Semester and Year: Spring 2019
Meeting Dates: January 22 – May 16, 2019
Section: 83401
Class time and days: Online
Instructor: Khadejah Makkieh
Contact Info: ACCESS Office 972-238-6140 to leave message kem8401@dcccd.edu (best way to contact me)
Last date to withdraw: Wednesday, April 17, 2019
Final Exam Day and time: Thursday, May 16, 2019

Evaluation Procedures:
1. Discussion Board 50 points
2. Case Studies (15 @ 10 pts each) 150 points
3. Diet Analysis Project 200 points
4. Exams (4 @ 100 pts 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

Required Materials: ONLY ONE OPTION IS NEEDED.

ISBN- 9781337881531


You can buy the loose pages book or the 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.
**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
## Tentative Schedule

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Chapter</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1/22 – 1/27</td>
<td>1</td>
<td>Overview of Nutrition</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Case Study 1</td>
</tr>
</tbody>
</table>
## 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. (Cross-listed as HECO 1322)
PREREQUISITES
One of the following must be met: (1) DREA 0093 AND 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 the college Writing score prerequisite requirement.

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.

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.

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