

**THREE RIVERS COMMUNITY COLLEGE  
NORWICH, CT 06360**

**SYLLABUS: SPRING 2009**

**BIO 111: INTRODUCTION TO NUTRITION**

MONDAYS AND WEDNESDAYS: 12:30 – 1:45 PM

CLASSROOM: D105

**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.

**PROFESSOR ANN McNAMARA**

**OFFICE:** #166

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**OFFICE HOURS:**

MONDAYS	2:00 – 2:30 PM
TUESDAYS	5:00 – 6:15 PM
WEDNESDAYS	2:00 – 2:30 PM
THURSDAYS	5:00 – 6:15 PM

APPOINTMENTS CAN BE ARRANGED FOR OTHER TIMES.

## 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 4 points
- 7 times absent = loss of 8 points
- More than 7 times absent = loss of all 10 points.
- Students who are frequently late may also lose points.

### 3. Major Project: 16%

A project and its due date will be assigned. 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. Late assignments will only be accepted at the next class and lose 3 out of 6 points.

## 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 **May 11**. 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 SCHEDULE

CLASS	DATE	LECTURES/ASSIGNMENTS/TESTS
1	1/21	First Class: Introduction C. 1 What You Eat and Why
2	1/26	Homework #1 Assigned (due 2/11) (worth 6 points) C. 1 continued
3	1/28	C. 2 Tools for Designing a Healthy Diet
4	2/2	C. 2 continued C. 13 Safety of Food and Water
5	2/4	C. 13 continued C. 3 The Human Body: Nutrition Perspective
6	2/9	C. 3 continued
7	2/11	<b>Homework #1 is due at 12:30. Late Papers accepted up to 2/18 and will lose 3 of 6 points.</b> Homework #2 Assigned (due 3/9) (worth 6 points) C. 3 continued
XX	2/16	<b>No Class: Washington's Birthday</b>
8	2/18	<b>Test #1/ C. 1, 2, 3, 13. No make-up tests will be given.</b>
9	2/23	Review Test #1 C. 4 Carbohydrates
10	2/25	C. 4 continued C. 5 Lipids
11	3/2	C. 5 continued
12	3/4	C. 6 Proteins
13	3/9	<b>Homework #2 due at 12:30. Late Papers accepted up to 3/11 and will lose 3 of 6 points.</b> Major Project Part #1 Assigned (due 4/1) (worth 20 points) C. 6 continued
14	3/11	<b>Test #2: C. 4, 5, 6. No make-up tests will be given</b>
XX	3/16 3/18	<b>No Classes: Semester Break</b>

**Course Schedule (continued)**

<b>CLASS</b>	<b>DATE</b>	<b>LECTURES/ASSIGNMENTS/TESTS</b>
15	3/23	Review Test #2 Grade Sheets Homework #3 Assigned (due 4/6) (worth 6 points) C. 7 Energy Balance and Weight Control
16	3/25	C. 7 continued C. 8 Vitamins
17	3/30	C. 8 continued
18	4/1	<b>Major Project: Part #1 due at 12:30. Late projects will be accepted and will lose 5 points per class late</b> C. 9 Water and Minerals
19	4/6	<b>Homework #3 is due at 12:30. Late Papers accepted up to 4/13 and will lose 3 of 6 points.</b> Major Project Part 2 Assigned (due 4/29) (worth 80 points) C. 9 continued C10 Nutrition: Fitness and Sports
<b>XX</b>	<b>4/8</b>	<b>No Class: Reading Day</b>
20	4/13	Homework #4 Assigned (due 4/29) (worth 6 points) C. 10 continued
21	4/15	<b>Test #3: C. 7, 8, 9, 10. No make-up tests will be given.</b>
22	4/20	Review Test #3 C. 11 Eating Disorders
23	4/22	C. 11 continued
24	4/27	C. 14 Pregnancy and Breastfeeding
25	4/29	<b>Homework #4 is due at 12:30. Late papers will be accepted up to 5/4 and will lose 3 of 6 points.</b> C. 14 continued C. 15 Nutrition from Infancy through Adolescence
26	5/4	<b>Major Project: Parts 1 and 2 are due at 12:30. Late projects will only be accepted up to 5/11 and will lose 10 points per class late.</b> C. 15 Nutrition During Adulthood
27	5/6	C. 15 continued
28	5/11	<b>Test #4: C 11, 14, 15. No make-up tests will be given.</b>
29	5/13	Review Test #4 Grade Sheets Review for Final Exam Major Project Discussion
30	5/18	<b>Final Exam. No make-up exams will be given.</b>

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