



**Syllabus:** Nutrition

**Course Number:** BIOL 1322

**Instructor Information**

Name: Karin Grisham

Office: Biology Room 111

Telephone: 903-823-3293

E-mail: Karin.grisham@texarkanacollege.edu

Office Hours:

TBD

**Textbook Information**

Understanding Nutrition, 13<sup>th</sup> Edition, Wadsworth Cengage Learning,  
ISBN 978-1-133-58752-1

The Ultimate Fit or Fat. Covert Bailey ISBN 0-618-00204-9

**Student Learning Outcomes for the Course**

1. Explain what the study of nutrition entails and how it is executed.
2. Describe the concept, the use, the advantages and disadvantages of the food pyramid.
3. Analyze the anatomy and physiology of the digestive system.
4. Describe the major metabolic pathways for the catabolism of carbohydrates, lipids, and protein, and the anabolic pathway for fat synthesis.
5. Describe the nature, varieties, functions, recommended intakes, role in health and disease and homeostasis of carbohydrates.
6. Describe the nature, varieties, functions, recommended intakes, role in health and disease and homeostasis of lipids.
7. Describe the nature, varieties, functions, recommended intakes, role in health and disease and homeostasis of protein.
8. Compare and contrast the major categories, sources, uses, deficiencies, and toxicities of vitamins.
9. Compare and contrast the major categories, sources, uses, deficiencies, and toxicities of minerals.
10. Describe the mechanism, causes, diagnoses, treatments, and health consequences of overweight and underweight.
11. Explain what fitness is, how it can be measured and achieved, and how it affects nutrient use.

**Student Requirements for Completion of the Course and Due Dates**

**Instructional Method:** The lecture method will be used. However, the student will be required to participate in activities, discussions, write papers, and possibly prepare presentations at various times during the semester. PowerPoint slides used in the course are available for the student through the TC Moodle website:

<http://www.texarkanacollege.edu>.

**Course:** The course will cover textbook chapters 1-9,14, and The Ultimate Fit or Fat. Selected vitamins and minerals from chapters 10-13 will also be included. Six tests will be given including a comprehensive final exam. The tests will be taken from the readings in the textbook, lecture notes, and other assigned material.

**Test 1**—chapters 1 and 2 consisting of introductory material and the food pyramid.

**Test 2**—will involve digestion and metabolism, chapters 3 and 7.

**Test 3**—covers chapters 4 and 5, which discuss carbohydrates and lipids.

**Test 4**—will include information from chapters 6 and H7 on protein and alcohol and selected vitamins and minerals (from chapters 10-13)

**Test 5**---focuses on chapters 8, 9, 14, and The Ultimate Fit or Fat.

**Test 6**---final exam. The final exam will include information from the whole course including selected topics from the chapter on vitamins and minerals. The exam consists of 100 multiple choice questions.

In addition projects, presentations, papers, and other assignments will be made periodically. These include but are not limited to:

- An assessment paper that describes your current diet and health status and proposes a plan for improvement.
- Several short essays responding to current Diet Dilemmas
- Periodic homework assignments, and in class discussion and participation. You should make every effort to attend each class meeting as these participation grades cannot be made up.

### **Student Assessment**

You can check your average at any time with the online gradebook Engrade. Go to [www.engage.com](http://www.engage.com) and provide the information given to you by your instructor to log into your account.

Your course grade can be calculated as follows:

6 exam grades

1 comprehensive final grade

1 self-assessment paper

1 average grade of Diet Dilemma assignments.

1-3 class participation grade including projects, homework, contributions to class discussion.

Total grades: 9-12.

### **Grading Scale**

Grade	
A	90-100
B	80-89
C	70-79
D	60-69
F	59-below

## Class Schedule

Week	Material to be covered
1	Chapter 1
2	Chapters 1 and 2
3	Chapter 2
4	Test 1, Chapter 3
5	Chapters 3 and 7
6	Chapter 7 and Test 2
7	Chapter 4
8	Chapters 4 and 5
9	Chapter 5
10	Test 3 and Chapter 6
11	Chapter H7, and vitamins and minerals
12	Vitamins and minerals, Test 4
13	Chapters 8 and 9
14	Thanksgiving Holiday
15	Chapter 14 and <u>Fit or Fat</u>
16	<u>Fit or Fat</u> , Test 6
17	Final Exam

### Attendance Policy

Role will be taken each day. If a student stops attending class, the date of the last attendance will be submitted to the Registrar, and a grade of "F" will be recorded. As a result the student may lose scholarships or grants or have to repay funds already rewarded. Although I do not drop students for not attending, the nature of group work for participation, homework, and assignments for the course makes attendance mandatory for making a passing grade in the class.

### Make-up Policy

As a general policy, **I DO NOT GIVE MAKE UP EXAMS**. If you anticipate missing a test, or if something urgent comes up, you must contact me as soon as possible!!!! Exams are returned and discussed the following class period. **If you have not made arrangements with me before the next class period following the exam, your exam grade will be a zero.**

### Academic Integrity Statement

Scholastic dishonesty, involving but not limited to cheating on a test, plagiarism, collusion, or falsification of records will make the student liable for disciplinary action after being investigated by the Dean of Students. Proven violations of this nature will result in the student being dropped from the class with an "F".

This policy applies campus wide, including TC Testing Center, as well as off-campus classroom or lab sites, including dual credit campuses. This information can be found in the Student Handbook at <https://texarkanacollege.edu>.

### **Cell Phone Policy**

Cells phones should be on silent during class time; however during tests and quizzes (or any other as requested by the instructor) your cell phone and any other electronic device should NOT be visible and should be off. If a cell phone or other electronic device is visible (even if it is not being used) during a test or quiz, the student will be reported to the dean and disciplinary actions will be taken. These could include but are not limited to: receiving a grade of zero on the assignment or automatic withdrawal from the course with a grade of "F".

### **Disability Act Statement:**

Texarkana College complies with all provisions of the Americans with Disabilities Act and makes reasonable accommodations upon request. Please contact Larry Andrews at 903.823.3283, or go by the Recruitment, Advisement, and Retention Department located in the Administration building for personal assistance.

If you have an accommodation letter from their office indicating that you have a disability which requires academic accommodations, please present it to me so we can discuss the accommodations that you might need for this class. *It is best to request these changes at the beginning if not before the start of class* so there is ample time to make the accommodations.

### **Financial Aid:**

**Attention!** Dropping this class may affect your funding in a negative way! You could owe money to the college and/or federal government. Please check with the Financial Aid office before making a decision.

## NUTRITION

I, (print your name) \_\_\_\_\_ have read and understand the above information regarding what is expected of each student, the grading scale, attendance policy, and financial aid. If any concerns arise, I understand the first person I need to speak with is my instructor Karin Grisham.

---

Student signature