

THREE RIVERS COMMUNITY COLLEGE

SYLLABUS: SPRING 2008

BIO 111: INTRODUCTION TO NUTRITION

Time: 12:30- 1:50 PM

Place: Mohegan Campus, Classroom #216

PROFESSOR ANN McNAMARA

OFFICE: To be announced

PHONE: (860) 892-5705

EMAIL: amcnamara@trcc.commnet.edu

OFFICE HOURS:

MONDAYS	2:00 – 3:00 PM
TUESDAYS	5:15 – 6:15 PM
WEDNESDAYS	11:15 – 12:15 PM
THURSDAYS	5:15 – 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 more than 6 classes will lose the following points:

- 6 times absent = loss of 6 points
- 7 times absent = loss of 8 points
- More than 7 times absent = loss of all 10 points.

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.

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, Updated 6th edition. Wardlaw and Smith. McGraw Hill, 2007

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 **April 29**. 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 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. Side conversations and remarks are very distracting and will be discouraged.

SYLLABUS/BIO 111/SPRING 2008

Course Outline

CLASS	DATE	DAY	LECTURES/ASSIGNMENTS/TESTS
1	1/23	W	First Class: Introduction C. 1 What You Eat and Why
2	1/28	M	C. 1 continued Homework #1 Assigned
3	1/30	W	C. 2 Tools for Designing a Healthy Diet
4	2/4	M	C. 2 continued
5	2/6	W	Homework #1 is due at 12:30 - late papers not accepted C. 3 The Human Body: A Nutrition Perspective
6	2/11	M	Test #1/ C. 1, 2, 3 - no make-up tests will be given
7	2/13	W	Review Test #1 Homework #2 Assigned C. 4 Carbohydrates
8	2/18	M	C. 4 continued C. 5 Lipid
9	2/20	W	C. 5 continued
10	2/25	M	C. 6 Proteins
11	2/27	W	Homework #2 due at 12:30 - late papers not accepted Major Project Part #1 Assigned C. 6 continued C. 7 Alcohol
12	3/3	M	Test #2/C. 4, 5, 6, 7 - no make-up tests will be given
13	3/5	W	Review Test #2 Grade Sheets Homework #3 Assigned C. 8 Vitamins

CLASS	DATE	DAY	LECTURES/ASSIGNMENTS/TESTS
14	3/10	M	C. 8 continued C. 9 Water and Minerals
15	3/12	W	C. 9 continued
X X	3/17 3/19	M W	Semester Break No Classes
16	3/24	M	Homework #3 due at 12:30 - late papers not accepted C. 10 Energy Balance and Weight Control
17	3/26	W	Major Project: Part #1 due at 12:30. Late projects will lose 2 points per day late Homework #4 Assigned C. 10 continued
18	3/31	M	Test #3: C. 8, 9, 10 -no make-up tests will be given.
19	4/2	W	Review Test #3 Major Project Part 2 Assigned C. 11 Nutrition: Fitness and Sports
20	4/7	M	C. 11 Continued
21	4/9	W	C. 12 Eating Disorders
22	4/14	M	C. 12 Continued
23	4/16	W	Homework #4 due at 12:30- late papers not accepted C. 13 Life Pregnancy and Breastfeeding
24	4/21	M	Major Project: Parts 1 and 2 are due at 12:30. Late projects will lose 5 points per day late C. 13 Continued C. 14 Nutrition from Infancy through Adolescence
25	4/23	W	C. 14 Continued C. 15 Nutrition During Adulthood
26	4/28	M	Test #4: C 11,12,13,14, 15 -no make-up tests will be given
27	4/30	W	Review Test #4 Grade Sheets Review for Final Exam
28	5/5	M	Final Exam

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