

BIOL 1322.195: Nutrition and Diet Therapy I

Clarendon College
Division of Science and Health
Course Syllabus
Spring Mini 2019
3 Semester Credit Hours

Assistant Professor: Mr. Russell Estlack

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Phone: (806)205-0089 This is my cell phone, only call in emergencies and between the hours of 9am-5pm Monday through Friday.

Course Messaging: Click on my **Message** icon in the Course Dashboard link to send me a message.

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Mailing Address: Clarendon College, P.O. Box 968, Clarendon, TX 79226

Online Course website: This online course uses Moodle as its online course management program. All instructions, tutorials, exams, and assignments are provided at the course website. All assignments will be submitted there. Due dates for all assignments are listed in the "Course Schedule" at the course website. Most communication between you and your instructor and fellow classmates will be handled in Moodle through the "Messages" feature and discussion forums. You will be able to log into the course website once you have officially registered for the course and once you have been added to the course website. The course website will become available to you by the first day of the semester. If you register late, you will generally have access to the course within 24 hours after you register. In order to be successful in completing BIOL 1322, a 3-credit hour course, you should plan to spend around 4 hours per day on the course.

The information explaining how to log into your course website can be obtained by going to [Clarendon College's](#) home page, and clicking on the **Login to Online Classes** button. If you have any difficulty logging in, email our help desk at: administrator@clarendoncollege.edu

Required Enrollment Verification Activity

Students who fail to complete the Syllabus Agreement & Enrollment Verification Activity by the official census date may not be able to continue in the course. This could result in an F for the course and forfeiture of Financial Aid. The census date for this term can be found on the Academic Calendar located at the Inside CC link on Clarendon College's home page.

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, availability, and nutritional information including food labels, advertising, and nationally established guidelines are addressed.

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: Wardlaw's *Perspectives in Nutrition* 10th Edition by Carol Byrd-Bredbenner, Gail Moe, Jacqueline Berning, and Danita Kelly.

Methods of Instruction: This course will utilize Moodle, Messaging, Forum discussions, Readings from text, and research (web & library).

Student Rights and Responsibilities: Student Rights and Responsibilities are listed on the College website at:

<http://www.clarendoncollege.edu/Resources/Student%20Services/StudentRightsResponsibilities.pdf>

In accordance with recommendations from the Texas Higher Education Coordinating Board, all life and physical science courses at Clarendon College will address the following core objectives:

- **Critical Thinking Skills** – including creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information.
- **Communication Skills** – including effective written, oral, and visual communication.
- **Empirical and Quantitative Skills** – including application of scientific and mathematical concepts.
- **Teamwork** – including the ability to consider different points of view and to work effectively with others to support a shared purpose or goal.

Student Learning Outcomes: 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.

Course Expectations:

- You may expect a response time from me of a day (24hrs) on business days for messages or email, and perhaps two to three days for Forum grades.
- Etiquette expectations (netiquette) for all types of communication: You are expected to take responsibility in helping to maintain a classroom environment that is conducive to learning. Please be polite and maintain a professional tone in your writing. NO abusive language will be tolerated in this course.

Computer/Technology Requirement: This course uses a variety of web resources that require a good Internet connection and an up-to-date browser. You should use the latest version of Mozilla Firefox, Google Chrome, or Internet Explorer. The course will have its best appearance and functionality utilizing Mozilla Firefox.

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

1. Before the Moodle Course becomes active you must take a short quiz over the syllabus and answer "True" to a **Syllabus Agreement EVA**. This is a Course Contract that submits that you understand and will abide by my class policies.
 - a. **Required Enrollment Verification Activity (EVA):** Students who fail to complete the Syllabus Agreement & Enrollment Verification Activity by the official census date may not be able to continue in the course. This could result in an F for the course and forfeiture of Financial Aid. The census date for this term can be found on the Academic Calendar located at the Inside CC link on Clarendon College's home page.
 - b. Your attendance will be recorded when you complete the Forum Discussions which are spread throughout the entirety of the course.
2. **Class Participation** will count as **10%** of your final course grade.
 - a. This portion of your grade comes from your participation in class Forum Discussions and exercises.
 - i. If you choose not to participate in lab or lecture Forum Discussions, you won't receive any credit.
 - b. For BIOL 1322, I will submit an attendance report each Monday morning and on the census date. Students who are following the online attendance policy and participating in each week's forums will be marked "present."
 - c. For every Forum Discussion that you do not participate in, you will have 10 points deducted from your class participation grade.
 - i. If you are asked to leave a Forum discussion due to disrespectful behavior, you will receive be recorded as "absent" and have 10 points deducted from your class participation grade.
3. **Weekly Quizzes** will count as **25%** of your final course grade.
 - a. By clicking on the quiz icon in Moodle you can access the daily quizzes which begin the Day of May 16, 2018.
 - b. The quizzes can be taken in sequence as you finish the requirements to activate them.
 - c. There will be **two attempts** per quiz, it would be to your advantage to read the chapter before taking the quiz.
 - d. No quiz grades will be dropped due to the two attempts per quiz.
4. **Lecture Exams** count as **65%** 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. The test will have 50 questions and will be timed to 45 minutes. You will only have **One Attempt** on exams.
 - e. During the exams, electronic communication devices are NOT allowed, and the exam is closed book.
 - f. **No exams** will be dropped.

Your official final course grade will appear in your Student Portal.

Grades earned for each graded activity will be available in Moodle. However, in your Moodle gradebook, assume that any activity you did not complete is a zero, even if a hyphen appears beside the activity in the gradebook. The current course average shown in the Moodle gradebook will not be correct until I have replaced the hyphens with zeroes.

Academic Integrity: An Excerpt from Clarendon College's 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 Executive Vice President of Academics and Student Affairs 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 Executive Vice President of Academics and Student Affairs more than once shall be disciplined by the Executive Vice President. The Executive Vice President will notify all involved parties within fourteen days of any action taken.

Class Policies:

1. **Online Attendance Policy:** Regular attendance is mandatory in all online courses. Specific activities will be identified each week or during each chapter that must be completed in order for students to be considered "in attendance." Failure to complete these assignments can result in forfeiture of Financial Aid and failure of the class.
 - For this course, I will submit an attendance report each Monday morning and on the census date. Students who are following the online attendance policy and participating in the weekly Forum Discussions are marked "present."
2. **Make-up work:** Late will not be accepted unless the missed assignment is due to an emergency (with documentation). Allowing a student to make up late work is solely at the discretion of the instructor.
3. **Final Lecture Exam:** 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. I will not give any early finals except in extreme emergencies after students have provided documentation of said emergency.
4. **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.
5. **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.
6. **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. (The last day to drop a course is available on the Academic Calendar, located at the Student link on the Clarendon College website.) 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 whatever grade you have earned. Whether to drop a class or not requires a lot of thought. According to Texas state law a student is only allowed to drop the same class twice before he/she will be charged 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 6th dropped class, he/she will no longer be able to withdraw from any classes.

The last day to withdraw from this course with a "W" is Thursday, May 23, 2019.

Grading Scale for the course:

89.5% - 100%	A
79.5% - 89.4%	B
69.5% - 79.4%	C
59.5% - 69.4%	D
59.4% & Below	F

Nutrition & Diet Therapy I Course Calendar and Outline

**** Activities used to determine daily attendance**

Day of	Lecture Topics	Student Learning Outcome
May 20	Syllabus & Introduction ** Complete the Syllabus Agreement EVA located in the Class Orientation unit. <u>Read</u> Ch 1. The Science of Nutrition Take Quiz 1 <u>Read</u> Ch 2. Tools of a Healthy Diet Take Quiz 2 **Ice Breaker Discussion Forum	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.
May 21	<u>Read</u> Ch 3. The Food Supply Take Quiz 3 <u>Read</u> Ch 4. Human Digestion & Absorption Take Quiz 4 Tuesday, May 21 - last day to Register and/or Add/Drop **Family Food Habits Discussion Forum	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. 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.
May 22	Exam 1 (chapters 1,2,3,&4) Wednesday, May 22 – Census Day - Final day to submit EVA **The Food Supply Discussion Forum	
May 23	<u>Read</u> Ch 5. Carbohydrates Take Quiz 5 <u>Read</u> Ch 6. Lipids Take Quiz 6 Thur., May 23 last day to Drop with a “W” **Digestion & Absorption Discussion Forum	Discuss functions, sources, deficiencies, and toxicities of macro- and micronutrients, including carbohydrates, lipids, proteins, water, vitamins, and minerals.
May 24	<u>Read</u> Ch 7. Proteins Take Quiz 7 <u>Read</u> Ch. 8 Alcohol Take Quiz 8 **Fat Gram Comparison Discussion Forum	Discuss functions, sources, deficiencies, and toxicities of macro- and micronutrients, including carbohydrates, lipids, proteins, water, vitamins, and minerals. 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.

May 25	Exam 2 (chapters 5,6,7&8) **How much Protein Discussion Forum	
May 26	<u>Read</u> Ch 9. Energy Metabolism Take Quiz 9 <u>Read</u> Ch. 10 Energy Balance, Weight Control, & Eating Disorders Take Quiz 10 <u>Read</u> Ch. 17 Nutrition during Growing Years Ch. 18 Nutrition during Adult Years Take Quiz 11 **Food Prep Techniques Discussion Forum	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. 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.
May 27	Exam 3 (chapters 9,10,17&18) **Metabolic Pathway Discussion Forum	
May 28	<u>Read</u> Ch. 12 Fat-Soluble Vitamins Take Quiz 12 <u>Read</u> Ch.13 The Water-Soluble Vitamins Take Quiz 13 <u>Read</u> Ch. 14 Water and Major Minerals Take Quiz 14 <u>Read</u> Ch. 15 Trace Minerals Take Quiz 15	Discuss functions, sources, deficiencies, and toxicities of macro- and micronutrients, including carbohydrates, lipids, proteins, water, vitamins, and minerals. Utilize concepts of aerobic and anaerobic energy systems, and knowledge about macronutrients, vitamins, minerals, ergogenics, and supplements and relate them to fitness and health.
May 29	Final Exam (chapters 12,13,14&15) May 29th 12:00am – 11:55pm	