

# THREE RIVERS COMMUNITY COLLEGE

## SYLLABUS: FALL 2010

### BIO 111: INTRODUCTION TO NUTRITION (CRN: 30029)

Mondays: 6:30-9:30 PM

Classroom: D102

#### PROFESSOR ANN McNAMARA

**OFFICE:** C Wing, #166

**PHONE:** (860) 892-5705

**EMAIL:** amcnamara@trcc.commnet.edu

**OFFICE HOURS:**

MONDAYS	6:00 – 6:30 PM
TUESDAYS	11:00 - 12:00 PM
WEDNESDAYS	6:00 – 6:30 PM
THURSDAYS	12:00 - 1:00 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 the 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.

## 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 **December 9**. 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.

## 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:

- 4 times absent = loss of 5 points
- 5 times absent = loss of 8 points
- More than 6 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 lose points.**

### 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 homework assignments will not be accepted.**

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## 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

## 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 Outline

<u>Unit 1</u>	<u>DATE</u>	<u>LECTURE/ASSIGNMENTS/TESTS</u>	<u>Assigned Readings</u>
1	8/30	Introduction Homework #1 Assigned: Family Health History (due 9/20) C. 1 What You Eat and Why	Chapter 1 "Eating Well in College" pp. 24-7
X	9/6	<b>No Class: Labor Day</b>	
2	9/13	C. 1 continued C. 2 Guidelines for Designing a Healthy Diet	Chapter 2 "Evaluating Nutrition Claims and Dietary Supplements", pp. 71-2
3	9/20	C. 3 The Human Body: A Nutrition Perspective <b>Homework #1 due at 6:30 - Late papers are not accepted</b>	Chapter 3 "Common Problems with Digestion", pp. 112-7
4	9/27	<b>Test #1/ C. 1, 2, 3 and Assigned Readings- No make-up tests will be given.</b> Homework #2 Assigned: Dietary Intake Analysis (due 10/11) Chapter 4: Carbohydrates	

## Course Outline (continued)

<u>Unit 2</u>	<u>DATE</u>	<u>LECTURE/ASSIGNMENTS/TESTS</u>	<u>Assigned Readings</u>
5	10/4	Review Test #1 C. 4 Continued C. 5 Lipids	Chapter 4 "Diabetes – When Blood Glucose Regulation Fails", pp. 151-6
6	10/11	<b>Homework #2 due at 6:30. Late papers are not accepted.</b> Major Project Part #1 Assigned (due 11/1) C. 5 Continued C. 6 Proteins	Chapter 5 "Lipids and Cardiovascular Disease", pp.196-200  Chapter 6 "Vegetarian and Plant-Based Diets" pp. 231-5
7	10/18	<b>Test #2: C. 4, 5, 6 and Assigned Readings. No make-up tests will be given.</b> Homework #3 Assigned: Vitamins and Minerals (due11/1) C. 7 Energy Balance and Weight Control	

## Course Outline (continued)

<u>Unit 3</u>	<u>DATE</u>	<u>LECTURE/ASSIGNMENTS/TESTS</u>	<u>Assigned Readings</u>
8	10/25	<b>Major Project Part #1- due at 6:30.</b> <b>Late papers will lose 2 points per <u>day</u> late.</b> Review Test #2 Grade Sheets Handed-Out C. 7 continued C. 8 Vitamins	Chapter 7 "Popular Diets – A Cause for Concern" pp. 275-7  Chapter 8 "Dietary Supplements – Who Needs Them" pp. 335-8
9	11/1	<b>Homework #3 due at 6:30</b> <b>Late papers not accepted</b> C. 9 Water and Minerals	Chapter 9 "Preventing Osteoarthritis" pp. 394-8
10	11/8	<b>Test #3: C. 7, 8, 9 and Assigned Readings. No make-up tests will be given</b> <b>Major Project Part #2 Assigned (due 11/22)</b> C. 10 Nutrition: Fitness and Sports	



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## Course Outline (continued)

<b>Unit 4</b>	<b>DATE</b>	<b>LECTURE/ASSIGNMENTS/TESTS</b>	<b>Assigned Readings for Test 4</b>
11	11/15	Review Test #3 C. 10 continued C. 11 Eating Disorders	Chapter 10 "Ergogenic Aids and Athletic Performance" pp. 432-4  Chapter 11 "Eating Disorder Reflections" pp. 465-6
12	11/22	<b>Major Project: Parts 1 and 2 are due at 6:30. Late papers will lose 5 points per day late. Projects are not accepted after 12/6.</b>  C. 14 Pregnancy and Breastfeeding C. 15 Nutrition from Infancy through Adolescence	Chapter 14 "Preventing Birth Defects" pp. 568-71  Chapter 15 "Food Allergies and Intolerances" pp. 608-11  Chapter 16 "Nutrition and Cancer" pp. 646-9
13	11/29	<b>Test #4: C. 10, 11 12, 13, 14 15 and Assigned Readings. No make-up tests will be given</b>	
14	12/6	Review Test #4 Grade Sheets Handed-Out Review for Final Exam	
15	12/13	<b>Final Exam</b>	