

# SYLLABUS: SPRING 2013

## BIO 111: INTRODUCTION TO NUTRITION

### ONLINE COURSE

#### PROFESSOR ANN McNAMARA

PHONE: (860) 892-5705

EMAIL: Use Blackboard Vista Mail for this course.

ONLINE OFFICE HOURS: emails will be read frequently throughout the week

TUESDAYS and THURSDAYS: 11:00 – 1:00 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: 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 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, 9<sup>th</sup> 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 and No-Grade 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 13.** If you withdraw, you will receive a grade of "W" which will not affect your grade point average (GPA). Students who do not complete at least 60% of the coursework, will earn a grade of "N".

## **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 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 Counselor.

# Course Schedule

## Unit 1

<u>Wk.</u>	<u>Week Dates</u>	<u>Chapters/Assignments/Discussions/Tests</u>
1	Jan. 29-Feb.4	<b>Assignment 1: posted and due by Feb. 18 at 11 PM.</b> Chapter 1 <u>What You Eat and Why</u> : read and complete the objectives Discussion 1: Your Introduction to the Class
2	Feb. 5-11	Chapter 2 <u>Guidelines</u> : read and complete the objectives Discussion 2
3	Feb. 12-18	Chapter 3 <u>Human Body</u> : read and complete the objectives <b>Assignment 1 due Feb.18 by 11 PM.</b> <b>Late assignments will not receive points</b>
4	Feb. 19-25	Chapter 4 <u>Carbohydrates</u> : read and complete the objectives Discussion 3
5	Feb. 26-Mar. 4	<b>Test 1 on Chapters 1, 2, 3, and 4 will be posted for you to take between 7:00 AM on Thursday, Feb. 28 through 11:00 PM Saturday, Mar. 2.</b> 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.  <b>Assignment 2 posted and due by Mar. 18 at 11 PM</b>

## Unit 2

6	Mar. 5-11	Chapter 5: <u>Lipids</u> : read and complete the objectives Discussion 4
7	Mar. 12-18	<b>Assignment 2 due today Mar. 18 by 11 PM. Late assignments will not receive points</b> Chapter 6 <u>Proteins</u> : read and complete the objectives Discussion 5 <b>Major Project posted and due May 6 by 11 PM. Late projects will not receive points.</b>
<b>XX</b>	Mar.19-25	<b>Semester Break - No Class</b>
8	Mar. 26-April 1	Chapter 8 <u>Vitamins</u> : read and complete the objectives Discussion 6
9	Apr. 2-8	<b>Assignment 3 posted and due by Apr. 22 at 11 PM.</b> Chapter 9 <u>Minerals</u> : read and complete the objectives Discussion 7
10	Apr. 9-15	<b>Test 2 on Chapters 5, 6, 8 and 9 will be posted for you to take between 7:00 AM on Thursday, April 5 through 11:00 PM Saturday April 7.</b> 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	Apr. 16-22	<b>Assignment 3 due 4/22 by 11 PM. Late assignments will not receive points</b>  C. 7 <u>Energy Balance</u> : read and complete the objectives  Chapter 11: <u>Eating Disorders</u> : read and complete the objectives  Discussion 8
12	Apr. 23-29	Chapter 10 <u>Fitness and Sports</u> : read and complete the objectives  Discussion 9
13	Apr. 30-May 6	<b>Major Project due by May 6 at 11 PM. Late assignments will not receive points</b>  Chapter 14: <u>Pregnancy/Breastfeeding.</u> : read and complete the objectives
14	May 7-13	Chapter 15 <u>Infant-Adolescence</u> : read and complete the objectives  Chapter 16 <u>Adulthood</u> : read and complete the objectives  Discussion 10
15	May 14-20	<b>Test 3 on Chapters 7, 10, 11 ,14, 15 and 16 will be posted for you to take between 7:00 AM on Thursday, May 16 through 11:00 PM Saturday, May 18. 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.</b>