

COURSE SYLLABUS

Introduction to Nutrition

Biology 111 3 credits Fall, 2014

Instructor: Linda Fleming

Course prerequisites: High School Biology, Biology 110, or permission of instructor

Course location (building/room number): online

Meeting time (days/hours): online

Course Materials:

You need **two items** to successfully participate in this course:

1. The textbook is **NUTRITION- Concepts and Controversies**, thirteenth edition bySizer and Whitney (ISBN -13: 978-1-133-60318-4)

2. An access code to **Diet Analysis Plus 10.0** Online Version (ISBN 978-0-538-49508-0 (printed access card) or 978-0-538-49509-7(instant access code)

Here are just a few options as far as obtaining them. Keep in mind you do need the course materials for the first week of class!

- You can purchase the textbook alone - as a hard copy OR an online version, the Diet Analysis + code card alone, or you can purchase both together as a bundle.
- The publisher sells the text and DAPlus access code separately or as a bundle. You can see your options at: <http://www.cengagebrain.com/shop/isbn/9781133603184>
- MxCC's bookstore sells the text separately or bundled together and used if you can find one. You may also be able to rent the book. Check with the bookstore on this. The link to MxCC's bookstore is: [MxCC Bookstore](#)
- There are many additional online book vendors as well.

Office Location: online

Office hours: online

e-mail: lfleming@mxcc.comnet.edu

There is internal email built into the course. Please use that email whenever possible. Use the above email address only when Blackboard Learn is not an option (for example if Blackboard Learn is down and you must contact me).

Scope of course:

Biology 111 deals with the biology and chemistry of nutrients; how they are metabolized and the role they play in the human body. Topics to be discussed include dietary guidelines and trends, food safety, and labeling. A broad overview of carbohydrates, lipids, protein, vitamins, and minerals will be presented. Also included will be sections on weight control, diet and health, and food safety.

Course Objectives:

After completing this introductory nutrition course, you will be able to:

- Interpret what the scientific facts tell us about nutrition and health;
- Discuss reasons for why we eat what we eat;
- Describe the nutrition standards and guidelines set forth by the U.S. government;
- List the major anatomic structures of the gastrointestinal (GI) system and explain the processes of digestion, absorption, and transport;
- Describe the major nutrients, vitamins, and minerals and their roles in the body;
- Explain the concepts of energy balance and weight control;
- Discuss the relationship between physical fitness, health, and nutrition;
- Explain the relationship between diet and health;
- Recognize and design a nutritious diet utilizing balance, adequacy, moderation, calorie control, and variety

Course Evaluation (exams, term papers, projects, etc., and percentages towards final grades): Grading will be based on a combination of weekly exams, class participation, diet analysis assignments, and a final exam using the following guidelines:

Weekly Quizzes:	40% of final grade
Class Participation:	30% of final grade
Diet Analysis:	20% of final grade
Final Exam:	10% of final grade

Weekly quizzes will have no time limit. You may use any references you like to answer the questions. The reason I have not set time limits on these quizzes is because I would like you to use the text to help you answer the questions and UNDERSTAND the concept rather than just memorize terms without any understanding. Therefore, I encourage you to look at the quiz BEFORE you even read the chapter to see where you should be paying special attention. You can even print it out so you will have it while you are reading the chapter if that is helpful. Quizzes are based on required reading assignments as well as the “Hints for Understanding the Chapter”. You may enter the quiz as many times as you like until you click on FINISH (just remember to save questions that you do answer). Quizzes should NOT be discussed with your classmates. This is important for academic integrity. Any evidence of this will result in a grade of “0” for any students involved. **To receive credit, quizzes MUST be completed by the due date for the appropriate session.**

Class participation will include at least 2 postings per session (although you are certainly welcome to add more!). One posting should answer my question. The second should be a reply to one of your classmates. You will be graded on how completely you answer the assigned discussion question and by the quality of responses to the other postings. Your use of critical thinking skills, conducting research on the discussion board question and/or applying knowledge from your readings will be assessed. **You must make at least 2 postings per session in order to receive full credit. To receive credit for participation, postings MUST be made during the appropriate session.** See the guidelines below for discussion protocol and evaluation:

Discussion Item	Criteria	Possible Points
<p>Individual Posting</p> <p>Post an individual posting to the discussion board addressing the question/issue. Additionally, reply to all questions posted in response to your individual posting.</p>	<ul style="list-style-type: none"> • Shows a good understanding of topic. • Position is well supported and relevant to topic. • Responses make direct, well informed references to lesson material and include at least one direct reference to text or unit reading material. • Direct quotes or statistics are appropriately cited.* • Initial post is made early in the unit to allow replies by classmates. • If questions were posted, responses show strong respect to the classmate's position. 	50
<p>Replies to Classmates' Postings</p> <p>Post at least one substantial reply to your classmates' initial postings.</p>	<ul style="list-style-type: none"> • Replies to at least one classmate posting. • Shows respect for the classmate's position. • Demonstrates understanding of classmate's initial post. • Position is supported and relevant to topic. • Includes appropriate references. • Answers such as "good job" or "I agree" will not receive credit. This is not "engaging" with your fellow classmates. 	30
<p>Timely discussion contributions</p>	<ul style="list-style-type: none"> • At least 2 postings well distributed throughout the session (not all at the beginning or end of the session). 	10
<p>Appropriate college English - spelling, grammar, and punctuation</p>	<ul style="list-style-type: none"> • Posting is clear to understand and contains no spelling, grammar, or punctuation errors. 	10
TOTAL POINTS EARNED		100

*It is very important to cite references whenever direct quotes or statistics from an outside source are used. This is true whether the reference is printed material or a website. Failure to properly cite a reference is regarded as plagiarism. Using outside research to support your statements is encouraged, but please make sure you also include your own words in each post as well. For more information on evaluating references and properly citing them, please see the MxCC Library Research Help link found by clicking "Resources" in the left navigation bar.

Diet Analysis assignments include a computer analysis of the foods you eat and your analysis of the data generated. Diet self-study assignments are assigned to correlate with the topic being studied. See the calendar for due dates. It is important to adhere to due dates. Late assignments will have points deducted (2 points for each day late). See "Diet Analysis Project" section of the course for more detail.

Final exam will be a 100-question multiple choice test that is cumulative for the entire semester. It will also have no time limit and references may be used to answer questions. The final exam questions should NOT be discussed with your classmates. This is important for academic integrity. Any evidence of this will result in a grade of "0" for any students involved.

Numerical grades and letter equivalents are as follows:

A = 93-100	B =83-86	C =73-76	D = 63-66
A- = 90-92	B-=80-82	C-=70-72	D-= 60-62
B+= 87-89	C+=77-79	D+= 67-69	F = below 60

Here are few guidelines that will help you ensure that you receive all the credit that is due to you:

1. Turn in all work on time. Quizzes and Discussion postings are NOT ACCEPTED LATE. Diet Self Study assignments are accepted late, but with a 2-point per day deduction for each day late.
2. You have one week (7 days) after your grades are posted to contact me if you notice that your grades are incorrect. Grades will not be revised after that time.
3. You can expect me to correct/post your grade for your discussion board postings within 48 hours after they are due (often sooner than that).
4. Don't wait until the last minute to complete assignments. Because everything is time stamped, it will be obvious to me if you do this on a regular basis. Work turned in at the last minute is usually obvious because it is often incomplete, incorrect, and substandard. Note that points are deducted when all discussion posts are made at the last minute. See the grading rubric for details.
5. More details on grading can be found in the "Grading Policies" folder located by clicking on "Getting Started" in the left navigation bar.

COURSE SCHEDULE

Note: For specific assignments and due dates, see "Session Assignments" section and "Calendar" in the online course (both available from the left navigation bar).

Session 1	8/27-8/31	Course Orientation, Introductions, and Student Contract
Session 2	9/1-9/7	Chapter 1- Food Choices and Human Health Start Diet Study 1a
Session 3	9/8-9/14	Chapter 2- Nutrition Tools- Standards and Guidelines Start Diet Study 1b (due at end of Session 4)
Session 4	9/15-9/21	Chapter 3- The Remarkable Body Diet Study 1b due
Session 5	9/22-9/28	Chapter 4- The Carbohydrates: Sugar, Starch, Glycogen and Fiber Diet Study 2
Session 6	9/29-10/5	Chapter 5- The Lipids: Fats, Oils, Phospholipids, and Sterols Diet Study 3
Session 7	10/6-10/12	Chapter 6- The Proteins and Amino Acids Diet Study 4
Session 8	10/13-10/19	Chapter 7 (1 st half)- The Vitamins- The Fat-Soluble Vitamins Start Diet Study 5

Session 9	10/20-10/26	Chapter 7 (2 nd half)- The Vitamins- The Water-Soluble Vitamins Submit Diet Study 5
Session 10	10/27-11/2	Chapter 8 (1 st half)-Water and Minerals- Water and the Major Minerals Start Diet Study 6
Session 11	11/3-11/9	Chapter 8 (2 nd half)- Water and Minerals- The Trace Minerals Submit Diet Study 6
Session 12	11/10-11/16	Chapter 9- Energy Balance and Healthy Body Weight Diet Study 7
Session 13	11/17-11/23	Chapter 10- Nutrients, Physical Activity, and the Body's Responses Diet Study 8
Session 14	11/24-11/30	Chapter 11- Diet and Health
Session 15	12/1-12/7	Chapter 12- Food Safety and Food Technology
Session 16	12/8-12/14	Final Exam

Note: An advantage of online courses is that there is some flexibility around when assignments are completed. This flexibility, however, does NOT extend past due dates. Due dates for all assignments are firm. This is necessary to make sure our discussions and diet analysis assignments are relevant to the topic we covering. Make sure you check the "Calendar" often to be clear on our schedule. To view "Calendar" details for a particular day, click on the underlined course event. I suggest logging on to the course several times per week to keep informed. This approach will help you get the most out of class. A lively class discussion is both educational and fun. The more you participate, the more fun we will all have!

IMPORTANT COLLEGE POLICIES!! PLEASE READ CAREFULLY!

For information about the college's policies and procedures regarding academic honesty, accessibility/disability services, attendance, audio-recording in the classroom, grade appeals, plagiarism, religious accommodations, weather and emergency closings, and more, please go to the following website: www.mxcc.edu/catalog/syllabus-policies/ or scan the QR code with your smart phone. Also, please become familiar with the policies regarding nondiscrimination, sexual misconduct, and general student conduct at the following website: www.mxcc.edu/nondiscrimination/.



NON-DISCRIMINATION STATEMENT

Middlesex Community College does not discriminate on the basis of race, color, religious creed, age, sex, national origin, marital status, ancestry, present or past history of mental disorder, learning disability or physical disability, sexual orientation, gender identity and expression or genetic information in its programs and activities. In addition,

the College does not discriminate in employment on the additional basis of veteran status or criminal record.

The following people have been designated to handle inquiries or complaints regarding non-discrimination policies and practices:

- Primary Title IX Coordinator
Dr. Adrienne Maslin
Dean of Students/Title IX and Section 504/ADA Coordinator
amaslin@mxcc.edu; 860-343-5759; Founders Hall Room 123|
- Secondary Title IX Coordinator
Ms. Mary Lou Phillips
Director of Human Resources, Middlesex Community College
mphillips@mxcc.edu; 860-343-5751; Founders Hall Room 115
- Secondary Title IX Coordinator
Ms. Queen Fordham
Coordinator of the Meriden Center Welcome Desk
qfordham@mxcc.edu; 203-608-3011