### COURSE SYLLABUS

BIOL 1322: the Internet section  
(Three credit hours)  
**NUTRITION & DIET THERAPY**

### CONTACT INFORMATION:

<table>
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<tr>
<th>PROFESSOR:</th>
<th>PHED/ATH/NUTR DIVISION PHONE:</th>
</tr>
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<tbody>
<tr>
<td>Carolyn Rogan, MS, RD, CSSD</td>
<td>972-860-4120</td>
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<thead>
<tr>
<th>OFFICE (Located above the Gym):</th>
<th>E-MAIL (the BEST way to contact me):</th>
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<tbody>
<tr>
<td>T-315</td>
<td><a href="mailto:cRogan@dcccd.edu">cRogan@dcccd.edu</a></td>
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<tr>
<th>CAMPUS ADDRESS:</th>
<th>OFFICE HOURS:</th>
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| Brookhaven College  
3939 Valley View Lane  
Farmers Branch, TX 75244 | By appointment only. |

### CATALOG DESCRIPTION

**BIOL 1322:** Nutrition & Diet Therapy (3)

This is a Texas Common Course Number. This is a DCCCD Core Curriculum Course.

Prerequisite: One of the following must be met: (1) Developmental Reading 0093 AND Developmental Writing 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 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. (Cross-listed as HECO 1322)

Approval Number ................................................................. 19.0501.51 09  
maximum SCH per student ................................................................. 3  
maximum SCH per course ................................................................. 3  
maximum contact hours per course .................................................... 48

### COURSE FOCUS

Basic scientific principles of nutrition will be the primary focus of the course. Practical applications for nutrition will also be included. See COURSE OBJECTIVES for details.

### COURSE OUTCOME:

The outcome of the BIOL 1322 course is for students to apply basic scientific nutrition principles, as well as practical nutrition information, to personal life and/or therapeutic situations in order to enhance health, wellness, and longevity. Students will engage in a variety of activities/assessments in order to demonstrate learning of the course outcome. (see NOTE: under Student Learning Outcome)

### INTELLECTUAL COMPETENCY

As defined by The Texas Higher Education Coordinating Board, the Intellectual Competency of
Critical Thinking embraces methods of applying both qualitative and quantitative skills analytically and creatively to subject matter in order to evaluate arguments and to construct alternative strategies. Problem solving is one of the applications of critical thinking, used to address an identified task.

Critical Thinking will be assessed in BIOL 1322 through the successful completion of a diet analysis project by scoring 80% or higher on each of three sets of questions pertaining to nutrient intake and the associated health effects. Students will utilize computer software to analyze nutrient data for three or more days, answer specific questions related to health and wellness, and explain the challenges they will overcome in order to implement a personal nutrition and exercise plan. They will submit the three question sets throughout the semester worth up to 25 points/part (75 pts. total).

**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.

**REQUIRED MATERIALS**

**TEXTBOOK:**

- **Title:** Understanding Nutrition, 15th ed. Authors: Whitney, Eleanor Noss, and Sharon Rady Rolfes.
- **Publisher:** Cengage Learning.
- **ISBN-13:** 978-1-337-39269-3

**DIET ANALYSIS SOFTWARE**

- **Diet Analysis Plus 6 months:** Diet & Wellness Plus On the Cengage website, click on the Digital Platform tab for $30 option.
- **ISBN:** 9781285856216
- **Students may order required course materials through the internet or the BHC Bookstore.**

**LEARNING UNITS**

**UNIT 1:** This unit covers Chapters 1-5 and will provide the student with an overview of nutrition, steps for planning a healthy diet, and introduce students to digestion, carbohydrates, and fats. Students will also begin their personal diet analysis project.

**UNIT 2:** This unit covers Chapters 6-10 and will introduce students to protein, metabolism, energy balance & body composition, weight management, and water-soluble vitamins. Students will continue their diet analysis project.
UNIT 3: This unit covers Chapters 11-15 and will introduce students to fat-soluble vitamins, water & major minerals, trace minerals, fitness, and nutrition during pregnancy. Students will complete their diet analysis project.

UNIT 4: This unit covers Chapters 16-19 and will introduce students to nutrition during infancy, childhood, & adolescence, nutrition during adulthood & later years, diet and health, and consumer concerns about food & water.

COURSE GRADING AND EVALUATION

1. You are expected to adhere to the Student Code of Conduct regarding all aspects of this course.
   • For any incident of Academic Dishonesty in this course the student will receive a zero and a 10% point penalty for the assignment value OR a failing grade for the course.
2. Your points are available 24-7 in the online grade book (click Student Tools, My Grades).
3. It is your responsibility to check your online grade book for errors:
   • Save all emails sent to and received from me (for confirmation).
   • If I enter points incorrectly, you must notify me immediately to make the correction.
4. All assignments are due by the deadlines posted
   • ZERO points will be entered into the grade book if an assignment is not received by the stated deadline.

FINALLY: It is your choice to be in this class either for a degree requirement or for personal reasons. As your course facilitator, I'm always here for you when you need me. However, I do expect you as an ADULT Distance Learner to take the initiative to complete all assignments according to instructions and deadlines. Please contact me at cRogan@dccc.edu if you ever need help.

There are 800 points possible in Nutrition & Diet Therapy. The assessments in this course are designed to measure student progress toward achieving the course outcome and student learning outcomes and include the following grading components:

• ONLINE ORIENTATION: (150 pts)
• WRITTEN EXAMS: (400 pts)
• DIET ANALYSIS PROJECT: (100 pts)
• CHAPTER QUIZZES: (100 pts)
• NUTRITION FORUM: (50 pts)

FINAL GRADE:
Course Grades will be issued according to the following 800-point scale:

A = 800 - 720
B = 719.9 - 640
C = 639.9 - 560
D = 559.9 - 480
F = <480

Final Course Grade: The final course grade is based on total points accumulated by the deadlines:
• Grades are not based on an average of points.
• Grades are not rounded up to the next highest point.
• Your final grade is NOT negotiable . . . what you earn is what you get!

There is NO Make-up policy in this course (except Exam 1-3: 3-day make-up with 15% point penalty). Assignments and exams are due by the deadline or a zero is given.
# SEMESTER CALENDAR - Summer

Biol 1322 – Nutrition & Diet Therapy - INET

**Week 1: Classes Begin**

- **Orientation Deadline - NO Make-up!** - Click *Start Here* button on the left to complete Orientation (150 pts)
- After completing the Orientation, begin working on material for Exam 1 under UNIT 1.

**HEADS UP!**
*The “Diet Analysis Project” takes a lot of time so start working on it NOW!*

Begin a 3 day food diary and access the software to complete your Profile. Read all instructions carefully for this assignment.

**Week 2: UNIT 1**

1. **Chapter 1 & 2 Review Quiz** (10 pts)
2. **Chapter 3 & 4 Review Quiz** (12 pts)
3. **Diet Project - Profile** with 3 or more days of food and activities (25 pts)

**Week 3:**

1. **Chapter 5 Review Quiz** (6 pts)
2. **Exam 1: Chapters 1-5** (100 pts)
   - Read ALL Exam Instructions carefully under UNIT 1 before you access the Exam!

**Week 4: UNIT 2**

1. **Chapter 6 & 7 Review Quiz** (12 pts)
2. **Chapter 8 & 9 Review Quiz** (10 pts)
3. **Select & post your Topic** for the Discussion Forum (5 pts)
1. **Diet Project - Part A Questions** (25 pts)

**Week 5:**

1. **Chapter 10 Review Quiz** (5 pts)
2. **Exam 2: Chapters 6-10** (100 pts)

**Week 6: UNIT 3**

1. **Chapter 11 & 12 Review Quiz** (10 pts)
2. **Discussion Forum** – discuss your topic (35 pts)
   1. **Diet Project: Part B Questions** (25 pts)
   2. **Reply to classmate’s Discussion Forum** (10 pts)
### Week 7:
1. **Chapter 13 & 14 Review Quiz** (10 pts)
2. **Extra Credit** - last chance!

If you have not earned at least 385 points by now (which would give you a "C" in the course if you complete remaining assignments at 70% of pts), you need to make a decision to stay in or drop this course.

- And remember, your final grade will NOT be negotiated - what you earn is what you get!
- Click on eConnect and Login. Read the instructions to officially drop
- Remember: By Texas law, students may drop only SIX classes during their undergraduate career.

### Week 8:
1. **Chapter 15 Review Quiz** (5 pts)
2. **Exam 3**: Chapters 11-15 (100 pts)
1. **Diet Project: Part C Questions** (25 pts)

### Week 9: UNIT 4
1. **Chapter 16 & 17 Review Quiz** (10 pts)
2. **Chapter 18 & 19 Review Quiz** (10 pts)

### Week 10:
1. **Exam 4**: Chapters 16-19 (100 pts)

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**Institutional Policies**

Click on the following link for all campus policies related to Drop/Withdraw, Financial Aid, International Students, Religious Holidays, ADA Statement, Academic Integrity, Grade Reports, Equality and more:

[Link to Institutional Policies](#)

[Link to Academic Calendar](#)

**IMPORTANT DATES**

June 6(R) Classes Start
July 22(M) Last Day to Withdraw
Aug. 5(M) Final Exam