

SYLLABUS: FALL 2008

BIO 111: INTRODUCTION TO NUTRITION

TIME: TUESDAYS: 6:30 – 9:15 p.m.

PLACE: MOHEGAN CAMPUS, CLASSROOM 315

**THREE RIVERS COMMUNITY COLLEGE
MOHEGAN CAMPUS, MAHAN DRIVE
NORWICH, CT 06360**

PROFESSOR ANN McNAMARA

OFFICE: Mohegan Campus, Automotive Shop Wing

PHONE: (860) 892-5705

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OFFICE HOURS:

MONDAYS	11:00 – 11:30 AM
TUESDAYS	5:00 – 6:15 PM
WEDNESDAYS	11:00 – 11:30 AM
THURSDAYS	5:00 – 6:15 PM

APPOINTMENTS CAN BE ARRANGED FOR OTHER TIMES.

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.

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.

Methods of Evaluation

1. Tests and Final Exam: 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 4 tests can elect to **not** take the final exam. If a student takes all 4 tests and the final exam, the lowest grade on a test will be dropped. A student who does not take all 4 tests must take the final exam and no test scores will be dropped. **There will be 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 will lose points:

Absent from 4 classes: 5 point loss

Absent from 5 classes: 8 point loss

Absent from more than 5 classes: 10 point loss

Students who are frequently late or leave early may also lose points:

3. Major Project: 16%

A project and its due date will be assigned. Students must complete the Major Project to receive a grade for the class. Early papers are accepted but **late papers will lose points.**

4. Homework Assignments: 24%

-All 4 homework assignments must be handed-in at the beginning of the class on the date the report is due. Early papers are accepted but **late homework assignments will not be accepted.**

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, 7th edition. Wardlaw and Smith. McGraw Hill, 2009

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) 892-5756. The withdrawal deadline for this semester is **December 15**. Students who do not withdraw, but stop attending will be assigned an "F" grade, adversely affecting the transcript and cumulative average.

Disability Services

Students with physical or learning disabilities are encouraged to contact Student Services' Counseling and Advising Center either in person or at (860) 383-5217. Please note that I cannot provide accommodations based upon a disability until I have received an accommodation letter from the Disabilities Counselor.

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.
- ▶ Clean up after yourself by clearing your trash at the end of class.

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 Outline

	<u>DATE</u>	<u>LECTURE/ASSIGNMENTS/TESTS</u>
1	9/2	Introduction Homework #1: Your Food Analysis: Pyramid and Dietary Guidelines (due 9/23) C. 1 What You Eat and Why
2	9/9	C. 1 continued C. 2 Guidelines for Designing a Healthy Diet
3	9/16	C. 13 Safety of Food and Water C. 3 The Human Body: A Nutrition Perspective
4	9/23	Test #1/ C. 1,2,3,13 (no make up tests will be given) Homework #1 due at 6:30. Late papers are not accepted Homework #2 Assigned (due 10/7) Chapter 4: Carbohydrates
5	9/30	Review Test 1 Major Project Part 1 Assigned (due 10/21) (Worth 20 points) C. 4 continued C. 5 Lipids
6	10/7	Homework #2 due at 6:30. Late papers are not accepted. C. 5 Continued C. 6 Proteins
7	10/14	Test #2: C. 4,5,6 (no make up tests will be given) Homework #3 Assigned (due 10/28)
8	10/21	Major Project Part #1: due at 6:30. Late papers will lose 5 points per class it is late. Review Test #2 Grade Sheets Handed-Out C. 7 Energy Balance and Weight Control

Course Outline (continued)

	<u>DATE</u>	<u>LECTURE/ASSIGNMENTS/TESTS</u>
9	10/28	Homework #3 is due at 6:30 –late papers not accepted Major Project Part #2 Assigned (due 11/18) (worth 80 points) C. 8 Vitamins C. 10 Nutrition: Fitness and Sports
10	11/4	Homework #4 assigned (due 11/18) C. 10 continued C. 9 Water and Minerals
11	11/11	Test #3: C. 7, 8, 9 10 (no make up tests will be given) C. 11 Eating Disorders
12	11./18	Major Project: Parts 1 and 2 are due at 6:30. Late papers will lose 5 points per day late. Homework #4 is due at 6:30 and late papers are not accepted Review Test #3 C. 14 Pregnancy and Breastfeeding C. 15 Nutrition from Infancy through Adolescence C. 16 Nutrition During Adulthood
13	11/25	Test #4: C. 11,14,15,16 (no make up tests will be given) Major Project Discussin
14	12/2	Review Test #4 Grade Sheets Handed-Out Review for Final Exam Major Project Discussion
15	12/9	Final Exam

If the syllabus is changed, students will be notified 2 weeks in advance.