



Syllabus: Nutrition

Course Number: BIOL 1322H

Semester & Year: Spring 2014

Instructor Information

Name: Dr. Catherine Howard (Dr. Cat.)

Office: Chemistry room 209

Telephone: 903-823-3285

E-mail: Catherine.howard@texarkanacollege.edu

Office Hours: 9-12 Tuesdays and Thursdays

Friday by appointment

Textbook Information

Understanding Nutrition, 13th 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 to copy online through the TC website: <http://www.texarkanacollege.edu>, click on “TC online” from the TC homepage and then scroll down to find this class. In addition, all lectures are available as pod casts from the same site. These recordings can be listened to at a computer terminal or loaded onto an mp3 player and accessed at any time. Students are also encouraged to follow their instructor and class on Twitter. Instructions for signing up will be provided in class.

Course:

This course will cover chapters 1-14 of Whitney's book and Covert Bailey's book. Six unit tests will be given, covering two to three chapters each. Test five is the exception covering four chapters--two vitamin chapters and two mineral chapters. These tests will be taken from the textbook, web pages and other assigned materials.

- **Test One** will include information contained in chapters 1 and 2 which concern course introductory material, and the food pyramid.
- **Test Two** will involve digestion and metabolism---chapters three and seven.
- Chapters four and five which discuss carbohydrates and lipids will be included in **Test Three**.
- **Test Four** material will be taken from chapters six and the highlight from chapter 7--proteins and alcohol.
- **Test Five** will cover the vitamins and minerals (chapters 10-13).
- **Test Six** will include material from Fit or Fat and chapters 8, 9, and 14 of the test.

Unit tests will be available on-line on the dates indicated below. The tests are randomly generated from the test bank developed for this textbook. Each of the tests is different--no students will receive the same exam. Each test will consist of 50 multiple choice questions. You will be allowed 60 minutes to complete each test, and you are allowed to use your book and notes. The tests will be made available only on the dates posted on the schedule below and displayed on the web site. For two days following each test, detailed feedback will be available including grade, which questions were missed, and what the correct answers were. When taking a test, be careful not to close the testing window, attempt to open other windows, or try to print the exam. These actions will cause the test to close. Taking photographs of exam pages is prohibited and constitutes academic dishonesty—see section below.

The **final exam** is comprehensive and consists of 100 multiple choice questions. This test will be available at the TC testing center or can be administered by an approved proctor. The TC testing center is located in the Business Building on the corner of Robison Road and Tucker Street. You will need to bring a student

I.D., a picture I.D., a scantron, and a pencil to the exam. See the testing center link on the upper left of our home page for more information and business hours.

In addition to the tests, **discussion questions** and **chapter assignments** are required to be completed over each chapter. These are posted, along with their due dates, in each chapter box on our web site.

Answers to discussion questions will be posted in the forum area under the group heading that you will be assigned. You must contribute to the discussion for each chapter at least two times during the relevant dates to get credit for discussion participation. One posting could be your answer to the question, and the other a comment or question about another student's posting. Due to the large number of students enrolled in the course, you will be placed in a group of 4-6 students. When you post, your group number will appear next to your name. You are asked to only read and respond to forum posting from members of your group.

Answers to the chapter assignments should be emailed to our course address: tcnutrition@cablone.net. Please include your name and what you are sending me in the subject area of your email. No attachments, please. Do not submit your work from the web pages, but via email instead. Web page submissions are unreliable.

You are also required to create a twitter account so that weekly course updates can be sent to your cell phone. From your cell phone send the text message JOIN to 40404. You'll receive a reply asking you to choose a password and username. When you've sent that information and have received confirmation of account formation, text FOLLOW DRCATWEB. Through twitter I'll be sending you reminders about assignment due dates, tests, and comments and tips regarding your work.

And finally, a **self-assessment paper** summarizing a complete nutritional assessment and body composition analysis with discussion of health implications and a plan for improvement will be required. Guidelines, worksheets, and examples are available in the orientation box of our web site. You will be prompted to fill out the relevant sections of the worksheet in each chapter box. The completed worksheet, your nutritiondata printouts, and your paper should be submitted to the testing center when you come to take the final exam.

Student Assessment

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

Your final grade will be calculated as follows:

- Your exam grade average will count 50% of your total grade,
- Your chapter assignments will count 10%
- discussion question responses, and other forms of participation will count 10%.
- Your nutrition (self) assessment paper will count 15%.
- and your final exam will count 15%

Grading Scale

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

Important Dates:

The tests for this course must be taken during the time intervals posted. In addition, your assignments and discussions over each chapter have specific due dates. Please see the chapter boxes on the web site for these dates. Test dates are as follows:

Test	Dates
1	February 21-24
2	March 7-10
3	March 28 - 31
4	April 11-14
5	April 18-21
6	May 8-11
Final	May 12-14 in TC testing center
Self Assessment Paper	May 12-14: Turn in with Final Exam

Mandatory Class Meetings:

Selected Fridays 12-1 in Chem 206

February 14, February 28, March 21, April 11, May 2

Attendance Policy

Attendance for internet classes is based on accessing course materials and submitting assignments. If a student stops accessing materials and sending assignments, the date of the last report of activity 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. The TC absentee policy is pasted below:

ABSENTEE POLICY

Texarkana College's absentee policy allows instructors to withdraw a student from a course due to excessive absences. If a student leaves and returns during class or leaves the class before the class is over, he/she **may** be considered absent. Three tardies constitute one absence. It is the student's responsibility to check the syllabus for each instructor's tardy policy.

In some workforce/vocational areas, such as nursing and cosmetology, certification requirements necessitate an absentee policy that is more stringent than the institutional policy. In these instances, the matter of certification takes precedence over local policies, since certification policies are established by the State of Texas.

Faculty members **are not** obligated to provide opportunities for students to make-up missed assignments and tests as a result of a student's absence from class. The institution is not required to take attendance with the exception of workforce/vocational areas, where certification requirements require taking attendance. However, experience demonstrates that regular attendance enhances academic success. As such, students are expected to attend each meeting of their registered courses.

A student should not stop attending a class without formally withdrawing from the course by the institutions published Last Day for Students to Drop. If a student stops attending class after the published Last Day for Students to Drop, the student **may** receive a grade of "F" in the class. The instructor will submit the last date of attendance for students receiving a grade of "F" or "W".

Withdrawal from a course(s) **may** affect a student's current or future financial aid eligibility. Students should consult the Financial Aid Office to learn both short and long term consequences of a withdrawal.

EXCUSED ABSENCES

A student's absence due to school trips and/or school business will not be counted against a student's allowable number of absences. Military duty and absences for Holy Days (FBD LEGAL) are covered in a separate section of the catalog and the student handbook. These are the only excused absences that are considered by Texarkana College.

Responsibility for work missed for any absence is placed on the student. Instructors are required to allow students to make up work missed if the absence is due to military duty* or religious holy days when students follow the correct notification procedures.

Instructors are not required to allow students to make up work for absences due to other reasons. Make-up policies are listed in each individual instructor's syllabus.

**Students interested in Health Occupations should check with the division chair prior to entering the program.*

ONLINE/HYBRID COURSE ABSENCES

Absence in an **online course** is defined as the lack of an active post or submission within

the course including discussion board posts, written assignments, and tests. This standard will be used to determine all absentee issues, including but not limited to, 12th Day Census Reports, last date of attendance, and involuntary withdrawal from a course due to absences. All online students must complete an Enrollment Verification activity within the first week of class (activity depends upon the professor); otherwise the professor **may** drop the student for not having attended. Students must complete at least one activity in their online class per week. Each week in which a student does not complete an activity will be counted as an absence.

If a student is taking a hybrid course, and it does not meet during the first week of class, the student must also complete an Enrollment Verification activity within the first week of class; otherwise the student **may** be dropped for not having attended.

MAXIMUM ALLOWABLE ABSENCES

After official registration, the following number of unexcused absences will be the maximum allowable before a student **may** be dropped from the class. Mandated program certification requirements detailed for certain programs regarding the maximum allowable unexcused absences takes precedence over the following information.

Academic Classes

A COURSE THAT MEETS FOR THE FULL 16 WEEK SEMESTER	
Class or Lab Meets:	An instructor may withdraw a student from a course if absences exceed:
Once a week (Night classes or Friday classes)	2
Twice a week (MW or TR classes)	4
Three times a week (MWF or TRF classes)	6
Four times a week (MTWR classes)	8
	Three tardies count as one absence
A COURSE THAT MEETS FOR 14 WEEKS OF THE SEMESTER	
Class or Lab Meets:	An instructor may withdraw a student from a course if absences exceed:
Twice a week (MW or TR classes)	4
	Three tardies count as one absence.
A COURSE THAT MEETS FOR 8 WEEKS OF THE SEMESTER (Fast-Track)	
Class or Lab Meets:	An instructor may withdraw a student from a course if absences exceed:
Four times a week (MTWR classes)	4
	Three tardies count as one absence.

A COURSE THAT MEETS FOR 5 WEEKS OF THE SEMESTER (Summer Sessions)	
Class or Lab Meets:	An instructor may withdraw a student from a course if absences exceed:
3 times a week (MTW) (evening classes)	2
4 times a week (MTWR) (day classes)	2
	Three tardies count as one absence.

Workforce Classes (This does not include Health Occupations. See Health Occupations Handbook regarding absences for that program.)

Day Classes	Evening Classes
Class meets:	Class Meets:
5 days a week (MTWRF)	4 evenings a week (MTWR)
The instructor may withdraw a student from a course if absences exceed five (5) up until the published Last Day for Students to Drop. Absences that exceed this number after the drop day may result in the student receiving an “F” in the program for that semester.	The instructor may withdraw a student from a course if absences exceed five (5) up until the published Last Day for Students to Drop. Absences that exceed this number after the drop day may result in the student receiving an “F” in the program for that semester.
Three tardies count as one absence.	Three tardies count as one absence.
You are considered tardy from the designated class start time through the first 15 minutes of class. After that you will be counted absent.	You are considered tardy from the designated class start time through the first 15 minutes of class. After that you will be counted absent.

Make-up Policy

As a general policy, **I DO NOT GIVE MAKE UP EXAMS**. Tests are available for four days for the convenience of the students. Exams answers are available for three days after each test closes by clicking on the exam link.

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>.

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.