

# SYLLABUS: SPRING 2016

## BIO 111: INTRODUCTION TO NUTRITION, CRN 12050

### ONLINE COURSE

#### PROFESSOR ANN McNAMARA

PHONE: (860) 215-9454

EMAIL: Use Blackboard Email for this course.

ONLINE OFFICE HOURS:

Tuesdays and Thursdays: 12:00 - 1:00 PM

Mondays and Wednesdays: 5:30-6:30 PM

Emails will be read frequently throughout the week

#### 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.

#### 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 Digiication 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.**

##### 2. Assignments: Worth 24% of the grade

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

### 4. Your Nutrition Project: Worth 16% of the grade

This project is your analysis of your own dietary intake for 7 days. Early papers are accepted, but **late papers do not receive points.**

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

## Grades and Quality Points:

Use this list to translate your total points in the class to a final grade.

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, 10<sup>th</sup> Edition. Smith, Anne and A. Collene. McGraw-Hill, New York, 2016. ISBN 978-0-07-802137-4

You will need a simple calculator that does basic functions.

## College Withdrawal

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 9.**

## 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 Development 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. 21-27	<p>Chapter 1, <u>Nutrition, Food Choices and Health</u>: read and complete the objectives that you will find in Course Content in Week 1.</p> <p><b>Discussion 1: Your Introduction is due Jan. 27 by 11 PM. Late discussions do not receive points.</b></p> <p>Assignment 1: <u>Family Tree</u>, posted and due by Feb. 10 at 11 PM.</p>
2	Jan. 28-Feb. 3	<p>Chapter 2, <u>Guidelines for a Healthy Diet</u>: read and complete the objectives</p> <p><b>Discussion 2 is due Feb. 3 by 11 PM.</b></p>
3	Feb. 4-10	<p>Chapter 3, <u>The Human Body</u>: read and complete the objectives</p> <p>No Discussion is due this week.</p> <p><b>Assignment 1 due Feb.10 by 11 PM.</b> <b>Late assignments do not receive points.</b></p>
4	Feb. 11-17	<p>Chapter 4, <u>Carbohydrates</u>: read and complete the objectives</p> <p><b>Discussion 3 is due Feb. 17 by 11 PM.</b></p> <p>Assignment 2: <u>My Plate</u> posted and due by Mar. 2 at 11 PM</p>
5	Feb. 18-24	<p><b>Test 1 on Chapters 1, 2, 3, and 4 will be posted for you to take between 7:00 AM on Sunday, Feb. 21 through 11:00 PM Wed., Feb. 24.</b> You must submit your test by the deadline of 11:00 PM on Feb. 24. This is a timed, short answer test based on the Chapter Objectives from C. 1, 2, 3, and C. 4. No make-up tests are given.</p> <p>No Discussion is due this week.</p>

## Unit 2

6	Feb. 25- Mar. 2	Chapter 5, <u>Lipids/Fats</u> : read and complete the objectives  <b>Discussion 4 due by Mar. 2 by 11 PM.</b>  <b>Assignment 2 due by Mar. 2 by 11 PM.</b> <b>Late assignments do not receive points.</b>  Assignment 3 posted and due by Mar.16 by 11 PM.
7	Mar. 3-9	Chapter 6, <u>Proteins</u> : read and complete the objectives  <b>Discussion 5 is due on Mar. 9 by 11 PM.</b>  <u>Your Nutrition Project</u> posted and due by Apr. 27 by 11 PM.
8	Mar. 10-16	Chapter 8, <u>Vitamins</u> : read and complete the objectives  <b>Discussion 6 due Mar. 16 by 11 PM.</b>  <b>Assignment 3 due Mar. 16 by 11 PM.</b> <b>Late assignments do not receive points.</b>
XX	Mar. 17-23	<b>Semester Break – No Assignments</b>  <b>ENJOY! BE SAFE!</b>
9	Mar. 24-30	Chapter 9, <u>Minerals</u> : read and complete the objectives  <b>Discussion 7 due Mar. 30 by 11 PM.</b>
10	Mar. 31 - Apr. 6	<b>Test 2 on Chapters 5, 6, 8 and 9 will be posted for you to take from 7:00 AM on Sunday, April 3 through 11 PM on Wed., April 6.</b> You must submit your test by the deadline of 11:00 PM on April 6. This is a timed, short answer test based on the Chapter Objectives. No make-up tests are given.  No Discussion is due this week.

## Unit 3

11	Apr. 7-13	Chapter 7, <u>Energy Balance</u> : read and complete the objectives Chapter 11, <u>Eating Disorders</u> : read and complete the objectives <b>Discussion 8 due Apr. 13 by 11 PM.</b>
12	Apr. 14-20	Chapter 10, <u>Fitness and Sports</u> : read and complete the objectives <b>Discussion 9 due Apr. 20 by 11 PM.</b>
13	Apr. 21- 27	Chapter 14, <u>Pregnancy/Breastfeeding</u> : read and complete the objectives No discussion is due this week. <b><u>Your Nutrition Project</u> due by 11 PM on April 27.</b> <b>Late assignments will not receive points. (Worth 16 points)</b>
14	Apr. 28- May 4	Chapter 15, <u>Infant-Adolescence</u> : read and complete the objectives Chapter 16, <u>Nutrition During Adulthood</u> : read and complete the objectives <b>Discussion 10 (your course evaluation) is due May 4 by 11 PM.</b>
15	May 5-11	<b>Test 3 on Chapters 7, 10, 11 ,14, 15 and 16 will be posted for you to take from 7:00 AM on Sunday, May 8, through 11:00 PM on Wednesday, May 11. You must submit your test by the deadline of 11:00 PM on May 11. This is a timed, short answer test based on the Chapter Objectives. No make-up tests are given.</b>