# NORTH CENTRAL TEXAS COLLEGE

# COURSE SYLLABUS

## **COURSE AND INSTRUCTOR INFORMATION**

**Course title:** Nutrition & Diet Therapy I

**Course prefix, number, and section number:** BIOL 1322 0340

**Semester/Year of course:** Fall 2022

**Semester start and end dates:** August 22, 2022- December 10, 2022

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

**Class meeting location, days, and times:** Lectures are asynchronous, prerecorded, and online on Canvas.

**Lab meeting location, days, and times:** There are no labs associated with this course.

**Semester credit hours:** 3 (48 lecture 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:** Textbook Title: Wardlaw’s Contemporary Nutrition (access code not required)**,** 12th edition**,** ISBN: 9781260695489, Author: Smith, Publisher: McGraw-Hill.

**Name of instructor:** Amy Hoffman

**Office location:** Corinth Campus, Room 261

**Telephone number:** 940-668-4290 (fastest contact is via Canvas email)

**E-mail address:** ahoffman@nctc.edu

**Office hours for students:**

*Mondays:* Online 9:00am-11am, 1:00pm-3:00pm.

*Tuesdays:* Corinth Campus Room 261, 11am-3:00pm.

*Wednesdays:* Online 1:00pm-3:00pm.

*Thursdays:* Online 9:00am-11am, 1:00pm-3:00pm.

## **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:**

4 Lecture Homework Assignments 30%

12 Lecture Group Work, Discussions, & Quizzes (lowest 2 dropped) 20%

4 Lecture Exams\* 50%

If an assignment is REQUIRED it cannot be dropped.

Extra credit is given throughout the semester and is added to the lowest kept exam score.

\*The fifth Lecture Exam is an optional comprehensive final and will be offered as a make-up for missed exams or to replace the lowest exam grade.

**Final grade scale:**

89.5% & up = A

79.5-89.4% = B

69.5-79.4% = C

59.5- 69.4% = D

Below 59.5% = F

**Late work policy:**

Assignments are due by the stated time on the syllabus, Canvas, and/or the date on the worksheet. **No late assignments will be accepted.** The Canvas Calendar can be used to keep track of due dates. It is strongly encouraged for students to turn in assignments early. All assignments except for the Exam will be open when the Unit opens.

**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 is suspected to be engaged in academic dishonesty.

Consequences for academic dishonesty may include:

1) A zero “0” for the assignment and/or Exam.

2) A “Scholastic Dishonesty Report Form” will be submitted regarding the incidence.

**Attendance Policy:**

Attendance will be taken once a week and is based on the completion of the weekly assignments. Regular and punctual attendance is expected of all students in all classes for which they have registered.  All absences are considered to be unauthorized unless the student is absent due to sickness or emergencies which are **approved** by the instructor, or due to participation in an approved college-sponsored activity (which requires written

approval from the appropriate Dean or Director).  The instructor is responsible for judging the validity of any reasons given for 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.  If an exam is missed, the optional final exam can be taken to replace the missed exam.  Students may be dropped from a class by the Registrar upon recommendation of the instructor who feels the student has been unjustifiably absent or tardy a sufficient number of times to preclude meeting the course's objectives.  Persistent, unjustified absences from classes or laboratories may be considered sufficient cause for College officials to drop a student from the rolls of the College.

Absences exceeding 9 contact hours of lecture and or laboratory of BIOL 1322 may result in the student being dropped from the course. It shall be at the discretion of the instructor to drop students who are absent in excess of 9 contact hours.

**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:** Monday, October 31, 2022.

**Student Learning Outcomes:**

*Lecture Learning Outcomes*

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.

**Core Objectives:**

Critical Thinking

Communication

Teamwork

Empirical and Quantitative Analysis

## **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:** 940-668-77321 ext.4377

**E-mail address:** mmartinson@nctc.edu