

BIOL 1322: Nutrition and Diet Therapy I

Class: 3 Semester Credit Hours

BIOL 1322 Online

Clarendon College
Division of Science and Health
Fall Mini 2025 Course Syllabus

Instructor: Mrs. Rachel Randall

E-mail: rachel.randall@clarendoncollege.edu

Virtual Office Hours: Contact me through email or Open LMS to schedule a Zoom meeting or phone call.

During regular fall and spring semesters, my hours are: **Childress Campus:** Monday 1:30–4:00 PM, **Clarendon Campus:** Tuesday & Thursday 8:00–9:30 AM. **Virtual (Zoom/phone):** Wednesday & Friday 8:00 AM–12:00 PM

During fall mini and summer sessions, I am available through **virtual office hours (Zoom/phone)**.

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

Students can expect regular and timely interaction with the instructor throughout the course. All assignments have posted due dates in the calendar, syllabus, or module. Communication will occur through email, announcements, discussions, office hours, and virtual meetings as needed. The instructor will provide feedback on assignments within 7 days and respond to student questions within one business day.

Online Course website: This course uses **Open LMS** for all instructions, tutorials, exams, and assignments, and all work must be submitted through the platform. Due dates are listed in the Course Schedule, and most communication will take place through LMS messages and discussion forums. You will gain access to the course on the first day of the semester (or within 24 hours if you register late). **This is a very fast-paced mini semester that takes place in only 4 weeks. In order to be successful in completing BIOL 1322, a 3-credit hour course you should plan to spend between 24-36 hours per week in total on the course.**

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.

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 Instructional Materials Supplies: This course has a required textbook that is available online at no cost to students.

Required Text: 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 textbook, PowerPoint presentations, forum discussions, audio-visual materials,

Student Rights and Responsibilities: The full details of Student Rights and Responsibilities policies can be viewed on Clarendon College's website at: <https://www.clarendoncollege.edu/studentservices/student-resources-forms.html>

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 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):** You must complete the **Syllabus Agreement EVA** located in the Class Orientation section. This confirms that you understand and agree to the course policies.

Students who do not complete the EVA by the official census date may be dropped from the course, which can result in an **F** and loss of **Financial Aid**.
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. No quiz grades will be dropped.
4. **Projects will count as 25%** of your final course grade.
 - a. You will have three assignments in this category: “Fat Gram Comparison”, “How Much Protein Do You Need?”, and “Meal Plate Challenge”. Projects identified as AI-generated will be recorded as a zero, and the burden of proof falls on the student to demonstrate the work was not produced by AI
 - b. No project grades will be dropped
5. **Class exams will count as 30%** of your final course grade.
 - a. The exams will have up to 50 questions. The exams will utilize a variety of question formats (objective, matching, multiple choice, true/false, etc.)
 - b. **You will only have one attempt for each exam - No notes or other resources are allowed.**
 - c. Once you begin the exam, you must complete it within the allotted time.
 - d. All class exams, including the final, will be weighted equally.
 - e. Each exam covers the material covered since the last exam (not comprehensive).
 - f. 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:** Regular attendance is required for BIOL 1322. You must complete at least one assignment per week in each course to be counted present. Attendance is reported weekly and on the census date; failing to meet this requirement may result in loss of Financial Aid.
2. **Late work:** Assignments submitted after the published due date will receive a **10-point deduction**. Any assignment submitted **more than 15 days late** can earn a **maximum score of 60%**, regardless of quality. Waiving the late penalty is solely at the discretion of the instructor.

No late work will be accepted after the day before your final exam closes.

Please check the course schedule and note the final exam due date, as this deadline is firm.

Example: If your final exam is due on **May 10th**, then **no late work** will be accepted after **May 9th at midnight**. It is your responsibility to monitor due dates and submit work on time. If you experience an issue or need assistance, please contact me immediately

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/studentservices/student-resources-forms.html> . Do not make plans to leave school before your scheduled final exam. 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/studentservices/files/Request%20for%20Early%20Final%20Exams%20FV.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. Assignments identified as AI-generated will be recorded as a zero, and the burden of proof falls on the student to demonstrate the work was not produced by AI
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.

Course Outline Fall Mini 2025 (Dec 17th – Jan14th)

	WEEK 1 (DEC 17 – DEC 19)
Due Friday Dec 19th	Classes start Wednesday, December 17 – 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 *Verify Identity (attendance)
Due Friday Dec 19th	Unit 1 - Basic Concepts in Nutrition (Chapter 1)
	WEEK 2 (DEC 20 – DEC 26)
Due Wednesday Dec 24th	Unit 2 - The Human Body (Chapter 2) Unit 3 - Water & Electrolytes (Chapter 3) Unit 4 - Carbohydrates (Chapter 4) Unit 5 - Lipids (Chapter 5)
Due Friday Dec 26th	Fat Gram Comparison Project ** Exam 1 (Chpt 1-5)
	WEEK 3 (DEC 27 – JAN 2)
Due Thursday Jan 1	Unit 6 - Protein (Chapter 6) Unit 7 - Alcohol (Chapter 7) Unit 8 - Energy (Chapter 8)
Due Friday Jan 2nd	Project # 2 - “How Much Protein do you need?” Meal Plan Project due ** Exam 2 (Chpt 6-8)
	WEEK 4 (JAN 3 - JAN 9)
Due Thursday Jan 8th	Unit 9 - Vitamins (Chapter 9) Unit 10 - Major Minerals (Chapter 10) and Trace Minerals (Chapter 11) Unit 11 - Nutrition Applications (Chapter 12)
Due Friday Jan 9th	Project # 3 - Meal Plate Challenge (Project) due ** Exam 3 (Chpt 9 -12)
	WEEK 5 (JAN 10 - JAN 13)
Due Tuesday Jan 13	Unit 12 -Lifespan Nutrition From Childhood through Adult (Chapters 14 and 15) Unit 13 - Performance Nutrition (Chapter 16) Unit 14 - Food Safety (Chapter 17) Unit 15 - Nutritional Issues (Chapter 18) ***No Late work accepted after Jan 13th midnight!
	FINAL EXAM (JAN 14)
Due WEDNESDAY JAN 14	**Final Exam – Chapters 14, 15, 16, 17, and 18 THIS IS DUE NO LATER THAN WEDNESDAY, January 14th at 11:59 p.m. CST