

SYLLABUS: FALL 2014

BIO 111: INTRODUCTION TO NUTRITION

ONLINE COURSE

PROFESSOR ANN McNAMARA

PHONE: (860) 215-9454

EMAIL: 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.

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

Contemporary Nutrition, 9th Edition, 2011 by Gordon Wardlaw, Gordon and Anne Smith, published by McGraw Hill. ISBN-13 978-0-07-32258-0

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 8.** If you withdraw, you will receive a grade of "W" which will not affect your grade point average

No-Grade Policy

The N Grade is assigned to students when there is no basis for a grade. This would apply to students who never came to class as well as to those who didn't attend or participate long enough to be graded. The N grade is used to distinguish between earned failures (F), official withdrawals (W) and students who stop attending or participating before there is a basis for a grade.

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. 25-31	<p>Assignment 1: Family Tree posted. Due by Sept. 14 at 11 PM.</p> <p>Chapter 1 <u>What You Eat and Why</u>: read and complete the objectives</p> <p>Discussion 1: Your Introduction to the Class. Due 8/31.</p>
2	Sept. 1-7	<p>Chapter 2 <u>Guidelines</u>: read and complete the objectives</p> <p>Discussion 2. Due 9/7.</p>
3	Sept. 8-14	<p>Chapter 3 <u>Human Body</u>: read and complete the objectives</p> <p>Assignment 1 due Sept.14 by 11 PM. Late assignments will not receive points</p>
4	Sept. 15-21	<p>Chapter 4 <u>Carbohydrates</u>: read and complete the objectives</p> <p>Discussion 3. Due 9/21</p>
5	Sept 24-28	<p>Test 1 on Chapters 1, 2, 3, and 4 will be posted for you to take between 7:00 AM on Wednesday, Sept. 24 through 11:00 PM Sunday, Sept. 28. You must submit your test by the deadline of 11:00 PM. This is a timed, short answer test based on the Chapter Objectives. No make-up tests will be given.</p> <p>Assignment 2 posted and due by Oct. 12 at 11 PM</p>

Unit 2

6	Sept. 29- Oct. 5	Chapter 5: <u>Lipids</u> : read and complete the objectives Discussion 4. Due 10/5.
7	Oct. 6-12	Assignment 2 due by Oct. 12 by 11 PM. Late assignments will not receive points Chapter 6 <u>Proteins</u> : read and complete the objectives Discussion 5. Due 10/12. Major Project posted and due by 11 PM. on Nov. 23. Late projects will not receive points.
8	Oct. 13-19	Chapter 8 <u>Vitamins</u> : read and complete the objectives Discussion 6. Due 10/19.
9	Oct. 20-26	Assignment 3 posted and due by Nov. 9 at 11 PM. Chapter 9 <u>Minerals</u> : read and complete the objectives Discussion 7. Due 10/26.
10	Oct. 29- Nov. 2	Test 2 on Chapters 5, 6, 8 and 9 will be posted for you to take between 7:00 AM on Wednesday, Oct. 29 through 11:00 PM Sunday Nov. 2. You must submit your test by the deadline of 11:00 PM. This is a timed, short answer test based on the Chapter Objectives. No make-up tests will be given.

Unit 3

11	Nov. 3-9	<p>Assignment 3 due by Nov. 9 by 11 PM. Late assignments will not receive points</p> <p>C. 7 <u>Energy Balance</u>: read and complete the objectives</p> <p>Chapter 11: <u>Eating Disorders</u>: read and complete the objectives</p> <p>Discussion 8. Due 11/9</p>
12	Nov. 10-16	<p>Chapter 10 <u>Fitness and Sports</u>: read and complete the objectives</p> <p>Discussion 9. Due 11/16.</p>
13	Nov. 17-23	<p>Major Project due by Nov. 23 at 11 PM. Late assignments will not receive points</p> <p>Chapter 14: <u>Pregnancy/Breastfeeding.</u>: read and complete the objectives</p>
14	Nov. 24-30	<p>Chapter 15 <u>Infant-Adolescence</u>: read and complete the objectives</p> <p>Chapter 16 <u>Adulthood</u>: read and complete the objectives</p> <p>Discussion 10. Due 11/30.</p>
15	Dec. 3-7	<p>Test 3 on Chapters 7, 10, 11 ,14, 15 and 16 will be posted for you to take between 7:00 AM on Wednesday Dec. 3 through 11:00 PM Sunday, Dec. 7. You must submit your test by the deadline of 11:00 PM. This is a timed, short answer test based on the Chapter Objectives. No make-up tests will be given.</p>