

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

SYLLABUS: SPRING 2013

BIO 111: INTRODUCTION TO NUTRITION

CRN 10215

TUESDAYS AND THURSDAYS: 1:00 – 2:20 PM

CLASSROOM: D102

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

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OFFICE HOURS:

Mondays/Wednesdays: 5:30 - 6:15 PM

Tuesdays/Thursdays: 12:00 - 1:00 PM

Appointments may be scheduled at 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 has less than an 83 average on the 4 tests, the student must 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 or exams.

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 or leave early 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 not be accepted.**

4. Homework Assignments: 24%

All 3 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 papers 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, 8th edition. Wardlaw and Smith. McGraw Hill, 2011

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 13**. Students who withdraw will be assigned a grade of "W". Students who complete less than 60% of the course work will be assigned a grade of "N".

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.

Class Cancellations Due to Weather or Other Situations

If possible, students will be notified by email of any class cancellations.

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.

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

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

UNIT 1

WEEK #	DAY	DATE	LECTURES ASSIGNMENTS TESTS
1	TH	1/24	First Class: Introduction C. 1 What You Eat and Why
2	T	1/29	Homework #1 Assigned (due 2/14) (worth 8 points) C. 1 continued
3	TH	1/31	C. 2 Tools for Designing a Healthy Diet
4	T	2/5	C. 2 continued
X	TH	2/7	Professional Day: No Class
5	T	2/12	C. 3 The Human Body: Nutrition Perspective
6	TH	2/14	Homework #1 is due at 1:00 PM. Late Papers are not accepted. C. 3 continued
7	T	2/19	Test #1/ C. 1, 2, 3, and Assigned Readings. No make-up tests will be given.

UNIT 2

WEEK #	DAY	DATE	LECTURES ASSIGNMENTS TESTS
8	TH	2/21	Review Test #1 Homework #2 Assigned (due 3/7) (worth 8 points) C. 4 Carbohydrates
9	T	2/26	C. 4 continued C. 5 Lipids
10	TH	2/28	C. 5 continued
11	T	3/5	C. 6 Proteins
12	TH	3/7	Homework #2 due at 1:00. Late Papers are not accepted. C. 6 continued
13	T	3/12	Test #2: C. 4, 5, 6 and Assigned Readings. No make-up tests will be given

UNIT 3

WEEK #	DAY	DATE	LECTURES ASSIGNMENTS TESTS
14	TH	3/14	Major Project Assigned (due 4/25) (worth 16 points) Homework #3 Assigned (due 4/9) (worth 8 points) Review Test #2 Grade Sheets C. 7 Energy Balance and Weight Control
XX	T/TH	3/19 & 3/21	No Classes: Semester Break
15	T	3/26	C. 7 continued
16	TH	3/28	C. 8 Vitamins
17	T	4/2	C. 8 continued
18	TH	4/4	C. 9 Water and Minerals
19	T	4/9	Homework #3 is due at 1:00. Late Papers are not accepted. C. 9 continued
20	TH	4/11	Test #3: C. 7, 8, 9, and Assigned Readings. No make-up tests will be given.

UNIT 4

WEEK #	DAY	DATE	LECTURES ASSIGNMENTS TESTS
21	T	4/16	Review Test #3 C10 Nutrition: Fitness and Sports

22	TH	4/18	C. 10 continued
23	T	4/23	C. 11 Eating Disorders
24	TH	4/25	C. 14 Pregnancy and Breastfeeding Major Project due at 1:00. Late projects will not be accepted.
25	T	4/30	C. 15 Nutrition During Childhood and Adolescence
26	TH	5/2	C. 16 Nutrition During Adulthood
27	T	5/7	C. 16 continued
28	TH	5/9	Test #4: C 10, 11, 14, 15, 16 and Assigned Readings. No make-up tests will be given.
29	T	5/14	Review Test #4 Grade Sheets Review for Final Exam
30	TH	5/16	Final Exam. No make-up exams will be given.