

THREE RIVERS COMMUNITY COLLEGE

SYLLABUS: FALL 2019

BIO 111: INTRODUCTION TO NUTRITION (CRN 30030)

Tuesdays and Thursdays, 12:30 – 1:45 PM

Classroom D102

PROFESSOR ANN McNAMARA

OFFICE: C Wing, #166
PHONE: (860) 215-9454
EMAIL: amcnamara@trcc.commnet.edu

OFFICE HOURS:

Mondays and Wednesdays	5:00 - 6:00 PM
Tuesdays and Thursdays	11:30 –12:30 PM

APPOINTMENTS CAN BE ARRANGED FOR OTHER TIMES.

Course Description

An introductory course that covers the principles of nutrition including: the 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

Wardlaw's Contemporary Nutrition. Purchase the TRCC Custom Edition and the Connect Access Card. McGraw Hill.

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 Nov. 5.** Students who do not withdraw, but stop attending will be assigned an "F" grade, adversely affecting the transcript and cumulative average.

Disability/Challenge 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 50%.

A total of 4 tests will be given during the semester. Only 3 of the test grades will be counted. If a student has at least an 83 average or higher on the Test 1, 2, and 3, the student does not need to take Test 4. If a student takes all 4 tests, the lowest test grade will be dropped. If a student misses a test, then that will be the test that is dropped.

There will be no make-up tests and no final exam.

2. Attendance: 10%

Students are expected to attend and to be on time for all classes. A student who is absent more than 5 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.

Attendance will be taken at every class

3. Major Project: 24%

A project and its due date will be assigned. Early papers are accepted but **late papers will not be accepted.**

4. Homework Assignments: 16%

Two homework assignments must be handed-in at 12:30 PM on the date the assignment is due. Early papers are accepted but **late homework assignments will not receive points.**

Students are required to post 1 homework assignment to the College Digication Profolio.

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.
- ▶ 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 (Cheating):

(from "College Policies: Expectations for Student Conduct")

A student must demonstrate academic Integrity by not engaging in false representation of his/her their academic performance. **A student who has not demonstrated academic integrity may receive a grade of "F" for this course.**

Examples:

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. Knowingly assisting another student in any of the above

Important Informaton:

Act No. 14-11: An Act Concerning Sexual Assault, Stalking and Intimate Partner Violence on Campus:

“The Board of Regents for Higher Education (BOR) in conjunction with the Connecticut State Colleges and Universities (CSCU) is committed to insuring that each member of every BOR governed college and university community has the opportunity to participate fully in the process of education free from acts of sexual misconduct, intimate partner violence and stalking. It is the intent of the BOR and each of its colleges or universities to provide safety, privacy and support to victims of sexual misconduct and intimate partner violence.”

Title 1X Statement of Policy concerning the U.S. Department of Education and the Office of Civil Rights:

“Title IX of the Education Amendments of 1972 (Title IX) prohibits discrimination based on sex in education programs and activities in federally funded schools at all levels. If any part of a school district or college receives any Federal funds for any purpose, all of the operations of the district or college are covered by Title IX.

Title IX protects students, employees, applicants for admission and employment, and other persons from all forms of sex discrimination, including discrimination based on gender identity or failure to conform to stereotypical notions of masculinity or femininity. All students (as well as other persons) at recipient institutions are protected by Title IX – regardless of their sex, sexual orientation, gender identity, part-or full-time status, disability, race, or national origin-in all aspects of a recipient’s educational programs and activities.”

If any student experiences sexual misconduct or harassment, and/or racial or ethnic discrimination on Three Rivers Community College Campus, or fears for their safety from a threat while on campus, please contact Maria Krug, the Diversity Officer and Title IX Coordinator at:

Admissions Welcome Center * Office A116
574 New London Turnpike, Norwich CT 06360
860.215.9255 *
MKrug@trcc.commnet.edu

COURSE SCHEDULE

Students will be notified 2 weeks in advance if this schedule is changed by the professor.

Unit 1

CLASS	DATE	LECTURES/ASSIGNMENTS/TESTS
1	8/27 T	First Class: Introduction C. 1: Nutrition, Food Choices, and Health
2	8/29 TH	C. 1: continued Assign. #1: Family Health Tree, (due 9/12) (worth 8 points)
3	9/3 T	C. 2: Guidelines for Designing a Healthy Diet
4	9/5 TH	C. 2: continued
5	9/10 T	C. 3: The Human Body: A Nutrition Perspective
6	9/12 TH	Assign. #1 is due at 12:30. Late Papers do not receive points. C: 3 continued
7	9/17 T	Test 1/ C. 1, 2, 3, and assigned readings. No make-up tests will be given

SYLLABUS/BIO 111/FALL2019

Unit 2

CLASS	DATE	LECTURES/ASSIGNMENTS/TESTS
8	9/19 TH	Review Test #1 Grade Sheets Assign. #2 (due 10/8) C. 4: Carbohydrates and Simplified Chemistry
9	9/24 T	C. 4: continued
10	9/26 TH	C. 5: Lipids
11	10/1 T	C. 5: continued
12	10/3 TH	C. 6: Proteins
13	10/8 T	Assign. #2 due at 12:30. Late papers do not receive points. C. 6 continued Review of Chapters 4, 5, and 6 for Test 2.
14	10/10 TH	Test #2: C. 4, 5, 6 and Assigned Readings. No make-up tests will be given

SYLLABUS/BIO 111/FALL 2019

Unit 3

Class	DATE	LECTURES/ASSIGNMENTS/TESTS
15	10/15 T	Review Test #2 Grade Sheets Assign. #3 (due 11/7) C. 7: Energy Balance and Weight Control
16	10/17 TH	C. 7: continued
X	10/22 T	No Class: Reading Day
17	10/24 TH	C. 7 continued C. 8: Vitamins
18	10/29 TH	C.8 continued C. 9: Water and Minerals
19	10/31 TH	C. 9: continued Review of Vitamins and Minerals
20	11/5 T	C. 10: Nutrition: Fitness and Sports Major Project Assigned (due 12/1)
21	11/7 TH	Assign. #3 is due at 12:30. Late papers are not accepted C. 10: continued
22	11/12 T	Test #3: C. 7, 8, 9, and 10 and assigned readings. No make-up tests will be given

Unit 4

23	11/14 TH	Review Test 3 Grade Sheets Chapter 11: Eating Disorders
24	11/19 T	C. 11 continued
25	11/21 TH	C. 14: Nutrition During Pregnancy and Breastfeeding
26	11/26 T	C 14 continued
X	11/28 TH	No Class: Happy Thanksgiving!
27	12/3 T	C. 15: Nutrition from Infancy through Adolescence
28	12/5 TH	Major Project: due at 1:00. Late projects will not receive points. C. 16: Nutrition During Adulthood
29	12/10 T	C. 16 continued Major Projects returned
30	12/12 TH	Test #4: C. 11, 14, 15, 16 and Assigned Readings. No make-up tests will be given