EASTFIELD COLLEGE
STEM
Course Syllabus for BIOL 1322-43402/93416
Nutrition and Diet Therapy I
(Principles of Nutrition)
3 Credit Hours
Spring 2015

Class time and Location: On-line
Instructor: Deema Hussein, PhD
Office: C311
Phone: 972-860-7148
E mail: dhussein@dcccd.edu

Last day to drop a class with a “W” – Thursday, April 16 (no refund)

CATALOG COURSE DESCRIPTION
Topics include classes, sources, and functions of nutrients, digestion and absorption, and metabolism with application to normal and therapeutic nutritional needs. Coordinating Board Academic Approval Number 19.0501.51 09

PREREQUISITES
One of the following must be met: (1) DREA 0093 AND DWRI 0093; (2) ESOL 0044 AND ESOL 0054; or (3) have met TSI Reading and Writing standards AND DCCCD Writing score prerequisite requirement.

Required Materials:

TEXTBOOK:
Title: Understanding Nutrition, 13th edition OR 14th edition
Authors: Whitney, Eleanor Noss, and Sharon Rady Rolfes.
Publisher: Wadsworth Cengage Learning

STUDENT LEARNING OUTCOME:
Upon successful completion of this course, students will:
1. List the sources and functions of carbohydrates, fats, proteins, vitamins, minerals, and water in a healthy well-balanced diet.
2. Describe and explain the digestion, absorption, transport and metabolism of the six classes of nutrients.
3. Design two diet and exercise plans for themselves based on sound nutritional information.
4. Discuss the major nutritional issues facing the American public and suggest strategies for addressing each issue.
5. Read and evaluate nutrition labels, products, and dietary information based on individual and population
6. Describe nutrition issues surrounding food safety.
7. Communicate nutritional information for an intended audience.

CORE CURRICULUM STATEMENT
- Critical Thinking -to include creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information.
- Communication -to include effective development, interpretation and expression of ideas through written, oral and visual communication.
- **Empirical and Quantitative Skills** - to include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions.
- **Teamwork** - to include the ability to consider different points of view and to work effectively with others to support a shared purpose or goal.

BIOL 1322 develops **Critical Thinking and Empirical and Quantitative Skills** by requiring students to research, analyze and interpret data derived from an experimental setting and drawing a well-informed conclusion of the data through the application of sound biological concepts.

BIOL 1322 develops **Teamwork and Communication** by requiring students to effectively work in a small group on an assigned problem, exercise or course concept that will then be presented in a written, oral or visual format.

### Evaluation Procedures:

<table>
<thead>
<tr>
<th>Methods and Points</th>
<th>Points</th>
<th>%</th>
<th>Letter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exam 1</td>
<td>100</td>
<td>630 – 700</td>
<td>90 – 100%</td>
</tr>
<tr>
<td>Exam 2</td>
<td>100</td>
<td>560 – 629</td>
<td>80 – 89 %</td>
</tr>
<tr>
<td>Exam 3</td>
<td>100</td>
<td>490 – 559</td>
<td>70 – 79 %</td>
</tr>
<tr>
<td>Exam 4</td>
<td>100</td>
<td>420 – 489</td>
<td>60 – 69%</td>
</tr>
<tr>
<td>Exam 5</td>
<td>100</td>
<td>000 – 419</td>
<td>0 – 59 %</td>
</tr>
<tr>
<td>3 Discussions</td>
<td>50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 Quizzes</td>
<td>120</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3-day diet record</td>
<td>100</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Food label essay</td>
<td>30</td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>Lowest exam grade dropped</em></td>
<td>-100</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>700</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*I will be dropping your lowest exam score. You will be graded out of a possible 700 points. I evaluate students according to a point system. I reserve the right to modify the above points or assignments as needed to better serve a particular class.*

### COURSE LEARNING SYSTEM

This course is a completely online course that requires students to take responsibility for their learning. The instructor does not meet in-person with students; there is no face to face orientation. Everything you need to know about the course policies is here and on eCampus.

There are five parts to the learning system in Principles of Nutrition

- Textbook
- Video programs
- Power points
- Discussion Boards
- Your instructor

**Student Responsibility:** The most common mistake made by students in this on-line class is to miss a deadline. Some students blow off the class for a while; others just simply forget. But the result for all students who miss a deadline is the same—a zero, for all assignments not submitted on time. If you are in the habit of leaving everything to the last minute, you will likely experience difficulties in this course. One never knows what might come up at the last minute that will prevent you from completing your work on time. The wisest thing to do is to get your work done early to avoid hassles.

To complete this course successfully, **each week you should:**
• Check e-mail and announcements daily during the week. If you wait too long to login to your course, you will fall behind and find it hard to catch up.
• Verify deadlines on the course calendar and mark your own calendar with the deadlines to remind you of the due dates.
• Be self-motivated and self-disciplined. With the freedom and flexibility of the online environment comes responsibility.
• Set aside specific time to complete the lesson readings and activities.
• Give yourself ample time to think over what you write in Discussion boards.
• Submit assignment on time and complete all quizzes and examinations on time.
• Realize that you, and only you, are responsible for your own success or failures.
• Let your instructor know if you’re having a problem; the sooner it is resolved the sooner you can continue your studies.
• Keep in mind that the District performs daily maintenance on eCampus from 3:00 a.m. to 6:00 a.m. Therefore, you will experience a slowdown in the response time of the system. Avoid taking tests during maintenance hours.

COURSE POLICIES

Exams Policy: There will be 5 exams given during the semester. I will drop the lowest exam grade. Format of the exam will be multiple-choice, matching, true/false questions, and short answer questions. One attempt will be allowed for each exam.

Quizzes Policy: A total of 12 quizzes will be posted. Format of the quizzes will be multiple choice, true/false, and short answer questions. Unless noted on the calendar, quizzes will be available on Monday at 5:00PM and end on Sunday at 11:59 PM. No late submission will be allowed. Please check calendar for due dates.

Discussion Board: I expect good participation and communication in this course. To facilitate participation 3 discussion questions will be posted. Each student will write his own answer AND a comment to another student’s post. Commercial websites and unreferenced blogs are NOT appropriate references for this course.

I will not reply to all posts on discussion. However, I will be reading and evaluating your posts. Think of me as a moderator as well as an evaluator. Discussions will be available on Monday at 5:00PM and end on Sunday at 11:59 PM. No late submission will be allowed.

All communications should be civil. Please be courteous to the other students in the class. You might find it helpful to read your posting out loud before you submit it to make sure it is understandable before you post, also the “tone" is a very important part of communication. Please use correct spelling and grammar as much as possible. Emoticons are perfectly acceptable methods of expressing emotion and your meaning, but avoid “texting” abbreviations, please. No late submission will be allowed.

3-Day Diet Record Assignment: This assignment requires the use choosemyplate.gov. The assignment is three parts:
a. Diet record: You will write down everything you eat and drink for 3 days.
b. Diet analysis: Analyze the 3 day diet record using nutrient analysis program.
c. Evaluation of your food intake. Questions will be posted on eCampus.

You must learn to use the Assignment feature on eCampus when submitting your work. Please do not e-mail me your assignment. Please check “Assignments” on eCampus for more information
Due Dates: Due dates are found in the “syllabus & calendar”, and in the body of the lesson you are completing. Unless noted on the calendar, quizzes and discussions are due on Sunday 11:59 PM. No late submission will be allowed. You may only take the quiz or participate in discussion during the time it is posted, and there is no makeup exam. For exams, assignment, and discussion, the instructor will have them graded and returned to students within one week after the completion of the exams or turning in the assignments.

Late Work: No late work of any kind will be accepted without a valid excuse.

Communication: Post any questions or comments you have about the course content, assignments, requirements, and due dates in the “Ask me” located in the Discussion Board area so all students have the benefits of the instructor’s answer. You can expect a reply within 24 hours, usually sooner (possible exception to this on the weekend when replies may take longer). The “Ask me” can also be used to share interesting nutrition topics that are not necessarily related to the topics in our course. Note: no points are awarded for posts in the “Ask me”. Please reserve e-mail for questions and concerns of a personal nature. Once again, I will respond to emails within 24 hours during the school week, and within 48 hours on weekends. In some cases more time may be needed in order to give a better response to certain questions. Please include name with course number in the subject line in order to expedite response time.

Netiquette: All communication should be civil. Please be courteous to the other students in the class. You might find it helpful to read your posting out loud before you submit it to make sure it is understandable, also the "tone" is a very important part of communication. Please use correct spelling and grammar as much as possible. Emoticons are perfectly acceptable methods of expressing emotion and your meaning, but avoid “texting” abbreviations.

Obtaining Final Course Grades Using eConnect: Final Grade Reports are no longer mailed. Convenient access is available online at www.econnect.dcccd.edu. Use your identification number when you log onto eConnect, an online system developed by the DCCCD to provide you with timely information regarding your college record. Your grades will also be printed on your Student Advising Report, which is available in the Admissions Office.

Eastfield College Email Policy: Faculty and students must have and use a DCCCD account for all correspondence relating to academic coursework. For information on setting up a DCCCD student email account go to: http://www.dcccd.edu/netmail/home.html

TECHNOLOGY SKILLS
To be successful in this course, you will need the ability to:

- Use e-mail and attach documents to e-mail.
- Use word processor.
- Use the Assignment feature to upload assignments for grading and feedback.
- Create a new thread in the discussion area and reply appropriately to threads created by others.
- Take assessments (quizzes and exams) within Blackboard.
- Use the calendar and other features to stay on schedule in the course.
- Website on Internet for reference materials and/or special projects.
- Access your grades within Blackboard.
- Be sure to contact your instructor when you have questions or need help.
### Tentative Schedule / Class Calendar:

<table>
<thead>
<tr>
<th>Week/Date</th>
<th>Textbook Reading Assignments</th>
<th>Lessons</th>
<th>To do</th>
</tr>
</thead>
<tbody>
<tr>
<td>1, 2</td>
<td></td>
<td>Orientation</td>
<td>Discussion # 1</td>
</tr>
<tr>
<td>1/20 - 2/1</td>
<td>Chapters 1, 2</td>
<td>Nutrition Basics</td>
<td>Quiz due: 2/1/15</td>
</tr>
<tr>
<td>3</td>
<td>Chapter 3</td>
<td>The Digestive System</td>
<td>Quiz due: 2/8/15</td>
</tr>
<tr>
<td>4</td>
<td>Chapter 4</td>
<td>Carbohydrates - Simple and Complex</td>
<td>Quiz due: 2/15/15</td>
</tr>
</tbody>
</table>

Exam 1 is on chapters 1, 2, 3, and 4
Exam 1 will be available on Sunday, 2/15/15 at 8:00 AM until Wednesday, 2/18/15 at 11:59 PM.

| 5          | Chapter 5                    | Fats - The Lipid                       | Quiz due: 2/22/15                          |
| 6          | Chapter 6                    | Protein - Form and Function            | Quiz due: 3/1/15                            |
| 7          | Chapter 7                    | Metabolism                             | Quiz due: 3/8/15                            |
| 8          |                              | Spring Break                           |                                            |

Exam 2 is on chapters 5, 6, and 7
Exam 2 will be available on Tuesday, 3/17/15 at 8:00 AM until Sunday, 3/22/15 at 11:59 PM.

| 9          | Chapter 8                    | Weight Control - Energy Regulation     | Quiz due: 3/22/15                          |
| 10         | Chapter 9                    | Weight Control - Health Effects        | Quiz due: 3/29/15 3 day diet record assignment due this week. |
| 11         | Chapter 10                   | Vitamins - Water Soluble Vitamins      | Quiz due: 4/5/15                            |

Exam 3 is on chapters 8, 9, and 10
Exam 3 will be available on Sunday, 4/5/15 at 8:00 AM until Wednesday, 4/8/15 at 11:59 PM.

| 12         | Chapter 11                   | Vitamins: Fat Soluble Vitamins         | Quiz due: 4/12/15                          |
| 13         | Chapter 12                   | Major Minerals and Water               | Quiz due: 4/19/15                          |
| 15         | Chapter 13                   | Trace Minerals                          | Quiz due: 4/26/15                          |
Exam 4 is on chapters 11, 12, and 13  
Exam 3 will be available on Sunday, 4/26/15 at 8:00 AM until Wednesday, 4/29/15 at 11:59 PM.

<table>
<thead>
<tr>
<th>4/20 - 4/26</th>
<th>Review</th>
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<tbody>
<tr>
<td>Exam 4</td>
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<tr>
<td>Exam 4</td>
<td>Review</td>
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<td>16</td>
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<tr>
<td>5/4 – 5/6</td>
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<tr>
<td>5/7</td>
<td>Exam 5</td>
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</tbody>
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**Financial Aid Statement for Distance Learning Classes:** If you are receiving Financial Aid grants or loans and are enrolled in a Distance Learning class, you must show participation in this class prior to the certification date by either e-mailing or contacting the instructor or logging on to eCampus. Do not drop or stop attending any class without consulting the Financial Aid Office. Changes in your enrollment level and failing grades may require that you repay financial aid funds.

**Repeating This Course:** (Third Attempt to Enroll in a 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. All third and subsequent attempts of the majority of credit and Continuing Education/Workforce Training courses will result in additional tuition to be charged. Developmental Studies and some other courses will not be charged a higher tuition rate. Third attempts include courses taken at any of the Dallas County Community Colleges since the Fall 2002 Semester. See Third Attempt to Enroll in a Course at: [http://www.dcccd.edu/thirdcourseattempt/](http://www.dcccd.edu/thirdcourseattempt/)

**Academic Honesty Statement:** 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. 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 at [http://www1.dcccd.edu/cat0506/ss/code.cfm](http://www1.dcccd.edu/cat0506/ss/code.cfm). Academic dishonesty includes, but is not limited to, **cheating** on tests, **plagiarism** and **collusion**. Cheating includes copying from another student’s test or homework paper, using materials not authorized, collaborating with or seeking aid from another student during a test, knowingly using, buying, selling, stealing, or soliciting the contents of an unadministered test, and substituting for another person to take a test. **Plagiarism** is the appropriating, buying, receiving as a gift, or obtaining by any means another’s work and the unacknowledged submission or incorporation of it in one’s own written work. **Collusion** is the unauthorized collaboration with another person in preparing written work for fulfillment of course requirements. Academic dishonesty is a serious offense in college. You can be given a failing grade on an assignment or test, can be failed for the class, or you can even be suspended from college.

**ADA Statement:** Students with a physical, mental or learning disability who require accommodations should contact the college Disability Services Office in C237. Call 972.860.8348 or email efcdso@dcccd.edu. For more information: [http://www.eastfieldcollege.edu/SSI/DSO/index.html](http://www.eastfieldcollege.edu/SSI/DSO/index.html)

**Religious Holidays:** Absences for observance of a religious holy day are excused. Notification of the absence must be given to the instructor in writing at least two weeks prior to the date of the holy day. A student whose absence is excused to observe a religious holy day is allowed to contract with the instructor to take a make-up examination or complete an assignment within at a mutually agreed upon time after the absence.

**Withdrawal Policy:** 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 15, 2015**. 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. For more information about drop deadlines, refer to the current printed Credit Class Schedule, contact the Admissions/Registrar’s Office at 972-
860-7167 (Room C119), or contact the division office. **It is your responsibility to drop out from the class by College due date. Do Not Depend on Me to Do That for You!** Protect yourself from receiving an "F" for a class that you stopped attending at some point in the semester!

**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 6 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 6 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/coursedrops](https://www1.dcccd.edu/coursedrops)

**Children on Campus**
The institution strives to protect an environment most conducive to teaching and learning for all enrolled students. Children who are taking part in organized scheduled activities or who are enrolled in specific classes are welcomed. Minor children, however, should not be brought to the institution unless closely supervised by their parent. Minor children should not be brought into classrooms, laboratories or other facilities of the college. This practice is disruptive to the learning process. In the case of an emergency where the student-parent has no alternative but to bring the child to campus, classroom faculty or the administrative heads of other units have full discretion as to whether a child may be allowed to quietly stay in the location. These individuals may require that children be removed by the student-parent from the setting if, in their opinion, the presence of the child is deemed to be disruptive to the learning process. For reasons of security and child welfare the institution will not permit unattended children to be left anywhere on the premises. Parents who have problems with childcare should visit the Counseling and/or Advisement Center to receive referrals to childcare services in the area.

**Family Educational Rights and Privacy Act of 1974 (FERPA)**
In compliance with the Family Educational Rights and Privacy Act of 1974 (FERPA), the College may release information classified as “directory information” to the general public without the written consent of the student. Directory information includes: (1) student name, (2) student address, (3) telephone numbers, (4) date and place of birth, (5) weight and height of members of athletic teams, (6) participation in officially recognized activities and sports, (7) dates of attendance, (8) educational institution most recently attended, and (9) other similar information, including major field of student and degrees and awards received. Students may protect their directory information at any time during the academic year. If no request is filed, directory information is released upon written inquiry. No telephone inquiries are acknowledged. No transcript or academic record is released without written consent from the student, except as specified by law.

**Instructor reserves the right to amend this information as necessary**