

THREE RIVERS COMMUNITY COLLEGE

SYLLABUS: FALL 2017

BIO 111: INTRODUCTION TO NUTRITION (CRN 30030)

Tuesdays and Thursdays, 12:30-1:45 PM

Classroom D109

PROFESSOR ANN McNAMARA

OFFICE: C Wing, #166
PHONE: (860) 215-9454
EMAIL: amcnamara@trcc.commnet.edu

OFFICE HOURS:

MONDAYS and WEDNESDAYS	5:00 - 6:00 PM
TUESDAYS and THURSDAYS	11:30-12:30 PM

APPOINTMENTS CAN BE ARRANGED FOR OTHER TIMES.

COURSE DESCRIPTION

An introductory course that covers the principles of nutrition including: the 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 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.

Required Text and Materials

Contemporary Nutrition, 10th edition. Wardlaw and Smith. 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 **December 11**. Students who do not withdraw, but stop attending will be assigned an "F" grade, adversely affecting the transcript and cumulative average.

Disability Statement

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.

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 5 classes will lose the following points:

- 6 times absent = loss of 4 points
- 7 times absent = loss of 8 points
- More than 7 times absent = loss of all 10 points.
- Students who are frequently late or leave early may also lose points unless prior approval has been given.

Attendance will be taken at every class.

3. Nutrition Project: 16%

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

4. Assignments: 24%

All 3 homework assignments must be handed-in at 1:00 PM on the date the assignment is due. Early papers are accepted but **late homework assignments will not be accepted. Students are required to post 1 homework assignment to the College Digication Portfolio.**

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

Classroom Policies

Please:

- ▶ 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.
- ▶ 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.

- ▶ Raise your hand when you wish to speak.
- ▶ Clean- up after yourself by clearing your trash at the end of class.

- ▶ When someone is speaking in class (me or another person), do not have side conversations. Students will be asked to leave the class if having side conversations.

Academic Integrity (Cheating):

(from "College Policies: Expectations for Student Conduct")

A student must demonstrate academic Integrity by not engaging in false representation of his/her their academic performance.

Examples:

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. 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

COURSE SCHEDULE

Students will be notified 2 weeks in advance If this schedule is changed by the professor.

Unit 1

CLASS	DATE	LECTURES/ASSIGNMENTS/TESTS
1	8/29 T	First Class: Introduction C. 1: Nutrition, Food Choices, and Health Assign. #1: handed-out. (due 9/14) (worth 8 points)
2	8/31 TH	C. 1: continued
3	9/5 T	C. 2: Guidelines for Designing a Healthy Diet
4	9/7 TH	C. 2: continued
5	9/12 T	C. 3: The Human Body: A Nutrition Perspective
6	9/14 TH	Assignment #1 is due at 1:00. Late Papers are not accepted C: 3 continued r
7	9/19 T	Test #1 on C. 1, 2, 3, and Assigned Readings. No make-up tests will be given

C. = Chapter

Assign. = Assignment

Unit 2

CLASS	DATE	LECTURES/ASSIGNMENTS/TESTS
8	9/21 TH	Review Test #1 Assign. #2 handed-out. (due 10/11) Simplified Chemistry C. 4: Carbohydrates
9	9/26 T	C. 4: continued
10	9/28 TH	C. 5: Lipids
11	10/3 T	C. 5: continued
12	10/5 T	C. 6: Protein
13	10/10 T	Assign. #2 due at 12:30 PM. Late papers are not accepted. C. 6 continued Review of Chapters 4,5 and 6.
14	10/12 TH	Test #2: C. 4, 5, 6 and Assigned Readings. No make-up tests will be given Assignment 3 handed -out (due 11/7)

Unit 3

Class	DATE	LECTURES/ASSIGNMENTS/TESTS
X	10/17 T	No Class: Reading Day
15	10/19 TH	Review Test #2 Grade Sheets Assign #3 handed-out (due 11/7) C. 7: Energy Balance and Weight Control
16	10/24 T	Nutrition Project handed-out. (due 11/30) C. 7: continued C. 8: Vitamins

17	10/26 TH	C.8 continued
18	10/31 T	C. 9: Water and Minerals
19	11/2 TH	C. 9 continued C. 10 Fitness
20	11/7 T	Assign. #3 is due at 12:30. Late papers are not accepted C. 10: continued
21	11/9 TH	Test #3: C. 7, 8, 9, 10, and Assigned Readings. No make-up tests will be given

Unit 4

22	11/14 T	Chapter 11: Eating Disorders
23	11/16 TH	C. 11 continued
24	11/21 T	.C. 14: Nutrition During Pregnancy and Breastfeeding
X	11/23 TH	No Class: Happy Thanksgiving!!!!
25	11/28 T	C. 14 continued
26	11/30 TH	Major Project: due at 12:00. Late projects are not accepted C. 15: Nutrition from Infancy through Adolescence
27	12/5 TH	C. 15 continued
28	12/7 T	C. 16: Nutrition During Adulthood
29	12/8 TH	C. 16 continued
30	12/14	Test #4: C. 11, 14, 15, 16, Cancer, and Assigned Readings. No make-up tests will be given