

SYLLABUS: SPRING 2006

BIO 111: INTRODUCTION TO NUTRITION

TIME: TUESDAYS: 6:30 – 9:15 P.M.

PLACE: MOHEGAN CAMPUS, CLASSROOM 210

**THREE RIVERS COMMUNITY COLLEGE
MOHEGAN CAMPUS, MAHAN DRIVE
NORWICH, CT 06360
PHONE: (860) 886-1931**

PROFESSOR ANN McNAMARA

OFFICE: ANNEX BUILDING, TOP FLOOR, and ROOM #14

PHONE: (860) 892-5705

EMAIL: amcnamara@trcc.commnet.edu

OFFICE HOURS: MONDAYS: 11:00 a.m. – 11:30 a.m.
2:00 p.m. – 3:00 p.m.

TUESDAYS 5:30 p.m. - 6:30 p.m.

WEDNESDAYS 11:00 a.m. – 11:30 a.m.

THURSDAYS 5:30 p.m. – 6:30 p.m.

APPOINTMENTS ARE AVAILABLE AT OTHER TIMES

Course Description

An introductory course that covers the principles of nutrition including: nutrients, their sources, the interaction between those nutrients and the human body, the selection of healthful diets for all age groups, and the relationships between dietary intake and disease.

Course Objectives

The successful student will:

1. Understand the differences between fact, fallacies, and controversies about nutrition in a contemporary society.
2. Apply the dietary goals, guidelines, and nutrient requirements.
3. Describe the principles of human digestion and absorption.
4. Explain the roles and importance of carbohydrates, lipids, proteins, vitamins, minerals, and water in nourishing the body
5. Determine the energy requirements and its balance in the body.
6. Understand and analyze the role of sound nutritional principles and practices throughout the life cycle in terms of wellness and fitness.

Methods of Evaluation

1. Tests and Final Exam: 55%

A total of 4 tests will be given during the semester. A student who has at least a B average (at least an 83 average) on the 4 tests can elect to **not** take the final exam. If a student takes all 4 tests and the final exam, the lowest grade on a test will be dropped. A student who does not take all 4 tests must take the final exam and no test scores will be dropped. **There will be no make-up tests.**

2. Attendance: 10%

Students are expected to attend and to be on time for all classes. A student who is absent more than 6 classes will lose points

Absent 7 classes: 4 point loss

Absent 8 classes: 8 point loss

Absent over 8 classes: 10 point loss

Students who are late may also lose points.

3. Major Project: 15%

A project and its due date will be assigned. Students must complete the Major Project to receive a grade for the class. Early papers are accepted but **late papers will lose points.**

4. Homework Assignments: 20%

-All 4 homework assignments must be handed-in at the beginning of the class on the date the report is due. Early papers are accepted but **late homework assignments will not be accepted.**

Grade Calculation	
A = 93-100	C = 73-76
A- = 90-92	C- = 70-72
B+ = 87-89	D+ = 67-69
B = 83-86	D = 63-66
B- = 80-82	D- = 60-62
C+ = 77-79	F = 59 or less

Required Text and Materials

Sizer, Frances and Eleanor Whitney.

Nutrition Concepts and Controversies, 10th edition, Thomson Wadsworth Publishing Company, St. Paul, Minnesota., 2006

Calculator: students will need a simple calculator.

College Withdrawal Policy

A student who finds it necessary to discontinue this course must notify the Registrar's Office in Student Services either in person or by calling (860) 892-5756. The withdrawal deadline for this semester is **November 28**. Students who do not withdraw, but stop attending will be assigned an "F" grade, adversely affecting the transcript and cumulative average.

Disability Services

Students with physical or learning disabilities are encouraged to contact Student Services' Counseling and Advising Center either in person or at (860)383-5217. Please note that I cannot provide accommodations based upon a disability until I have received an accommodation letter from the Disabilities Counselor.

Classroom Etiquette

Please:

Turn off your cell phones. I will not have mine on either.

Come to class on time and do not leave early. I will start class on time and will finish on time.

Sign the Attendance Sheet at every class. Remind me if I forget to pass it.

If you need to leave the classroom, go quietly and return quietly, making sure not to cross in front me or another person if we are speaking.

Clean up after yourself by clearing your trash after class, not during. Clean-up spills.

Raise your hand when you wish to speak.

When someone is speaking in class (me or another person), do not have side conversations or interrupt.

I will have tissues available to all who need them.

College Web Site

trcc.commnet.edu College Information

Course Outline

	<u>DATE</u>	<u>DAY</u>	<u>LECTURE/ASSIGNMENTS/TESTS</u>
1	1/24	T	Introduction Homework #1 Assigned C. 1 Food Choices and Human Health C. 2 Nutrition Tools: Standards and Guidelines
2	1/31	T	C. 2 continued C. 3 The Remarkable Body
3	2/7	T	Test #1/ C. 1,2,3 (no make up tests will be given) Homework #1 due at 6:30 and late papers are not accepted Homework #2 Assigned Chapter 4: The Carbohydrates
4	2/14	T	Review Test #1 C. 4 Continued C. 5 The Lipids
5	2/21	T	Homework #2 due at 6:30 and late papers are not accepted. Major Project Part #1 Assigned C. 5 Continued C. 6 The Proteins
6	2/28	T	Test #2: C. 4,5,6 (no make up tests will be given) Homework #3 Assigned C. 7 The Vitamins

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Course Outline (continued)

CLASS	DATE	DAY	LECTURE/ASSIGNMENTS/TESTS
7	3/7	T	Homework #3 Due before class begins (Late papers are not accepted) Review Test #2 Grade Sheets Handed-Out C. 7 Continued C. 8 Water and Minerals
8	3/14	T	Major Project: Part #1 due at 6:30. Late papers will lose 5 points per day late. Homework #4 assigned C. 8 Continued C. 9 Energy Balance, Healthy Body Weight
X	3/21	T	Semester Break: No Classes
9	3/28	T	Test #3: C. 7,8,9 (no make up tests will be given) Major Project Part #2 Assigned C. 10 Nutrients, Physical Activity and the Body's Response
10	4/4	T	Homework #4 is due at 6:30 and late papers are not accepted Review Test #3 C. 10 Continued C. 11 Diet and Health
11	4/11	T	Major Project: Parts 1 and 2 are due at 6:30 and late papers will lose 5 points per day late. C. 13 Life Cycle Nutrition: Mother and Infant C. 14 Life Cycle Nutrition: Child, Teen, and Older Adult
12	4/18	T	Test #4: C. 10,11,13,14 (no make up tests will be given) Major Project Discussion
13	4/25	T	Review Test #4 Grade Sheets Handed-Out Review for Final Exam
14	5/2	T	Final Exam