

Angelina College
Science and Mathematics Division
BIOL 1322 Nutrition & Diet Therapy – Spring 2019
Instructional Syllabus

I. BASIC COURSE INFORMATION**A. 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, food availability, and nutritional information including food labels, advertising, and nationally established guidelines are addressed.

Intended Audience

The goal of this course is to educate students by showing nutrition's relationship to health, provide food choice examples and a demonstration of their effects, provide examples of tools available to assist the informed consumer, and cover a general overview of the classes of nutrients and their roles in sustaining the various body systems. Collectively the course's information is beneficial and informative to any student. The course satisfies biology credits for several degree or certification programs not requiring a lab.

B. Instructor

Instructor's Name: Mrs. Johnson

Office Location: S103

Office Hours: MTWR: 1:00 – 2:15; OTHER TIMES AVAILBLE BY APPONTMENT

Phone: (936)633-5259

E-mail Address: ajohnson@angelina.edu

II. INTENDED STUDENT OUTCOMES:**A. Core Objectives Required for this Course**

1. **Critical Thinking:** To include creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information.
2. **Communication:** To include effective development, interpretation and expression of ideas through communication.
3. **Empirical and Quantitative Skills:** To include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions.
4. **Teamwork:** To include the ability to consider different points of view and to work effectively with others to support a shared purpose or goal.

B. Course Learning Outcomes for all Sections (ACGM Lower Division Academic Course Guide Manual; <http://www.theccb.state.tx.us/reports/pdf/6309.pdf?CFID=20849286&CFTOKEN=77757605>)**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.

III. ASSESSMENT MEASURES:**A. Assessments for the Core Objectives**

1. **Critical thinking:** Students will identify, organize, and recall relevant information and demonstrate an in-depth understanding through completing an assignment / worksheet, and will be evaluated using the Angelina College Critical Thinking Rubric.
2. **Communication:** Students will organize, analyze, and convey effective communication through writing a

report, and will be evaluated using the Angelina College Communication Rubric.

- 3. Empirical and Quantitative Skills:** Students will demonstrate their abilities to represent, calculate, interpret, and analyze empirical and quantitative data by completing an assignment / worksheet, and will be evaluated using the Angelina College Empirical and Quantitative Skills Rubric.
- 4. Teamwork:** Students will demonstrate their abilities to communicate effectively with team members by evaluating one another after working through activities together, and will be evaluated using the Angelina College Teamwork Rubric.

B. Assessments for Course Learning Outcomes

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 on exams and other assignments.
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 on exams and other assignments.
3. Discuss functions, sources, deficiencies, and toxicities of macro- and micronutrients, including carbohydrates, lipids, proteins, water, vitamins, and minerals on exams and other assignments.
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 on exams and other assignments.
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 on exams and other assignments.
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 on exams and other assignments.

IV. INSTRUCTIONAL PROCEDURES: The online format of Nutrition and Diet Therapy requires a student to work independently to complete the information by required deadlines indicated in the course schedule below. Instructors will provide reading guides, and homework assignments to progress through the material. **STUDENTS ARE RESPONSIBLE FOR USING THE PROVIDED MATERIALS TO PREPARE FOR EXAMS.** ***SEE EXAM DESCRIPTION BELOW***..

V. COURSE REQUIREMENTS AND POLICIES:

A. Required Textbooks, Materials, and Equipment:

1. Nutrition for Life by Janice Thompson (Pearson), Fourth Edition.
2. Mastering Nutrition (Pearson)
3. Access to blackboard (<https://angelina.blackboard.com/webapps/login/>). Obtaining a copy of the course **Chapter outlines, Grades, and Other valuable resources** are highly recommended by the instructor for success in the classroom. Go to the BIO 1322 blackboard site.

B. Course Policies – (This course conforms to the policies of Angelina College as stated in the Angelina College Handbook.)

1. **Educational Accommodations** – If you have a disability (as cited in Section 504 of the Rehabilitation Act of 1973 or Title II of the Americans with Disabilities Act of 1990) that may affect your participation in this class, you may fill out the Educational Accommodations application within your AC Portal, under the “Student Services” tab. A Student Success team member will contact you once the application is received. At a post-secondary institution, you must self-identify as a person with a disability in order to receive services; for questions regarding the application process you can visit the Office of Student Success and Inclusion in the Student Center (Room 200) or email access@angelina.edu. To report any complaints related to accommodations, you should contact Annie Allen, Director of Student Success & Inclusion, in Room 200 of the Student Center. You may also contact Ms. Allen by calling (936) 633-4509 or by emailing aallen@anglina.edu. To report discrimination of any type, contact Steve Hudman, Dean of Student Affairs, at (936) 633-5292 or shudman@angelina.edu.
2. **Attendance:** Attendance is required as per Angelina College Policy and will be recorded. Attendance in the online class is taken by students regularly logging into Blackboard and completing the Mastering homework and completing exams through ProctorU. Any student not logging into Blackboard weekly and not completing assignments based due dates on the schedule below, may be dropped from the class.

Records will be turned in to the academic dean at the end of the semester. Do not assume that non-attendance in class will always result in an instructor drop. **You must officially drop a class or risk receiving an F;** this is official Angelina College Policy.

3. Additional Policies Established by the Individual Instructor: STUDENT CONDUCT

A positive environment for learning will be maintained by students being courteous to each other and to the instructor.

- Cheating on tests is not tolerated as per Angelina College policy and may result in expulsion from the course. Plagiarism is not tolerated and will result in a zero for any assignment in which it is detected.
- *If a student does not attend a class, it is the student's responsibility to contact the instructor for missed material or information.*

VI. COURSE CONTENT:

Lecture content, schedule, and reading assignments

The schedule below provides the due dates for Mastering Nutrition quizzes and exams with their corresponding information. Students are allowed and encouraged, to submit quizzes and test before the final due dates.

MODULE 1: JANUARY 14TH – FEBRUARY 24TH	
DATE	CHAPTER
1/14 – 1/20	Log into Blackboard Create your Mastering A & P account.
1/21 – 1/27	Nutrition: Making It Work for You (Ch. 1)
1/28 – 2/3	The Human Body: Are We Really What We Eat? (Ch. 2)
2/4 – 2/10	Carbohydrates: Plant-Derived Energy Nutrients (Ch. 3)
2/11 – 2/17	Fats: Essential Energy-Supplying Nutrients (Ch. 4)
2/17 – 2/24	Group Activity 1: A. Complete the Meal Plan Worksheet with your assigned group members. B. Evaluated each group member using the Peer Evaluation Form.
EXAM 1	
MODULE 2: FEBRUARY 24TH – MARCH 31ST	
DATE	CHAPTER
2/24 – 3/3	Proteins: Crucial Components of All Body Tissues (Ch. 5)
3/4 – 3/10	Vitamins: Micronutrients with Macro Powers (Ch. 6)
3/11 – 3/17	Minerals: Building and Moving Our Body (Ch. 7)
3/18 – 3/24	Fluid Balance, Water, and Alcohol (Ch. 8)
3/25 – 3/31	Group Activity 2: A. Complete the Protein, Vitamin, Mineral, Fluid, Water, and Alcohol Worksheet with your assigned group members. B. Evaluated each group member using the Peer Evaluation Form.
EXAM 2	
MODULE 3: APRIL 1ST – MAY 5TH	
DATE	LECTURE CHAPTER
4/1 – 4/14	Achieving and Maintaining a Healthful Body Weight (Ch. 9)
4/15 – 4/21	Nutrition and Physical Activity: Keys to Good Health (Ch. 10)
4/22 – 4/28	Nutrition Throughout the Life Cycle (Ch. 11); Food Safety, Technology, and the New Food Movement (Ch. 12)
4/29 – 5/5	Group Activity 3: A. Complete the BMI worksheet with your assigned group members. B. Evaluated each group member using the Peer Evaluation Form.
EXAM 3	
MODULE 4: MAY 5TH – MAY 8TH	
DATE	LECTURE CHAPTER
5/5 – 5/8	Use the chapter outlines to prepare for the final exam.

VII. EVALUATION AND GRADING:

A. **Grading Criteria** (*percents, extra credit, etc.*)

Questions for lecture exams and quizzes will be taken from lecture outline and textbook chapters. *It is important for the student to understand that it is the students responsibility to read and study all chapter material (besides lecture notes) in preparation for an exam.*

3 Lecture Exams	= 100 points each
Mastering Homework	= 100 points total (quizzes are averaged to reach this total)
Lecture Comprehensive Final	= 100 points
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	500 ÷ 5 = 100 points

B. **Determination of Grade** (*assignment of letter grades*)

Grades for the course will be based on the following guidelines:

A = 90 - 100 points

B = 80 - 89 points

C = 70 - 79 points

D = 60 - 69 points

F = 59 points

C. Exams: There will be three lecture exams (worth a total of 100 points) that will be given as shown on the class schedule. These three exams include multiple-choice questions. All exams require a proctor. Students can test at the AC testing center in Lufkin for free, online through ProctorU for a fee per exam, or at another prearranged center (local library, university, high school). ALL testing locations and proctors require appointments prior to a testing date. Schedule appointments the week prior to testing, and see appropriate links in Blackboard for more details on making these appointments. Scheduling testing appointments is the responsibility of the student. Exams will require a password that only the instructor approved and prearranged proctors will have and will enter for the student to allow testing. **NO make-up exams will be given for any reason. If you miss a lecture exam, the LECTURE FINAL EXAM grade will replace the grade of that missed exam.** STUDENTS CAN USE 3 X 5 INCH NOTE CARD AND SCRATCH PAPER ON THE THREE SEMESTER EXAMS. The note card and scratch paper will be destroyed after the exam.

C. Homework: All lecture and lab homework assignments are taken on Mastering Nutrition, and must be completed on or before the dates listed in the class schedule. (Please see the Pearson Student Registration Instruction document to setup your account.) All chapters will have a corresponding Mastering Nutrition homework assignment. Homework assignments will be averaged to calculate one exam grade. Some homework assignments could possibly take up to two hours, and students should not procrastinate in completing them. Utilize the books and chapter reading guide while completing the homework. **THERE WILL BE NO MAKE-UPS FOR MISSED QUIZZES.**

D. Final Exam: The final exam is worth 100 points and will be 100% comprehensive. The grade on the comprehensive final exam can replace the single lowest grade on the regular exams, and questions will be multiple-choice. STUDENTS CAN USE THEIR TEXTBOOK AND SCRATCH PAPER ON THE FINAL EXAM. The scratch paper will be destroyed after the final.

VIII. SYLLABUS MODIFICATION:

The instructor may modify the provisions of the syllabus to meet individual class needs by informing the class in advance as to the changes being made.