Semester and Year: Spring 2019
Meeting Dates: March 25th – May 16th.
Section: 83431
Class time and days: Online - http://ecampus.dcccd.edu
Room: Online
Instructor: Marisela Contreras Berrios
Contact Info: Wichita Hall 236
E-mail: mcontreras@dcccd.edu
Last date to withdraw: Without a “W” Saturday, March 30th, 2019
With a “W” May 3rd, 2019
Final Exam Day and time: Online. Must be taken by Wednesday, May 15th. @ Midnight.

<table>
<thead>
<tr>
<th>Evaluation Procedure</th>
<th>Grading Scale</th>
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<tbody>
<tr>
<td>1.- Discussion Board</td>
<td>56 pts</td>
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<tr>
<td></td>
<td>A = 90% or Higher</td>
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<tr>
<td></td>
<td>895 – 1000 points</td>
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<td>2.- Case Studies</td>
<td>144 pts</td>
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<tr>
<td></td>
<td>B = 80 - 89 %</td>
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<tr>
<td></td>
<td>795 - 894 points</td>
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<tr>
<td>3.- Diet Analysis Assignment</td>
<td>200 pts</td>
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<tr>
<td></td>
<td>C = 70 - 79 %</td>
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<tr>
<td></td>
<td>695 - 794 points</td>
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<tr>
<td>4.- Exams ( 4 @ 100 points each)</td>
<td>400 pts</td>
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<tr>
<td></td>
<td>D = 60 - 69 %</td>
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<tr>
<td></td>
<td>595 - 694 points</td>
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<tr>
<td>5.- Final Exam</td>
<td>200 pts</td>
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<tr>
<td></td>
<td>F = 59 % or lower</td>
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<tr>
<td></td>
<td>594 points or less</td>
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<tr>
<td>Total points</td>
<td>1000 pts</td>
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Attendance Policy: To be successful, students must attend and participate in enrolled courses. The standard version of the internet course is an alternative, comprehensive instructional delivery system. As a virtual classroom, it offers Internet Access as well as interaction with the instructor and others enrolled in the online section via e-mail or eCampus. The online Instructor is a facilitator rather than a classroom teacher. Students assume the responsibility of learning the course content through reading the assigned chapters from the book and completing the assignments and other class activities. Students are expected to log-in and utilize the course materials and activities on eCampus regularly. As a minimum expectation, you should log-in to the course at least 3 times a week. As a general guideline, you should be working with the online materials for at least 3 hours per day (the same as attending class plus about 3 hours studying and reviewing outside of class).

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 1:** Understanding Nutrition (Loose Pgs) w/MindTap Code Author: Whitney, 15th Edition. 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 will 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

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>Exam</th>
<th>Topic</th>
<th>Chapter</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Introduction - Overview of Nutrition</td>
<td>1</td>
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<tr>
<td></td>
<td>Planning a Healthy Diet</td>
<td>2</td>
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<tr>
<td></td>
<td>Energy Balance and Body Composition</td>
<td>8</td>
</tr>
<tr>
<td>2</td>
<td>Carbohydrates</td>
<td>4</td>
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<tr>
<td></td>
<td>Lipids</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Proteins</td>
<td>6</td>
</tr>
<tr>
<td>3</td>
<td>Digestion, Absorption, and Transport</td>
<td>3+(4-5-6 digestion)</td>
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<tr>
<td></td>
<td>Metabolism</td>
<td>10</td>
</tr>
<tr>
<td>4</td>
<td>Fat Soluble Vitamins</td>
<td>11</td>
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<tr>
<td></td>
<td>Water and Major Minerals</td>
<td>12</td>
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<tr>
<td></td>
<td>Trace Minerals</td>
<td>13</td>
</tr>
<tr>
<td>5</td>
<td>Life Cycle Nutrition</td>
<td>15-16-17</td>
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</tbody>
</table>

Final Comprehensive + last 4 chapters
- Weight Management + Highlight 8. 9
- Fitness 14
- Diet and Health 18
- Consumer Concerns about foods and water 19

By May 15th.
- Final Exam

* 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: There is no face to face orientation. Everything you need to know about the course policies are here and on eCampus. You should use as a learning tools your assigned text book, PowerPoints, assignments, discussion boards, and your Instructor.

Student Responsibility: To complete this course successfully, each day you should: access the course, check e-mail and announcements daily during the week, verify deadlines on the course outline calendar (Tentative Schedule) published on eCampus under the Syllabus Tab, complete the lesson readings and activities, participate in Discussion topics. Submit all assignments on time. Complete all assignments and examinations on time.

Required subject line format: When contacting your instructor, the SUBJECT LINE must contain the course ID (BIOL-1322-83431) AND the student’s first and last name. The email itself (the body/message) should ALSO contain the course ID and your name at the end of the message. Emails sent without this format will receive a reply asking: who you are and what class you are in, which slows down response time.

Diet Analysis Assignment: instructions will be posted on eCampus. It has a component that will be submitted through the Diet Software on MindTap, and there is a word document that has to be submitted through eCampus as an attachment. You have to read and follow the instructions.
Case Studies will be done through the MindTap link on eCampus. 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.

Communication: The primary means of communication for this class will be EMAIL and eCampus. You are responsible for ensuring that your email address is correctly listed in the course (check this on the first day!) and that you are receiving emails from the instructor. To ensure you receive all notices from me in a timely manner, check your email frequently (at least once per day). **If you send me an email with a technical problem or other request that requires a rapid response to meet a deadline, make sure to use the correct subject line and then check your email frequently** between the time you send your request/problem and the due date. Extensions will NOT be granted in situations where I responded to your request/problem before the due date with instructions for what to do next, but you did not check frequently enough to see the response. **I will reply to all emails sent in the proper format within 24 hours during the week and 48 hours during the weekend and holidays**, so double check your format and re-send your email if you do NOT hear back from me within this time frame. Do NOT assume that an unanswered email was received – ALWAYS RE-SEND if you do not receive a reply in 24 hours!

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

NO MAKE UP EXAMS. **Five EXAMS** will be given with 50 multiple choice questions. The **lower grade will be dropped**. Exams are timed. 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. **FINAL EXAM** will have 100 questions and is also timed.

You need to have access to a **computer and the MindTap access code** (see Required Materials) on eCampus in order to complete the Diet Analysis Assignment and the class.

**NO LATE ASSIGNMENTS.** Assignments will be posted on eCampus with their respective instructions. Assignments are due as scheduled on the detailed course outline or as specified by the instructor on eCampus Calendar. It is **YOUR responsibility to deliver the assignment to the instructor through eCampus (Blackboard).** 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.

Correct spelling, grammar, and use of complete sentences are expected. Do not use abbreviations, please.

**Final Grade** is based on the grading scale posted on the syllabus. **It is NOT negotiable.**

**Technical Requirements:** A basic level of technical competence and equipment are necessary for participating in this online class. You should already be able to perform the following tasks:

- Send/receive email, including attaching and downloading document files within e-mail.
- Complete assignments using word processing software and work with PDF files and forms.
- Locate, save, and retrieve files on the computer.
- Read and submit comments and post images to a discussion board.
- Use a web browser like Internet Explorer or Firefox and search engines like Google.
You must have regular, reliable access to a COMPUTER with the following software and internet resources (**access to only a mobile device is NOT enough to succeed in this class)**

**Netiquette:** All communication should be civil. Standards of courtesy and respect must be maintained at all times in our online environment. Please be courteous to the other students in the
class. You might find it helpful to read your post out loud before you submit it to make sure it is understandable, also the "tone" is a very important part of communication. Please use correct spelling and grammar as much as possible. Please, avoid “texting” abbreviations.

**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 is a Texas Common Course Number. This is a Core Curriculum course selected by the colleges of DCCCD.

**Course Description:** 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 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