

SYLLABUS: SPRING 2009

BIO 111: INTRODUCTION TO NUTRITION

ONLINE COURSE

PROFESSOR ANN McNAMARA

PHONE: (860) 892-5705

EMAIL: Use Blackboard Vista Only.

ONLINE OFFICE HOURS: I will check my emails and respond to questions on:

MONDAYS: 2:00-3:00 PM

TUESDAYS: 5:00-6:00 PM

THURSDAYS: 5:00-6:00 PM

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 and Final Exam: Worth 36% of the grade

A total of 3 tests and a final exam will be given during the semester. Only 3 grades will determine the total points for the tests and the final exam. If you take all 3 tests and have at least a B average (at least an 83 average), you can decide to take or not take the final exam. If you take all 3 tests and the final exam, the

lowest grade on a test will be dropped. If you miss a test, you must take the final exam and no test scores will be dropped. **There will be no make-up tests.**

2. Assignments: Worth 18% of the grade

There will be a total of 3 short assignments. These assignments will help you apply the information you learn. Early papers are always accepted but **late assignments will not be accepted.**

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 be accepted**

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 lose points.**

Grades and Quality Points:

I will use this list to translate your total points in the class 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, 7th Edition, 2007 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 May 11.** If you do

not withdraw and drop the class, you will receive an “F”. If you withdraw, you will be graded “W” which will not affect your grade point average (GPA) and is much better for your transcript. The “W” indicates that you did not complete the course while and “F” indicates you were unsuccessful in passing the course.

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.

Course Schedule

Unit 1

<u>Week</u>	<u>Dates</u>	<u>Chapters/Assignments/Discussions/Quizzes</u>
1	Jan. 20-26	Assignment 1: <u>Your Diet Analysis</u> posted. (due by Feb. 16 at 11 PM) C. 1 What You Eat and Why: read and complete the objectives Discussion 1: Your Introduction to the Class
2	Jan. 27- Feb. 2	C. 2 Guidelines: read and complete the objectives C. 13 Food/Water Safety: read and complete the objectives Discussion 2
3	Feb. 3-9	C. 3 Human Body: read and complete the objectives
4	Feb. 10-16	Assignment 1 <u>Your Diet Analysis</u> due 2/16 by 11 PM. Late assignments will not be accepted. C4 Carbohydrates: read and complete the objectives Discussion 3
5	Feb. 17-23	Test 1 on Chapters 1, 2, 3, 4, and 13 will be posted for you to take between Feb. 17-23. You must complete your test by 11 PM. It is a multiple choice test. Assignment 2 posted (due by Mar. 9 at 11 PM.)

Unit 2

6	Feb. 24- Mar. 2	C. 5: Lipids: read and complete the objectives Discussion 4
7	Mar. 3-9	C. 6 Proteins: read and complete the objectives Discussion 5 Major Project Part 1 posted (due Apr. 6 at 11 PM)
8	Mar. 10-16	Assignment 2 due 3/16 by 11 PM. Late assignments will not be accepted C. 8 Vitamins: read and complete the objectives Discussion 6
XX	Mar. 17-23	Semester Break - No Class
9	Mar. 24-30	Major Project Part 1 due by Mar. 30 at 11 PM. Late papers will be accepted points. Assignment 3 posted (due by Apr. 20 at 11 PM.) C 9 Minerals: read and complete the objectives Discussion 7
10	Mar. 31- Apr. 6	Test 2 on Chapters 5, 6, 8 and 9 will be posted for you to take between Apr 11:00 PM. It is a multiple choice test Major Project Part 2 Posted (due May 4 by 11 PM)

Unit 3

11	Apr. 7-13	C. 7 Energy Balance: read and complete the objectives C. 11: Eating Disorders: read and complete the objectives Discussion 8
12	Apr. 14-20	Assignment 3 due 3/9 by 11 PM. Late assignments will not be accepted C. 10 Fitness and Sports: read and complete the objectives Discussion 9
13	Apr. 21-27	C. 14: Preg./Breastfeeding.: read and complete the objectives
14	Apr. 28- May 4	Major Project Part 2 due by May 4 at 11 PM. Late papers will be accepted C. 15 Infant-Adolescence: read and complete the objectives C. 16 Adulthood: read and complete the objectives Discussion 10
15	May 5-11	Test 3 on Chapters 7, 10, ,14, 15 and 16 will be posted for you to take between 11:00 PM. It is a multiple choice test
16	May 12-18	Final Exam: will be posted for you to take between May 14 at 1:00 PM through a multiple choice exam.