

SYLLABUS: FALL 2015

BIO 111: INTRODUCTION TO NUTRITION

ONLINE COURSE
CRN 32288

PROFESSOR ANN McNAMARA

PHONE: (860) 215-9454

EMAIL: please use Blackboard Vista Mail for this course.

ONLINE OFFICE HOURS: Tuesdays and Thursdays 11:00 – 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.

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 to apply the information you learn. Early papers are always accepted but **late assignments will not receive points**. One of these assignments must be posted in the College Digication Folder.

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.**

Grades and Quality Points:

I will use this list to translate your total points 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

Gordon's Contemporary Nutrition, 10th Edition, 2016 by Smith, Anne and A. Collene, published by McGraw Hill. ISBN-978-0-07-8021374

Calculator: you will need a simple calculator that does basic functions.

College Withdrawal 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 December 14. If you withdraw, you will receive a grade of "W" which will not affect your grade point average

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 and Counseling Services at 860- 383-5240 or to stop in at their office at A119. To avoid any delay in the receipt of accommodations, you should contact them 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.

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

Unit 1

<u>Wk.</u>	<u>Week Dates</u>	<u>Chapters/Assignments/Discussions/Tests</u>
1	Aug. 31- Sept. 6	<p>Start Assignment 1: Family Tree. Due by Sept. 20 at 11 PM.</p> <p>Read Chapter 1: Nutrition, Food Choices, and Health Complete the Learning Objectives that are posted.</p> <p>Post Discussion 1: Your Introduction. Due by Sept. 6, 11:00 PM.</p>
2	Sept. 7-13	<p>Continue to work on Assign. 1 which is due 9/20</p> <p>Read Chapter 2: Guidelines for Designing a Healthy Diet Complete the Learning Objectives that are posted</p> <p>Post Discussion 2. Due by Sept. 13, 11:00 PM</p>
3	Sept. 14-20	<p>Submit Assign. 1 by 11:00 PM by Sunday, Sept. 20. Late assignments will not receive points</p> <p>Read Chapter 3: The Human Body: A Nutrition Perspective. Complete the Learning Objectives that are posted</p> <p>No Discussion this week.</p>
4	Sept. 21-27	<p>Read Chapter 4: Carbohydrates Complete the Learning Objectives that are posted</p> <p>Post Discussion 3. Due by Sept. 27, 11:00 PM</p>
5	Sept 28- Oct. 4	<p>Sept. 28-29: Study for Test 1 which is on Chapters 1, 2, 3, and 4</p> <p>Take Test 1 which will be posted for you to take from Wed., Sept. 30 at 7:00 AM through 11:00 PM Sunday, Oct. 4. You must take the test all at once. The test must be submitted by 11:00 on Sunday, Oct. 4. No make-up tests will be given.</p> <p>Start working on Assignment 2. Due by 11:00 PM on Oct. 18.</p>

Unit 2

Wk	Week Dates	Chapters/Assignments/Discussions/Tests
6	Oct. 5-11	<p>Continue to work on Assign. 2 which is due Oct.18</p> <p>Read Chapter 5: <u>Lipids</u>. Complete the Learning Objectives</p> <p>Post Discussion 4. Due by Oct. 11, 11:00 PM</p>
7	Oct. 12-18	<p>Submit Assignment 2 which is due by 11:00 PM on Oct. 18 Late assignments will not receive points</p> <p>Read Chapter 6: <u>Proteins</u>. Complete the Learning Objectives</p> <p>Post Discussion 5. Due by Oct. 18, 11:00 PM</p> <p>Major Project posted and due by 11 PM. on Nov. 29. Late projects will not receive points.</p>
8	Oct. 19-25	<p>Continue to work on Major Project (due Nov. 29)</p> <p>Work on Assign. 3 which is due by 11:00 PM on Nov. 15</p> <p>Read Chapter 8: <u>Vitamins</u>. Complete the Learning Objectives</p> <p>Post Discussion 6. Due by Oct. 25, 11:00 PM</p>
9	Oct. 26-Nov. 1	<p>Continue to work on Assignment 3 (due Nov.15)</p> <p>Continue to work on the Major Project (due Nov. 29)</p> <p>Read Chapter 9: <u>Minerals</u>. Complete the Learning Objectives</p> <p>Post Discussion 7. Due by Nov. 1, 11:00 PM</p>
10	Nov. 2-8	<p>Nov. 2-3: Study for Test 2 which is on Chapters: 5, 6, 8, and 9.</p> <p>Nov. 4-8: Take Test 2 which will be posted for you to take from 7:00 AM on Wed., Nov. 4 through 11:00 PM Sunday, Nov. 8. You must take the test all at once. The test must be submitted by 11:00 PM on Sunday, Nov. 8. No make-up tests will be given.</p> <p>Continue to work on Assignment 3 (due Nov.15) Continue to work on the Major Project (due Nov. 29)</p> <p>No discussion this week.</p>

Unit 3

<u>Wk.</u>	<u>Week Dates</u>	<u>Chapters/Assignments/Discussions/Tests</u>
11	Nov. 9-15	<p>Submit Assignment 3 by 11:00 PM on Sunday, Nov. 15 Late assignments will not receive points</p> <p>Read C. 7: <u>Energy Balance</u>. Complete the Learning Objectives</p> <p>Read Chapter 11: <u>Eating Disorders</u>. Complete the Learning Objectives</p> <p>Post Discussion 8. Due by Nov. 15, 11:00 PM</p> <p>Continue to work on Major Project (due Nov. 29)</p>
12	Nov. 16-22	<p>Continue to work on Major Project (due Nov. 29)</p> <p>Read Chapter 10: <u>Fitness and Sports</u>. Complete the objectives</p> <p>Post Discussion 9. Due by Nov. 22, 11:00 PM</p>
13	Nov. 23-29 Happy Thanks-giving!!!!	<p>Submit the Major Project which is due by 11:00 PM on Sunday, Nov. 29. Late projects will not receive points.</p> <p>Read Chapter 14: <u>Pregnancy/Breastfeeding</u>. Complete the objectives.</p> <p>No Discussion this week.</p>
14	Nov. 30-Dec. 6	<p>Read Chapter 15: <u>Infant-Adolescence</u>. Complete the objectives.</p> <p>Read Chapter 16: <u>Adulthood</u>. Complete the objectives.</p> <p>Discussion 10. Due by Dec. 6, 11:00 PM</p>
15	Dec. 7-13	<p>Dec. 7-8: Study for Test 3 on Chapters 7, 10, 11, 14, 15 and 16.</p> <p>Dec. 9-13: Take Test 3 which will be posted starting at 7:00 AM on Wednesday, Dec. 9 through 11:00 PM on Sunday, Dec. 13. You must submit your test by the deadline of 11:00 PM on Dec. 13. This is a timed, short answer test based on the Chapter Objectives. No make-up tests will be given.</p> <p>No Discussion this week</p>