Instructor Information:
Cindy Sizemore, MS, RD, LD
Email: (the BEST way to contact me): CindySizemore@dccc.edu
Office Location: no onsite office
Office Hours: online
Technical Support: 24/7 at 972-669-6402

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 level courses in reading and writing are recommended. Basic chemistry or anatomy courses are helpful but not required.

TEXTBOOK:
Title: Understanding Nutrition, 14th edition OR 15th edition
Authors: Whitney, Eleanor Noss, and Sharon RadyRolfes.
Publisher: Cengage Learning

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 retesting 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)

**Grading Scale** - course grades will be issued according to the following 760-point scale*:

- **EXAMS:** (4 x 100 pts = 400 pts)
- **DISCUSSION BOARDS:** (4 x 25 pts = 100 pts)
- **CASE STUDIES:** (4 x 40 pts = 160 pts)
- **LABEL READING ASSIGNMENT** (100 points)

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<td>684 – 760</td>
<td>90 – 100%</td>
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<td>608 – 6830</td>
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<td>532 – 60770</td>
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*You will be graded out of a possible 760 points. I reserve the right to modify the above points or assignments as needed to better serve a class. Any changes will be announced in blackboard.*
COURSE LEARNING SYSTEM
This online course requires students to take responsibility for their learning. The instructor does not meet in-person with students but rather acts as a facilitator for the course. 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: By signing up for an online course, students certify that they have reliable access to a computer and the internet. While the online course provides you with flexibility in terms of when, during a given week, you elect to complete assignments, you still need to "login" to the course at least four times per week. The most common mistake made by students in this online class is to miss a deadline. You will receive ZERO points 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. Please work ahead to get your work done early and avoid hassles.

To complete this course successfully, each week you should:
- Check email and announcements daily during the week.
- Note the deadlines on the course calendar and mark your own calendar with the deadlines to remind you of the due dates. You may want to add reminders on your smart phone as well if you have one.
- Be self-motivated and self-disciplined. With the freedom and flexibility of the online environment comes responsibility.
- Set aside specific time (ahead of schedule) to complete the lesson readings and activities.
- Give yourself ample time to think over what you write in Discussion boards.
- Complete ALL WORK prior to the deadline.
- 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

Exam Policy: There will be 4 exams given during the semester. Format of the exam will be multiple-choice questions. One attempt will be allowed for each exam. All exams are due by the Due Dates. No Exceptions! Please keep up with the course calendar. No late work of any kind will be accepted. If a technical problem arises while you are working on an exam, you must contact me immediately and then watch your email for my response with what you need to do next to avoid a late penalty. Technical problems occurring during the last two hours before an exam is due do NOT count as an emergency. Start exams well before the time they must be submitted.
**Discussion Boards:** I expect good participation and communication in this course. Proper grammar and spelling are required! To facilitate participation 4 discussion questions will be posted. Each student will write her/his own answer AND comments to other students’ posts. Keep in mind that your answers 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 and due on specific dates. You may only participate in discussion during the time it is posted. Please check course calendar for due date.** No late submissions will be accepted.

**Case Studies:** A total of 4 case studies will be posted. Format of the case studies will be multiple choice. Unless noted on the calendar, **they will be due by due dates (at 11:59 PM). No late submission will be allowed. Any case study not taken by the posted deadline will receive a score of ZERO, no exceptions. Please check calendar for due dates.**

**Food Label Assignment:** This project has 2 parts: a written essay and a worksheet. You must turn in both for full credit. Read the instructions carefully and ask for clarification if something doesn’t seem clear to you. **You must learn to use the Assignment feature on eCampus when submitting your work. DO NOT e-mail me your assignment. Please check “Assignments” on eCampus for more information. Please note the due date of this project as late submissions will not be accepted.**

**Due Dates:** Due dates are found in the course calendar. Unless noted on the calendar, exams, case studies and discussions are due at 11:59 PM. No late submissions will be accepted. No exceptions! You may only participate in discussion during the time it is posted. **There are no makeup exams.** For exams, assignment, and discussion, the instructor will have them graded and returned to students typically within one week after the completion of the exams or turning in the assignments.

**Extra Credit:** There is currently no scheduled extra credit. Please do not ask me about extra credit. If I decide to give extra credit assignments, I will make an announcement on Blackboard.

**Communication:** This is a college course so proper grammar and spelling are expected at all times. Occasional “typos” are understandable but please proof read all your work. 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. 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. I will respond to emails typically within 24-48 hours. 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 and your full name as a signature.

**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. Emoticons are perfectly acceptable methods of expressing emotion and your meaning, but avoid “texting” abbreviations.
TECHNOLOGY SKILLS
To be successful in this course, you will need the ability to:
- Email and attach documents to email.
- Use eCampus/Blackboard successfully.
- 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 (assignments and exams) within Blackboard.
- Use the calendar and other features to stay on schedule in the course.
- Utilize the Internet for reference materials and/or special projects.
- Access your grades within Blackboard.

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.

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 student identification number when you log into eConnect, an online system developed by the DCCCD to provide you with timely information regarding your college record.

Drop Date: Last date to drop with a grade of “W” is: 02/27/2019

Click the link below to access all Institutional Policies:

****SYLLABUS REVISION****:
The guideline in this syllabus may be changed, deleted, or amended any time by the instructor. The attached course outline is intended as an aid in helping you know your responsibilities for the semester. It is possible that some changes in the course outline or class policies will be made during the semester. Any changes that are made to the class policies or course outline will be announced.