Spring 2019  
8-Week Course: Session1  
Nutrition and Diet Therapy  
BIOL-1322-43356  

<table>
<thead>
<tr>
<th>Instructor:</th>
<th>Deema Hussein</th>
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<tbody>
<tr>
<td>Phone:</td>
<td>972-680-7148</td>
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<tr>
<td>Email:</td>
<td><a href="mailto:dhussein@dcccd.edu">dhussein@dcccd.edu</a></td>
</tr>
</tbody>
</table>
| Office & Office Hours: | C311 | T 10 -11:00, 12:30 - 2:30  
|                  | R 9:30 -11:00       |
| Class Time Room: | TR 11:00 am -12:20 pm  
|                  | N201                |

| STEM Division:   | S-Building, Room 210 | 972-860-7297 |
|------------------|-----------------------|
| Course Drop Date:| May 4, 2019           |
| Disclaimer:      | The instructor reserves the right to amend this syllabus as necessary. |
| Institutional Policies: | Eastfield College Institutional Policies  
|                  | (https://www.eastfieldcollege.edu/au/fastfacts/legal/pages/policies-for-syllabi.aspx) |

**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**
College ready level in reading and writing.

**REQUIRED MATERIAL:**
**TEXTBOOK:**
Textbook:
Title: Understanding Nutrition 13th or 14th or 15th  
Authors: Whitney, Eleanor Noss, and Sharon Rady Rolfes.
Publisher: Wadsworth Cengage Learning  
ISBN: 978-1-33-7392693
STUDENT LEARNING OUTCOME:
Upon successful completion of this course, students will:
1. Apply nutritional knowledge to analyze personal dietary intakes, to plan nutritious meals using nationally established criteria to meet recommended goals, and to evaluate food labels and the validity of nutritional claims.
2. Trace the pathways and processes that occur in the body to handle nutrients and alcohol through consumption, digestion, absorption, transport, metabolism, storage and waste excretion.
3. Discuss functions, sources, deficiencies, and toxicities of macro- and micronutrients, including carbohydrates, lipids, proteins, water, vitamins, and minerals.
4. Apply the concept of energy balance and its influences at the physical, emotional, societal, and cellular level to evaluate advantages and disadvantages of various methods used to correct energy imbalances.
5. Utilize concepts of aerobic and anaerobic energy systems, and knowledge about macronutrients, vitamins, minerals, ergogenics, and supplements and relate them to fitness and health.
6. Describe health and disease issues related to nutrition throughout the life cycle, including food safety, corrective dietary modifications, and the influence of specific nutrients on diseases.

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.

**Developmental Courses:** The Texas Success Initiative (TSI) is a statewide program designed to ensure that students enrolled in Texas public colleges and universities have the basic academic skills needed to be successful in college-level course work. The TSI requires assessment, remediation (if necessary), and advising of students who attend a public college or university in the state of Texas. The program assesses a student’s basic academic skills in reading, writing, and math. Passing the assessment is a prerequisite for enrollment in many college-level classes such as English 1301/1302, History 1301/1302, Math 1414, etc. Students who do not meet assessment standards may complete prerequisite requirements by taking developmental courses in the deficient area and passing them with a grade of C or higher. In some cases re-testing will also be required. It is up to each student to be aware and informed about requirements that are subject to change. Additional information is available from the TSI Office.

[https://www1.dcccd.edu/cat0910/admiss/tsi.cfm?loc](https://www1.dcccd.edu/cat0910/admiss/tsi.cfm?loc)
COURSE LEARNING SYSTEM

Evaluation Procedures:

<table>
<thead>
<tr>
<th>Points</th>
<th>Grading scale</th>
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<tr>
<td>4 exams X100 each one</td>
<td>720 – 800</td>
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<tr>
<td></td>
<td>90 – 100%</td>
</tr>
<tr>
<td>Class activities and Quizzes</td>
<td>640 – 719</td>
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<tr>
<td></td>
<td>80 – 89 %</td>
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<tr>
<td>Assignment</td>
<td>560 – 639</td>
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<td></td>
<td>70 – 79 %</td>
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<tr>
<td>Group project</td>
<td>480 – 559</td>
</tr>
<tr>
<td></td>
<td>60 – 69%</td>
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<tr>
<td>discussion board</td>
<td>000 – 479</td>
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<tr>
<td></td>
<td>0 – 59%</td>
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<tr>
<td>Total Points</td>
<td>800</td>
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* You will be graded out of a possible 800 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.

8 Week Class: This is an 8-week course so we will be going quickly through the material. If you do not come prepared to class, you can fall way behind in just one day, which equals one week in a regular 16-week semester.

Attendance: Attendance is expected and required per Eastfield College policy. If you are absent, you may miss a test or a class activity and you are not likely to fully understand the material covered in class. Each student will sign the attendance roll, which will be circulated during each class session. If you are late, it is your responsibility to let me know you arrived after check-in. Attendance and class participation will be taken into consideration as part of your final grade. I understand that some absences are unavoidable; if this is the case it is your responsibility to notify me (via e-mail or phone) beforehand. Please do not be absent. In addition, there will be material presented in lecture that is not in the textbook. If you miss class, it is your responsibility to get the class notes from a classmate.

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.

Behavior:

- Treat others as you wish to be treated! No put downs allowed. Anything construed by the professor as disrespectful such as: snide remarks, immature behavior, disruptions & distractions, excessive talking, malicious or rude attitudes, sleeping, etc. will adversely impact your grade.
- I expect you to come to class on time, stay for the whole class, and be courteous to me and your fellow students. Late arrivals and early departures can be disruptive to others, please notify me beforehand.
- Silence your phone. Texting, using Facebook, Pinterest, twitter, tumbler, snapchat and surfing the internet during class is a distractive behavior. You may think that you can multi-task during class; impossible.
- Computers may be allowed to take notes! However, please do not engage in other computer activities that may distract/entertain other students around you. If you know you will be tempted to engage in these distracting activities during class, keep your computer closed and use a notebook and pen to take notes.
- Repeated violators of these policies will be penalized points and may be asked to leave class.
Lectures: This is a hybrid course, so in addition to the face-to-face time and time spent reading and studying, you will have several additional hours a week spent doing online work (online assignments quizzes and discussions). The PowerPoint slides will be posted on e-campus previous to each lecture. However, the PowerPoint slides will not contain the majority of information.

Online quizzes and class activities (100 points): This course will be delivered 50% online and 50% in the classroom. Showing up for class and ignoring online content, or skipping class and only doing online content will severely affect your grade. Class individual and group activities will be given throughout the semester. If you miss lectures, you are responsible for finding out what you missed from a fellow student. NOTE: In cases of group work during class, there may be no possibility to make up the experience and you will get a zero on that activity.

Quizzes: A total of 8 quizzes will be posted. You will be allowed 2 attempts (up until the due date) and your highest score will count. Questions will change with each attempt. Format of the quizzes will be multiple choice and true/false. At least 20% of questions on exams will come from the question bank used for Quizzes.

Exams (400 points): There will be 4 exams given during the semester (two online and two in class). Exams will be objective, including multiple choice, matching, and true and false. Exams and scantrons will be collected and only graded scantrons will be returned. You have one week from the time an exam, assignment, or any other graded material I return to your class to ask me question or request a reevaluation of the grade. After one week, the grade sticks.

Exam review list will be posted on e-Campus. To successfully pass the exams: study notes from each lecture using the learning objectives as a guide, pay attention in class; pay special attention to the power point slides-content, use your lecture notes; read list of key words for each chapter; and use office hours! The material of this class is not that tough but you do need to study & dedicate quality time to this class!

Respondus Lockdown Browser: Online exams require that Respondus Lockdown Browser be used, the exam won’t be accessible with a standard web browser. In order to take the exam, you must download the Lockdown Browser. Instructions are provided in eCampus.

Healthy Weight Assignments (100 points): If you are not able to complete the assignment on time, please contact me immediately by e-mail. You are always welcome to turn in the assignment early. Special circumstances (e.g. death in the family, health issues) will be reviewed on a case-by-case basis. Please check “Assignments” on e-campus for more instructions.

Group assignment (50 points): I will divide the students into small workgroups. Workgroups will conduct their own in-depth research on specific nutrition topic. All students are expected to participate in the workgroup to earn full credit. More information will be posted on blackboard.

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.

Discussion Board (50 points): I expect good participation and communication in this course. To facilitate participation 2 discussion questions will be posted. Each student will write her/his own answer AND a comment to another student post. Keep in mind that your answer to the posted questions must be supported by your assigned readings (your textbook) or other reliable sources. Please do not obtain information from commercial websites and unreferenced blogs.
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 specific dates. You may only participate in discussion during the time it is posted. Please check course calendar for due date.**

**Late assignment or exam submission with a valid excuse:** If a student has an extenuating circumstance and desires his or her faculty member to consider a modified due date for an assignment or exam, the student must communicate to his or her faculty member the circumstances that prevent the submission of the assignment on the stated due date. The explanation must be communicated (in writing) to his or her faculty member. Once notified, the faculty member will assess the matter and discuss the situation with the student. If approved, the faculty member will set a realistic modified due date for the assignment or exam and will indicate the modified due date in the grade book feedback. If the assignment is submitted after the modified due date, the student will not receive points for the assignment or exam. No work is accepted after the class ends unless an approved Incomplete has been granted.

**Communication with Professor Hussein:** I check my e-mail frequently (unless I am at a meeting or called out of the office) and on and off at other times. I will answer e-mails within 24 hours during week days, and within 48 hours on weekends. In some cases, more time may be needed in order to give a better response to certain questions. **REQUIRED SUBJECT LINE FORMAT:** When emailing the professor, the SUBJECT LINE must contain the course ID (BIOL1-1322 section #) AND the student's first and last name as a signature. Please reserve e-mail for questions and concerns of a personal nature.

Students need to have Eastfield College e-mail address in order to contact me. Many times, the District's firewall blocks your e-mails (particularly from Yahoo.com and g-mail accounts).

**Instructor Policies and Suggestions for Student Success:** Each student will be expected to do the following:

- Attend all classes and participate in class activities and discussions
- Use critical thinking skills (gather information, consider all sides and then develop your own opinion).
- Read the textbook and lecture notes you are given (available on e-campus). I suggest that you print the lecture notes prior coming to class so that you may add your notes to the material.
- Take exams on scheduled dates.
- Complete assignments by the due dates

**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.
<table>
<thead>
<tr>
<th>Module</th>
<th>Chapter</th>
<th>Online assignment</th>
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| 1      | 1. An overview on Nutrition  
2. Planning a Healthy Diet  
3. Digestion Absorption and Transport | Chapter 2 homework  
Due 4/2  
Chapter 3 homework due 4/4 |
| 3/27-4/7 | Module 1 online quizzes and online exam | Due 4/7 |
| 2      | 4. Carbohydrates: Sugar, starches and fiber  
5. Lipids: Triglycerides, phospholipids, sterols | Lipids homework due 4/16  
Discussion # 1 due 4/14 |
| 4/7-4/21 | Module 2 online quizzes  
Module 2 Exam at the testing center C311 | Quizzes due 4/21  
Due date to be announced |
| 3      | 6. Proteins: amino acids  
8. Energy Balance and Body Composition  
9. Weight Management Overweight Obesity and Underweight | Proteins homework due 4/30  
Discussion # 2 due 5/5 |
| 4/22-5/5 | Module 3 online quizzes and online exam | Due 5/5 |
| 4/28 | Healthy weight assignment due | |
| 4      | 10. The Water-Soluble Vitamins  
11. The Fat-Soluble Vitamins  
12. The Major Minerals  
13. The Trace Minerals | Chapters 10 and 11 homework  
Group assignment 5/12 |
| 5/6 – 5/16 | Module 4 online quizzes  
Module 4 exam in class | Due 5/16 |

Let Make it Great Semester :)