NUTRITION AND DIET THERAPY SYLLABUS

1. Sections: BIOL 1322-N1 and BIOL 1322-N2

2. Instructor: Roxanne Brown
Office: Office No. 110 of the Bryan Campus Science Building
Office Hours*:

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>8:45 pm to 9:45 pm via Elluminate</td>
</tr>
<tr>
<td>Thursday</td>
<td>8:45 pm to 9:45 pm via Elluminate</td>
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</table>

If you cannot join me during my regular Elluminate office hours, I would be happy to meet you at an alternative time. Please contact me for an appointment.

I am not in my office on a daily basis during the summer, please contact me via email for the best response time.

Email: rbrown@blinn.edu
Phone: 979-209-7432

3. Course Description:
Principles of nutrition, diet therapy and knowledge of food preparation. Course includes the basic nutrients necessary for human health, digestion and absorption of key nutrients, relationship between nutrition and physical fitness for weight management, food safety and sanitation, nutrition needs as related to the life cycle and health conditions, disorders and diseases related to nutrition. This course will not fulfill a laboratory science requirement. Three class hours per week. Credit: Three semester hours.

4. Prerequisites:
None

5. Core Curriculum Course:
This course is not part of the core curriculum

6. Student Learning Outcomes:
After successfully completing Biology 1322, students will be able to:
• List the essential nutrients.
• Recognize the cause of various nutritional diseases.
• Describe the relationship among nutrition, disease, and health.
• Characterize the detrimental effects of eating an inadequate, inappropriate, or unbalanced diet.
• Calculate total caloric intake.
• Compare the roles of various macronutrients in the diet.
• Explain the role physical fitness in the maintenance of a healthy body and how physical fitness and nutrition work synergistically to maintain health.
• Identify errors in food safety and sanitation, and recommend a means to correct the problems.
• Create a meal plan that meets appropriate nutritional guidelines.
• Evaluate a food journal/sample diet and recommend modifications needed to address specific nutritional goals.
• Identify the structure and function of organs related to digestion and absorption of nutrients.
• Explain how the body maintains a homeostatic balance of the blood glucose concentration.

7. Textbooks and other materials:


Required Computer access: You must have regular access to a computer that fits guidelines established by Distance Education. Site Address: http://www.blinn.edu/disted/help.html

In addition to the requirements provided by Distance Education, you must have a computer that allows you to:

• Create Microsoft Office Word Documents (doc or docx files) or a word processing software that allows you to save your work in as a PDF file.

• Screen Capture – You need to be able capture an image of what you are looking at on your computer screen and then paste it into a document or save it as an image.

It is not required that you have such a computer in your home (though that is the ideal). The Blinn libraries, learning centers, and computer labs, provide students access to computers that meet both the DE and instructor requirements listed above. If you don’t have you own computer access and plan to use campus computers to complete your course work, please plan your schedule carefully. Due dates for assignments do not coincide with campus computing hours. It is your responsibility to make sure that you get assignments completed by the assigned due dates and times. LATE WORK IS NOT ACCEPTED.

Required eCampus access: Use of eCampus is free to Blinn students. Students are expected to login several times a week in order to complete class assignments. Using eCampus is not optional, as a portion of your grade comes from daily work that will be completed in this course management system. Additionally, eCampus allows students to communicate via email and discussion groups, access other course resources (such as Powerpoint presentations), and track grades. Site address: https://ecampus.blinn.edu/.

• If you are new to using eCampus Distance Education provides an orientation to the software: http://www.blinn.edu/disted/students/online-orient.html
• Distance Education Also provides additional resources to help students become familiar with online coursework: http://www.blinn.edu/disted/students/index.htm

Required Fitday.com Access: Each student is required to keep a journal/log of their food intake on a daily basis during the semester the first half of the semester. All students are required to create a fitday.com account and to allow the instructor access to view their account as a “friend”. The instructor will only access the student’s Fitday account for grading purposes. Fitday access is free. Specific instructions regarding registration and
expectations for the use of this site will be provided when the food log assignments are introduced. This information will be located in Fitday folder located in the “Lessons” area of your eCampus course. Site address: http://fitday.com/

8. Semester Outline:
The content covered in lecture will include the following material. The order in which the chapters will be covered as well as a week by week plan for the semester is included as the last page of this document. The major topics will include:

- Introduction to Nutrition
- Guidelines for Designing a Healthy Diet
- Anatomy and Physiology Related to Nutrition
- Energy Balance and Weight Control
- Carbohydrates
- Lipids
- Proteins
- Vitamins
- Water and Minerals
- Sports Related Nutrition
- Eating Disorders
- Undernutrition Related to Poverty
- Food and Water Safety
- Life Cycle Nutrition

9. College Civility

Civility Statement: Members of the Blinn College community, which includes faculty, staff and students, are expected to act honestly and responsibly in all aspects of campus life. Blinn College holds all members accountable for their actions and words. Therefore, all members should commit themselves to behave in a manner that recognizes personal respect and demonstrates concern for the personal dignity, rights, and freedoms of every member of the College community, including respect for College property and the physical and intellectual property of others.

10. Civility Notification Statement:

If a student is asked to leave the classroom because of uncivil behavior, the student may not return to that class until he or she arranges a conference with the instructor; it is the student’s responsibility to arrange for this conference.

11. Coursework

Major Exams and Final Exam: There will be four major exams and a final exam during the semester. These assessments will cover the lectures, readings from your lecture text, and your notes. They may consist of
multiple choice, fill-in-the-blank, drawings/diagrams, matching, and short answer essay (1-2 paragraphs). Take these exams very seriously. Do not wait until the day before the test to begin preparing for an exam.

**Participation:** Though this is an online course, your active participation in the learning process is important for your success. You will be expected to participate in both group activities and individual activities geared toward helping you understand nutrition as it relates to the health. There will be three different types of grades that are used to calculate participation:

- Group discussion forums will be assigned to engage students in conversation and interaction with their peers. Each forum will have specific guidelines used for grading provided as part of the discussion prompt.
- Food log progress checks will occur randomly at the instructor’s discretion. When the instructor checks a student’s foodlogs, it is expected that they will be entering their data on a regular basis. If a student is more than 2 days overdue on their food log entries, they will be penalized for that progress check. Details along with examples of how a progress check will be graded will be posted in the Fitday folder located in the lessons area of eCampus.
- Foodlog Reports will require that students run specific reports on their food intake and then analyze/answer questions related to specific nutritional topics assigned for that reporting period. Instructions for each report will be provided in the Fitday folder located in eCampus.

**Minor Grades:**

- Homework assignments will typically cover a chapter of the book or a specific topic. Homework assignments will not be timed, but they will have a set due date and time by which they must be completed. Your “Course Orientation Scavenger Hunt” is an example of a homework assignment.
- Quizzes will cover more than one chapter and will have a time limit, and will have a specified due date and time.

**Diet Analysis Project:** Students will complete a project that requires them to apply their understanding of nutrition to evaluate the adequacy of their own diet and make recommendations for improvement.

**Meal Plan Project:** Students will complete a project in which they will apply basic nutrition principles in order to meet specific nutritional objectives.

**12. Exam and Major Project Calendar**

<table>
<thead>
<tr>
<th>Date</th>
<th>Exam/Project Type</th>
<th>Location</th>
</tr>
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<tbody>
<tr>
<td>June 10-13</td>
<td>Exam 1</td>
<td>Testing Center</td>
</tr>
<tr>
<td>June 22-25</td>
<td>Exam 2</td>
<td>Testing Center</td>
</tr>
<tr>
<td>July 6-9</td>
<td>Exam 3</td>
<td>Testing Center</td>
</tr>
<tr>
<td>July 14th by 11:00 pm</td>
<td>Diet Analysis</td>
<td>eCampus Drop Box</td>
</tr>
<tr>
<td>July 20-23</td>
<td>Exam 4</td>
<td>Testing Center</td>
</tr>
<tr>
<td>July 28th by 11:00 pm</td>
<td>Meal Plan</td>
<td>eCampus Drop Box</td>
</tr>
<tr>
<td>August 2-4</td>
<td>Final Exam</td>
<td>Testing Center</td>
</tr>
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</table>
13. Grading Criteria

Class assignments categories will have the following weighted point values by category:

<table>
<thead>
<tr>
<th>Type of Assignments</th>
<th>Weight</th>
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</thead>
<tbody>
<tr>
<td>Major Exams</td>
<td>40%</td>
</tr>
<tr>
<td>Minor Grades</td>
<td>10%</td>
</tr>
<tr>
<td>Participation</td>
<td>10%</td>
</tr>
<tr>
<td>Diet Analysis</td>
<td>10%</td>
</tr>
<tr>
<td>Meal Plan</td>
<td>10%</td>
</tr>
<tr>
<td>Final Exam</td>
<td>20%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>

**Grading Scale**

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Letter Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>90 - 100%</td>
<td>A</td>
</tr>
<tr>
<td>80 – 89%</td>
<td>B</td>
</tr>
<tr>
<td>70 – 79%</td>
<td>C</td>
</tr>
<tr>
<td>60 – 69%</td>
<td>D</td>
</tr>
<tr>
<td>Less than 60%</td>
<td>F</td>
</tr>
</tbody>
</table>

14. Blinn Policies

**ATTENDANCE**

The College District believes that class attendance is essential for student success; therefore, students are required to promptly and regularly attend all their classes. Each class meeting builds the foundation for subsequent class meetings. Without full participation and regular class attendance, students shall find themselves at a severe disadvantage for achieving success in college. Class participation shall constitute at least ten percent of the final course grade. It is the responsibility of each faculty member, in consultation with the division chair, to determine how participation is achieved in his or her class. Faculty will require students to regularly attend class and will keep a record of attendance from the first day of class and/or the first day the student’s name appears on the roster through final examinations. If a student has one week’s worth of unexcused absences during the semester, he/she will be sent an e-mail by the College requiring the student to contact his/her instructor and schedule a conference immediately to discuss her/his attendance issues. Should the student accumulate two week’s worth of unexcused absences, he/she will be administratively withdrawn from class.

There are four forms of excused absence officially designated by Blinn College: (1) Observance of religious holy days: The student should notify his/her instructor(s) not later than the 15th day of the semester concerning the specific date(s) that the student will be absent for any religious holy day(s); and (2) Representing Blinn College at an official institutional function and (3) official involvement in a high school activity for “dual credit” students; and (4) military service. Other excuses will be considered and may be considered excusable at the instructor’s discretion, with documentation.
Instructor’s Absence Policy for this Online Course

I use assignment submissions as a basis for determining student attendance in my online nutrition course. A student that acquires 4 zeros on graded assignments will be credited with 1 “weeks worth” of absences. Eight zeroes will result in 2 “weeks worth” of absences and the student can be dropped from the course, due to lack of attendance.

Dropping: If a student chooses to drop the course, it is that student’s responsibility to complete a drop order at the Office of Enrollment Services. Failure to do so could result in a grade of F in the course. IT IS YOUR RESPONSIBILITY TO WITHDRAW FROM THE CLASS.

SCHOLASTIC DISHONESTY

SCHOLASTIC INTEGRITY PHILOSOPHY: It is the responsibility of instructors to maintain scholastic integrity at the College by refusing to tolerate any form of scholastic dishonesty. Adequate control of test materials, strict supervision during testing, and other preventative measures should be utilized, as necessary, to prevent cheating or plagiarism. If there is compelling evidence that a student is involved in cheating or plagiarism, the instructor should assume responsibility and address the infraction. Likewise, any student accused of scholastic dishonesty is entitled to due process as outlined in this policy. In a case of scholastic dishonesty, it is critical that written documentation be maintained at each level throughout the process.

DISCIPLINARY PENALTIES: The following sanctions may be imposed by the instructor and division chairman: an appropriate grade penalty ranging from a grade of zero on the assignment/examination up to and including the imposition of an “F” for the entire course.

In cases where the student is permitted to remain in the course after being found guilty of scholastic dishonesty, the instructor may, but is not required to, have the student retake a test or complete other coursework involved in the act of dishonesty.

DISABILITY RESOURCES AND SERVICES

Students with documented disabilities may seek support from Blinn College's Office of Disability Services. Students are encouraged to contact this office as early as possible to initiate services.

To make an appointment or to receive more information about services on all campuses please contact Disabilities Services: http://www.blinn.edu/disability.htm

MAKE-UP WORK

A student who misses a major or final examination may ask the instructor for permission to make up the examination. If the student purposely misses an examination, the instructor may refuse a make-up examination. If a student is absent while officially representing Blinn College, for example as a college club member or as a participant in a choral, band, or athletic event, the student should be permitted to make up the examination. Major examinations are to be made up within two weeks after he/she returns to class or at the discretion of the instructor. Final examinations must be made up within 90 days. Short tests may or may not be made up, depending upon the instructor’s decision. However, a student missing a pop test while he/she is representing Blinn College will not be penalized if he/she is not permitted to make up the test.

ELECTRONIC DEVICE POLICY
All the functions of all personal electronic devices designed for communication and/or entertainment (cell phones, pagers, beepers, iPods, and similar devices) must be turned off and kept out of sight in all Blinn College classrooms and associated laboratories. Any noncompliance with this policy will be addressed in accordance with the Blinn College civility policy (Administrative Policy). Additionally, any communication understood by the instructor to be in the nature of cheating will have consequences in accordance with this Blinn College policy section regarding academic dishonesty [FLB (Local)]. Students exempted from this policy section include, active members of firefighting organizations, emergency medical services organizations, commissioned police officers, on-call employees of any political subdivision of the state of Texas, or agencies of the federal government. Exempted students are expected to set the emergency-use devices on silent or vibrate mode only.

Any student violating this policy shall be subject to discipline, including suspension, in accordance with FM.

**FOOD AND DRINKS IN THE CLASSROOM**

Do not bring food, drink, or tobacco into the classroom or lab.

**15. A Note from the Instructor**

This is an online summer course, but the work and expectations that I have for students is the same that I have for a regular face to face course conducted in a regular semester. Online and/or summer courses are not easier than regular courses, if anything they are more difficult, because it requires more self discipline and careful time management on the student’s part.

An online course is not for everyone. If you have not taken an online course before, I strongly encourage you to visit the Distance Education website and familiarize yourself with computer related requirements and carefully assess your individual readiness for online coursework.

I am happy to help you when you need it if you decide to take this course.
### 16. Summer Calendar for BIOL 1322 Online

<table>
<thead>
<tr>
<th>Week</th>
<th>Calendar</th>
<th>Course Topic</th>
<th>Major Exams/Projects</th>
</tr>
</thead>
</table>
| 1    | Class Begins June 2nd | Course Orientation  
Chapter 1: What You Eat and Why |   |
| 2    | Week of June 5th | Chapter 2: Guidelines for a Healthy Diet  
Chapter 3: The Human Body: A Nutrition Perspective | Exam 1 (Ch. 1-3) in Testing Center June 10-13 |
| 3    | Week of June 12th | Chapter 4: Carbohydrates Gen. Features of Cells  
Chapter 5: Lipids General Features of Cells |   |
| 4    | Week of June 19th | Chapter 6: Proteins  
Chapter 7: Energy Balance and Weight Control | Exam 2 (Ch. 4-6) in Testing Center June 22-25 |
| 5    | Week of June 26th | Chapter 8: Vitamins |   |
| 6    | Week of July 3rd | Chapter 9: Water and Minerals  
Chapter 10: Fitness and Sports | Exam 3 (Ch. 7-9) in Testing Center July 6-9 |
| 7    | Week of July 10th | Chapter 11: Eating Disorders  
Chapter 12: Undernutrition | Diet Analysis Project Due July 14 by 11:00 pm in eCampus Drop Box |
| 8    | Week of July 17th | Chapter 13: Safety of Food Supply  
Chapter 14: Pregnancy and Breastfeeding | Exam 4 (Ch. 10-13) in Testing Center July 20-23 |
| 9    | Week of July 24th | Chapter 15: Nutrition from Infancy to Adolescence  
Chapter 16: Adulthood | Meal Plan Project Due July 28th by 11:00pm in eCampus Drop Box |
| 10   | Week of July 31st | Review  
Final Exam | Final Exam in Testing Center August 2-4 |