COURSE TITLE: Nutrition & Diet Therapy

COURSE NUMBER: BIOL 1322

INSTRUCTOR: Elizabeth Goulding
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E-MAIL: egoulding@dcccd.edu

OFFICE: A546
HOURS: By appointment

MEETING DAY, TIME, & LOCATION
Section: 53001 Lecture: MW – 1:00pm-2:20pm, A620

COURSE PREREQUISITE:
College-level ready in Reading and Writing

COURSE PURPOSE:
This course introduces general nutritional concepts in health and disease and includes practical applications of that knowledge. Special emphasis is given to nutrients and nutritional processes including functions, food sources, digestion, absorption, and metabolism. Food safety, availability, and nutritional information including food labels, advertising, and nationally established guidelines are addressed. (Cross-listed as HECO 1332)

CATALOGUE DESCRIPTION:
Study of the chemical, physical, and sensory properties of food; nutritional quality; and food use and diet applications. (3 Lec.)

CREDIT HOURS: 3 Lecture Hours

CORE CURRICULUM INTELLECTUAL COMPETENCIES
Intellectual competencies identified by the district discipline committees are available at https://www1.dcccd.edu/catalog/ss/transfer/core.cfm?loc=econ

Student Learning Outcomes (SLOs)
• 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.
• 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.
• Discuss functions, sources, deficiencies, and toxicities of macro- and micronutrients, including carbohydrates, lipids, proteins, water, vitamins, and minerals.
• 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.
• Utilize concepts of aerobic and anaerobic energy systems, and knowledge about macronutrients, vitamins, minerals, ergogenics, and supplements and relate them to fitness and health.
• Describe health and disease issues related to nutrition throughout the life cycle, including food safely, corrective dietary modifications, and the influence of specific nutrients on diseases.

REQUIRED MATERIALS
- NUTR by McGuire and Beerman, 2nd edition (bundle available with book, ebook, and online access)
- Packet of Scantron 882 answer sheets
- Basic computer/internet use; ability to utilize Blackboard software to access notes and submit documents

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 PROCESS
Assignments may include (but are not limited to) in-class exams, quizzes, in-class activities, teamwork assessments, online activities/quizzes, reports, and a mandatory dietary analysis.

GRADE SCALE
Letter grades will be assigned per the following:
A (90-100%), B (80-89%), C (70-79%), D (60-69%), F (0-59%)

DROP DATE
The last day to drop for this semester and receive a grade of "W" is APRIL 17, 2019 by 7pm in the Registrar’s Office (A130). Under Texas law, students who enroll in a Texas public institution of higher education (including DCCCD) for the first time in fall 2007 or later may not drop more than six courses during their entire undergraduate career. For more information: https://www1.dcccd.edu/catalog/ss/oep/dw.cfm

ATTENDANCE
Attendance in lecture is mandatory. Students are expected to arrive on time and stay until class is dismissed. If you will be absent, be aware you may not make up any missed Lecture Exam or Activity for any reason. One Lecture Exam and one Activity grade will be dropped.

CLASS RULES
- Any student who engages in distracting practices – which includes, but is not limited to, cell phone use, excessive talking, or sleeping – will be asked to leave for the remainder of the class time.
- Students more than 30 minutes late for a lecture exam will not be allowed to take the exam.
- Make-up exams will not be given for any reason. The first exam missed will count as the drop exam and subsequent exams missed will be given grades of zero (0%).
- No “extra credit” can substitute for missed classes, exams, or poor performance.

ACADEMIC DISHONESTY
Academic dishonesty will not be tolerated in this course. If cheating is observed, points for that activity will be disallowed. Grades of zero given for cheating may not be dropped. Academic dishonesty includes activities such as copying from another student’s lecture exam or activity, or collaboration with students who have completed exams and activities. It can be assumed that tests 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. The instructor reserves the right to schedule separate testing times for students.

ACCESSING eCAMPUS/Blackboard
You will be using eCampus, an online course site, in this class. Go to http://ecampus.dcccd.edu/ to log in to your account. If you cannot access the site, please contact technical support at 1-866-374-7169. If this course is not available in your course list, please contact your instructor.

INSTITUTIONAL POLICIES
All El Centro students are responsible for knowing and adhering to the following institutional and course-related policies:
- Institutional Policies
- Course-related Institutional Policies
- Title IX and Sexual Misconduct
- Concealed Carry (Campus Carry)

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.