Semester and Year: Spring 2019  
Meeting Dates: January 22 – May 16  
Section: 83003  
Class time and days: TTH 9:30am – 10:50am  
Room: Y105  
Instructor: Lora Day  
Contact Info: ACCESS Office A110
972-238-6140 (to leave a message for Mrs. Day)  
Preferred Contact Method - Email: LDay@dcccd.edu  
Last date to withdraw: Without a “W”: Monday, February 4  
With a “W”: Wednesday, April 17  
Final Exam Day and Time: Thursday, May 16: 9:30am – 11:20am

**Evaluation Procedures (Graded Components):**

1. Attendance 25 points
2. Case Studies and Classroom Activities 175 points
3. Diet Analysis Assignment 200 points
4. Exams (4 @ 100 points each) 400 points
5. Final Exam 200 points

**Total points** 1000 points

**Grading Scale**

- A = 90% or higher 895 – 1000 points
- B = 80 - 89 % 795 - 894 points
- C = 70 - 79 % 695 - 794 points
- D = 60 - 69 % 595 - 694 points
- F = 59 % or lower 594 points or less

**Attendance Policy:** In order to be successful, students must attend and participate in enrolled courses. Communicate with the instructor if you need to arrive late or leave early. If your responsibilities interfere with attending this class fully, please arrange to take this class at other offered times/days.

**Late Work, Lab and/or Make-up Exam Policy:**

1. **NO MAKE UP EXAMS.**
2. **NO LATE ASSIGNMENTS.**
Required Materials: PURCHASE THROUGH FOLLETT BOOKSTORE AT RICHLAND.
SELECT ONLY ONE OF THESE OPTIONS:

**OPTION 1:** Understanding Nutrition Print Version Purchase (Loose Pages) with MindTap Access Code for 6 months (MindTap also includes digital version of text)


You can buy the loose pages book with MindTap Access code or only the MindTap Access code online through the Follett Book Store at Richland at this link: http://www.bkstr.com/richlandstore/shop/textbooks-and-course-materials Using the Follett-Richland website will assure you are getting the correct materials. It is not advisable to purchase online directly from Cengage website because the customized ISBN which connects to eCampus for Richland students at the discounted price is not available at the publisher website.

**Important Note:** the MindTap Access Code is required to access and submit your Chapter Case Studies and 3 Day Diet Record Report as part of the Diet Analysis Assignment through eCampus.

**OPTION 3:** Cengage Unlimited

Materials required for this course are included in Cengage Unlimited, a subscription allowing access to ALL Cengage eBooks and digital learning products – over 22,000 in total – for only $119.99 (extended subscriptions also available). One Cengage Unlimited subscription can be used across ALL courses this semester for textbooks and related materials where Cengage products are assigned. You can purchase your Cengage Unlimited subscription in the Richland College Bookstore and at cengage.com. To check other Richland courses using Cengage this semester, check this website: https://www.cengage.com/coursepages/unlimited_richland. Be sure to verify with other instructors about materials listed for their courses.

Print Version: You’ll be eligible for a printed textbook rental when you activate MindTap and subscribe to Cengage Unlimited. All you will pay is $7.99 and this includes shipping. If you wish to keep your printed text version, you may purchase a loose-leaf version of the textbook at a discount through Cengage Unlimited. Loose-leaf shipping is free when purchased with Cengage Unlimited.

Pricing: Cengage Unlimited is $119.99 for a 4-month subscription, $179.99 for a 12-month subscription or $239.99 for a 24-month subscription. Students using Financial Aid can purchase a Cengage Unlimited subscription from the Richland College bookstore.

Bonus: When your Cengage Unlimited subscription ends, you can keep up to six eBooks in a digital locker and access them for one year. (Introductory offer).

Extra Help: [cengage.com/start-strong](http://cengage.com/start-strong) As a reminder, you should NOT purchase BOTH individual course materials AND a Cengage Unlimited subscription. In many instances, a Cengage Unlimited subscription will be the most affordable option if you are enrolled in at least one other course using Cengage materials.
Units of Instruction/Class Calendar: (A more detailed course outline-schedule will be provided)

<table>
<thead>
<tr>
<th>Date</th>
<th>Week</th>
<th>Topic</th>
<th>Chapter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 22 - 24</td>
<td>1</td>
<td>Introduction - Overview of Nutrition</td>
<td>1</td>
</tr>
<tr>
<td>Jan 29 - 31</td>
<td>2</td>
<td>Planning a Healthy Diet</td>
<td>2</td>
</tr>
<tr>
<td>Feb 5 - 7</td>
<td>3</td>
<td>Energy Balance and Body Composition</td>
<td>8</td>
</tr>
<tr>
<td>Feb 12 – 14</td>
<td>4</td>
<td>Carbohydrates</td>
<td>4</td>
</tr>
<tr>
<td>Feb 19 - 21</td>
<td>5</td>
<td>Lipids</td>
<td>5</td>
</tr>
<tr>
<td>Feb 26</td>
<td>6</td>
<td>Protein</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td></td>
<td>PROFESSIONAL DEVEL. DAY – No Class</td>
<td></td>
</tr>
<tr>
<td>Mar 5 – 7</td>
<td>7</td>
<td>Digestion, Absorption, and Transport,</td>
<td>3-(4-5-6)</td>
</tr>
<tr>
<td>Mar 12 – 14</td>
<td></td>
<td>SPRING BREAK – No Class</td>
<td></td>
</tr>
<tr>
<td>Mar 19 - 21</td>
<td>8</td>
<td>Metabolism</td>
<td>7</td>
</tr>
<tr>
<td>Mar 26 – 28</td>
<td>9</td>
<td>Water Soluble Vitamins - Fat Soluble Vitamins</td>
<td>10-11</td>
</tr>
<tr>
<td>Apr 2 – 4</td>
<td>10</td>
<td>Water and Major Minerals- Trace Minerals</td>
<td>12-13</td>
</tr>
<tr>
<td>Apr 9 - 11</td>
<td>11</td>
<td>Life Cycle Nutrition</td>
<td>15-16-17</td>
</tr>
<tr>
<td>Apr 16 – 18</td>
<td>12</td>
<td>Life Cycle Nutrition</td>
<td>15-16-17</td>
</tr>
<tr>
<td>Apr 23 – 25</td>
<td>13</td>
<td>Weight Management - Fitness</td>
<td>9-14</td>
</tr>
<tr>
<td>Apr 30 – May 2</td>
<td>14</td>
<td>Diet and Health</td>
<td>18</td>
</tr>
<tr>
<td>May 7 - 9</td>
<td>15</td>
<td>Consumer Concerns about Foods and Water</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Final Exam Review</td>
<td>19</td>
</tr>
<tr>
<td>MAY 16</td>
<td>16</td>
<td>FINAL EXAM</td>
<td></td>
</tr>
</tbody>
</table>

* The Instructor reserves the right to amend this schedule as needed. Please Read the corresponding Chapter before class.

Instructor Policies and Suggestions for Student Success:

1. To be successful in this course, students should come to all class meetings, participate in class discussion, complete all assignments on time, and apply appropriate time for study and exam preparation on a regular basis.

2. The readings for each day’s lecture should be completed BEFORE that class period. Since the material presented in class will serve as the basis for the examinations, students should ask questions to clarify their understanding of the material.

3. There are five (5) regular exams given in this course. The lowest of the five exam scores is dropped in computing the course grade. Note: Make-up exams are NOT given. If a student misses a regular exam for any reason (emergency, illness, work, other issues) a grade of 0 will be assigned for that exam and it will be the lowest grade.

4. There are no extra credit points or activities in this course. Course grades are determined by performance on all stated evaluated components.
5. Everyone is required to take the Final Exam. There are no exceptions.

6. You need to know how to access eCampus, since we will be using it to communicate and all class announcements and information will be provided there.

7. You need to have access to a computer, a printer, and the MindTap access on eCampus in order to complete the Diet Analysis Assignment.

8. Late Assignments are not accepted. Assignments are due as scheduled on the detailed course schedule posted on eCampus or as specified in class. Most assignments will be submitted via MindTap link to eCampus. If the instructor grants permission for an exception allowing you to submit a late assignment, a 20% late penalty will be applied to your submission for each day it is past the assignment’s posted due date. Instructions for assignment submission are provided in class and posted on eCampus. NO assignments can be submitted by e-mail!

9. Most Case Studies will be completed and submitted through the MindTap link on eCampus. A few case studies may occur as classroom activities if time allows.

10. If you have any problems using MindTap, please call Cengage Support: 1800-990-8211, or contact them through the website listed on your code card.

11. If you send me an email, you should always include your full name and the section of the class where you are registered, or the days and times of your class meetings, so I can identify who you are. Thank you very much!

Classroom Policies:
- Be ON TIME for class. Be respectful with your classmates and your instructor.
- Please, TURN OFF your cell phone during class, as a sign of respect to others.
- If you need to make an emergency call, please do it outside the classroom.
- If you need to leave early or come late, please notify the instructor.
- If you need to have a conversation with a classmate, please do it before or after class, or outside the classroom.
- Use respect when speaking to the instructor and classmates. No foul language.
- NO TEXTING. No earphones. No Bluetooth.

ACADEMIC PROGRESS:
Students are encouraged to discuss academic goals and degree completion with their instructors. Specific advising is available throughout the semester. Check http://richlandcollege.edu/admissions and http://richlandcollege.edu/advising for more details. Also, consult the Advising Syllabus http://richlandcollege.edu/assets/uploads/2015/02/advising-syllabus.pdf regularly to check if you are on track.
CATALOG COURSE DESCRIPTION

Nutrition and Diet Therapy

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. (3 Lec.)

Coordinating Board Academic Approval Number 1905015109

PREREQUISITES

College level ready in Reading and Writing.

COURSE OBJECTIVES

To facilitate the understanding of the basic concepts of nutrition. Students will gain knowledge of different nutrients, their functions, and sources, with emphasis on relationship of nutrition to health.

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, 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 INFORMATION

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.

INSTITUTIONAL POLICIES

Institutional Policies relating to this course can be accessed from the following link:
www.richlandcollege.edu/syllabipolicies