

**THREE RIVERS COMMUNITY COLLEGE
MOHEGAN CAMPUS, MAHAN DRIVE
NORWICH, CT 06360
PHONE: (860) 383-5260**

SYLLABUS: SPRING 2007

BIO 111: INTRODUCTION TO NUTRITION

TIME: TUESDAYS: 6:30 – 9:15 P.M.

PLACE: MOHEGAN CAMPUS, CLASSROOM 210

PROFESSOR ANN McNAMARA

OFFICE: ANNEX BUILDING, TOP FLOOR, and ROOM #14

PHONE: (860) 892-5705

EMAIL: amcnamara@trcc.commnet.edu

OFFICE HOURS: MONDAYS: 11:00 a.m. – 11:30 a.m.
2:00 p.m. – 2:30 p.m.

TUESDAYS 5:30 p.m. - 6:30 p.m.

WEDNESDAYS 11:00 a.m. – 11:30 a.m.
2:00 p.m. – 2:30 p.m.

THURSDAYS 5:30 p.m. – 6:30 p.m.

APPOINTMENTS ARE AVAILABLE AT 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 take the final exam or not. 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. Students who are absent or late several times will lose these points

4 times absent = loss of 5 points

5 times absent = loss of 8 points

6 or more times absent = loss of all 10 points

3. Major Project: 20%

A project and its due date will be assigned. Early papers are accepted but **late papers will lose points.**

4. Homework Assignments: 20%

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.**

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Grades and Quality Points

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

Sizer, Frances and Eleanor Whitney.

Nutrition Concepts and Controversies, 10th edition, West Publishing Company, St. Paul, Minnesota., 2006

Students should not purchase a Study Guide.

Calculator: students will need a simple calculator.

College Withdrawal Policy

A student who finds it necessary to discontinue a course must notify the Registrar's Office.

The withdrawal deadline for this semester is **April 23**. Students who do not withdraw, but stop attending will be assigned an "F" grade, adversely affecting the transcript and cumulative 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 Disabilities Counseling Services at 860-383-5240. 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 Disabilities Counselor.

Classroom Etiquette

Please:

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. Remind me if I forget to pass it.

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.

Clean up after yourself by clearing your trash after class, not during. Clean-up spills.

Raise your hand when you wish to speak.

When someone is speaking in class (me or another person), do not have side conversations or interrupt.

I will have tissues available to all who need them.

Course Outline

	<u>DATE</u>	<u>DAY</u>	<u>LECTURE/ASSIGNMENTS/TESTS</u>
1	1/23	T	Introduction Homework #1 Assigned C. 1 Food Choices and Human Health C. 2 Nutrition Tools: Standards and Guidelines
2	1/30	T	C. 2 continued C. 3 The Remarkable Body
3	2/6	T	Test #1/ C. 1,2,3 (no make up tests will be given) Homework #1 due at 6:30 and late papers are not accepted. Homework #2 Assigned Chapter 4: The Carbohydrates
4	2/13	T	Review Test #1 C. 4 Continued C. 5 The Lipids
5	2/20	T	Homework #2 due at 6:30 and late papers are not accepted. Major Project Part #1 Assigned C. 5 Continued C. 6 The Proteins
6	2/27	T	Test #2: C. 4,5,6 (no make up tests will be given) Homework #3 Assigned C. 7 The Vitamins

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Course Outline (continued)

CLASS	DATE	DAY	LECTURE/ASSIGNMENTS/TESTS
7	3/6	T	Homework #3 Due before class begins and late papers are not accepted. Review Test #2 Grade Sheets C. 7 Continued C. 8 Water and Minerals
8	3/13	T	Major Project: Part #1 due at 6:30. Late papers will only be accepted at the next class and will lose 8 out of 20 points. Homework #4 assigned C. 8 Continued C. 9 Energy Balance, Healthy Body Weight
X	3/20	T	Spring Break: No Class
9	3/27	T	Test #3: C. 7,8,9 (no make up tests will be given) Major Project Part #2 Assigned C. 10 Nutrients, Physical Activity and the Body's Response
10	4/3	T	Homework #4 is due at 6:30 and late papers are not accepted Review Test #3 C. 10 Continued C. 11 Diet and Health
11	4/10	T	Major Project: Parts 1 and 2 are due at 6:30. Late papers will be only accepted at the next class and will lose 20 out of 80 points. C. 13 Life Cycle Nutrition: Mother and Infant C. 14 Life Cycle Nutrition: Child, Teen, and Older Adult
12	4/17	T	Test #4: C. 10,11,13,14 (no make up tests will be given) Major Project Discussion
13	4/24	T	Review Test #4 Grade Sheets Handed-Out Review for Final Exam
14	5/1	T	Final Exam