

**THREE RIVERS COMMUNITY COLLEGE
NORWICH, CT 06360**

SYLLABUS: Fall 2017

BIO 111: INTRODUCTION TO NUTRITION

CRN 30029

MONDAYS: 6:00-8:45 PM

CLASSROOM: D 102

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.

PROFESSOR ANN McNAMARA

OFFICE: C166

PHONE: (860) 215-9454

EMAIL: amcnamara@trcc.commnet.edu

OFFICE HOURS:

Mondays/Wednesdays 5:00 - 6:00 PM

Tuesdays/Thursdays: 11:30 - 12:30 PM

Appointments may be scheduled at other times.

BIO 111: Introduction to Nutrition

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.
7. maintain an online Learning Portfolio in Digication that uses the college template.

Methods of Evaluation

1. Tests 50%.

A total of 4 tests will be given during the semester. Only 3 of the test grades will be counted. If a student has at least an 83 average or higher on the Test 1, 2, and 3, the student does not need to take Test 4. If a student takes all 4 tests, the lowest test grade will be dropped. If a student misses a test, then that will be the test that is dropped.

There will be no make-up tests and no final exam.

2. Attendance: 10%

Students are expected to attend and to be on time for all classes. A student who is absent more than 3 classes will lose the following points:

- 4 times absent = loss of 4 points
- 5 times absent = loss of 8 points
- More than 5 times absent = loss of all 10 points.
- Students who are frequently late or leave early may also lose points.

Attendance will be taken at every class, even if a student does not need to take Test 4.

3. Major Project: 16%

A project and its due date will be assigned. Early papers are accepted, but **late papers will not be accepted**. Early papers are accepted.

4. Assignments: 24%

All 3 assignments must handed-in at the beginning of class on the date it is due. Early papers are accepted, but **late papers will not be accepted**.

Students will need to submit an assignment into the College portfolio folder.

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

Wardlaw's Contemporary Nutrition, 10th edition. Smith, A. and A. Collene. McGraw Hill: 2016

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 **Dec. 11**. Students who withdraw will be assigned a grade of "W".

Disability Services

Students with physical or learning disabilities are encouraged to contact Student Services' Counseling and Advising Center in the A Wing (A113). If you have a Learning Disability or Mental Health Issue, please contact Matt Liscum at 860-215-9265. If you have a Medical, Mobility, or Sensory Disability, please contact Elizabeth Wilcox at 860-215-9289. Please note that I cannot provide accommodations based upon a disability until I have received an accommodation letter from the Disabilities Counselor.

Class Cancellations Due to Weather or Other Situations

If possible, students will be notified by email of any class cancellations. Please make sure that your emails from the college are connected to your personal emails.

Classroom Policies: Please:

- ▶ Raise your hand when you wish to speak.
- ▶ Show respect for all members of the class.
- ▶ 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. You will be counted as absent if you fail to sign the sheet.
- ▶ 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.

******▶ The last policy and the most important is:**

When someone is speaking in class (a student or the professor), do not have side conversations. I will remind students having side conversations to stop talking and then ask students who continue to talk to leave the class until they follow this policy.

Academic Integrity (College Policies: Expectations for Student Conduct)

A student must demonstrate academic Integrity by not engaging in false representation of his/her their academic performance, including but not limited to:

1. Cheating on an examination
2. Collaborating with others on work that is to be done independently
3. Plagiarizing, including the submission of others' ideas or papers as her/his own
4. Stealing or having unauthorized access to examination or course materials
5. Submitting work previously presented in another course
6. Knowingly assisting another student in any of the above

A student who has not demonstrated academic integrity may receive a grade of "F" for this course.

Important Informaton:

Act No. 14-11: An Act Concerning Sexual Assault, Stalking and Intimate Partner Violence on Campus:

“The Board of Regents for Higher Education (BOR) in conjunction with the Connecticut State Colleges and Universities (CSCU) is committed to insuring that each member of every BOR governed college and university community has the opportunity to participate fully in the process of education free from acts of sexual misconduct, intimate partner violence and stalking. It is the intent of the BOR and each of its colleges or universities to provide safety, privacy and support to victims of sexual misconduct and intimate partner violence.”

Title 1X Statement of Policy concerning the U.S. Department of Education and the Office of Civil Rights:

“Title IX of the Education Amendments of 1972 (Title IX) prohibits discrimination based on sex in education programs and activities in federally funded schools at all levels. If any part of a school district or college receives any Federal funds for any purpose, all of the operations of the district or college are covered by Title IX.

Title IX protects students, employees, applicants for admission and employment, and other persons from all forms of sex discrimination, including discrimination based on gender identity or failure to conform to stereotypical notions of masculinity or femininity. All students (as well as other persons) at recipient institutions are protected by Title IX – regardless of their sex, sexual orientation, gender identity, part-or full-time status, disability, race, or national origin-in all aspects of a recipient’s educational programs and activities.”

If any student experiences sexual misconduct or harassment, and/or racial or ethnic discrimination on Three Rivers Community College Campus, or fears for their safety from a threat while on campus, please contact Edward A. Derr, the Diversity Officer and Title IX Coordinator:

Edward A. Derr
 Title IX Coordinator and Diversity Officer
 Admissions Welcome Center * Office A116
 574 New London Turnpike, Norwich CT 06360
 860.215.9255 * EDerr@trcc.commnet.edu

UNIT 1

WEEK #	DATE	LECTURES ASSIGNMENTS TESTS
1	9/11	<p>Introductions</p> <p>C. 1 Nutrition, Food Choices, and Health</p> <p>Assign #1 handed-out: Due Oct. 2. (worth 8 points) Late work will not receive points.</p>
2	9/18	<p>C. 1 continued</p> <p>C. 2 Guidelines for Designing a Healthy Diet</p>
3	9/25	<p>C. 3 The Human Body: A Nutrition Perspective</p>
4	10/2	<p>Assign. #1 is due at 6:00 PM. Late Papers are not accepted (6:00-7:30 PM)</p> <p>Test #1: on C. 1, 2, 3, and Assigned Readings. No make-up tests will be given.</p> <p>(7:30-8:45PM)</p> <p>Assign. #2. Due Oct. 16.</p> <p>Simple Chemistry</p> <p>C. 4: Carbohydrates</p>

C. = Chapter

Assign. = Assignment

UNIT 2

WEEK #	DATE	LECTURES ASSIGNMENTS TESTS
5	10/9	Review Test #1 C. 4 continued
6	10/16	Assign. #2 Due. Late papers are not accepted C. 5: Lipids C. 6 Proteins
7	10/23	6:00 – 7:30 PM Test 2 on Chapters 4, 5, 6 and Assigned Readings No Make-up tests will be given 7:30-8:45 PM C. 7 Energy Balance and Weight Control Assign. 3 handed-out. Due 11/13. Worth 8 points.

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UNIT 3

WEEK #	DAY	DATE	LECTURES ASSIGNMENTS TESTS
8	M	10/30	Major Project Assigned. Due Dec. 4. (worth 16 points) Review Test #2 Grade Sheets C. 7 continued
9	M	11/6	C. 8 Vitamins C. 9 Water and Minerals
10	M	11/13	Assign. #3 due. Late papers will not receive points. C. 10: Fitness and Sports
11	M	11/20	6:00 – 7:30 PM Test 3 on Chapters 7, 8, 9, 10 and Assigned Readings No Make-up tests will be given 7:30-8:45 PM C. 11: Eating Disorders

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UNIT 4

WEEK #	DATE	LECTURES ASSIGNMENTS TESTS
12	11/27	Review Test #3 C. 11: Continued

13	12/4	Major Project due at 6:00 PM. Late projects will not be accepted C. 14 Nutrition During Pregnancy and Breastfeeding, C. 15 Nutrition for Children and Adolescents
14	12/11	C. 16 Nutrition During Adulthood
15	12/18	6:00 – 7:30 PM Test 4 on Chapters 11, 14, 15, 16, Cancer, and Assigned Readings No Make-up tests will be given