

BIOL 1322: Nutrition and Diet Therapy I

Class: 3 Semester Credit Hours

Clarendon College Division of Science and Health
Course Syllabus
Fall 2025

Instructor: Mrs. Rachel Randall

E-mail: rachel.randall@clarendoncollege.edu

Virtual Office Hours: Wednesday and Friday 8:00-12:00 Contact me through email or Open LMS to set up zoom meetings

Childress Campus Office Hours: Monday 1:30-4:00pm Clarendon Campus: Tuesday and Thursday 8:00-9:30

The “Messages” feature within the online platform is the main method you should use to contact me. I will make every effort to check the course website every weekday and respond to your message requests within 24 hours on business days.

Instructor's Plan for Regular and Substantive Interaction

The student can expect timely and frequent interaction with the instructor throughout the course. Each assignment will have a due date on the calendar, syllabus link, or within the module. The instructor will communicate with the student using email, announcements, discussions, assignments, office hours, and/or virtual Zoom meetings. The student can expect instructor-initiated posts, replies, and/ or follow-up questions on discussion boards, individualized feedback on assignments, live Zoom discussions or meetings, and/or announcements focused on the course content. The instructor will respond to learner inquiries or requests for assistance within one business day and provide feedback on assignments within 7 days of the due date.

Online Course website: This online course uses Open LMS as its online course management program. All instructions, tutorials, exams, and assignments are provided through your Open LMS course. All assignments must 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 the online platform 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.

BIOL 1322 Course Description: BIOL 1322 Nutrition & Diet Therapy 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.

Required Instructional Materials Supplies: This course has a required textbook that is available online at no cost to students. You are responsible for reading the text, **Human Nutrition 2020e** from the Open Education Resource (OER) Pressbook Project (<https://pressbooks.oer.hawaii.edu/humannutrition2e22/>.) This platform offers hundreds of freely available texts for reading, printing, and use. For each unit, I will provide a link to the relevant chapter. Please note that each chapter includes interactive sections that will be required as part of your listed homework assignments. A complete PDF version can be downloaded from the site, but please note that the interactive sections are not included in the PDF

Methods of Instruction: This course will utilize readings from the text, PowerPoint presentations, forum discussions, audio-visual materials, and research (on the web and/or in the library).

Student Rights and Responsibilities: The full details of Student Rights and Responsibilities policies can be viewed on Clarendon College's website at: [www.clarendoncollege.edu/Resources/Legal/24-25/FLA\(LEGAL\).pdf](http://www.clarendoncollege.edu/Resources/Legal/24-25/FLA(LEGAL).pdf)

Course Objectives

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.

Specific **Student Learning Outcomes** for the class and lab can be viewed from the THECB website at this link: <https://reportcenter.highered.texas.gov/training-materials/lower-division-academic-course-guide-spring-21/>

Computer/Technology Requirement: This course uses a variety of web resources that require a good Internet connection and an up-to-date browser. The course will have its best appearance and functionality utilizing Mozilla Firefox. Note: If you use your iPad or iPhone to work in this course, download and use Mozilla Firefox to access the course instead of using Safari as your internet browser. Note: To use your **mobile device**, install the **Open LMS app**. Some activities cannot be completed on a mobile device.

You must have the following programs on your computer in order to use and complete these online courses:

- Adobe Reader (to view the PDF type of documents)
- Latest version of one of these internet browsers on your computer: **Mozilla Firefox, Google Chrome, or Microsoft Edge.**
- You must also have access to the **Microsoft Office** program that contains Microsoft Word to view some documents and PowerPoint to view some slideshows. (If you don't already have it on your computer, you can download the free Microsoft 365 available through Clarendon College. Click [these instructions](#) for help downloading it as well as accessing your Bulldogs email.)

Grading Policies: You will receive one letter grade for BIOL 1322. This grade comes from the components described below. **Student grades and course averages are viewable in Open LMS by clicking on the “Course Dashboard” and then clicking on the “Gradebook” in Open LMS.** All graded activities/discussions/quizzes/exams for BIOL 1322 must be completed and/or submitted in the Open LMS learning platform.

BIOL 1322: Nutrition and Diet Therapy I Class

1. **Required Enrollment Verification Activity (EVA):** Required Enrollment Verification Activity
This activity is a “Course Contract” that explains you understand and will abide by my class policies as explained in the syllabus. It is located in the Class Orientation section of your course.

Students who fail to complete the Syllabus Agreement EVA (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.

2. **Reading Homework Assignments will count as 20%** of your final course grade.
 - a. This portion of your grade comes from your completion of class reading assignments and discussions that are posted in Open LMS.
3. **Chapter quizzes will count as 25%** of your final course grade.
 - a. Each chapter has at least one quiz.
 - b. BEFORE you attempt the quiz:
 - i. Be sure to read the e-text chapter thoroughly.
 - ii. You may find it helpful to review the included PowerPoints as well as class notes that accompany the chapters.
 - iii. Be certain to complete the discussion or activity for that chapter.
 - c. **You will only have one attempt for each chapter quiz.**
 - d. Once you begin the quiz, you must complete it within the allotted time.
 - e. No quiz grades will be dropped.
4. **Projects will count as 25%** of your final course grade.
 - a. You will have two assignments in this category: “How Much Protein Do You Need?”, and “Meal Plate Challenge
 - b. No project grades will be dropped
5. **Class exams will count as 30%** of your final course grade
 - a. “Fat Gram Comparison” counts as Exam 1 grade.
 - b. The exams will have up to 50 questions. The exams will utilize a variety of question formats (objective, matching, multiple choice, true/false, etc.)
 - c. **You will only have one attempt for each exam.**
 - d. Once you begin the exam, you must complete it within the allotted time.
 - e. All class exams, including the final, will be weighted equally.
 - f. Each exam including the final exam covers the material covered since the last exam (not comprehensive).
 - g. No exam grades will be dropped.

Grading Policies:

The final semester grades will be figured as set in the current catalog: 90-100 = A 80-89 = B 70-79 = C
60- 69 = D 59 or Below = F

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

Grades earned for each graded activity will be available in Open LMS. However, in your Open LMS 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 Open LMS gradebook will not be correct until I have replaced the hyphens with zeroes.

STUDENT ACADEMIC INTEGRITY AND CLASSROOM ETHICS: Excerpt from Clarendon College's Student Handbook

Clarendon College is committed to a philosophy of honesty and academic integrity. It is the responsibility of all members of the Clarendon College community to maintain academic integrity at Clarendon College by refusing to participate in or tolerate academic dishonesty. Any act of academic dishonesty will be regarded by the faculty and administration as a serious offense. Academic dishonesty 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. observing the work of another during an examination or providing answers to another during the course of an examination; 4. using an unauthorized source of information during an examination, classroom activity, laboratory exercise, or homework assignment; 5. entering an office, classroom, laboratory, or building to obtain an unfair advantage; 6. taking an examination for another person; 7. completing a classroom activity, laboratory exercise, homework assignment, or research paper for another person; 8. altering grade records; 9. using any unauthorized form of an electronic communication device during an examination, classroom activity, or laboratory activity; and/or, 10. plagiarism. (Plagiarism is defined as the using, stating, offering, or reporting as one's own an idea, expression, or production of another person's work without proper credit. This includes, but is not limited to, turning in a paper purchased or acquired from any source, written by someone other than the student claiming credit, or stolen from another student.)

Students are responsible for reporting known acts of academic dishonesty to a faculty member, the program coordinator, the vice president, and/or dean. Any student with knowledge of a violation who fails to report it shall him/herself be in violation and shall be considered to have committed an act of academic dishonesty.

While academic integrity and honesty are the responsibility of the individual student, each individual faculty member, teaching assistant, and/or laboratory instructor is responsible for classroom management and for maintaining ethical behavior within the classroom and/or laboratory. Faculty who discover or suspect a violation should discuss the matter with the suspected violator(s) and attempt to resolve the case at that point. In cases of convincing evidence, the faculty member should take appropriate action. The faculty member and student should complete a Counseling Sheet regarding the violation. (The Counseling Sheet should contain at a minimum the date and time of the violation, the course, the instructor's name, the student's name, an explanation of the infraction or facts of the case, and the resolution to the incident.) This form should be signed by the student, faculty member, program coordinator, and the Vice President of Academic Affairs. The Vice President of Academic Affairs will maintain a file on all violations. If a faculty member prefers to report the case directly to Vice President of Academic Affairs, it remains his/her prerogative to do so. Additionally, if the faculty member and the accused student cannot reach a resolution or if the faculty member believes that suspension from school is the only fair sanction, the case should immediately be reported, by the faculty member, in writing, to the Vice President of Academic Affairs. If the Vice President of Academic Affairs observes any trends in student behavior which involve more than one violation or act of academic dishonesty, the Vice President of Academic Affairs is responsible for notifying all faculty members involved, for contacting the student(s) involved, and after consultation with the faculty member(s) involved for taking the appropriate action. The Vice President of Academic Affairs is responsible for the timely notification (normally within two weeks) to all parties of an action taken.

Students wishing to appeal a disciplinary decision involving academic integrity or acts of academic dishonesty may do so through the Student Appeals and Grievance Procedure.

Class Policies:

1. **Online Attendance Policy:** To be counted "in attendance," you must complete at least one scheduled assignment per week in the lecture course. Attendance is reported each Monday and on the census date. Failure to meet these weekly requirements may result in loss of Financial Aid eligibility and failure of the course(s).
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. **A 10% deduction per day will be applied unless prior arrangements have been approved.**
3. **Final Exam:** The schedule of final exams times is published at the beginning of the semester. You can find the schedule for final exams at: <https://www.clarendoncollege.edu/insideCC>. Do not make plans to leave school before your scheduled final exam. Faculty members cannot on their own authorize a student to take a final exam early. In exceptional circumstances if a student needs to take a final exam early, he/she may request early final exams by filling out the form at: <https://www.clarendoncollege.edu/Resources/Admin/Request%20for%20Early%20Final%20Exams.pdf>.

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. **Grievance Policy:** If you have a dispute concerning your grade or policies in this class, it is the student's responsibility to contact the instructor to discuss the matter. Should things remain unresolved, please follow the procedures described in the Clarendon College Student Handbook or College Policy Manual.
6. **Accommodations:** REQUIREMENTS OF THE AMERICANS WITH DISABILITIES ACT: In accordance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, any student who feels that he or she may need any special assistance or accommodation because of an impairment or disabling condition should contact the Associate Dean of Enrollment Services at 806-874-4837 / janean.reish@clarendoncollege.edu or visit the Clarendon campus at Clarendon College. It is the policy of Clarendon College to provide reasonable accommodation as required to afford equal educational opportunity. It is the student's responsibility to contact the Associate Dean of Enrollment Services.
7. **Nondiscrimination Policy:** Clarendon College, in accordance with applicable federal and state law, prohibits discrimination, including harassment, on the basis of race, color, national or ethnic origin, religion, sex, disability, age, sexual orientation, or veteran status. It is the policy of Clarendon College not to discriminate based on gender, age, disability, race, color, religion, marital status, veteran's status, national or ethnic origin, or sexual orientation. Harassment of a student in class, i.e., a pattern of behavior directed against a particular student with the intent of humiliating or intimidating that student will not be tolerated. The mere expression of one's ideas is not harassment and is fully protected by academic freedom, but personal harassment of individual students is not permitted.
8. **Withdrawal:** Students desiring to make schedule changes after their initial registration each semester must do so during the designated "Drop and Add" period as scheduled in the College Catalog. Students will be required to pay tuition and fees applicable to any class(es) added to their schedule.

Official withdrawal from a course is initiated in the Office of the Registrar. However, each student should consult with his/her academic advisor or the Associate Dean of Enrollment before officially withdrawing from a course. A student who stops attending a class without officially dropping it may receive a grade of "F" for that class.

Nutrition - Biology 1322

Tentative Course Calendar and Outline – Fall 2025

Tentative Course Schedule: This course schedule is also available in your Open LMS courses. The course schedule is subject to change. If changes are made, you will receive a message in your Bulldog email.

**** To be counted “in attendance,” you must complete at least one scheduled assignment per week. All quizzes and exams are open. You can progress through the course and work ahead. However, note that the due dates are absolute. - Late work 10% penalty per day**

COURSE SCHEDULE Fall 2025 BIOLOGY 1322 Nutrition

Week	Assignments	Due Date
Week 1	Classes start Monday, August 25– it is important to log in to the course immediately so I can count you present for the college’s records Syllabus and Quick Links Keys to success in this course Start Here - Class Orientation & Required EVA (Syllabus Quiz) *Verify Identity ----- Basic Concepts in Nutrition (Chapter 1)	Wed 27th Wed 27th ----- Sunday Aug 31st
Week 2	The Human Body (Chapter 2) Homework/Reading & Quiz Chapter 2	Due Sunday Sept 7
Week 3	Water & Electrolytes (Chapter 3) Homework/Reading & Quiz Chapter 3 Carbohydrates (Chapter 4) Homework/Reading & Quiz Chapter 4	Due Sunday Sept 14
Week 4	Lipids (Chapter 5) Homework/Reading & Quiz Chapter 5 ----- ** Exam 1 Fat Gram Comparison -Do Not Wait Until Sunday to start on this!	*I suggest to Unit 5 and Homework by Wednesday so you have time to complete Exam 1 on Sunday Sept 21
Week 5	Protein (Chapter 6) Homework/Reading & Quiz Chapter 6 “How Much Protein do you need?” Meal Plan Project	Due Sunday Sept 28
Week 6	Alcohol (Chapter 7) Homework/Reading & Quiz Chapter 7	Due Sunday Oct 5
Week 7	Energy (Chapter 8) Homework/Reading & Quiz Chapter 7 ----- ** Exam 2 (Chpt 6-8)	*I suggest to Unit 8 and Homework by Wednesday so you have time to study for the exam on Sunday Oct 12

Week 8	Vitamins (Chapter 9) *Homework/Reading & Quiz Chapter 9	Due Sunday Oct 19
Week 9	Major Minerals (Chapter 10) and Trace Minerals (Chapter 11) *Homework/Reading & Quiz Chapter	Due Sunday Oct 26
Week 10	Nutrition Applications (Chapter 12) *Homework/Reading & Quiz Chapter Meal Plate Challenge (Project) start working on it	Due Sunday Nov 2
Week 11	Meal Plate Challenge (Project) due ** Exam 3 (Chpt 9 -12)	*I suggest to complete the Meal Plate Challenge by Wednesday so you have time to study for the exam on Sunday Nov 9
Week 12	Lifespan Nutrition From Childhood through Adult (Chapters 14 and 15) *Homework/Reading & Quiz Chapter 14 & 15	Due Sunday Nov 16
Week 13	Performance Nutrition (Chapter 16) *Homework/Reading & Quiz Chapter	Due Sunday Nov 23
Week 14	Food Safety (Chapter 17) *Homework/Reading & Quiz Chapter	Due Sunday Nov 30
Week 15	Nutritional Issues (Chapter 18) *Homework/Reading & Quiz Chapter	Due Sunday Dec 7
Week 16 FINALS Dec 8-10	**Final Exam – Chapters 14, 15, 16, 17, and 18 to be taken DUE Dec 9 by 11:59 p.m. CST	Due by Tuesday Dec 9