

NORTH CENTRAL TEXAS COLLEGE COURSE

SYLLABUS

COURSE AND INSTRUCTOR INFORMATION

Course title: BIOL1322 Nutrition & Diet Therapy

Course prefix, number, and section number: BIOL 1322. Sections 0380

Semester/Year of course: Spring 2024

Semester start and end dates: January 16, 2024 / March 9, 2024

Modality (Face to face/Synchronous or Asynchronous online/Hybrid): Asynchronous Online

Class meeting location, days, and times: Asynchronous Online **Lab**

meeting location, days, and times: Asynchronous Online **Semester**

credit hours: 3 credit hours

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.

Course prerequisites: None

Required course materials:

Contemporary Nutrition, 12th ed., Wardlaw

By Anne Smith and Angela Collene and Colleen Spees ISBN10:

1260695484

ISBN13: 9781260695489

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CONNECT ACCESS NOT NEEDED!

Name of instructor: Joy Curry, PhD

Office location: Zoom

Telephone number: 972-953-5755

E-mail address: jcurry@nctc.edu

Office hours for students: Online as Needed

SYLLABUS CHANGE DISCLAIMER

The faculty member reserves the right to make changes to this published syllabus if it is in the best interest of the educational development of this class. Any such changes will be announced as soon as possible in person and/or writing.

SUMMARY OF COURSE ASSIGNMENTS

List of graded assignments:

- **Lecture Assessments:** There will be a total of 14 lecture exams. Each exam will contain 12 multiple-choice, true/false, multiple-select, or fill-in-the-blank questions worth 2 points each for a total of 24 points. You will have 20 minutes to take the test. Exceeding a time limit may result in a 25% reduction of your final score depending upon the exceeded amount of time. **Once you open the test, be prepared to complete it. If you take half the test and then log off, you will NOT be able to finish the test.**
- **Comprehensive Final Exam:** The final exam is cumulative in nature and is worth 100 points. There will be a combination of multiple-choice, matching, short-answer, multiple-select, or fill-in-the-blank questions. You will have 45 minutes to take the final exam. Exceeding the time limit may result in a 25% reduction of your final score depending upon the exceeded amount of time. **The final exam must be taken on time and will NOT be accepted late.**
- **Chapter Questions:** Chapter Questions will support some of the chapter lessons and reinforce the information you are learning. As you read the chapter, complete the questions. Ensure you are complete and thorough in your answers to receive full credit. **Your answer must be in a different font or color and be distinguishable from the question.**
- **Diet Analysis Activity:** The diet analysis activity allows you to evaluate your own diet and exercise regimen. Using my plate, you will compare your personal nutrient intake to Dietary Reference Intakes (DRIs). Be sure to completely read through the assignment requirements. This activity is worth 25 points.
- **Discussion Board Postings:** Discussion boards allow for student-student and student- teacher interaction in an online class. **These are mandatory parts of the online class.** Read the question posed to you in the discussion board posting **by the posting date** and respond to the question **by the posting date** (NOTE: THE ANSWER TO THE QUESTION POSTING IS DUE A DIFFERENT DAY(BEFORE) THE RESPONSES TO CLASSMATES). Answer the question in a new thread with a well-thought-complete answer. Each answer is worth 6 points. **THEN respond to two other postings** made by the instructor or other students to the question. The responses must be at least two sentences and complete thoughts and completed **by the responding date**. Each response is worth 2 points for a maximum of 4 points.

THERE WILL BE NO POINTS AWARDED FOR LATE DISCUSSION BOARDS SINCE THIS IS AN ASSIGNMENT THAT REQUIRES INTERACTION WITH CLASSMATES. The discussion boards throughout the semester are each worth 10 points total.

- **Mini- Nutritional Assessment:** This project involves interviewing a senior citizen. There is a link to a resource guide that helps with this project. The form requires a few direct measurements so a phone interview may not work. You will find an individual over 60 and record information obtained in your analysis/interview with them, then provide 5-10 recommendations that would help improve their nutritional status. See the specific project for details. This assignment is worth 25 points.

- **Deeper Learning Responses/Activities:** These are 10-point assignments that deepen the learning of the chapter material. They could be current events or life skill-type questions. The instructions will be listed in detail on each one. Complete answers and explanations are needed for full credit.
- **Papers:** There will be one paper due during the semester. The paper needs to be 1-2 pages, double-spaced, size 12 font, and use proper APA formatting. Internal citation and work cited page are mandatory. These need to be based on reliable sources of nutritional information. Ask me if you are unsure if something is reliable. See the specific paper for details.
- **Case Studies:** The case studies are short critical thinking questions that allow you to use the information from the chapter, the case study, and other outside information that you can gather to answer nutritional-related questions. Be complete and precise in your answers. All answers must be complete thoughts. Each case study is worth 10 points. See the grading rubric in Canvas.
- **Final Project:** The final project lets you interview someone and help them learn more about leading a healthier lifestyle. You will complete a template and answer discussion questions using all the information you learned throughout the semester. The specific requirements are given in the assignment. The rubric can be used to see how the project will be graded.

Final grade scale:

847-946 A

752-846 B

657-751 C

562-656 D

Below 561 F

Late work policy: Work can be completed late in the course for partial credit. Follow the due dates on the course calendar to avoid late penalties. The two exceptions are discussion board posts and responses and the final exam and final paper. DISCUSSION BOARDS ARE NEVER ACCEPTED LATE since they are class interactive. The final exam and final paper are also not accepted late. Please do not wait until the last minute to take these, plan for internet issues, etc.

SEE CANVAS FOR THE COMPLETE COURSE CALENDAR, OUTLINE, DETAILED DESCRIPTION OF GRADED WORK, AND OTHER RELATED MATERIAL.

COURSE POLICIES

Academic Integrity Policy: Scholastic dishonesty shall include, but is not limited to, cheating, plagiarism, academic falsification, intellectual property dishonesty, academic dishonesty facilitation, and collusion. Faculty members may document and bring charges against a student who is engaged in or suspected to be in academic dishonesty. See Student Handbook, "Student Rights & Responsibilities: Student Conduct ([FLB(LOCAL)])".

Consequences for academic dishonesty may include:

1. Receiving an F on a specific assignment or in the course.
2. Being reported to the Chair/Dean for disciplinary action.

Attendance Policy:

Regular and punctual attendance is expected of all students in all classes for which they have registered. Attendance in an online course is measured by submitted work. All absences are considered to be unauthorized unless the student is absent due to illness or emergencies. It is the student responsibility to provide documentation as to the emergency for approval by the faculty member. Approved college sponsored activities are also excused absences. The instructor is responsible for judging the validity of any reason given for an absence. Valid reasons for absence, however, do not relieve the student of the responsibility for making up required work. Students will not be allowed to make up an examination missed due to absence unless they have reasons acceptable to the instructor. A student who is compelled to be absent when a test is given should petition the instructor, in advance if possible, for permission to postpone the exam. Student will be dropped from a class by the Registrar upon recommendation of the instructor who feels the student has been justifiably absent or tardy a sufficient number of times to preclude meeting the course's objectives. Persistent, unjustified absences from classes or laboratories will be considered sufficient cause for College officials to drop a student from the rolls of the College. From Board Policy FC (LOCAL)

Withdrawal Policy

A student may withdraw from a course on or after the official date of record. It is the student's responsibility to initiate and complete a Withdrawal Request Form.

Last day to withdraw from the course with a "W" is: February 19, 2024

Student Learning Outcomes:

1. Apply nutritional knowledge to analyze personal dietary intakes, plan nutritious meals using nationally established criteria to meet recommended goals, and 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.

Core Objectives:

At the successful completion of this course, students will be able to:

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 the 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.

COLLEGE POLICIES

STUDENT HANDBOOK

Students are expected to follow all rules and regulations found in the Student Handbook.

ADA STATEMENT

NCTC will adhere to all applicable federal, state and local laws, regulations and guidelines with respect to providing reasonable accommodations to afford equal educational opportunity. It is the student's responsibility to contact the Office for Students with Disabilities to arrange appropriate accommodations. See the OSD Syllabus Addendum.

STUDENT SERVICES

NCTC provides a multitude of services and resources to support students. See the Student Services Syllabus Addendum for a listing of those departments and links to their sites.

QUESTIONS, CONCERNS, or COMPLAINTS

The student should contact the instructor to deal with any questions, concerns, or complaints specific to the class. If the student and faculty are not able to resolve the issue, the student may contact the chair or coordinator of the division. If the student remains unsatisfied, the student may proceed to contact the instructional dean.

Name of Chair/Coordinator: Jaime Noles

Office location: Gainesville 408

Telephone number: 940-668-7731 ext. 4930

E-mail address: jnoles@nctc.edu

Name of Instructional Dean: Mary Martinson

Office location: Gainesville 1403

Telephone number: 940.668.7731 ext. 4377

E-mail address: mmartinson@nctc.edu