

SYLLABUS: SPRING 2015

BIO 111: INTRODUCTION TO NUTRITION

ONLINE COURSE

PROFESSOR ANN McNAMARA

PHONE: (860) 215-9454

EMAIL: Use Blackboard Email for this course.

ONLINE OFFICE HOURS: Tuesdays and Thursdays: 11:00 AM – 1:00 PM

Emails will be read frequently throughout the week

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.

Overall 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/Assessment

1. Tests: Worth 30% of the grade

A total of 3 timed tests will be given during the semester. The tests are short answer (**not** true/false or multiple choice) and will be based on the chapter objectives you complete for each chapter. **No make-up tests will be given.**

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For students who miss one test, a Final Exam (which covers the material in the entire semester) will be given to replace the missed test.

2. Assignments: Worth 24% of the grade

There will be a total of 3 assignments. These assignments will help you to apply the information you learn. Early papers are always accepted but **late assignments will not receive points.**

3. Discussions: Worth 30% of the grade

There will be a total of 10 times when you will be assigned to email other members of the class about a nutrition topic. Discussions are assigned and must be done by the due dates. **Late discussions will not receive points.**

4. Major Project: Worth 16% of the grade

A major project will be assigned in which you will analyze your own diet for 7 days. Early papers are accepted, but **late papers will not be accepted.**

5. Digital Portfolio All students are required to maintain an online learning portfolio in Digication that uses the college template.

Grades and Quality Points:

I will use this list to translate your total points in the class to a final grade.

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

Required Text and Materials

Contemporary Nutrition, 9th Edition, 2011 by Gordon Wardlaw, Gordon and Anne Smith, published by McGraw Hill. ISBN-13 978-0-07-32258-0

You will need a simple calculator that does basic functions

College Withdrawal and No-Grade Policy

If you find it necessary to drop this course, you must notify the Registrar's Office to officially withdraw. **The withdrawal deadline for this semester is May 11.** If you withdraw, you will receive a grade of "W" which will not affect your grade point average (GPA). If you do not complete at least 60% of the coursework, you will earn a grade of "N".

Disability Statement

If you are a student with a disability (challenge) and believe you will need accommodations for this class, it is your responsibility to contact the Student Counseling Services at 860- 215-9017. To avoid any delay in the receipt of accommodations, you should contact the counselor as soon as possible. Please note that I cannot provide accommodations based upon a disability until I have received an accommodation letter from the Counselor.

Course Schedule

Unit 1

| <u>Wk.</u> | <u>Dates</u> | <u>Chapters/Assignments/Discussions/Tests</u> |
|------------|--------------------|--|
| 1 | Jan. 26- Feb.1 | Assignment 1: posted and due by Feb. 15 at 11 PM. Chapter 1: <u>What You Eat and Why</u> : read and complete the objectives that you will find in Course Content in Week 1. Discussion 1: Your Introduction to the Class Due Feb. 1 |
| 2 | Feb. 2-8 | Chapter 2: <u>Guidelines</u> : read and complete the objectives Discussion 2 Due Feb. 8 |
| 3 | Feb. 9-15 | Chapter 3: <u>The Human Body</u> : read and complete the objectives No Discussion is due this week. Assignment 1 due Feb.15 by 11 PM. Late assignments will not receive points |
| 4 | Feb. 16-22 | Chapter 4 <u>Carbohydrates</u> : read and complete the objectives Discussion 3 Due Feb. 22 |
| 5 | Feb. 23- Mar. 1 | Test 1 on Chapters 1, 2, 3, and 4 will be posted for you to take between 7:00 AM on Thursday, Feb. 26 through 11:00 PM Sunday, Mar. 1. You must submit your test by the deadline of 11:00 PM. This is a timed, short answer test based on the Chapter Objectives. No make-up tests will be given. No Discussion is due this week. Assignment 2 posted and due by Mar. 15 at 11 PM |

Unit 2

| | | |
|-----------|--------------------|--|
| 6 | Mar. 2-8 | Chapter 5: <u>Lipids</u> : read and complete the objectives Discussion 4 Due Mar. 8 |
| 7 | Mar. 9-15 | Assignment 2 due Mar. 15 by 11 PM. Late assignments will not receive points Chapter 6: <u>Proteins</u> : read and complete the objectives Discussion 5 Due Mar. 15 Major Project posted and due May 3 by 11 PM. Late projects will not receive points. |
| XX | Mar.16-22 | Semester Break – No Assignments |
| 8 | Mar. 23-29 | Chapter 8: <u>Vitamins</u> : read and complete the objectives Discussion 6 Due Mar. 29 |
| 9 | Mar. 30- Apr. 5 | Assignment 3 posted and due by Apr. 19 at 11 PM. Chapter 9: <u>Minerals</u> : read and complete the objectives Discussion 7 Due Apr. 5 |
| 10 | Apr. 6-12 | Test 2 on Chapters 5, 6, 8 and 9 will be posted for you to take between 7:00 AM on Thursday, April 9 through 11:00 PM Sunday April 12. You must submit your test by the deadline of 11:00 PM. This is a timed, short answer test based on the Chapter Objectives. No make-up tests will be given. No Discussion is due this week. |

Unit 3

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|----|-------------------|--|
| 11 | Apr. 13-19 | Assignment 3 due 4/19 by 11 PM. Late assignments will not receive points C. 7 <u>Energy Balance</u> : read and complete the objectives Chapter 11: <u>Eating Disorders</u> : read and complete the objectives Discussion 8 Due Apr. 19 |
| 12 | Apr. 20-26 | Chapter 10 <u>Fitness and Sports</u> : read and complete the objectives Discussion 9 Due Apr. 26 |
| 13 | Apr. 27- May 3 | Major Project due by May 3 at 11 PM. Late assignments will not receive points Chapter 14: <u>Pregnancy/Breastfeeding.</u> : read and complete the objectives No Discussion is due this week. |
| 14 | May 4-10 | Chapter 15 <u>Infant-Adolescence</u> : read and complete the objectives Chapter 16 <u>Adulthood</u> : read and complete the objectives Discussion 10 Due May 10 |
| 15 | May 11-17 | Test 3 on Chapters 7, 10, 11 ,14, 15 and 16 will be posted for you to take from 7:00 AM on Thursday, May 14 through 11:00 PM Sunday, May 17. You must submit your test by the deadline of 11:00 PM. This is a timed, short answer test based on the Chapter Objectives. No make-up tests will be given. |