 573 |
| Mar 29, 8 am – Apr 1, 11:30 pm | TEST III See notes above Covers Ch 7, 8, 9 and In Depth sections | |
| Apr 1 – Apr 19     | *Nutrients Involved in Energy Metabolism, Blood Health*  
*In Depth: Dietary Supplements: Necessity or Waste?*  
*Achieving and Maintaining a Healthful Body Weight*  
*In Depth: Obesity*  
*Nutrition and Physical Activity: Keys to Good Health*  
*In Depth: Disordered Eating* | Chapter 10, p 326 – 359  
Chapter 11, p 368 – 401  
Chapter 12, p 410 – 441  
Chapter 13, p 454 – 489  
Chapter 14, p 500 – 535  
Chapter 15, p 540 – 573  
Chapter 16, p 574 - 579 |
| Apr 19, 8 am – Apr 22, 11:30 pm | TEST IV See notes above Covers Ch 10, 11, 12 and In Depth sections | |
| Apr 22 – May 10    | *Food Safety and Technology: Impact on Consumers*  
*In Depth: Global Nutrition*  
*Nutrition: Pregnancy and First Year of Life*  
*In Depth: The Fetal Environment: Lasting Impression*  
*Nutrition: Childhood to Late Adulthood*  
*In Depth: Searching for the Fountain of Youth* | Chapter 13, p. 454 – 489  
Chapter 14, p. 500 – 535  
Chapter 15, p. 540 – 573  
Chapter 16, p. 574 - 579 |
| May 10, 8:00 am – May 13, 11:30 pm | Test V See notes above Covers Ch 13, 14, 15, and In Depth sections | |

There is a discussion board due each week. DB thread is due on Friday, responses by Sunday night. There is a chapter quiz due each week by Sunday night. Each is open for a week.
QUALITY ENHANCEMENT PLAN
Cedar Valley College's Quality Enhancement Plan is designed to improve student learning in mathematics. Read more about our QEP at: www.cedarvalleycollege.edu/QEP

INSTITUTIONAL POLICIES

Academic Honesty
Academic honesty is expected, and integrity is valued in the Dallas County Community Colleges. Scholastic dishonesty is a violation of the Code of Student Conduct. Scholastic dishonesty includes, but is not limited to, cheating on a test, plagiarism, and collusion.

ADA Statement
If you are a student with a disability and/or special needs who requires accommodations, please contact the college Disability Services Office at 972-860-8119.

Emergency Alert
Sign up for DCCCD Emergency Alerts to receive a text-message, e-mail and/or phone call when there is an unscheduled evacuation or closure of a DCCCD campus or office because of weather closures, utility outages, police or other emergencies. Subscribing is free, but standard text message charges from your cell phone provider will apply. Please refer to: http://www.dcccd.edu/current%20students/student%20services/emergalerts/Pages/default.aspx

Financial Aid
Students who are receiving any form of financial aid should check with the Financial Aid Office prior to withdrawing from classes. Withdrawals may affect your eligibility to receive further aid and could cause you to be in a position of repayment for the current semester. Students who fail to attend or participate after the drop date are also subject to this policy.

Health Center Services
Basic first aid for minor cuts, scrapes, insect stings, and heat, etc.

- Over-the-counter medications for headaches, fever, seasonal allergies, and colds
- Over-the-counter medications for mild allergic reactions
- Emergency sanitary pads
- Blood Pressure check
- Coordination with outside health agencies such as Carter Blood Care; Dallas County Health Dept. (HIV/STD testing--free, twice a semester); UT Southwestern mobile mammography; Immunizations once a month for children <19 y.o. from the DCDHHS; Agape Massage; and Employee Wellness Screening
- Rest area for stress relief, migraine headaches, post seizure activity
- AED (Automatic External Defibrillator) for CPR
- Confidential "talks"
- Assists with health related club activities when asked and time permits

Religious Holidays

Absences for observance of a religious holy day are excused. A student whose absence is excused to observe a religious holy day is allowed to take a make-up examination or complete an assignment within a reasonable time after the absence.

Repeating this Course

Effective for Fall Semester 2005, the Dallas County Community Colleges will charge additional tuition to students registering the third or subsequent time for a course. This class may not be repeated for the third or subsequent time without paying the additional tuition. Third attempts include courses taken at any of the Dallas County Community Colleges since the fall 2002 semester. More information is available at: https://www1.dcccd.edu/catalog/ss/oepthird_attempt.cfm

Student Code of Conduct

As a college student, you are considered a responsible adult. Your enrollment indicates acceptance of the DCCCD Code of Student Conduct published in the DCCCD Catalog. More information is available at https://www1.dcccd.edu/cat1011/cattoc.cfm

Tutoring Services

Location and Hours: Please check with the CVC Tutoring Center

Stop Before you Drop

For students who enrolled in college level courses for the first time in the fall of 2007, Texas Education Code 51.907 limits the number of courses a student may drop.

You may drop no more than six courses during your entire undergraduate career unless the drop qualifies as an exception. Your campus counseling/advising center will give you more information on the allowable exceptions.

Remember that once you have accumulated six non-exempt drops, you cannot drop any other courses with a “W”. Therefore,
please exercise caution when dropping courses in any Texas public institution of higher learning, including all seven of the Dallas County Community Colleges. For more information, you may access:  
https://www1.dcccd.edu/coursedops

Disclaimer

The instructor reserves the right to amend this syllabus as necessary.