This course syllabus is intended as a set of guidelines for (Bio 1322). Both North Lake College and your instructor reserve the right to make modifications in content, schedule, and requirements as necessary to promote the best education possible within prevailing conditions affecting this course.

Instructor Information:

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E-mail: lblackman@dcccd.edu
Office Phone Number: (972) 273-3500

Course Information

Course title: Nutrition and Diet Therapy I
Course number: 1322
Section number/ Class meeting time: 76426 INET M T W R F
Credit hours: 3
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.

Prerequisite: 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.
Recommended: One semester of chemistry or human physiology
Required or Recommended Textbooks and Materials

Biology 1322 develops the following State Core Curriculum Outcomes as defined by the Texas Higher Education Coordinating Board.

Program-Level Outcome 1: Communication Skills (COM) - to include effective development, interpretation and expression of ideas through written, oral and visual communication

1. **Written**: Process and produce effective written communication adapted to audience, purpose, and time constraints.
2. **Visual**: Effectively interpret visual images or produce effective visual images.

Program-Level Outcome 2: Critical Thinking Skills (CT) - to include creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information

Program-Level Outcome 3: Empirical and Quantitative Skills (EQS) - to include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions

Program-Level Outcome 6: Social Responsibility (SR) – to include intercultural competence, knowledge of civic responsibility and the ability to engage effectively regional, national and global communities

COURSE-LEVEL STUDENT LEARNING OUTCOMES FOR BIOL 1322
BIOL 1322 supports the following learning outcomes from the Texas Higher Education Coordinating Board as enumerated in the ACGM – Academic Course Guide Manual.

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.

<table>
<thead>
<tr>
<th>Learning Outcomes (pages 2 – 3) /Student Learning Objective (SLO)</th>
<th>Assessment</th>
<th>State Core Curriculum Outcomes Addressed (Program Level)</th>
</tr>
</thead>
<tbody>
<tr>
<td>SLO1. Apply nutritional knowledge to analyze personal dietary intakes, to plan nutritious meals using nationally established criteria to meet recommended goals.</td>
<td>EXAM 1 at 70 % proficiency</td>
<td>State-Core Curriculum Outcomes: COM, CT, EQS</td>
</tr>
<tr>
<td>SLO4. Apply the concept of energy balance.</td>
<td>EXAM 2 at 70 % proficiency</td>
<td>State-Core Curriculum Outcomes: COM, CT, EQS</td>
</tr>
<tr>
<td>SLO6. Describe health issues including food supply and food safety, the influence of specific nutrients on diseases and corrective dietary modifications.</td>
<td>EXAM 3 at 70 % proficiency</td>
<td>State-Core Curriculum Outcomes: COM, CT, EQS, SR</td>
</tr>
</tbody>
</table>
**Course Objectives**
Identify the principles of healthful nutrition and to study the interrelationships and roles of the major nutrients in health.

**Specific Course Learning Outcomes**
Upon successful completion of this course, students should be able to:

1. List and explain the principles for planning a healthy diet and the USDA Food Guide - MyPlate.
2. Describe the anatomical pathway of food through the digestive tract.
3. Distinguish between simple and complex carbohydrates and their digestion and absorption.
4. Distinguish among three types of lipids including their functions, digestion, benefits and their recommended dietary intake.
5. Define a protein and amino acid, their digestion and roles in the human body.
6. Characterize the properties of catabolism to breakdown carbohydrates, fats and protein for energy (ATP) production.
7. Define energy balance, how to measure energy expenditure and body composition, a healthy body weight, underweight, overweight, obese and the health risks associated with each.
8. List the health consequences of not enough food (food insecurity) and environmental contaminants in food in the U.S. and the developing world to include social programs to increase food security in the U.S., how individuals can help fight food insecurity in their communities and the identification of U.S. Agencies responsible for monitoring food supply.
9. Identify the water-soluble and fat-soluble vitamins, sources, function, deficiency symptoms and their roles in human metabolism and health.
10. Identify the food source, the function of selected minerals and problems with low and high intakes.

**Exams and Assignments**
You will take 3 exams, self – study quizzes and a final as well submitting tutorial homework. The 3 exams and the final are each worth 100 points.

**Evaluation Procedures**

<table>
<thead>
<tr>
<th>Evaluation</th>
<th>Total points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exam 1 (Chapters 1, 2, 21, 3)</td>
<td>100</td>
</tr>
<tr>
<td>Exam 2 (Chapters 4, 5, 6)</td>
<td>100</td>
</tr>
<tr>
<td>Exam 3 (Chapters 8, 14, 20)</td>
<td>100</td>
</tr>
<tr>
<td>Exam 4 - <strong>Final</strong> (Chapters 9, 10, 12)</td>
<td>100</td>
</tr>
<tr>
<td>Homework</td>
<td>80</td>
</tr>
<tr>
<td>Quizzes</td>
<td>100</td>
</tr>
<tr>
<td><strong>Total Possible Points</strong></td>
<td>580</td>
</tr>
</tbody>
</table>

**NOTE:** THERE ARE UP TO 28 BONUS POINTS (EXTRA CREDIT) POINTS THAT MAYBE EARNED TOWARD TOTAL POINTS. 104 TOTAL POINTS ARE POSSIBLE FOR CHAPTER
QUIZES TO ATTAIN THE 100 POSSIBLE USED IN THE GRADING SCALE. ADDITIONALLY 80 POINTS ARE USED IN THE GRADING SCALE FOR HOMEWORK BUT ONE CAN EARN 104 POINTS TOWARDS THE TOTAL POINTS.

Grading Scale

<table>
<thead>
<tr>
<th>Points per Exam</th>
<th>Total Points</th>
<th>Final grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>90 – 100</td>
<td>522 – 580</td>
<td>= A</td>
</tr>
<tr>
<td>80 – 89</td>
<td>464 – 521</td>
<td>= B</td>
</tr>
<tr>
<td>70 – 79</td>
<td>406 – 463</td>
<td>= C</td>
</tr>
<tr>
<td>60 – 69</td>
<td>348 - 405</td>
<td>= D</td>
</tr>
<tr>
<td>&lt;60</td>
<td>&lt; 348</td>
<td>= F</td>
</tr>
</tbody>
</table>

**Discipline/ Course/ Department/Policies**

A. Exams must be taken as scheduled unless the absence is due to legitimate reasons such as medical (with written official documents of proof).

No late turn-ins will be accepted

B. **Communication Policy**: I will respond to your e-mail within 48 hours Monday through Thursday and Friday by 1:00 pm. I will not be available during the weekend.

**INSTITUTIONAL POLICIES**

[www.northlakecollege.edu/syllabipolicies](http://www.northlakecollege.edu/syllabipolicies)

**DROP POLICY**

If you are unable to complete this course, you must officially withdraw by **Tuesday, July 30, 2019**.

**THE ACADEMIC SKILLS CENTER (A332)**

The Academic Skills Center (ASC) is designed to provide assistance to students in the following areas:

- Labs for students enrolled in foreign language, Developmental Reading, and ESOL courses. One-on-one tutoring is available.
- The Writing Center can help students clarify writing tasks, understand instructors’ requirements, develop and organize papers, explore revision options, detect grammar and punctuation errors, and properly use and document sources. Rather than merely editing or “fixing” papers, tutors focus on helping students develop and improve their writing skills.
- The Online Writing Lab (OWL) allows students to submit papers to our writing tutors electronically and get feedback within 24-72 hours. The OWL can be accessed through eCampus. After logging on to eCampus, click on the Community Tab at the top. Type “Owl” in the search field and click “Go.” Next, click on the double drop-down arrows next to “NLC-OWL2,” and then click on “Enroll.” Once enrolled, students can receive services from the OWL.

For more information or to schedule a tutoring appointment, come by A-332 or call 972-273-3089.
TESTING CENTER (A 425)
Monday-Thursday: 8:30 a.m. – 8:00 p.m.
No tests will be issued after 7:00 p.m. Other cut-off times may be in effect for specific exams by the instructor’s direction. All exams collected at 8:00 p.m.
Friday-Saturday: 8:30 a.m.-3:30 p.m.
No tests will be issued after 2:30 p.m. Other cut-off times may be in effect for specific exams by the instructor’s direction. All exams collected at 3:30 p.m.
Sunday – CLOSED

If your instructor requires you to complete an exam in the Testing Center, be sure to have the following information when you request your test:
1. Instructor’s name
2. Subject, course number, and section number (ex: Speech 1311.7011)
3. Exam number (1st, 2nd, 3rd, etc.)
4. Exam deadline (Get this information from your instructor. The testing staff cannot look up this information on computers).

You should also bring the following supplies:
1. Pencil
2. A Test Request Form must be completed before entering the Testing Center.
4. Government or school issued photo identification is required & enforced.

You may not bring personal items into the Testing Center. This includes bags, cell phones, and pagers. Please show courteous and cooperative behavior while using the services provided by the Testing Center.

DO NOT bring children to the Testing Center. You must make arrangements for the care of your children prior to your exam date. The police department will be notified of any unattended children.

DO NOT take any testing materials with you when you leave the Testing Center. This includes the test, answers, charts, scratch paper. These items will be attached to your test. **To do so constitutes Academic Dishonesty.**

Questions? Please visit the Testing Center (A 425) or call 972-273-3160.

INSTRUCTOR’S RIGHT TO AMEND SYLLABUS
The instructor reserves the right to amend this syllabus as deemed necessary
The following is a *suggested-pace* course schedule to help guide you to completion of the course. You may of course go at a faster pace as this is an on-line course.

**Course Schedule** - BIOLOGY 1322, SUMMER 2019

**WEEK 1 (7/8/19 Monday)**
- ORIENTATION, CHAPTER 1 - WHAT IS NUTRITION
- CHAPTER 2 – TOOLS FOR HEALTHY EATING
- CHAPTER 21 - GLOBAL NUTRITION AND MALNUTRITION

**WEEK 2 (7/15/19, Monday)**
- CHAPTER 3 DIGESTION, ABSORPTION AND TRANSPORT
- *7/16/19, Tuesday - EXAM 1 CHAPTERS 1, 2, 21, 3*
- CHAPTER 4 - CARBOHYDRATES

**WEEK 3 (7/22/19)**
- CHAPTER 5 – LIPIDS
- CHAPTER 6 - PROTEINS
- *7/23/19, Tuesday - EXAM 2 CHAPTERS 4, 5, 6*
- CHAPTER 8 – ENERGY METABOLISM

**WEEK 4 (7/29/19)**
- CHAPTER 14 ENERGY BALANCE AND BODY COMPOSITION
- CHAPTER 20 – FOOD SAFETY, TECHNOLOGY AND SUSTAINABILITY
- *7/30/19, Tuesday - EXAM 3 CHAPTERS 8, 14, 20*
- CHAPTER 9 – FAT SOLUBLE VITAMINS

**WEEK 5 (8/5/19)**
- CHAPTER 10 – THE WATER -SOLUBLE VITAMINS
- CHAPTER 12 - MAJOR MINERALS
- EXAM 4- FINAL EXAM CHAPTERS 9, 10, 12  by 8/8/19 Thursday 10:59 pm

NOTE: THIS SCHEDULE MAY BE AMENDED BY THE INSTRUCTOR