

SYLLABUS: SPRING 2017

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: 11:30 AM - 12:30 PM

Mondays and Wednesdays: 5:00-6:00 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. 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, 10th 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 8.**

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- 215-9016. 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

For more complete information for each week, please go to Course Content in Blackboard (located in upper left-hand black box in Blackboard).

Unit 1

<u>Wk</u>	<u>Dates</u>	<u>Chapters/Assignments/Discussions/Tests</u>
1	Jan. 23-29	Chapter 1, <u>Nutrition, Food Choices and Health</u> Discussion 1: Introduction Assignment 1: <u>Family Tree</u> is due Feb. 12.
2	Jan. 30- Feb. 5	Chapter 2, <u>Guidelines for a Healthy Diet</u> Discussion 2
3	Feb. 6-12	Chapter 3, <u>The Human Body</u> : Assignment 1 is due Feb.12
4	Feb. 13-19	Chapter 4, <u>Carbohydrates</u> : read and complete the objectives Discussion 3 is due Feb. 17 Assignment 2: <u>My Plate</u> posted and due by Mar. 2 at 11 PM
5	Feb. 20-26	Test 1 on Chapters 1, 2, 3, and 4 will be posted. You must submit your test by the deadline of 11:00 PM on Feb. 26. 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. No Discussion is due this week.

Unit 2

6	Feb. 27- Mar. 5	Chapter 5, <u>Lipids/Fats</u> Discussion 4 Assignment 2 (due March 5) Assignment 3 is posted and due by Mar.26.
7	Mar. 6-12	Chapter 6, <u>Proteins</u> Discussion 5 <u>Your Nutrition Project</u> posted and is due by Apr. 30
XX	Mar. 13-19	Semester Break!!! ENJOY! RELAX!! BE SAFE!
XX	Mar. 20-26	Chapter 8, <u>Vitamins</u> Discussion 6 Assignment 3 due Mar. 26
9	Mar. 27- April 2	Chapter 9, <u>Minerals</u> Discussion 7
10	Apr. 3-9	Test 2 on Chapters 5, 6, 8 and 9 will be posted. You must submit your test by the deadline of 11:00 PM on April 9. 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. 10-16	Chapter 7, <u>Energy Balance</u> Chapter 11, <u>Eating Disorders</u> Discussion 8
12	Apr. 17-23	Chapter 10, <u>Fitness and Sports</u> Discussion 9
13	Apr. 24-30	Chapter 14, <u>Pregnancy/Breastfeeding</u> No discussion is due this week. <u>Your Nutrition Project</u> due by 11 PM on April 30.
14	May 1-7	Chapter 15, <u>Infant-Adolescence</u> Chapter 16, <u>Nutrition During Adulthood</u> Discussion 10 (your course evaluation)
15	May 5-11	Test 3 on Chapters 7, 10, 11 ,14, 15 and 16 will be posted for you to take You must submit your test by the deadline of 11:00 PM on May 14. This is a timed, short answer test based on the Chapter Objectives. No make-up tests are given.