

EASTFIELD COLLEGE
STEM Division
Course Syllabus for BIOL 1322-44401
Nutrition and Diet Therapy
3 Credit Hours
Maymester 2018

Class time and Location: On-line

Instructor: Deema Hussein, PhD

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Last day to drop a class with a “W” – May 16(no refund)

CATALOG COURSE DESCRIPTION

Topics include classes, sources, and functions of nutrients, digestion and absorption, and metabolism with application to normal and therapeutic nutritional needs. Coordinating Board Academic Approval Number 19.0501.51 09

PREREQUISITES

College ready level in reading and writing.

TEXTBOOK:

Title: Understanding Nutrition, 13th edition OR 14 th edition

Authors: Whitney, Eleanor Noss, and Sharon Rady Rolfes.

Publisher: Wadsworth Cengage Learning

ISBN-13: 978-1-133-58752-1

STUDENT LEARNING OUTCOME:

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 STATEMENT

- **Critical Thinking** -to include creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information.
- **Communication** -to include effective development, interpretation and expression of ideas through written, oral and visual communication.
- **Empirical and Quantitative Skills** - to include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions.

- **Teamwork** -to include the ability to consider different points of view and to work effectively with others to support a shared purpose or goal.

BIOL 1322 develops **Critical Thinking and Empirical and Quantitative Skills** by requiring students to research, analyze and interpret data derived from an experimental setting and drawing a well-informed conclusion of the data through the application of sound biological concepts.

BIOL 1322 develops **Teamwork and Communication** by requiring students to effectively work in a small group on an assigned problem, exercise or course concept that will then be presented in a written, oral or visual format.

Developmental Courses: The Texas Success Initiative (TSI) is a statewide program designed to ensure that students enrolled in Texas public colleges and universities have the basic academic skills needed to be successful in college-level course work. The TSI requires assessment, remediation (if necessary), and advising of students who attend a public college or university in the state of Texas. The program assesses a student's basic academic skills in reading, writing, and math. Passing the assessment is a prerequisite for enrollment in many college-level classes such as English 1301/1302, History 1301/1302, Math 1414, etc. Students who do not meet assessment standards may complete prerequisite requirements by taking developmental courses in the deficient area and passing them with a grade of C or higher. In some cases re-testing will also be required. It is up to each student to be aware and informed about requirements that are subject to change. Additional information is available from the TSI Office.

<https://www1.dcccd.edu/cat0910/admiss/tsi.cfm?loc>

COURSE LEARNING SYSTEM

This course is a completely online course that requires students to take responsibility for their learning. The instructor does not meet in-person with students; there is no face to face orientation. Everything you need to know about the course policies is here and on eCampus.

There are five parts to the learning system in Principles of Nutrition

- Textbook
- Videos
- Power points
- Discussion Boards
- Your instructor

Student Responsibility: By signing up for an online course, students certify that they have reliable access to a computer and the internet. While the online course provides you with flexibility in terms of when, during a given week, you elect to complete assignments, you still need to "login " to the course at least three times per week. At times, you will need to coordinate your calendar with a few classmates in order to complete small group assignments. I'll post announcements to remind you, in advance, of these occurrences.

The most common mistake made by students in this on-line class is to miss a deadline. Some students blow off the class for a while; others just simply forget. But the result for all students who miss a deadline is the same— a zero, for all assignments not submitted on time. If you are in the habit of leaving everything to the last minute, you will likely experience difficulties in this course. One never knows what might come up at the last minute that will prevent you from completing your work on time. The wisest thing to do is to get your work done early to avoid hassles.

To complete this course successfully, **each week you should:**

- Check e-mail and announcements daily during the week. If you wait too long to login to your course, you will fall behind and find it hard to catch up.
- Verify deadlines on the course calendar and mark your own calendar with the deadlines to remind you of the due dates.
- Be self-motivated and self-disciplined. With the freedom and flexibility of the online environment comes responsibility.
- Set aside specific time to complete the lesson readings and activities.
- Give yourself ample time to think over what you write in Discussion boards.
- Submit assignment on time and complete all quizzes and examinations on time.
- Realize that you, and only you, are responsible for your own success or failures.
- Let your instructor know if you're having a problem; the sooner it is resolved the sooner you can continue your studies.
- Keep in mind that the District performs daily maintenance on eCampus from 3:00 a.m. to 6:00 a.m. Therefore, you will experience a slowdown in the response time of the system. Avoid taking tests during maintenance hours.

COURSE POLICIES

Exams Policy: There will be 4 exams given during the semester. Format of the exam will be multiple-choice, matching, true/false questions, and short answer questions. One attempt will be allowed for each exam. Remember exams can be worked early. Please check calendar for due dates. All exams are due by the Due Dates.

No Exceptions. Please keep up with the course calendar. **No late work of any kind will be accepted** without a valid excuse.

Quizzes Policy: A total of 9 quizzes will be posted. I will drop the lowest quiz grade. You will have the opportunities to take each quiz two times and I will record the highest grade you receive. Format of the quizzes will be multiple choice, true/false, and short answer questions. All quizzes can be worked early. Unless noted on the calendar, **quizzes and exams are due by due dates at 11:59 PM. No late submission will be allowed. Please check calendar for due dates.**

Technical problems: If a technical problem arises while you are working on an exam, you must contact me immediately and then watch your email for my response with what you need to do next to avoid a late penalty. Technical problems occurring during the last two hours before an exam is due do NOT count as an emergency. Start exams well before the time they must be submitted.

I have allowed two attempts for each quiz to allow for any technical difficulties. If your quiz "freeze" or you got "kicked out" in your first attempt do not email me to clear it, you still have a second attempt. Please use a reliable computer.

Respondus Lockdown Browser: Respondus Lockdown Browser prevents a user from printing, copying, going to another URL, or accessing other applications during a test. All exams require that Respondus Lockdown Browser be used, the exam won't be accessible with a standard web browser. In order to take the exam, you must download the Lockdown Browser. Instructions are provided in eCampus.

Discussion Board: I expect good participation and communication in this course. To facilitate participation 2 discussion questions will be posted. Each student will write her/his own answer AND a comment to another student post. Keep in mind that your answers to the posted questions must be supported by your assigned readings (your textbook) or other reliable sources. Please do not obtain information from commercial websites and unreferenced blogs.

I will not reply to all posts on discussion. However, I will be reading and evaluating your posts. Think of me as a moderator as well as an evaluator. **Discussions will be available on specific dates. You may only participate in**

discussion during the time it is posted. Please check course calendar for due date. No late submission will be allowed.

Assignments: You must learn to use the Assignment feature on eCampus when submitting your work. Please do not e-mail me your assignment. Please check “Assignments” on eCampus for more information

Due Dates: Due dates are found in the “syllabus &calendar”, and in the body of the lesson you are completing. Unless noted on the calendar, quizzes and discussions are due on Sunday 11:59 PM. No late submission will be allowed. You may only participate in discussion during the time it is posted. **No exceptions.** For exams, assignment, and discussion, the instructor will have them graded and returned to students within one week after the completion of the exams or turning in the assignments.

Late Work: No late work of any kind will be accepted without a valid excuse

Evaluation Procedures:

<i>Methods and Points</i>	<i>Points</i>	<i>Grading Scale</i>		
		<i>%</i>	<i>Letter</i>	
<i>Exam 1</i>	<i>100 points</i>	<i>540 – 600</i>	<i>90 – 100%</i>	<i>A</i>
<i>Exam 2</i>	<i>100 points</i>	<i>480 – 539</i>	<i>80 – 89 %</i>	<i>B</i>
<i>Exam 3</i>	<i>100 points</i>	<i>420 – 479</i>	<i>70 – 79 %</i>	<i>C</i>
<i>Exam 4</i>	<i>100 points</i>	<i>360 – 419</i>	<i>60 – 69%</i>	<i>D</i>
<i>2 Discussions</i>	<i>60 points</i>	<i>000 – 360</i>	<i>0 – 59 %</i>	<i>F</i>
<i>8 Quizzes</i>	<i>80 points</i>			
<i>Assignment</i>	<i>60 points</i>			
<i>Total</i>	<i>600 points</i>			

**You will be graded out of a possible 600 points. I evaluate students according to a point system. I reserve the right to modify the above points or assignments as needed to better serve a particular class.*

Communication: Post any questions or comments you have about the course content, assignments, requirements, and due dates in the “Ask me” located in the Discussion Board area so all students have the benefits of the instructor’s answer. You can expect a reply within 24 hours, usually sooner. The “Ask me” can also be used to share interesting nutrition topics that are not necessarily related to the topics in our course. Note: no points are awarded for posts in the “Ask me”.

Please reserve e-mail for questions and concerns of a personal nature. Once again, I will respond to emails within 24 hours. In some cases, more time may be needed in order to give a better response to certain questions. Please include **name with course number in the subject line and your full name as a signature.** NO ID NUMBER PLEASE!

Netiquette: All communication should be civil. Please be courteous to the other students in the class. You might find it helpful to read your posting 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. Emoticons are perfectly acceptable methods of expressing emotion and your meaning, but avoid “texting” abbreviations.

TECHNOLOGY SKILLS

To be successful in this course, you will need the ability to:

- Use e-mail and attach documents to e-mail.
- Use word processor.

- Use the Assignment feature to upload assignments for grading and feedback.
- Create a new thread in the discussion area and reply appropriately to threads created by others.
- Take assessments (quizzes and exams) within Blackboard.
- Use the calendar and other features to stay on schedule in the course.
- Website on Internet for reference materials and/or special projects.
- Access your grades within Blackboard.
- Be sure to contact your instructor when you have questions or need help.

Class Calendar: (Subject to Change upon notification by the Instructor)

THE DUE DATE FOR ALL MODULE QUIZZES AND EXAMS IS 5/31/2018 AT 11:59 PM. DISCUSSIONS WILL BE AVAILABLE ON SPECIFIC DATES. YOU MAY ONLY PARTICIPATE IN DISCUSSION DURING THE TIME IT IS POSTED. PLEASE CHECK COURSE CALENDAR FOR DUE DATES.

Task	Chapter	Due Date
Getting to know you Orientation Quiz		Sunday, 5/13/2018
Module 1 quizzes and exam	1,2,3	Thursday, 5/31/2018
Module 2 Quizzes and exam	4,5,6	Thursday, 5/31/2018
Discussion # 1 Available Monday, 5/14/2018		Sunday, 5/20/2018
Assignment due		Sunday, 5/20/2018
Module 3 Quizzes and exam	8,9,10	Thursday, 5/31/2018
Discussion # 2 Available Monday, 5/21/2018		Sunday, 5/27/2018
Module 4 Quizzes and exam	11,12,13	Thursday, 5/31/2018

The instructor reserves the right to amend this syllabus as necessary.

Institutional Policies and Services

“Institutional Policies relating to this course can be accessed from the following link:”
<https://www.eastfieldcollege.edu/au/fastfacts/legal/pages/policies-for-syllabi.aspx>

Let’s make it a great semester!