Semester and Year: Spring 2019
Meeting Dates: March 25th – May 16th.
Section: 83201
Class time and days: MW 11:10 am-2:05pm
Room: Y105
Instructor: Dr. Marisela Contreras Berrios
Contact Info: Wichita Hall 236
Phone: 972-761-6819
E-mail: mcontreras@dcccd.edu
Office Hours MWF: 2:05pm – 3:05pm; TR: 1:00pm - 2pm
WH236
Last date to withdraw: Without a “W” Saturday, March 30th.
With a “W” Friday, May 3rd.
Final Exam Day and time: Monday, May 13th, @ 11:10pm -1:00 pm

**Evaluation Procedures:**

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.- Attendance</td>
<td>25</td>
</tr>
<tr>
<td>2.- Case Studies and Classroom Activities</td>
<td>175</td>
</tr>
<tr>
<td>4.- Diet Analysis Assignment</td>
<td>200</td>
</tr>
<tr>
<td>5.- Exams (4 @ 100 points each)</td>
<td>400</td>
</tr>
<tr>
<td>6.- Final Exam</td>
<td>200</td>
</tr>
<tr>
<td>Total points</td>
<td>1000</td>
</tr>
</tbody>
</table>

**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. Attendance will be taken at each class. Students are responsible for signing the attendance sheet. Talk to your instructor before missing a class. If for some extreme circumstance you have to leave class early or arrive late, let the instructor know. If your work schedule interferes with class, please check for other schedule classes that will fit better your time.

Revised for Spring 2019
Late Work, Lab and/or Make-up Exam Policy:
1. NO MAKE UP EXAMS.
2. NO LATE ASSIGNMENTS.

Required Materials: ONLY ONE OPTION IS NEEDED.


**OPTION 3**: Cengage Unlimited

Materials required for this course are included in Cengage Unlimited, a subscription that provides 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 where Cengage products are assigned. If you are taking another course this semester that is using Cengage products, you will be able to access those course materials for no additional cost. You can purchase your Cengage Unlimited subscription in the Richland College Bookstore and at cengage.com. To check the other courses at Richland College using Cengage this semester, check this website and also be sure to verify with your instructor for that course: https://www.cengage.com/coursepages/unlimited_richland

Print: You’ll be eligible for a print rental when you activate MindTap and subscribe to Cengage Unlimited. All you will pay is $7.99 and this includes shipping. For print you can keep, 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

**NOTE**: You can buy the loose pages book with the code, just the Access Code online through Follett Book Store at Richland (http://www.bkstr.com/richlandstore/shop/textbooks-and-course-materials), which will assure that you are getting the correct materials. If you buy online, please make sure that you can access the materials through Blackboard and not through the Cengage site. You need the Access Code to complete most assignments.

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 your best option.
Units of Instruction/Class Calendar:  (More detailed class outline will be posted on eCampus)

<table>
<thead>
<tr>
<th>Date</th>
<th>Week</th>
<th>Topic</th>
<th>Chapter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar 25 - 27</td>
<td>1</td>
<td>Introduction - Overview of Nutrition</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Planning a Healthy Diet</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Energy Balance and Body Composition</td>
<td>8</td>
</tr>
<tr>
<td>Apr 1 - 3</td>
<td>2</td>
<td>Carbohydrates</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lipids</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Proteins</td>
<td>6</td>
</tr>
<tr>
<td>Apr 8 - 10</td>
<td>3</td>
<td>Digestion, Absorption, and Transport</td>
<td>3-(4-5-6-7)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Metabolism</td>
<td></td>
</tr>
<tr>
<td>Apr 15 - 17</td>
<td>4</td>
<td>Water Soluble Vitamins - Fat Soluble Vitamins</td>
<td>10-11</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Water and Major Minerals - Trace Minerals</td>
<td>12-13</td>
</tr>
<tr>
<td>Apr 22 - 24</td>
<td>5</td>
<td>Life Cycle Nutrition</td>
<td>15-16-17</td>
</tr>
<tr>
<td>Apr 29 – May 1</td>
<td>6</td>
<td>Weight Management - Fitness</td>
<td>9-14</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Diet and Health</td>
<td>18</td>
</tr>
<tr>
<td>May 6 - 8</td>
<td>7</td>
<td>Consumer Concerns about Foods and Water</td>
<td>19</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Review</td>
<td></td>
</tr>
<tr>
<td>May 13</td>
<td></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. **NO MAKE UP EXAMS.**

2. **Five EXAMS** will be given (100points/each); the lower grade will be dropped. So, if you miss a test, because of a family emergency, got a cold, work, or any other unexpected circumstance, that will be your lower grade.

3. **Everyone has to take the Final Exam.**

4. Students are expected to attend and participate in class. The readings for each day 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.

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

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

7. **NO LATE ASSIGNMENTS. Assignments** are due as scheduled on the detailed course outline posted on eCampus or as specified in class. If you will not be in class on the date an Assignment is due, it is YOUR responsibility to deliver the assignment to the instructor’s office. **NO LATE ASSIGNMENTS** will be accepted. If for a specific circumstance the instructor allows you to submit a late assignment, 20% of the grade will be discounted for each day after the due date of the specific assignment. Instructions on assignment submission will be given in class and posted on eCampus. **DO NOT** send assignments by e-mail!
8. **Most Case Studies** will be done through the **MindTap link** on eCampus, some maybe as classroom activities time permitting. If you have any problems with MindTap, please call Cengage Support: 1800-990-8211, or contact them through the website listed on your code card.

9. If you send me an email, please tell me your name and the section of the class where you are registered, or the days and times, so I know who is asking me questions. Thanks!!!

**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.
- **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](http://richlandcollege.edu/admissions) and [http://richlandcollege.edu/advising](http://richlandcollege.edu/advising) for more details.
Also, consult the Advising Syllabus [http://richlandcollege.edu/assets/uploads/2015/02/advising-syllabus.pdf](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 REQUIRED**
College level ready in Reading and Writing.

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