Principles of Nutrition Spring 2015

Eastfield College 3737 Motley Dr.
Mesquite, Texas 75150
Dallas County Community College District

Eastfield College Science and P.E. Division
Division Office: C-202, Phone: 972 860-7140 Hours: 8 am-5pm, Mon
Friday Adjunct Faculty Office, Room C236 972-391-1047

This course syllabus is intended as a set of guidelines for BIOL 1322 41401. Both Eastfield College and your instructor reserve the right to make modifications in content, schedule, and requirements as necessary to promote the best education possible within prevailing conditions affecting this course.

Instructor Information:
Lisa Blackman, MS, RD, LD
E-MAIL (the BEST way to contact me) lblackman@dcccd.edu
You may also leave me a message at 972-860-7140
Office location: no onsite office

Student Technical Assistance:
If you require technical assistance, you may access our customer service center via phone or Web
Web: Technical Support
Phone: 1-866-374-7169 or 972-669-6402.
eCampus Student Tutorials

Course Information:
Section number: 43401

Course description:
Topics include classes, sources, and functions of nutrients, digestion and absorption, and metabolism with applications to normal and therapeutic nutritional needs. None. (3 Lec.)
Coordinating Board Academic Approval Number 19.0501.51 09

INET Course Definition:
The standard version of the INET Course is an alternative, comprehensive instructional delivery system. It consists of a textbook, a set of online videos containing lessons designed for the Distance Learner.

The course has additional online components, video activities, and access to the instructor by email. As a virtual classroom, it offers Internet access as well as interaction with the instructor and others enrolled in the INET section via email and Discussion Forums.
Please note: If you do not possess computer skills or cannot work independently, you should be in a traditional nutrition class. Please request a Lateral Transfer into a traditional section by the Certification Date (12th class day in regular semesters; 4th class day in summer).

**Online Instructor:**
The INET instructor acts as a course facilitator rather than a classroom teacher. Students, therefore, assume the responsibility of learning course content through readings in the textbook, watching video lessons, completing online activities, and by interacting with the instructor and other students through email or Discussion Forums.

Recommended: One semester of chemistry or human physiology

**Required Materials:**
**Bundle: Understanding Nutrition, 13th + Diet Analysis Plus 2-Semester Printed Access Card Edition: 13th:**
- **Author:** Whitney
- **ISBN:** 9781133904830
- **Copyright Year:** 2013
- **Publisher:** Cengage Learning

**Course Objectives:**
Identify the principles of healthful nutrition and to study the interrelationships and roles of the major nutrients in health.

**Student Learning Outcomes:**
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. Design two diet and exercise plans for themselves based on sound nutritional information.
3. Discuss the major nutritional issues facing the American public and suggest strategies for addressing each issue.
4. Read and analyze food labels.
5. Describe nutrition issues surrounding food safety.
6. Communicate nutritional information for an intended audience.

**Core Objectives:**
BIOL 1322 develops the following Core Objectives: **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.

**Core Objective Development Statements:**
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.
Course Outline Specific Course Learning Outcomes with Exams and Assignments:
Upon completion of this course, you should be able to learn/achieve the following:

- Describe how to design individualized eating plans by utilizing diet planning principles, MyPlate, and other food guide plans that incorporate personal food preferences.
  - Supporting Activities: PC Quiz, Exam 1, Diet Analysis Project
- Explain the function of the Dietary Reference Intakes, the RDA, Estimated Average Requirement, Adequate Intakes, and Tolerable Upper Intake Level.
  - Supporting Activities: PC Quiz, Exam 1
- Describe the digestive system including problems that it encounters and solves during the digestive process.
  - Supporting Activities: PC Quiz, Exam 1
- Explain the differences between energy- and non-energy-yielding nutrients.
  - Supporting Activities: PC Quiz, Exam 1
- Distinguish between simple and complex carbohydrates in form and function and the health effects associated with carbohydrate intake including fiber and sugar intake.
  - Supporting Activities: PC Quiz, Exam 1, Diet Analysis Project
- Differentiate between members of the lipid family - triglycerides, phospholipids, and sterols - in form and function and the health effects associated with lipid intake, especially triglyceride and cholesterol intake.
  - Supporting Activities: PC Quiz, Exam 1 & 2, Diet Analysis Project
- Describe protein form and function, identify essential amino acids, and explain the health effects of protein intake including Protein Energy Malnutrition as well, as how vegetarians and non-vegetarians obtain adequate protein.
  - Supporting Activities: PC Quiz, Exam 2, Diet Analysis Project
- Explain the steps involved in metabolism and the ways energy is derived from carbohydrate, fat, and protein, including the consequences of consuming too much and too little energy.
  - Supporting Activities: PC Quiz, Exam 2, Diet Analysis Project
- Describe the factors associated with weight control including causes of obesity, methods of assessing body weight and composition, and good and poor treatments for obesity.
  - Supporting Activities: PC Quiz, Exam 2, Diet Analysis Project
- Explain the differences between water- and fat-soluble vitamins including the ways each one functions in the body, the deficiency/toxicity symptoms, and major food sources.
  - Supporting Activities: PC Quiz, Exam 2, Diet Analysis Project
- State which vitamins have antioxidant effects and what are those effects?
  - Supporting Activities: PC Quiz, Exam 2, Diet Analysis Project
- Explain the differences between major and minor minerals including the ways each one functions in the body, the deficiency/toxicity symptoms, and major food sources.
  - Supporting Activities: PC Quiz, Exam 3, Diet Analysis Project
- Describe the function of water in the body and how electrolytes/fluids are balanced and maintained in the body.
  - Supporting Activities: PC Quiz, Exam 3
- Provide accurate information regarding vitamin/mineral supplementation and the use of ergogenic aids in athletic performance.
  - Supporting Activities: PC Quiz, Exam 3
- State the benefits associated with physical activity, the components of a sound fitness or health program, and the fuels that are necessary for physical performance and daily activity.
Supporting Activities: PC Quiz, Exam 3
- Describe how nutrition and lifestyle choices affect the life cycle before and during pregnancy, during lactation and infancy, during childhood and adolescence, and through adulthood and aging.
  - Supporting Activities: PC Quiz, Exam 3
- Explain the impact of nutrition and lifestyle choices on the immune system and on diseases such as cardiovascular disease, cancer, AIDS, and diabetes.
  - Supporting Activities: PC Quiz, Exam 4
- Describe nutrition issues surrounding food safety and consumer concerns including how to handle, store, and prepare foods safely, how water is treated, and how food additives such as MSG create problems for some people who consume them.
  - Supporting Activities: PC Quiz, Exam 4
- Describe the nutrition journey made by the three Pathways subjects as they attempted to incorporate nutrition and lifestyle changes into their lives, citing appropriate and inappropriate choices, successes, and setbacks encountered.
  - Supporting Activities: Exam 1-4
- Apply knowledge gained from Nutrition Pathways that support healthy lifestyle to your own lives and the lives of your families.
  - Supporting Activities: Diet Analysis Project

Evaluation Procedures
“What you bring to this class is yourself and your desire to participate, and what you do in here depends finally upon that.” Paul Baker, 1977.
With the above quote in mind, please consider this course another "job" and you are going to get paid in points rather than $$:

1. You are expected to perform the "job" (the assignments) until the "job" is completed.
2. You will be "paid" (with points) for how well you do your "job."
3. If you do not do your "job" in a timely manner (by the posted deadline), then you will not be "paid" the full amount.
4. If you do not perform your "job," then you will not be "paid" at all. There are 800 points possible in Principles of Nutrition.

Point Distribution:
- Online Orientation: (50 Pts.)
- Written Exams: (400 Pts.)
- Diet Analysis Project: (200 Pts.)
- Cd Progress Check Quizzes: (100 Pts.)
- Food Label Assignment: (50 Pts)

Grading Scale:
Course Grades will be issued according to the following 800-point scale*:
A = 800-716
B = 715-636
C = 635-556
D = 555-476
F = <476

*Note: The good news is this: students who have earned 716 points after Exam 3 are exempted from Exam 4!

Exam Reviews
Students who complete the optional Exam Reviews score about 10-15 points higher on written exams than do students who do not complete it. Exam Reviews come from textbook Chapter and Lesson Learning Objectives (found online under Exam Information).

Exam Testing Schedule
See the Semester Calendar online for Exam deadlines.

Exam Make-Up Policy
There are no make-up exams unless there is a documented medical or family emergency. There will be no make-up for the final exam.

Late Work
No work will be accepted one week past the due date. All late assignments will have 10% deducted from the grades.

Extra Credit
Click the Extra Credit folder under “Requirements” online for details.

Recommended Learning Process:
In order to gain an understanding of each lesson, you should study a minimum of six hours/week. This recommendation is in keeping with the number of hours spent studying for a traditional 3-hour lecture class. To get the most out of your study time, the following study sequence is recommended:

- Read each assigned textbook chapter to be covered on the exam in an overview fashion first, and then read again, concentrating on Learning Objectives (online).
- Take Notes on the Learning Objectives after reading each chapter.
- Watch the Nutrition Pathways video program associated with each lesson.
- Take Notes on the Learning Objectives after watching each video program.
- Complete the exam reviews (see Exam Reviews online under Course Material).

Final Words to the Wise . . .
- Review notes frequently - the material in this course can be detailed and difficult!
- Do not wait until the night before an exam to study - unless you enjoy pain and agony!

Other Suggestions:
- Complete all Project components and other activities assigned by your instructor and submit by the stated deadline.
- Contact: E-mail your instructor if you need help with course content or course procedure.

Course Schedule:

<table>
<thead>
<tr>
<th>Assignment/Exam/Quiz</th>
<th>Date Active</th>
<th>Due Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orientation</td>
<td>2/2/2015</td>
<td>2/9/2015</td>
</tr>
<tr>
<td>Progress Check Chapter 2</td>
<td>2/2/2015</td>
<td>2/18/2015</td>
</tr>
<tr>
<td>Exam One</td>
<td>2/23/2015</td>
<td>2/25/2015</td>
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<tr>
<td>Exam One Extra Credit</td>
<td>2/2/2015</td>
<td>2/25/2015</td>
</tr>
<tr>
<td>Diet Analysis Part A</td>
<td>2/2/2015</td>
<td>2/25/2015</td>
</tr>
</tbody>
</table>
### Discipline/ Course/Department/Policies

**Student E-Mail**
Legal privacy issues prevent your instructor from discussing your work or your grades on commercial e-mail accounts. If your class requires that assignments be sent as attachments, or you have inquiries about your grade, you must open a student e-mail account. The account is free. You may set it up by going to www.dcccd.edu and clicking on Student Services, OnLine Services, and Student NetMail. All students receiving financial aid must open a NetMail account.

**Academic Honesty:**
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

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.

**Notification Of Absence Due To Religious Holy Day(S)**
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 a mutually agreed upon time after the absence.

**ADA Statement:**
Students with a physical, mental or learning disability who require accommodations should
Drop Policy
If you are unable to complete this course, you must officially withdraw by Thursday, November 13th. Withdrawing is a formal procedure which you must initiate; your instructor cannot do it for you.

Repeatability Issue:
All Dallas County Community Colleges charge a higher tuition rate to students registering the third time for a course. This rule applies to the majority of credit and Continuing Education / Workforce Training courses. Developmental Studies and some other courses are not charged a higher tuition rate. Third attempts include courses taken at any DCCCD college since the fall 2002 semester. For further information, go online to:
http://www.DCCCD.edu/thirdcourseattemp t .

Obtaining Your Grades at the End of the Semester
Grade reports are no longer mailed. Convenient access is available online or by telephone. Simply use your student identification number when you log in to e-connect or call DCCCD Touch Tone Services. Web site address: http://econnect.dccd.edu/. Telephone number: 972-613-1818.

Financial Aid Statement
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 are also subject to this policy.

To apply for financial aid in the DCCCD, students must complete FAFSA (Free Application for Federal Student Aid) on the web at http://www.fafsa.ed.gov .

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.dccd.edu/coursedrops

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.

Writing Across the Curriculum:
Science courses at Eastfield College incorporate writing skills. Writing is a critical part of the communication of ideas, and is important in the synthesis and analysis of scientific concepts. Writing in this course is accomplished through the assigned projects. Points will be deducted for incorrect grammar, spelling and incomplete/incorrect sentence structure. Please refer to the Learning Assistance Center for proofing your work.

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 or 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 the 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 children should visit the Counseling and/or Advisement Center to receive referrals to childcare services in the area.

Food and Drink Policy
You may bring your meal or snack to class but you must dispose of your trash responsibly. You are responsible for any spills.

Instructor’s Right to Amend Syllabus:
The instructor reserves the right to amend this syllabus as deemed necessary.