Principles of Nutrition
BIOL 1322-63003
Semester: Spring 2019
January 22th – May 16th, 2019

Instructor: Neeti Srivastava
Email: nsrivastava@dcccd.edu
Office Phone Number: 972-860-5605
Office Number: H118
Office Hours: Monday and Wednesday 7.30 am to 7.55 am and 2.15 pm to 3.30 pm
Tuesday and Thursday 7.00 am to 7.55 am and 2.15 pm to 3.30 pm
Fridays by appointment only
Meeting Days & Time: Tuesday and Thursday 11.00 am to 12.20 pm
Room Number: H30
Credit Hours: 3 Semester Hours

Mission Statement:
Mountain View College empowers people and transforms communities

Course Description:
Topics include classes, sources, and functions of nutrients, digestion and absorption, and metabolism with applications to normal and therapeutic nutritional needs. (3 Lec.)

Course Pre-requisites:
One of the following must be met:
1) Developmental Reading (DREA) 0093 AND Developmental Writing (DWRI) 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.

Course Materials/Supplies Needed
(2) Scantrons: Four 882E and Twelve 815E.

Core Objectives:
1. Critical Thinking Skills - to include creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information
2. Communication Skills - to include effective development, interpretation and expression of ideas through written, oral and visual communication
3. Empirical and Quantitative Skills - to include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions
4. Social Responsibility - to include intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities
Course Objectives

Student Learning Outcomes

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, 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 the 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.

Course Outline:

This course is designed for students with an interest in nutrition and for students preparing for a health related occupation. The theme of wellness will be followed throughout the course. Topics will include wellness nutrition; personal and community nutrition; digestion, absorption, and metabolism; carbohydrates; fats; protein; vitamins; water and minerals; energy supply and fitness; management of body composition; eating disorders; nutrition for disorders of the gastrointestinal tract; nutrition for diabetes mellitus; and nutrition for cardiovascular diseases. Students will explore strategies for sharing nutritional information and for changing behaviors. Class objectives will be identified at the beginning of each class and posted on eCampus. The course calendar at the end of the syllabus shows the due dates for assignments, quizzes, and tests.

Class Procedures: Successful completion of this course should be accomplished if you:

1) study and read the textbook,
2) attend each class and turn in all assignments on time,
3) check the weekly assignments on eCampus each week,
4) participate in all discussion, and
5) write your name, course and section, student ID, date, and instructor name on all assignments.

Grading Scale:

Lecture Exams = 60% of the Final Grade
- 4 Lecture Exams worth 15% each (multiple choice and short essay questions)
- Scantron 882E is required.

Chapter Quizzes = 5% of the Final Grade
- 12 Chapter Quizzes will be administered in class. The quiz dates will be announced in class, on eCampus, and are posted on the calendar. Quizzes will cover the following chapters: 1-10, and 13, Chapters 15 and Chapter 17 will be a class assignment
- Quiz on food safety
- Scantron 815E is required.

Diet Plans = 10% of the Final Grade
- 2 Diet and Exercise Plans will be assigned during the semester for healthy adults. The specific requirements for each diet plan will be posted on eCampus.

Class Assignments = 8% of the Final Grade
- 8 Class Assignments may include 3-5 minute oral presentations, nutrition charts, discussion preparation, case studies, and Internet site analysis. The specific requirements and due dates will be announced in class and on eCampus. All assignments must be typed. Please proofread your work. A point will be deducted for each spelling and grammatical error. If a student does not understand an assignment, it is his/her responsibility to get clarification from the instructor when the assignment is given. All Assignments will be turned in on eCampus via Safeassign

Class Presentation = 7 % of the Final Grade
- Prepare a presentation on topic assigned to the group
- Specific requirements will be posted on eCampus.

Research Paper= 10% of the final grades. Detailed assignment information will be posted on eCampus and discussed in class
Instructor Attendance Policy:

- Students are expected to attend all classes. Students have the responsibility to attend class and to consult with the instructor when an absence occurs. If for some reason you must leave class early, you should inform the instructor prior to the start of class of your reason for leaving early.
  - On-time attendance is vital to your success in this course.
  - Plan to arrive early.
  - On-time attendance is taken at the beginning of class.
  - A deduction may occur for lack of participation if unexcused tardy or absence.
- Students must begin attendance in all classes of enrollment. No exceptions. Financial Aid will not be granted to students who have been certified as not attending, by the certification date. For this lecture course, your physical participation in class, on or before the certification date will allow you to receive credit for FA purposes. For certification dates, check with the division or FAO for further information. Students, who are not certified as beginning class, are responsible for any payments due as a result of non-certification, to include the dropping of courses.

Student Expectations:

- Students will develop personal responsibility in the areas of on-time attendance, completing all assignments on time, studying 12-15 hours per week outside of class, and bringing the textbook to class.
- Students must write their name, course and section and instructor name on all assignments. No earbuds in class. Please turn your cell to vibrate and step outside if you must text. No texting in class.

CELL PHONE POLICY: As a courtesy to other students and your instructor, please silence your cell phone. If you need to call or text please step out of the class.

Late Work Policy:

- Students must contact the instructor if they will miss class or the due date for an assignment within 24 hours.
- Documentation of an excused absence is required. Arrangements must be made with the instructor to make-up a quiz, exam, or assignment.
- Work is due at the beginning of class on the due date.
- Work is due at the beginning of class on the due date! Small groups will discuss assignments on the due date. A deduction of 20 points will be made if you are not present for the entire discussion. An additional 20 points per day will be deducted for late work past the due date.

Makeup Exam Policy:

- Students must contact the instructor if they will miss an exam within 24 hours of the due date.
- Documentation of an excused absence is required.
- Arrangements must be made with the instructor to make-up an exam.

You will not be eligible for extra credit/bonuses on tests or curves if you are late to class, late turning in assignments, missing assignments, do not participate, not prepared, or have too many absences.

GRADE POSTING:
Grades are posted on eCampus. Look under the tools button on eCampus to access your grades.

GRADING SCALE:
A = 90 -100
B = 80 - 89
C = 70 - 79
D = 60 - 69
F < 59

eCampus:
- Students are encouraged to use the resources available on eCampus regularly.
- Go to the website: http://ecampus.dcccd.edu. Your login is an “e” and your seven-digit student identification number (example: e7654321). If you have never used eCampus before, your password is the same as your user name until you change it under personal information.

eConnect: Your final grade will be posted to eConnect and the course will be made unavailable.
Disclaimer:
Instructor reserves the right to change course calendar and syllabus if needed.

Withdraw date: WEDNESDAY, April 17, 2019
- Please speak with the instructor if you are having difficulty in the course.
- Students often drop courses when help is available that would enable them to continue. I hope you will discuss your plans with your instructor if you feel the need to withdraw.

Academic Dishonesty:
Students caught plagiarizing an assignment will receive a “0” on the test or assignment and will be subject to an “F” in the course and possible expulsion from the college. Any testing or exam no phone or notes may be used in Testing Center, Classroom or Lab Practical and may result in a “0” on the assignment and possible “F” and or expulsion.

Mountain View College Institutional Policies:

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<tr>
<th>Tuesday</th>
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<tbody>
<tr>
<td>1/22</td>
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<tr>
<td>Chapter 1 Wellness nutrition</td>
<td>Chapter 1 Wellness Nutrition</td>
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<td>Chapter 2 Personal and Community nutrition</td>
<td>Chapter 2 Personal and Community Nutrition</td>
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<td>Quiz Ch. 1</td>
<td>Assignment 1 due</td>
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<td>2/5</td>
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<td>Chapter 3 Digestion Absorption and Metabolism</td>
<td>TEST 1 Ch. 1-3 DUE MONDAY 2/12 IN THE TESTING CENTER</td>
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<td>Quiz Ch. 2</td>
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<td>Chapter 4 Carbohydrates</td>
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<td>Research paper Topic introduction</td>
<td>Assignment 2 due</td>
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<td>Quiz Ch. 3</td>
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<td>Chapter 5 Fats</td>
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<td>Research paper Bibliography due</td>
<td>Assignment 3 due</td>
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<td>Chapter 6 Proteins</td>
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<td>Quiz Ch. 5</td>
<td>Work on Flash Card for vitamins and study for Test 2</td>
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<td>Research paper outline due</td>
<td>Assignment 4 due</td>
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<td>3/5</td>
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<tr>
<td>Chapter 6 Proteins</td>
<td>Food Safety Class assignment</td>
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<td>Assignment 5 due</td>
<td>Assign Oral Presentation Topic</td>
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<td>3/9</td>
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<td>Class presentation</td>
<td>Chapter 9 Energy Weight and Fitness</td>
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<td>Quiz Ch. 9</td>
<td>Assignment 7 due</td>
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<td>Class presentation</td>
<td>Chapter presentation</td>
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<td>Quiz Ch. 9</td>
<td>TEST 3 Ch. 7-9 DUE FRIDAY 4/12 IN THE TESTING CENTER</td>
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<td>Chapter 12 Food Related Issues</td>
<td>Chapter 13 Nutrition for Disorders of the Gastrointestinal Tract</td>
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<td>LAST DAY TO DROP THE CLASS WITH A “W” WEDNESDAY 4/17</td>
<td>DIET PLAN 1 DUE</td>
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<tr>
<td>Chapter 13 Nutrition for Disorders of the Gastrointestinal Tract</td>
<td>Chapter 15 Nutrition for Diabetes Mellitus</td>
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<td>Chapter 15 Nutrition for Diabetes Mellitus</td>
<td>Chapter 17 Nutrition for Cardiopulmonary disease</td>
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<td>Case Study on Diabetes nutrition</td>
<td>Quiz Ch. 15</td>
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<td>Chapter 17 Nutrition for Cardiopulmonary disease</td>
<td>TEST 4 DUE BY 5/10 IN TESTING CENTER</td>
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<td>Case Study on Cardiovascular nutrition</td>
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ADDITIONAL CLASS ACTIVITIES WILL BE INCLUDED AND STUDENT PARTICIPATION WILL BE ASSESSED REQUIREMENTS WILL BE POSTED ON ECAMPUS