

**COURSE INFORMATION SHEET**  
**Nutrition 1322-NI (Online)**

**Instructor:** Roxanne Brown

<b>Course Sections:</b>	<b>Times:</b>
BIOL 1406-BI	TR 11:00am - 12:45 pm
BIOL 1406-NI	Online
BIOL 1322-NI	Online
FORS 2440	T R 8:00 am- 10:40 pm

**Classroom:** C-4 Classroom Building and C-7 (Brenham Campus courses)

**Office:** Office No. 29 of the Classroom Building (Brenham Campus)  
Office No 110 of the Science Building (Bryan Campus)

**Phone:** 979-830-4240 (Brenham)  
979-209-7432 (Bryan)

**Email:** [rbrown@blinn.edu](mailto:rbrown@blinn.edu)

**Office Hours:**

<b>Day</b>	<b>Time</b>	<b>Location</b>
Sunday	8:30 pm to 9:30 pm	Online via Elluminate: ( cooper.blinn.edu )
Monday	9:00 am to 10:00 am	<b>Brenham</b>
Tuesday	1:00 pm to 2:00 pm	<b>Brenham</b>
Tuesday	8:30 pm to 9:30 pm	Online via Elluminate: ( cooper.blinn.edu )
Wednesday	9:00 am to 10:00 am	<b>Bryan &amp; Online via Elluminate: ( cooper.blinn.edu )</b>
Thursday	1:00 pm to 2:00 pm	<b>Brenham</b>
Friday	9:00 am to 10:00 am	<b>Bryan &amp; Online via Elluminate: ( cooper.blinn.edu )</b>

If you cannot see me during my regular office hours, I would be happy to see you at an alternative time in person or via Elluminate. Please contact me for an appointment.

**COURSE DESCRIPTION**

Principles of nutrition, diet therapy and knowledge of food preparation for nurses. Courses include 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.

## PREREQUISITES

None

## CORE COURSE INFORMATION

Not a Core Course

## COURSE OBJECTIVES

- List the essential nutrients.
- Describe the various nutritional diseases.
- Describe the relationship among nutrition, disease, and health.
- Identify the diet and lifestyle factors that contribute to the leading causes of human mortality nationally.
- Describe the detrimental effects of eating an inadequate, inappropriate or unbalanced diet.
- Calculate total caloric intake.
- Compare different types of fatty acids common in the diet.
- Identify the three types of carbohydrates and give examples of each in a typical diet.
- Explain the role physical fitness in the maintenance of a healthy body and how physical fitness and nutrition work synergistically to maintain health.
- Detect and evaluate errors in food safety and sanitation, and describe the means to correct the problems.
- Create a meal plan that meets USDA, DHHS, or ADA guidelines (instructor's choice).
- Evaluate a food journal/sample diet and recommend modifications needed to address specific nutritional goals.
- Identify the physiology, and 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.

## TEXTBOOKS AND SUPPLIES (REQUIRED MATERIALS )

**This is an online course. It is expected that students enrolled in this course have the appropriate equipment, computer skills, and maturity to successfully complete an online course. The distance education website provides information to help students evaluate their potential success in distance education courses:**

<http://www.blinn.edu/disted/students/index.htm>

**LECTURE TEXT:** Wardlaw, Gordon M. and Anne M. Smith. *Contemporary Nutrition*. New York: McGraw-Hill Higher Education, 2009.

**eCampus ACCESS:** Students will be expected to login several times a week in order to complete class assignments.

**Using eCampus is not optional**, as a large 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 audio files containing course lectures), and track grades.

**Fitday.com Access:** Each student is required to keep a journal/log of their food intake/activity on a daily basis during the semester. The journal will be graded on a weekly basis. All students are required to create a fitday.com account and allow the instructor access to view their food journal . The instructor will only access the student's Fitday account for grading purposes. Fitday.com access is free. Further instructions regarding the student use and instructor assessment of the journal will be provide d on Ecampus.

## DESCRIPTION OF COURSE CONTENT

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.

## 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.

**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.

## 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:

<b>The Office of Disability Services (ODS)</b>	
<b>Brenham, Sealy, and Schulenburg</b>	<b>Bryan</b>
Office 104, Administration Building	Office 165, Science Building
Brenham, Texas 77833	Bryan, Texas 77805
(979) 830-4157	(979) -209-7251
<a href="http://www.blinn.edu/disability.htm">http://www.blinn.edu/disability.htm</a>	

## COURSEWORK

### Discussions

In order to provide students in an online environment the too opportunity interact with their peers, online discussions will be used regularly during the course. This will count as the participation portion of the grading scheme. Students will have a new discussion top to address each week for the majority of the semester. A rubric detailing how the discussion will be graded is available on the eCampus course site.

### Unit Assignments

The course is broken up into five learning units (modules) consisting of 3-4 chapters each. Each unit will have a series of graded assignments that need to be completed by the dates/times assigned. The due dates and times for these assignments are posted with each lesson. **No late assignments are accepted.**

### Food Journal

In order to gain a better understanding of nutrition on a personal level, each student will be required to keep a food/activity journal. Students will write down what they eat during the day in a small notebook or PDA and then transfer the information into an account that they create for themselves on Fitday.com. The journal will be graded in 1 week increments, with the 10 best weekly grades counting for toward the total food journal score. A rubric detailing how the journal will be graded will be available on the eCampus course site.

**Meal Plan**

Toward the end of the semester, students will develop a meal plan in order to apply what they have learned about nutrition. The project will involve creating a meal plan to address specific dietary concerns. A rubric will be provided to students, to help guide them during the project.

**Diet Analysis Project**

Students will analyze an assigned food journal snapshot (several days of data) in order to evaluate the balance of energy intake versus expenditure and the degree to which the diet meets ADA recommended daily allowances for nutrients.

**Major Exams**

There will be three major exams during the semester. These will cover the lectures and your notes. They may consist of multiple choice, fill-in-the-blank, drawings/diagrams, matching, and short answer essay (> paragraph). Take these exams very seriously. Do not wait until the day before the test to begin preparing for an exam.

**GRADING CRITERIA**

This course is graded using a point system. Class assignments will have the following point values:

Type of Assignment	# of Assignments	Point Value	Total Possible
Major Exams	4	75	300 points
Unit Assignments	5	40	200 points
Discussions	10	10	100 points
Food Journal (Fitday.com)	12 (only 10 best count)	10	100
Meal Plan	1	50	50
Diet Analysis Project	1	50	50
Final Exam	1	200	200
<b>Total Point Scale</b>			<b>1000 points</b>

**GRADING SCALE**

Points	Letter Grade
900-1000	A
800-899	B
700-799	C
600-699	D
0-599	F

## 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 his/her attendance issues. Should the student accumulate two weeks worth of unexcused absences, he/she will be administratively withdrawn from class.

### There are three forms of excused absences recognized by Blinn College:

1. *Observation of religious holy days* – Sec. 51.911(b), Texas Education Code. An institution of higher education shall excuse a student attending classes and/or required activities, including examinations, for the observance of a religious holy day. A student whose absence is excused under this section may not be penalized for that absence and shall be allowed to take an examination or complete an assignment. The student should notify his or 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 the College District at an official institutional function.* If a student is asked by the College District to be an official representative of the College District at any function approved by the institution, the student will be excused from any classes missed and must be allowed to complete all work without penalty for that absence(s) in a timely manner as directed by the faculty member.
3. *A high school student representing the independent school district at an official institutional function.* If a high school student is asked by the independent school district to be an official representative of the school district at any function approved by the institution, the student shall be excused from any class missed and must be allowed to complete all work without penalty for the absence(s) in a timely manner as directed by the faculty member.

Other absences may be excused at the discretion of the faculty member.

If a student resides in College District housing, failure to attend classes may be grounds for loss of residential housing privileges (see residential housing contract for details). Students enrolled in developmental courses are subject to state-mandated attendance policies. Failure to attend developmental classes shall result in removal from the course as defined by state law.

### Students should review the entire policy in the student handbook.

**Implications for online students:** Attendance still counts in the online environment and students are expected to attend class regularly. This is not a self paced course. Students have graded assignments due every week and late assignments are not accepted. In the online environment, students are required to log into their eCampus course and Fitday.com account each week. A Student that fails to log in to eCampus and complete any eCampus assignments during a 1 week time span (from Monday–Sunday) will be reported via BORIS for lack of attendance. If a student fails to logon and complete any coursework for a 2<sup>nd</sup> (consecutive or nonconsecutive) week, the student will be administratively dropped from the course.

## 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.

I taking cheating and plagiarism seriously. I encourage students to work collaboratively on unit assignments, discussions, and group projects, but exams should always represent the effort and knowledge of the individual student. If you are caught cheating, I will fully support the Learning Center Staff and recommend an "F" for the course as a disciplinary penalty.

**Students should review this policy in its entirety in the Blinn College Student Handbook**

## **MAKE-UP WORK**

Blinn Policy:

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.

### **Instructor's Make-up Policy**

In an online class, students have the luxury to turn their assignments in anytime up to the due date/time. Late assignments are not accepted and result in grade of zero. Do not wait until the last minute to complete assignments, because computer failure, loss of connectivity, inability to access a computer, last minute illness, ect... will not be acceptable excuses for assignments not getting turned in by the due date/time.

Major Exams: Students will have a full week to take exams at the Learning Center, so exams cannot normally be made up and if not taken result in a grade of zero. In cases of a **verifiable** family or medical emergency, I will offer a comprehensive essay make-up at the end of the semester. This also applies to school approved absences. If you know you are going to be absent and want to take the same type of exam as the other students, you need to take the exam during the 1 week time span it is made available in the Learning Center.

School Approved Absences: Concerning school approved functions; the student is excused for the day that was missed only. Any online assignments due on the day of a student's absence must still be turned in on time (unless arrangements are made with the instructor in advance).

## **DRESS CODE**

Blinn College students are to dress using generally accepted standards of neatness, cleanliness, modesty and good taste.

Students should review this policy in its entirety in the Blinn College Student Handbook.

Since this is an online course, I have no idea if you are completing coursework while wearing bunny slippers or a bathing suit, however, when you come to campus to take an exam in the Learning

Center, please dress appropriately. They have the right to enforce the dress code,

### 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 classroom. (The applies to the learning/testing center also).

### PROPOSED CALENDAR

Week of	MATERIAL TO BE COVERED	MAJOR GRADES
1/19	Orientation & Chapter 1: What You Eat and Why	
1/26	Chapter 2: Guidelines for Designing a Healthy Diet	
2/2	Chapter 3: The Human Body: A Nutrition Perspective	
2/9	Chapter 4: Carbohydrates	<b>Exam 1 (Covers Ch. 1-3)</b> Exam available in LC from 2/8/09 to 2/15/09
2/16	Chapter 5: Lipids	
2/23	Chapter 6: Proteins	
3/2	Chapter 7: Energy Balance and Weight Control	<b>Exam 2 (Covers Ch. 4-6)</b> Exam Available in LC from 3/1/09 to 3/8/09
3/9	Chapter 8: Vitamins	
3/16	<b>Spring Break</b>	
3/23	Chapter 9: Water and Minerals	<b>Diet Analysis Due</b>
3/30	Chapter 10: Fitness and Sports	<b>Exam 3 (Covers Ch. 7-9)</b> Exam Available in LC from 3/29/09 to 4/5/09
4/6	Chapter 11: Eating Disorders	
4/13	Chapter 12: Undernutrition	<b>Meal Plan Due</b>

4/20	Chapter 13: Safety of Food and Water	<b>Exam 4 (Covers Ch. 10-12)</b>
4/27	Chapter 14: Pregnancy and Breastfeeding Chapter 15: Nutrition from Infancy to Adolescence	
5/4	Chapter 16: Nutrition During Adulthood Finals Begin Thursday May 7 <sup>th</sup>	<b>Final Exam (Comprehensive)</b> Exam Available in LC 5/7/09 to 5/13/09

**ACCESSING ECAMPUS:**

**Logging on to ECampus:**

- Go to the web address: <https://ecampus.blinn.edu/default.asp> or click on the eCampus link from the Blinn homepage
- Your eCampus Login ID is your student ID and your password is your DOB (numerically yyyyymmdd)
- Nutrition and Diet Therapy should be listed as one of your course options
- Click on Lessons and start with the "Course Orientation"
- **If you have problems completing the above instructions, you might try the tutorial provided by the Distance Education department:** <http://www.blinn.edu/disted/students/index.htm>