

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

**SYLLABUS: Fall 2019**

**BIO 111: INTRODUCTION TO NUTRITION**

CRN 30029

MONDAYS: 6:00-8:45 PM

CLASSROOM: D109

**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**

**OFFICE:** C166

**PHONE:** (860) 215-9454

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

**OFFICE HOURS:**

Mondays and Wednesdays: 5:00 – 6:00 PM

Tuesdays/Thursdays: 11:30 – 12:30 PM

Appointments may be scheduled at other times.

BIO 111: Introduction to Nutrition

## 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.
7. maintain an online Learning Portfolio in Digication that uses the college template.

## 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 3 classes will lose the following points:

- 4 times absent = loss of 4 points
- 5 times absent = loss of 8 points
- More than 5 times absent = loss of all 10 points.
- Students who are frequently late or leave early may also lose points.

### 3. Major Project: 24%

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

### 4. Homework Assignments: 16%

The 2 assignments must handed-in at the beginning of class on the date it is due. Early papers are accepted, but **late papers will not receive points**.

**Students will need to submit an assignment into the College portfolio folder.**

## 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

Wardlaw's Contemporary Nutrition, 11th edition. Smith, A. and A. Collene. McGraw Hill.

Connect Access Code Needed

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 withdraw will be assigned a grade of "W".

## 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. Please make sure that your emails from the college are connected to your personal emails.

## **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

## Classroom Policies

### Please:

- ▶ Raise your hand when you wish to speak.
- ▶ 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. 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 (a student or the professor), do not have side conversations. I will remind students having side conversations to stop talking and then ask students who continue to talk to leave the class until they follow this policy.

## 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 cheated may receive a grade of "F" for this course.**

**UNIT 1**

<b>WEEK #</b>	<b>DATE</b>	<b>LECTURES ASSIGNMENTS TESTS</b>
1	9/9	Introduction  C. 1 Nutrition, Food Choices, and Health  <b>Assign. #1: Family Tree handed-out. (Due Sept. 23) (Worth 8 points)</b> Late assignments will not receive points.
2	9/16	C. 1 continued  C. 2 Guidelines for Designing a Healthy Diet
3	9/23	C. 3 The Human Body: A Nutrition Perspective  <b>Assign. #1 is due at 6:00 PM. Late papers do not receive points.</b>
4	9/30	<b>6:00-7:30 PM: Test #1: on C. 1, 2, 3, and Assigned Readings.</b> No make-up tests will be given.  <b>7:30-8:45 PM</b> Simple Chemistry C. 4: Carbohydrates

**C. = Chapter**

**UNIT 2**

<b>WEEK #</b>	<b>DATE</b>	<b>LECTURES ASSIGNMENTS TESTS</b>
5	10/7	Review Test #1  Grade Sheets  Assignment #2 handed-out (due 10/21), (worth 8 points)  C. 4 continued
6	10/14	C. 4 continued  C. 5: Lipids
7	10/21	C. 6 Proteins  <b>Assignment #2 Due. Late papers do not receive points.</b>
8	10/28	<b>6:00 – 7:30 PM</b>  <b>Test 2 on Chapters 4, 5, 6 and Assigned Readings</b> <b>No Make-up tests will be given</b>  7:30- 8:45 PM C. 7 Energy Balance and Weight Control

C. = chapter

**UNIT 3**

<b>WEEK #</b>	<b>DAY</b>	<b>DATE</b>	<b>LECTURES ASSIGNMENTS TESTS</b>
9	M	11/4	Review Test #2  Grade Sheets  C. 7 continued  Major Project Assigned (due Nov. 25) (worth 16 points)
10	M	11/11	C. 8 Vitamins  C. 9 Water and Minerals
11	M	11/18	Review Vitamins and Minerals  C. 10 Fitness and Sports  Read and complete the Learning Objectives for Chapter 11: Eating Disorders
12	M	11/25	<b>6:00 – 7:30 PM</b>  <b>Test 3 on Chapters 7, 8, 9, 10, 11 and Assigned Readings</b> <b>No Make-up tests will be given.</b>  7:30-8:45 PM  C. 14 Nutrition During Pregnancy and Breastfeeding



## BIO 111: Introduction to Nutrition

**UNIT 4**

<b>WEEK #</b>	<b>DATE</b>	<b>LECTURES ASSIGNMENTS TESTS</b>
13	12/2	C. 14 continued  C. 15 Nutrition for Children and Adolescents  C. 16 Nutrition During Adulthood  Topic: Cancer
14	12/9	<b>6:00 – 7:30 PM</b>  <b>Test 4 on Chapters 14, 15, 16, Cancer, and Assigned Readings</b> No Make-up tests will be given