

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

SYLLABUS: SPRING 2016

BIO 111: INTRODUCTION TO NUTRITION

CRN 10215

TUESDAYS AND THURSDAYS: 1:00 – 2:20 PM

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

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OFFICE HOURS:

Mondays and Wednesdays	12:00 -12:45 PM
Tuesdays/Thursdays	5:30 - 6:15 PM

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: 46%

A total of 4 tests will be given during the semester.

Students with at least an **83 average** on the first 3 tests are not required to take Test 4.

Students who take Test 4 can drop the lowest test grade from the first 3 tests.

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.

3. Major Project: 20%

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

4. Assignments: 24%

All 3 assignments must be handed-in at the beginning of the class on the date the assignment is due. Early papers are accepted, but **late papers do not receive points.** **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 9**. 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)2159017. 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
- ▶ 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. Please remind me if I forget to pass it. 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.
- ▶ When someone is speaking in class (me or another person), do not have side conversations.
- ▶ Raise your hand when you wish to speak.

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.

COURSE SCHEDULE

C= Chapter

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

UNIT 1

WEEK #	DAY	DATE	LECTURES ASSIGNMENTS TESTS
1	TH	1/21	First Class: Introductions Review of Syllabus Chapter 1: <u>Nutrition, Food Choices, and Health</u>
2	T	1/26	Assignment #1 handed-out and due by Feb. 9. (worth 8 points) C. 1 continued
3	TH	1/28	C. 2: <u>Designing a Healthy Diet</u>
4	T	2/2	C. 2 continued
5	TH	2/4	C. 3 <u>The Human Body: Nutrition Perspective</u>
6	T	2/9	Assign. #1 is due at 1:00 PM. Late Papers do not receive points. C. 3 continued
7	TH	2/11	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	2/16	Assign. #2 is handed-out and due by March 3. (worth 8 points) Review Test #1 C. 4: <u>Carbohydrates</u>
9	TH	2/18	C. 4 continued
10	T	2/23	C. 5 <u>Lipids/Fats</u>
11	TH	2/25	C. 5 continued
12	T	3/1	C. 6: <u>Proteins</u>
13	TH	3/3	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	3/8	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	3/10	Assign #3 is handed-out and due by April 5. (worth 8 points) Review Test #2 Grade Sheets Chapter 7: <u>Energy Balance</u>
16	T	3/15	C. 7 continued
17	TH	3/17	<u>Your Nutrition Project</u> is assigned and due 4/21 (worth 20 points) C. 8: <u>Vitamins</u>
XX	T & TH	3/22 & 3/24	No Classes!! / Semester Break!! / Enjoy!!
18	T	3/29	C. 8 continued
19	TH	3/31	C. 9: <u>Water and Minerals</u>
20	T	4/5	Homework #3 is due. Late Papers are not accepted. C. 9 continued
21	TH	4/7	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	4/12	Review Test #3 Grade Sheets C.10: <u>Nutrition: Fitness and Sports</u>
23	TH	4/14	C. 10 continued
24	T	4/19	C. 11: <u>Eating Disorders</u>
25	TH	4/21	<u>Your Nutrition Project</u> is due at 1:00. Late projects do not receive points. C. 11 continued
26	T	4/26	C. 14: <u>Nutrition During Pregnancy and Breastfeeding</u>
27	TH	4/28	C. 14 continued
28	T	5/3	C. 15: <u>Nutrition During Childhood and Adolescence</u>
29	TH	5/5	C. 16: <u>Nutrition During Adulthood</u>
30	TH	5/10	Test #4: C 10, 11, 14, 15, 16 and Assigned Readings. No make-up tests are given.