

# 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 0311

**Semester/Year of course:** Summer I 2022

**Semester start and end dates:** June 6, July 7

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

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

**Lab meeting location, days, and times:** 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*, 12<sup>th</sup> 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:

<b># of Graded Course Elements</b>	<b>Graded Course Elements</b>	<b>Points Values</b>
14	24 Point Lecture Exams	336 points
5	10 point case studies	50 points
1	25 point Class Project- Diet Analysis Activity	25 points
8	10 Point Discussion Boards	80 points
1	5 Point Orientation Quiz	5 points
1	Final Exam	100 points
6	15 Point Worksheets	80 points
1	Vitamin Paper	25 points
1	Mini Nutritional Assessment	25 points
1	Final Paper	65 points
9	Deeper Learning Response	90 points
		881 points

**Of the total points of 881 points offered, 790 and above is an A; 702-789 is a B; 615-701 is a C; and 524-614 is a D; less than 523 is an F.**

### **Final grade scale:**

**Of the total points of 881 points offered, 790 and above is an A; 702-789 is a B; 615-701 is a C; and 524-614 is a D; less than 523 is an 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 be sure to 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 is suspected to be engaged in academic dishonesty. See Student Handbook, "Student Rights & Responsibilities: Student Conduct ([FLB(LOCAL)]".

**Attendance Policy:**

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 illness or emergencies as determined by the instructor. It is the student responsibility to provide documentation as to the emergency for approval and judgement by the faculty member.

Approved college sponsored activities are the only absences for which a student should not be held liable and only when provided by a college official ahead of the 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: June 28, 2022**

**Student Learning Outcomes/Core Objectives:**

*At the successful completion of this course the student will be able to:*

**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 CURRICULUM FOUNDATIONAL COMPONENT AREA** (For classes in the Core)

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III	Communication		
III	Mathematics	III	Government/Political Science
III	Life and Physical Science	III	Social and Behavioral Sciences
III	Language, Philosophy & Culture	III	Component Area Option
III	Creative Arts		
III	American History		

## **REQUIRED CORE OBJECTIVES** (For classes in the Core)

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	Critical Thinking	III	Teamwork
III	Communication	III	Personal Responsibility
III	Empirical and Quantitative	III	Social Responsibility

## **COURSE TYPE**

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III	Academic General Education Course (from ACGM but not in NCTC Core)
III	Academic NCTC Core Curriculum Course
III	WECM Course

## **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.

### **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](mailto:jnoles@nctc.edu)

**Name of Instructional Dean:** Sara Flusche  
**Office location:** Gainesville 1312  
**Telephone number:** 940-668-3351  
**E-mail address:** [sflusche@nctc.edu](mailto:sflusche@nctc.edu)

## THE OFFICE FOR STUDENTS WITH DISABILITIES

The Office for Students with Disabilities (OSD) provides accommodations for students with disabilities. OSD counselors and advisors also provide strategies for academic success; individual, career, and academic counseling services as well as referrals to campus and community services and assistance with admission and registration.

It is not necessary that a student with a disability disclose his/her disability to college officials if he/she is not requesting any accommodations.

OSD is federally funded through the Carl D. Perkins Career and Technical Education Federal Grant.

NCTC is committed to making its degree and certificate programs accessible to all qualified persons in accordance with the Americans with Disabilities Act, ADA Amendments Act, and The Rehabilitation Act (1973), Section 504.

### REQUEST SERVICES

#### **New Students**

Accommodations require advance preparation. Please make your request before the semester begins.

Documentation is required before any accommodations can be provided. Depending on your diagnosis, this documentation should come from a medical doctor, psychologist or other licensed or properly credentialed professional.

#### **Current Students**

Contact the OSD at the beginning of each semester well in advance of registration.

#### **Contact Us**

Please reach out to us to schedule and intake or if you have questions or concerns.

Wayne Smith, OSD Manager, [kwsmith@nctc.edu](mailto:kwsmith@nctc.edu), (940) 498-6207

Yvonne Sandmann, OSD Advisor, [ysandmann@nctc.edu](mailto:ysandmann@nctc.edu), (940) 668-3300

<http://nctc.site/student-services/disability-services/index.html>