

Principles of Nutrition Syllabus

Instructor: Mr. Casey Kreger

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Course Description: A study of the principles of nutrition in health and disease. The modern concept of an adequate diet based upon the nutritional needs of the individual is stressed.

Statement of Purpose: Nutrition and Diet Therapy I partially satisfies the requirements for the Associates Degree at Clarendon College and is designed for transfer to a senior college.

Required Text: *Perspectives in Nutrition* 7th or 8th Edition by Byrd-Bredbenner et al.

Methods of Instruction: This course will utilize WebCT, email, threaded discussions, readings from text, term paper, and research (web & library).

Exemplary Course Objectives: Successful completion of Nutrition and Diet Therapy I should enable the student to...

- Understand and apply methods and appropriate technology to the study of natural sciences.
- Recognize scientific and quantitative methods and the differences between these approaches and other methods of inquiry and to communicate findings, analyses, and interpretation both orally and in writing.
- Identify and recognize the differences among competing scientific theories.
- Demonstrate knowledge of the major issues and problems facing modern science, including issues that touch upon ethics, values, and public policies.
- Demonstrate knowledge of the interdependence of science and technology and their influence on, and contribution to, modern culture.

Student Learning Outcomes: Successful completion of Nutrition and Diet Therapy I should...

- Introduce the student to diet planning throughout the human lifecycle.
- Enable the student to discuss the structures of carbohydrates, lipids, and proteins as well as their sources in the diet. The student should further be able to discuss the roles of these nutrients in the body.
- Give the student an understanding of the major fat and water soluble vitamins. This understanding will include dietary sources of the vitamins, their uses in the body, and the consequences of deficiencies.
- Promote an awareness of how nutritional principles apply to weight control, eating disorders, and pregnancy.
- Introduce the student to proper food safety practices.

Grading Policies: Your grade in BIOL 1322 comes from the following components:

1. **Quizzes** will count as 30% of your final course grade.

- a. By clicking on the quiz icon in WebCT you can access the weekly quizzes which begin the week of September 7th.
 - b. The quizzes can be taken anytime during the week that they appear on that page.
 - c. They are open book but timed to 1 hour.
 - i. It would be to your advantage to read the chapter before taking the quiz.
 - d. There are 13 quizzes; your lowest quiz grade will be dropped at the end of the semester.
3. **Exams** and the **Term Paper** count as 60% of your final course grade.
- a. All lecture tests, including the final, will be weighted equally.
 - b. Each test covers the material covered since the last test (not comprehensive).
 - c. The tests will utilize a variety of question formats (multiple choice, true/false, etc.)
 - d. You are guaranteed at least a 60 on your first exam.
 - e. The test will have 25 questions and will be timed to 30 minutes.
4. The **Term Paper** is equivalent to an exam and will be averaged in with the 4 exams at the end of the semester.
- a. You will choose your topic from the list of topics from the icon on our homepage.
 - b. You will follow the directions for writing **MLA Style** term papers from its icon on the homepage.
 - i. The paper should be at least 6 pages (not including the reference page).
 - c. The topic of your paper is due and should be turned into me by **February 19th**.
 - d. You then have the whole semester to work on it and turn it in by **April 15th** to receive full credit.
 - i. Make sure if you send it to me via our WebCT email as an attachment that it is in **.doc** format otherwise I won't be able to open it.
 - ii. If you don't have this capability please turn it in personally to me.
 - iii. If you are unable to submit the paper to me in those two forms then I will accept the paper in my e-mail at caseykreger@gmail.com.

Academic Integrity and Dishonest Behavior.

College Policy (from Student Handbook):

Failure to comply with lawful direction of a classroom instructor is a disruption for all students enrolled in the class. Cheating violations include, but are not limited to: (1) obtaining an examination, classroom activity, or laboratory exercise by stealing or collusion; (2) discovering the content of an examination, classroom activity, laboratory exercise, or homework assignment before it is given; (3) using an unauthorized source of information during an examination, classroom activity, laboratory exercise, or homework assignment; (4) entering an office or building to obtain unfair advantage; (5) taking an examination for another person; (6) completing a classroom activity, laboratory exercise, homework assignment, or research paper for another person; (7) altering grade records; (8) using any unauthorized form of electronic communication device during an examination, classroom activity, or laboratory exercise; (9) Plagiarism. Plagiarism is the using, stating, offering, or reporting as one's own, an idea, expression, or production of another person without proper credit.

Disciplinary actions for cheating in a course are at the discretion of the individual instructor. The instructor of that course will file a report with the Dean of Instruction when a student is caught cheating in the course, whether it be a

workforce or academic course. The report shall include the course, instructor, student's name, and the type of cheating involved.

Students who are reported as cheating to the Dean of Instruction more than once shall be disciplined by the Dean. The Dean will notify all involved parties within fourteen days of any action taken.

Class Policies:

1. **Make-up work:** Late or unexcused work will not be accepted. Students who have excused absences MUST let me know *before* the test is given that we need to schedule a make-up.
2. **Scholastic Honesty:** I adhere to a strict policy regarding academic honesty. Anyone who is dishonest in any way will receive a zero on that assignment or exam with no opportunity to make up the zero and may be dropped from the course with a grade of F. Note that dishonest behavior includes both the act of copying someone else's work as well as allowing someone to copy your work. Both students are equally guilty and will be equally punished.
3. **Final Exams:** Students must take a final for each of their academic courses. The schedule of final exam times is published at the beginning of the semester. Do not make plans to leave school before your scheduled final exam. I will not give any early finals except in extreme emergencies after students have provided documentation of said emergency.
4. **Accommodations:** Clarendon College provides reasonable accommodations for persons with temporary or permanent disabilities. Should you require special accommodations, it is your responsibility to notify the Office of Student Services (806-874-3571 or 800-687-9737). We will then work with you to make whatever accommodations we need to make.
5. **Withdrawal:** If you decide that you are unable to complete this course or that it will be impossible to complete the course with a passing grade, you may drop the course and receive a "W" on your transcript instead. Withdrawal from a course is a formal procedure that you must initiate. If you do not go through the formal withdrawal procedure, you will receive a grade of "F" on your transcript.

A student is permitted to drop a course if he/she obtains an official drop slip from the office and has the instructor sign the slip before the 12th class week.

Remember, a student is only allowed to drop the same class twice before he/she will be charged up to triple the tuition amount for taking the class a third time or more. Furthermore, beginning with the Fall 2007 semester, students in Texas may only drop a total of 6 courses throughout their entire undergraduate career. After the 6, he/she will no longer be able to withdraw from any classes.

If you think you need to drop this course, please talk with me about it first. It is possible that there is something you can do to still pass the course. Don't hurt your chances for a passing grade in the course by not attending labs or taking exams before we have discussed your situation.

The last day to withdraw from this course with a "W" is Friday, November 18, 2011

Grading Scale for the course:

90% - 100%	A
80% - 89%	B
70% - 79%	C
60% - 69%	D
59% & Below	F

Course Outline: The essence of life is change and so too this syllabus. In the event of extenuating circumstances a mutual agreement will be made between the instructor and the students. All attempts will be made to keep these changes to a minimum.

Week of	Lecture Topics
Jan 16 – 22	<p>Make Contact & Reply to Welcome Icon</p> <p>Read Ch 1. The Science of Nutrition</p> <p>Ch 2. Tools of a Healthy Diet</p> <p>Take Quiz 1</p>
Jan 23rd-29 th	<p>Read Ch 4. Human Digestion & Absorption</p> <p>Take Quiz 2</p>
Jan 30th-Feb 5 th	<p>Read Ch 9. Energy Metabolism</p> <p>Take Quiz 3</p>
Feb 6 th – Feb -12 th	<p>Exam 1 (chapters 1,2,4,&9)</p> <p>Read Ch 5. Carbohydrates</p> <p>Take Quiz 4</p>
Feb 13 th – Feb 19	<p>Read Ch 6. Lipids</p> <p>Take Quiz 5</p> <p>*Term paper topic due- February 19th*</p>
Feb 27 – Mar 4th	<p>Read Ch 7. Proteins</p> <p>Take Quiz 6</p>
Mar 5 th – 11	<p>Exam 2 (chapters 5,6,&7)</p> <p>Read Ch. 12 Fat-Soluble Vitamins</p> <p>Take Quiz 7</p>
Mar 19 – Mar 25	<p>Read Ch.13 The Water-Soluble Vitamins</p> <p>Take Quiz 8</p>
Mar 26 – April 1 st	<p>Read Ch. 14 Water and Major Minerals</p> <p>Take Quiz 9</p>
April 2 nd – April 8 th	<p>Exam 3 (chapters 12, 13, &14)</p> <p>Read Ch. 15 Trace Minerals</p> <p>Take Quiz 10</p>

April 9 th – April 15 th	<p>*Term Paper due*- April 15th</p> <p>Read Ch. 10 Energy Balance, Weight Control, & Eating Disorders</p> <p>Take Quiz 11</p> <p><i>April 13th – last day to drop with a “W”</i></p>
April 16 th – April 22 nd	<p>Read Ch. 8 Alcohol</p> <p>Take Quiz 12</p>
April 23 rd – April 29 th	<p>Read Ch. 17 Nutrition during Growing Years</p> <p>Ch. 18 Nutrition during Adult Years</p> <p>Take Quiz 13</p>
April 30 th – May 5 th	<p>Final Exam: (chapters 8,10,15, 17, &18)</p>