YOU ARE EXPECTED TO READ THIS ENTIRE SYLLABUS. IF YOU HAVE ANY QUESTIONS ABOUT THIS CLASS, YOU CAN PROBABLY FIND THE ANSWERS IN THE SYLLABUS. FAILURE TO READ AND UNDERSTAND ITEMS IN THE SYLLABUS ARE NOT AN EXCUSE FOR MISSING AN ASSIGNMENT.

**Course Title:** Nutrition and Diet Therapy  
**Course Number:** BIOL 1322  
**Section Number:** 56400  
**Credit Hours:** 3 lecture  
**Class Meeting Time:** Exclusively Online

**Course Purpose:**  
The BIOL 1322 course is for students to apply basic scientific nutrition principles, as well as practical nutrition information, to personal life in order to enhance health, wellness, and longevity. The focus of the course is to provide the student with an understanding of the science of food, basic understanding of nutrients and how the body utilizes them; and with that information to make informed healthy choices surrounding diet and exercise for themselves and their community.

**Course Structure:**  
BIOL 1322 is delivered completely online through blackboard through your ecampus.

**Catalogue Description:**  
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.)

**Course Prerequisite:** 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.

**Technical Prerequisites(s):** Minimal technology skills required include: (1) Use email with attachments, (2) Save file in commonly used word processing program formats (e.g. MS Word), (3) Navigate a website using a major browser (e.g. IE, Firefox, Safari), (4) Interact with a web application to submit forms and documents via the web applications.
Student Learning Outcomes (SLOs)

- Students will develop the ability to evaluate scientific information critically, using analytical reasoning and quantitative skills.
- Students will link the principles of nutrition to the maintenance of a healthy body.
- Students will describe the relationship among nutrition, disease, and health.
- Students will analyze, design, and implement a personal nutrition and exercise plan to enhance personal wellness that can lead to a healthier, more productive life.

Chapter Learning Objectives:

Individual chapter learning objectives are located in each chapter. Understanding of these objectives will lead to comprehension of the chapter and test questions will reflect the knowledge and understanding of these objectives.

- Individual lectures/labs will cover the following topics:

<table>
<thead>
<tr>
<th>Orientation</th>
<th>Carbohydrates</th>
<th>Vitamins</th>
<th>Undernutrition in the World</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Chemistry</td>
<td>Lipids</td>
<td>Water</td>
<td>Safety of our Food</td>
</tr>
<tr>
<td>Healthy Diets</td>
<td>Proteins</td>
<td>Minerals</td>
<td>Nutrition</td>
</tr>
<tr>
<td>Trends in Eating</td>
<td>Energy Balance and Weight Control</td>
<td>Nutrition Fitness</td>
<td>Throughout the Life Cycle</td>
</tr>
<tr>
<td>Human Digestion and Absorption</td>
<td></td>
<td>&amp; Sports</td>
<td></td>
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</table>

Core Curriculum Intellectual Competencies

Intellectual competencies identified by the Texas Higher Education Coordinating Board (THECB) are available at http://info.sos.state.tx.us/pls/pub/readtac$ext.TacPage?sl=R&app=9&dir=&source=&doc=&loc=&ploc=&pg=1&Tac=1&ch=4&rl=28

Course Email:

The best way to contact your instructor is to e-mail her at jac5461@dccc.edu

Email must be annotated as follows; otherwise it may not be opened or answered:

- Include your first initial, last name in the subject of each email. I cannot tell who you are from your email address!
- Always copy the original email message when replying to a previous email.
- E-mails are only answered Monday – Friday.

Under normal circumstances I respond to emails within 24 hours of receipt (Friday emails will typically be answered on Monday).

How to Access Course:

This course is a completely online course that is accessible through ecampus. On the semester start date, the course can be accessed by logging into your ecampus account and clicking on your BIOL 1322 course. Once on the home page, click the START HERE tab to begin the course requirements.
Required Materials:
Textbook:  **NUTR by McGuire and Beerman, 2nd edition**

Note that you can purchase or rent a new book at:
http://www.bkstr.com/webapp/wcs/stores/servlet/StoreCatalogDisplay?catalogId=10001&langId=-1&demoKey=d&storeId=10666

A student of El Centro College is not under any obligation to purchase a textbook from a university-affiliated bookstore. The same textbook may also be available from an independent retailer, including an online retailer.  **THECB TAC Rule 4.218 (c)**

Evaluation Procedures:
- All work must be the product of the student’s own personal effort. Same/similar wording on two or more student’s papers can be considered as evidence of dishonesty and all papers involved can receive a score of zero. El Centro’s academic ethics policy can be found at [www.dcccd.edu/cat9899/conduct.htm](http://www.dcccd.edu/cat9899/conduct.htm)
- Tests are NOT open-book or open-notes. You should take them without any assistance of any kind (it can be assumed that tests showing the same missed questions as evidence of dishonesty. Such tests are subject to a grade of zero).
- Internet or computer trouble is not a valid excuse for failing to complete the work on time. The campus computing center on the 4th floor is open during regular campus hours.

Assignments:
1. **Case Studies:** The case studies are short critical thinking questions that allow you to use the information from the chapter, the case study, and other outside information that you can gather to answer nutritional related questions. Be complete and precise in your answers. All answer must be complete thoughts. Case studies will be deducted 2 points per day they are late and will not be accepted more than 3 days late. There are 6 case studies during the semester and each is worth 10 points. See grading rubric below.

<table>
<thead>
<tr>
<th>Response</th>
<th>Criteria</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exemplary</td>
<td>Clarity of thought, Complete. Shows understanding of all processes, reasonable hypothesis or thoughtful answers, conclusions supportable by data, use of critical thinking skills.</td>
<td>10</td>
</tr>
<tr>
<td>Competent</td>
<td>Clarity of thought, shows understanding of major processes, draws acceptable inferences and conclusions, may use critical thinking skills</td>
<td>8</td>
</tr>
<tr>
<td>Minor Flaws</td>
<td>Completes the assignment, but explanations may be slightly ambiguous or unclear, may contain some incompleteness, inappropriateness, or unclearness in representation, understanding of processes, or conclusions.</td>
<td>6</td>
</tr>
<tr>
<td>Nearly Satisfactory</td>
<td>Begins successfully, but omits significant parts or fails to complete, may misuse scientific terms, representations may be incorrect or omitted, incorrect or incomplete in analysis, inferences and conclusions.</td>
<td>4</td>
</tr>
</tbody>
</table>
2. **Lecture Exams:** There will be a total of 13 lecture exams. Each exam will contain 12 multiple-choice, true/false, multiple select, or fill-in-the-blank questions worth 2 points each for a total of 24 points. You will have 20 minutes to take the test. Exceeding a time limit may result in a 25% reduction of your final score depending upon the exceeded amount of time. **Once you open the test, be prepared to complete it. If you take half the test and then log off, you will NOT be able to finish the test.** Tests may be taken late with a 3 point deduction for each day late. After the 3rd day late, a zero will be recorded for the test.

3. **Comprehensive Final Exam:** The final exam is cumulative in nature and is worth 100 points. There will be a combination of multiple-choice, matching, short answer, multiple select, or fill in the blank questions. You will have 45 minutes to take the final exam. Exceeding the time limit may result in a 25% reduction of your final score depending upon the exceeded amount of time. **The final exam must be taken on time and will NOT be accepted late.**

4. **Activities and Animations:** These activities will support the chapter lessons and reinforce the information you are learning. After you complete the activities or watch the animations, take the activity quiz if this is included in the module. Each question will be worth 2 point for a maximum of 10 points for each quiz. You will have only 20 minutes to take the quiz. Exceeding a time limit may result in a 25% reduction of final score. Once you open the test, be prepared to complete it. If you take half the quiz and then log off, you will NOT be able to finish the quiz. The quiz may be taken late for a 3 point deduction for each day late. After 3 days late, a zero will be recorded for the quiz.

5. **Diet Analysis Activity and Questionnaire:** The diet analysis activity allows you to evaluate your own diet and exercise regiment. You will compare your personal nutrient intake to Dietary Reference Intakes (DRI’s). This project is spread out over the entire semester into three parts. Be sure to completely read through the assignment requirements. This activity is worth 50 points. Late activities will only be accepted up to two days late with a minimum deduction of 20 points off.

6. **Discussion Board Postings:** Discussion boards allow for student-student and student-teacher interaction in an online class. **These are a mandatory part of the online class.** Read the question posed to you in the discussion board posting by the posting date and respond to the question. Answer the question in a new thread with a well-thought complete answer. Each answer is worth 6 points. **THEN respond to two other postings** made by the instructor or other students to the question. The responses must be at least two sentences and complete thoughts and completed by the responding date. Each response is worth 2 points for a maximum of 4 points. **THERE WILL BE NO POINTS AWARDED FOR LATE DISCUSSION BOARDS SINCE THIS IS AN ASSIGNMENT THAT REQUIRES INTERACTION WITH CLASSMATES.** There are 7 discussion boards throughout the semester which each worth 10 points total.
COURSE REQUIREMENTS, EVALUATION METHODS AND GRADING CRITERIA

<table>
<thead>
<tr>
<th># of Graded Course Elements</th>
<th>Graded Course Elements</th>
<th>Percentage or Points Values</th>
</tr>
</thead>
<tbody>
<tr>
<td>13</td>
<td>24 Point Lecture Exams</td>
<td>312 points</td>
</tr>
<tr>
<td>6</td>
<td>10 point Case studies</td>
<td>60 points</td>
</tr>
<tr>
<td>1</td>
<td>50 point Class Project</td>
<td>50 points</td>
</tr>
<tr>
<td>7</td>
<td>10 Point Discussion Boards</td>
<td>70 points</td>
</tr>
<tr>
<td>1</td>
<td>5 Point Orientation Quiz</td>
<td>5 points</td>
</tr>
<tr>
<td>1</td>
<td>100 Point Final Exam</td>
<td>100 points</td>
</tr>
<tr>
<td>7</td>
<td>10 Point Activity Quizzes</td>
<td>70 points</td>
</tr>
</tbody>
</table>

Of the total points offered, 596 and above is an A; and 530 above is a B; and above 463 is a C; and above 396 is a D; less than 395 is an F. All exams and practicums must be taken on the day and time assigned by the instructor.

Gradebook:
Course grades can be accessed through the Grade Book section of the course. Chapter tests, the orientation quiz and Diet Analysis Activity Quizzes are automatically graded and should be available immediately through the gradebook. Discussion boards, Diet Analysis Activities, and the Personal Diet Analysis Project will all be graded by the instructor within 2 weeks of the due date.

Extra Credit Policy:
None allowed for this course.

Cheating Policy:
Academic dishonesty (cheating) will not be tolerated in either lecture or laboratory sections of the course. If cheating is observed, points for that activity will be disallowed, and grades of zero given for cheating may not be dropped. Academic dishonesty includes activities such as copying lab report answers from other students and collaboration with students who have completed labs and lecture exams. It can be assumed that tests/labs showing the same or similarly missed questions as evidence of dishonesty. All tests involved can receive a score of zero. Also, students missing similar questions when taking the test at or near the same time will be more closely scrutinized. Instructor reserves the right to schedule separate testing times for students.

INSTITUTION POLICIES
Incomplete:
Sometimes events beyond your control will prohibit you from successfully completing the course. If an extended illness or other emergency arises it may be possible for you to receive an incomplete. This will be done on a case by case basis and there must be a valid reason as determined by the instructor and/or Arts and Sciences division dean. The highest grade you can receive for completing the work if you have an incomplete is a B. Students who receive an Incomplete will NOT be able to earn an A for the course. No exceptions.

Academic Ethics:
Any violation of the Student Code of Conduct (as printed in the El Centro College Catalog and available at [http://www1.dcccd.edu/catalog/about/standard.cfm](http://www1.dcccd.edu/catalog/about/standard.cfm) will be penalized accordingly. All matters of academic dishonesty (plagiarism, collusion, fabrication, cheating, etc.) will result
in a failing grade for the assignment in question. All violations will be forwarded to the proper college authorities for review. The college may, at its discretion, impose additional penalties on the student including academic probation, suspension, or expulsion. ANY form of disruptive behavior will not be tolerated.

**Disability Accommodations:**
If you are a student with a disability and/or special needs who requires accommodations, please contact the Disability Services Office at 214.860.2411 (Voice/TTY), visit A110, or go to http://www.elcentrocollege.edu/Student_Services/Disability/

**Disclaimer:**
The provisions contained in this syllabus do not constitute a contract between the student and El Centro College. These provisions may be changed at the discretion of the Coordinator/Instructor. When necessary, appropriate notice of such changes will be given to the student.

The instructor-of-record may provide additional information to enhance the course to meet the needs of the enrolled students, provided that the enhancements do not conflict with the official course syllabus.

**Computer Use Policy:**
This class may require you to utilize campus computers. Please see the computer use policy for the district under the student code of conduct at http://www1.dcccd.edu/cat0406/ss/computer.cfm

**Other General Institutional Policies:**