

THREE RIVERS COMMUNITY COLLEGE

SYLLABUS: FALL 2012

BIO 111: INTRODUCTION TO NUTRITION

Tuesdays and Thursdays, 1:00 – 2:20 PM

Classroom D102

PROFESSOR ANN McNAMARA

OFFICE: C Wing, #166
PHONE: (860) 892-5705
EMAIL: amcnamara@trcc.commnet.edu

OFFICE HOURS:

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|------------|-----------------|
| MONDAYS | 5:30 - 6:15 PM |
| TUESDAYS | 12:00 - 1:00 PM |
| WEDNESDAYS | 5:30 - 6:15 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 those 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 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, 9th edition. Wardlaw and Smith. McGraw Hill, 2012

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 10**. 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:

- 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 unless prior approval has been given.

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 1:00 PM on the date the assignment is due. Early papers are accepted but **late homework assignments will not be accepted.**

Grade Calculation

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|------------|----------------|
| 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. Students will be asked to leave the class if having 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 (If this schedule is changed by the professor, students will be notified 2 weeks in advance.)**Unit 1**

| CLASS | DATE | LECTURES/ASSIGNMENTS/TESTS |
|--------------|-------------|---|
| 1 | 8/28 T | First Class: Introduction C. 1 What You Eat and Why |
| 2 | 8/30 TH | Homework #1 Assigned (due 9/13) (worth 8 points) C. 1 continued |
| 3 | 9/4 T | C. 2 Guidelines for Designing a Healthy Diet |
| 4 | 9/6 TH | C. 2 continued |
| 5 | 9/11 T | C. 3 The Human Body: A Nutrition Perspective |
| 6 | 9/13 TH | Homework #1 is due at 1:00. Late Papers are not accepted C. 3 continued |
| 7 | 9/18 T | Test #1/ C. 1, 2, 3, and assigned readings. No make-up tests will be given |

Unit 2

| CLASS | DATE | LECTURES/ASSIGNMENTS/TESTS |
|--------------|-------------|--|
| 8 | 9/20 TH | Review Test #1 Homework #2 Assigned (due 10/11) Simplified Chemistry C. 4 Carbohydrates |
| 9 | 9/25 T | C. 4 continued |
| 10 | 9/27 TH | C. 4 continued |
| 11 | 10/2 T | C. 5 Lipids |
| 12 | 10/4 TH | C. 5 continued |
| 13 | 10/9 T | C. 6 Proteins |
| 14 | 10/11 TH | Homework #2 due at 1:00. Late papers are not accepted C. 6 continued Review of Chapters 4, 5, and 6 |
| 15 | 10/16 T | Test #2: C. 4, 5, 6 and Assigned Readings. No make-up tests will be given |

Unit 3

| Class | DATE | LECTURES/ASSIGNMENTS/TESTS |
|-------|-------------|---|
| 16 | 10/18 TH | Review Test #2 Grade Sheets Homework #3 Assigned (due 11/8) Major Project Assigned (due 11/29) C. 7 Energy Balance and Weight Control |
| 17 | 10/23 T | C. 7 continued |
| 18 | 10/25 TH | C. 8 Vitamins |
| 19 | 10/30 T | C. 9 Water and Minerals |
| 20 | 11/1 TH | C. 9 continued |
| 21 | 11/6 T | C. 10 Nutrition: Fitness and Sports |
| 22 | 11/8 TH | Homework #3 is due at 1:00. Late papers are not accepted C. 10 continued |
| 23 | 11/13 T | Test #3: C. 7, 8, 9, 10 and assigned readings. No make-up tests will be given |

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Unit 4

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| 24 | 11/15 TH | Review Test #3 C. 11 Eating Disorders |
| X | 11/20 and 11/22 | No Classes: Happy Thanksgiving |
| 25 | 11/27 T | C. 11 continued C. 14 Pregnancy and Breastfeeding |
| 26 | 11/29 TH | Major Project: due at 1:00. Late projects are not accepted C. 14 continued C. 15 Nutrition from Infancy through Adolescence |
| 27 | 12/4 | C. 16 Nutrition During Adulthood |
| 28 | 12/6 T | Test #4: C 11, 14, 15, 16 and Assigned Readings. No make-up tests will be given |
| 29 | 12/11 T | Review Test #4 Grade Sheets Review for Final Exam |
| 30 | 12/13 TH | Final Exam: No make-up exams will be given |