COURSE SYLLABUS
BIOL 1322-43432 and 1322-93426

PRINCIPLES OF NUTRITION: NUTRITION AND DIET THERAPY I
Spring 2015

This course syllabus is intended as a set of guidelines for (Course). 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:
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Office Location: no onsite office
Office Hours: online

Technical Support: 24/7 at 972-669-6402

Course Information:
BIOL 1322 Principles of Nutrition (3 Credit Hours) TCCNS:
BIOL 1322: Nutrition and Diet Therapy I 2014
Core Curriculum Foundational Component Area: 080 Social and Behavioral Sciences
Course Description: Topics include classes, sources, and functions of nutrients, digestion and absorption, and metabolism with applications to normal and therapeutic nutritional needs.
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 and a set of CDs containing lessons designed for the Distance Learner.
The course has additional online components, CD-ROM activities, and access to the instructor by email and voice mail. 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.

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 Prerequisites: One semester of chemistry or human physiology

Required or Recommended Textbooks and Materials

REQUIRED MATERIALS
The only required material to purchase is the textbook,


Be advised that the textbook may be rented or bought. You also have the option of selecting the "ebook" instead of the printed text. The ebook is SIGNIFICANTLY less expensive (ISBN 9781285402819). All are available at the Eastfield bookstore. Some of you may wish to have your own copy of other CDs and Videos. That's fine. But you are not required to buy those as I have made them available on blackboard.

Approximately **80%-90% of all exam questions** will come from textbook readings so it is vital to your success in this course to read assignments carefully.

ORDERING COURSE MATERIALS
Students may order all required course materials through the eCampus site or as follows:
- Local campus bookstores, on or off campus.
- Call 1-800-325-3252
- http://ollie.dcccd.edu/Courses/OrderTextVideos/default.htm

Assignments will be posted online on the *Semester Calendar.*

**COMPUTER SYSTEM: REQUIREMENTS AND REMINDERS**

Minimum Requirements to Access All Features

1. Operating System: Windows 98 or higher.
2. Browser: Internet Explorer 5 or Netscape 4.5 or higher.
3. RealPlayer 8 “Basic” or higher is required to view the videos included on this CD-ROM (available as free download from http://www.real.com).
4. Flash 5 Player or higher (available as free download from http://www.macromedia.com).
5. Audio speakers or headphones.
6. Video display properties set at 800x600 High Color (16 bit)
7. 12x or greater speed CD-ROM is required.
8. Pentium Processor 200 MHz or faster (Pentium II 300 MHz or greater is preferred)

**Tips and Reminders for CD-ROM**

- Audio speakers must be turned on and volume adjusted.
- After clicking on any icon or hot link, please wait for the CD to access material.
- Using less than the recommended system to view videos may result in choppy playback and/or synchronization problems between audio and video.

**Navigating the CD-ROM**

The Home page on the CD provides access to all of the CD elements. Follow the
numbering sequence in the Menu Bar to access each of the eight lessons.

**BASIC COMPUTER SKILLS**
To be successful in this course you should be able to execute the following:
- Use a mouse to select and highlight menu commands and tools
- Open, close, and re-size windows
- Use scroll bars and otherwise navigate in a Windows environment as well as on the Internet
- Send and receive e-mail
- Attach and retrieve files (such as Word, WordPerfect, text files, or rich text format files)
- Copy and paste documents into an e-mail or other electronic document

*If you do not possess the above 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).*

**Course 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, the Food Guide Pyramid, and other food guide plans that incorporate personal food preferences. **Supporting Activities:** PC Quiz, Exam 1,
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, Food Label Project

Describe the digestive system including problems that it encounters and solves during the digestive process. Supporting Activities: PC Quiz, Exam 1

List the sources and functions of carbohydrates, fats, proteins, vitamins, minerals, and water in a healthy well-balanced diet. Supporting Activities: PC Quiz, Exam 1 & 2, Food Label Project

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

Differentiate between members of the lipid family - triglycerides, phospholipids, and sterols - in form and function and the health effects associated with lipid intake, Supporting Activities: PC Quiz, Exam 1 & 2,

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,

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

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

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

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

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*

Discuss the major nutritional issues facing the American public and suggest strategies for addressing each issue. 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. *Supporting Activities: PC Quiz, Exam 4*

Read and Analyze Food Labels. Apply knowledge gained from Nutrition Pathways that support healthy lifestyle to your own lives and the lives of your families. *Supporting Activities: PC Quiz, Exam 1-4, Food Label Project*

**Evaluation Procedures**

*Please consider this course a "job". You are going to get paid in points rather than $$$:*

a. *You are expected to perform the "job" (the assignments) until the "job" is completed.*

b. *You will be "paid" (with points) for how well you do your "job."*

c. *If you do not do your "job" in a timely manner (by the posted deadline), then you will not be "paid".*

There are 800 points possible in Principles of Nutrition.

- Grading details are provided **online**. Points will be distributed as follows:

**ONLINE ORIENTATION:** (100 pts)
**WRITTEN EXAMS:** (400 pts)
**DISCUSSION BOARDS:** (100 pts)
**Nutrition Pathways CD PROGRESS CHECK QUIZZES:** (100 pts)
**FOOD LABEL PROJECT:** (100 pts)

**Grading Scale**

Course Grades will be issued according to the following 800-point scale*:

A = 800 - 720  
B = 719 - 640  
C = 639 - 560  
D = 559 - 480  
F = <480
**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 CD-ROM Lesson Learning Objectives (found online under Exam Information).

**EXAM TESTING SCHEDULE**

See the Semester Calendar online for Exam deadlines and make-up dates.

**EXAM MAKE-UP POLICY**

**THERE ARE NO MAKE-UP EXAMS.** NO Exceptions!

Exams are available for a 1-week window beginning at midnight on Sunday and ending the following Saturday at 11:59pm. You will have 7 days to complete the exam. Once you start an exam you will have 120 minutes to complete it. You will not be able to pause the exam once you begin it so make sure that you have 120 minutes to dedicate to it. The exam will automatically shut off after 120 minutes. This should be ample time to complete the exam. If you do not complete the exam within the required window, you will receive a ZERO for that exam. **NO EXCEPTIONS.**

Procrastinators please note: You must BEGIN an exam by Saturday at 9:59pm because the exam will shut off at 11:59pm and you will not be able to access it thereafter.

**EXTRA CREDIT**

Extra credit will be determined each semester at the instructor’s discretion. If the instructor offers extra credit, detailed instructions will be provided at that time.

**SEMESTER SCHEDULE FOR NUTRITION PATHWAYS**

See the online Semester Calendar for assignments and deadlines.

**DISTANCE LEARNING HOTLINE (972-669-6400)**

The DCCCD operates a 24-hour Voice Mail system for distance learning students and faculty. Below are listed some frequently used prerecorded voice mail information extensions.

Using a touch-tone telephone, call 972-669-6410 then:

**Press:** For recorded information on:
103  Tape leasing
117  Viewing/checkout opportunities on each campus
123  Information on The Emerging Learner video series

**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 (see the *Announcements* page online), otherwise points will be lost.
- **CONTACT** (e-mail, voice mail, fax, visit) your instructor if you need help with course content or course procedure.

**Discipline/ Course/ Department/Policies**

**ACADEMIC DISHONESTY**

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.

**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.

**REQUIREMENTS OF THE AMERICANS WITH DISABILITIES ACT**
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

**DROP POLICY**
If you are unable to complete this course, you must officially withdraw April 16, 2015. Withdrawing is a formal procedure which you must initiate; your instructor cannot do it for you.

**REPEATABILITY**
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/thirdcourseattempt .

**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 beginning 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

**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
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.

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.

Food and Drink Policy
Food, drinks, and tobacco products are prohibited in Eastfield College classrooms.

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.

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