MAYMESTER 2019

COURSE TITLE: Nutrition & Diet Therapy
COURSE NUMBER: BIOL 1322

INSTRUCTOR: Samantha Snavely
PHONE: (214) 860-2381
E-MAIL: samanthasnavely@dcccd.edu

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E-MAIL: samanthasnavely@dcccd.edu

OFFICE: A552
HOURS: By appt.

MEETING DAY, TIME, & LOCATION
Section: 54245 Lecture: MTWRF – 9:00am-11:55am, TBA

COURSE PREREQUISITE:
College-level ready in Reading and Writing

COURSE PURPOSE:
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 1332)

CATALOGUE DESCRIPTION:
Study of the chemical, physical, and sensory properties of food; nutritional quality; and food use and diet applications. (3 Lec.)

CREDIT HOURS: 3 Lecture Hours

CORE CURRICULUM INTELLECTUAL COMPETENCIES
Intellectual competencies identified by the district discipline committees are available at https://www1.dcccd.edu/catalog/GeneralInfo/CoreCurriculum/fullcore.cfm?loc=econ

Student Learning Outcomes (SLOs)
• 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.
• 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.
• Discuss functions, sources, deficiencies, and toxicities of macro- and micronutrients, including carbohydrates, lipids, proteins, water, vitamins, and minerals.
• 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.
• Utilize concepts of aerobic and anaerobic energy systems, and knowledge about macronutrients, vitamins, minerals, ergogenics, and supplements and relate them to fitness and health.
• 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
➢ NUTR by McGuire and Beerman, 2nd edition
➢ Packet of Scantron 882 answer sheets
➢ Basic computer/internet use; ability to utilize Blackboard software to access notes and submit documents

A student of El Centro College is not under any obligation to purchase a textbook from a university-affiliated bookstore. The same textbook may also be available from an independent retailer, including an online retailer. THECB TAC Rule 4.218 (c)
EVALUATION PROCESS

EXAMS
- 3 Lecture Exams @ 100 points ea. = 300 (4 taken, lowest dropped)
- Comprehensive Final = +100
- Lecture Total = 400

ACTIVITIES
- Personal Dietary Analysis = 100 (Cannot be dropped)
- Class Activities/Participation = +200 (lowest dropped)
- Activities Total = 300

Course Total points = 700

GRADE SCALE
The following letter grades will be assigned per the total points listed:
- A (90-100%) = 627-700
- B (80-89%) = 557-626
- C (70-79%) = 487-556
- D (60-69%) = 417--486
- F (0-59%) = 0-416

DROP DATE
The last day to drop for this semester and receive a grade of “W” is MAY 30, 2018 by 7pm in the Registrar’s Office (A130). Under Texas law, students who enroll in a Texas public institution of higher education (including DCCCD) for the first time in fall 2007 or later may not drop more than six courses during their entire undergraduate career. For more information: https://www1.dcccd.edu/catalog/GeneralInfo/GradesTranscripts/dw.cfm?loc=econ

ATTENDANCE
Attendance in lecture is mandatory. Students are expected to arrive on time and stay until class is dismissed. If you will be absent, please email the instructor, but be aware you may not make up any missed Lecture Exam or Activity for any reason. There are no make-up Exams or Activities; Attendance is mandatory for credit on any Exam or Activity. One Lecture Exam and one Activity grade will be dropped.

CLASS RULES
- Any student who engages in distracting practices – which include, but are not limited to, cell phone use, excessive talking, or sleeping – will be asked to leave for the remainder of the class time.
- Students more than 30 minutes late for a lecture exam will not be allowed to take the exam.
- Make-up exams will not be given for any reason. The first exam missed will count as the drop exam and subsequent exams missed will be given grades of zero (0%).
- No “extra credit” can substitute for missed classes, exams, or poor performance.
- When you email your instructor, please fully identify yourself, your class, and your reason for emailing.

ACADEMIC DISHONESTY
Academic dishonesty will not be tolerated in this course. If cheating is observed, points for that activity will be disallowed. Grades of zero given for cheating may not be dropped. Academic dishonesty includes activities such as copying from another student’s lecture exam or activity, or collaboration with students who have completed exams and activities. It can be assumed that tests showing the same or similarly missed questions as evidence of dishonesty. All tests involved can receive a score of zero. Also, students missing similar questions when taking the test at or near the same time will be more closely scrutinized. The instructor reserves the right to schedule separate testing times for students.

ACCESSING eCAMPUS/Blackboard
You will be using eCampus, an online course site, in the class. Go to http://ecampus.dcccd.edu/ to log in to your account. If this course is not available in your course list, please contact your instructor.

POLICIES
Disability Accommodations: Any student who many need accommodations due to a disability should contact the college Disability Services Office, Room A110, phone number (214) 860-2411.

Financial Aid Statement: Students receiving any form of financial aid should check with the Financial Aid Office prior to withdrawing from classes. Withdrawals may affect your eligibility to receive further aid and could cause you to be in a position of repayment by the end of the semester.

Religious Holidays Statement: A student who is absent from classes for the observance of a religious holy day shall be allowed to take an examination or complete an assignment scheduled for that day within a reasonable time after the absence if, not later than the fifteenth day after the first day of the semester, the student notified the instructor of each class scheduled on the date that the student would be absent for a
religious holy day. A “religious holy day” means a holy day observed by a religion whose places of worship are exempt from property taxation under Section 11.20, Tax Code. The notice shall be in writing and shall be delivered by the student personally to the instructor, with receipt acknowledged and dated by the instructor or by certified mail, return receipt requested, addressed to the instructor. A student who is excused under this section may not be penalized for the absence, but the instructor may appropriately respond if the student fails to satisfactorily complete the assignment or examination.

Children on Campus: El Centro College strives to protect an environment most conducive to teaching and learning for all enrolled students. Minor children may not be brought to classrooms, labs, testing areas or study areas of the college. This practice is disruptive to the learning process. Children who are taking part in organized scheduled activities, or who are enrolled in specific classes, are welcomed. For reasons of security and child welfare, the college will not permit unattended children to be left anywhere on the premises. Students/Parents who have problems with childcare should visit the advisement/counseling center or the Adult Resource Center to receive referrals to childcare services in the area.

GENERAL INSTITUTIONAL POLICIES

COURSE-RELATED INSTITUTIONAL POLICIES

DISCLAIMER
The provisions contained in this syllabus do not constitute a contract between the student and El Centro College. These provisions may be changed at the discretion of the Coordinator/Instructor. When necessary, appropriate notice of such changes will be given to the student.

The instructor-of-record may provide additional information to enhance the course to meet the needs of the enrolled students, provided that the enhancements do not conflict with the official course syllabus.

***Maymester Plan: 6+ Activities will be offered at 40 points each. The top 5 grades (total possible of 200 points) will count toward your semester total.

***On Exam days, the Exam will start promptly at 9:00am and end promptly at 10:20am. In-class activities will begin at 10:30am following a ten-minute break between the end of the exam and beginning of the activity.