

THREE RIVERS COMMUNITY COLLEGE

SYLLABUS: SPRING 2016

BIO 111: INTRODUCTION TO NUTRITION

CRN 10215

TUESDAYS AND THURSDAYS: 12:30-1:45PM

CLASSROOM: D102

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 and Wednesdays	5:00 – 6:00
Tuesdays/Thursdays	11:30-12:30

Appointments may be scheduled at other times.

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. A student who has at least a B average (at least an 83 average) on the first 3 tests can elect to **not** take Test 4. If a student has less than an 83 average, the student must take Test 4. If a student takes all 4 tests, the lowest grade on a test (except Test 4) will be dropped. Students who miss Test 1, 2, or 3, must take Test 4. If Test 4 is taken, it will not be dropped as the lowest test.

There are 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 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 by the instructor.

3. Nutrition Project: 16%

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

4. Assignments: 24%

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

5. Students are expected to submit work to the College Digication System.

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

Contemporary Nutrition, 8th edition. Wardlaw and Smith. McGraw Hill, 2011

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) 215-9064. The withdrawal deadline for this semester is **May 8**. Students who withdraw will be assigned a grade of "W".

Disability Services

Students with physical or learning disabilities are encouraged to contact Student Development Center either in person or at (860)215-9016. 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 Show respect for all members of the class. This includes:

Do not have side conversations when someone is speaking in class (the professor or a student). Students having side conversations may be asked to leave the classroom.

Raise your hand when you wish to speak.

Communication between students and between students and the professor must be civil, honest, and respectful to each other.

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.

If you need to leave the classroom, go quietly and return quietly, making sure not to cross in front anyone who is speaking.

During tests, students may not leave the classroom.

► Sign the Attendance Sheet at every class. Please remind me if I forget to pass it. You will be counted as absent if you fail to sign the sheet.

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:

College Information on 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.”

College Information On 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

C= Chapter

(If this course schedule is changed by the instructor, students will be notified 2 weeks in advance.)

UNIT 1

WEEK #	DAY	DATE	LECTURES ASSIGNMENTS TESTS
1	TH	1/19	First Class: Introductions Review of Syllabus Chapter 1: <u>Nutrition, Food Choices, and Health</u>
2	T	1/24	Assignment #1 handed-out and due by Feb. 7. (worth 8 points) C. 1 continued
3	TH	1/26	C. 2: <u>Designing a Healthy Diet</u>
4	T	1/31	C. 2 continued
5	TH	2/2	C. 3 <u>The Human Body: Nutrition Perspective</u>
6	T	2/7	Assign. #1 is due at 1:00 PM. Late Papers do not receive points. C. 3 continued
7	TH	2/9	Test #1/ C. 1, 2, 3, and Assigned Readings. No make-up tests are given.

UNIT 2

WEEK #	DAY	DATE	LECTURES ASSIGNMENTS TESTS
8	T	2/14	Assign. #2 is handed-out and due by March 2. (worth 8 points) Review Test #1 C. 4: <u>Carbohydrates</u>
9	TH	2/16	C. 4 continued
10	T	2/21	C. 5 <u>Lipids/Fats</u>
11	TH	2/23	C. 5 continued
12	T	2/28	C. 6: <u>Proteins</u>
13	TH	3/2	Assign. #2 is due at 1:00 PM. Late Papers do not receive points. C. 6 continued Review Chapters: 4, 5, and 6
14	T	3/7	Test #2: C. 4, 5, 6 and Assigned Readings. No make-up tests are given.

UNIT 3

WEEK #	DAY	DATE	LECTURES ASSIGNMENTS TESTS
15	TH	3/9	Assign #3 is handed-out and due by April 4. (worth 8 points) Review Test #2 Grade Sheets Chapter 7: <u>Energy Balance</u>
XX	T & TH	3/14 & 3/16	No Classes!! / Semester Break!! / Enjoy!!
16	T	3/21	C. 7 continued
17	TH	3/23	<u>Nutrition Project</u> is assigned and due 4/20 (worth 16 points) C. 8: <u>Vitamins</u>
18	T	3/28	C. 8 continued
19	TH	3/30	C. 9: <u>Water and Minerals</u>
20	T	4/4	Homework #3 is due. Late Papers are not accepted. C. 9 continued
21	TH	4/6	Test #3: C. 7, 8, 9 and Assigned Readings. No make-up tests are given.

UNIT 4

WEEK #	DAY	DATE	LECTURES ASSIGNMENTS TESTS
22	T	4/11	Review Test #3 Grade Sheets C.10: <u>Nutrition: Fitness and Sports</u>
23	TH	4/13	C. 10 continued
24	T	4/18	C. 11: <u>Eating Disorders</u>
25	TH	4/20	<u>Nutrition Project</u> is due at 1:00. Late projects do not receive points. C. 11 continued
26	T	4/25	C. 14: <u>Nutrition During Pregnancy and Breastfeeding</u>
27	TH	4/27	C. 14 continued
28	T	5/2	C. 15: <u>Nutrition During Childhood and Adolescence</u>
29	TH	5/4	C. 16: <u>Nutrition During Adulthood</u>
30	TH	5/9	Test #4: C 10, 11, 14, 15, 16 and Assigned Readings. No make-up tests are given.