**Syllabus:** Nutrition
**Course Number:** BIOL 1322W
**Semester & Year:** generic

**Instructor Information**

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

**Student Learning Outcomes for the Course (Texas Higher Education Coordinating Board Academic Course Guide Manual):**

1.  Apply nutritional knowledge to analyze personal dietary intakes, to plan nutritious meals using nationally established criteria to meet recommended goals, and to evaluate food labels and the validity of nutritional claims.

2. Trace the pathways and processes that occur in the body to handle nutrients and alcohol through consumption, digestion, absorption, transport, metabolism, storage and waste excretion.

3. Discuss functions, sources, deficiencies, and toxicities of macro- and micronutrients, including carbohydrates, lipids, proteins, water, vitamins, and minerals.

4. Apply the concept of energy balance and its influences at the physical, emotional, societal, and cellular level to evaluate advantages and disadvantages of various methods used to correct energy imbalances.

5. Utilize concepts of aerobic and anaerobic energy systems, and knowledge about macronutrients, vitamins, minerals, ergogenics, and supplements and relate them to fitness and health.

6. Describe health and disease issues related to nutrition throughout the life cycle, including food safety, corrective dietary modifications, and the influence of specific nutrients on diseases.

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

**Instructional Method:** This course is delivered completely online, through TC online LMS (Moodle), except for the proctored final exam. For each unit, students are provided:

* Instructor’s brief introduction to unit material
* Readings
* Powerpoints (most with audio)
* Appropriate video links to support unit concepts
* Homework assignment
* Discussion board (forum) prompt
* Additional resources as needed.

Students work their way through each successive item in each unit according to the dates set for each item. After 2-3 units, students will take an online exam over the previous materials. Throughout the entire course, students will be working on a personalized assessment of their nutritional status, body composition, and fitness level. Pieces of this assessment are turned in periodically as part of the unit homework assignment. A final summary paper will be due at the end of the course about the same time as the final exam.

To access the course, go to <http://www.texarkanacollege.edu>, click on the student tab and then “TC online LMS” from the TC homepage, log in with your TC credentials, and then scroll down to find this class.

In addition to internet access and a computer that can open and upload Word and PDF files and play short videos, **the student is also required to join Remind for this course.** Remind is a text messaging program that allows all of us to communicate with each other while keeping all personal information such as phone numbers, email addresses, etc. completely private. **To join Remind, text to this number: 81010, the message @ck732c**. If you have trouble with the 81010, try (903) 384-3433.

**Course:**

This course will cover the following topics: Unit 1—Nutrition Basics, Unit 2—Planning a Healthy Diet, Unit 3—Digestion, Unit 4—Metabolism, Unit 5—Carbohydrates, Unit 6—Lipids, Unit 7—Protein, Unit 8—Alcohol, Unit 9—Vitamins and Minerals, Unit 10—Energy Balance, Body Composition, and Weight Control, Unit 11—Fitness, Unit 12—The Ultimate Fit or Fat. These topics will be presented in a variety of ways, through parts of online textbooks, The Ultimate Fit or Fat, web pages, videos, PowerPoint slides, and more.

* **Test One** will include information contained in Units 1 and 2 .
* **Test Two** will involve digestion and metabolism---Units 3 and 4.
* Units 5 and 6 which discuss carbohydrates and lipids will be included in **Test Three**.
* **Test Four** material will be taken from Units 7 and 8.
* **Test Five** will cover the vitamins and minerals—Unit 9.
* **Test Six** will include material from Fit or Fat –Unit 12, along with Units 10, and 11.

Unit tests will be available on-line on the dates indicated below. The tests are randomly generated from a very large test bank.. Each of the tests is different--no students will receive the same exam. Each test will consist of 33 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 posted to our moodle page.

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 nutrition data printouts, and your paper should be submitted to me through Moodle. The paper is due before you take your final exam for the course.

**Student Assessment**

You can check your average at any time with the online Jenzabar gradebook through your myTC portal.

Your final grade will be calculated as follows:

* Your exam grade average will count 60% of your total grade. The final exam counts twice. At the end of the semester, I will drop your lowest single exam 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 20%.

**Grading Scale**

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| **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:

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| --- | --- |
| Date | Due |
|  | Welcome to class! |
|  | Orientation assignments |
|  | Unit 1 assignments and postings |
|  | Unit 2 assignments and postings |
|  | Test 1: Units 1 and 2 |
|  | Unit 3 assignments and postings |
|  | Unit 4 assignments and postings |
|  | Test 2: Units 3 and 4 |
|  | Unit 5 assignments and postings |
|  | Unit 6 assignments and postings |
|  | Test 3: Units 5 and 6 |
|  | Unit 7 assignments and postings |
|  | Unit 8 assignments and postings |
|  | Test 4: Units 7 and 8 |
|  | Unit 9 assignments and postings |
|  | Test 5: Unit 9 |
|  | Unit 10 assignments and postings |
|  | Unit 11 assignments and postings |
|  | Thanksgiving Break |
|  | Unit 12 assignments and postings |
|  | Test 6: Units 10, 11, and 12 |
|  | Assessment Paper Due |
|  | Final Exam with jRespondus |

 **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**

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| **A COURSE THAT MEETS FOR THE FULL 16 WEEK SEMESTER** |
| Class or Lab Meets:Once a week (Night classes or Friday classes)Twice a week (MW or TR classes)Three times a week (MWF or TRF classes)Four times a week (MTWR classes) | An instructor **may** withdraw a student from a course if absences exceed:2468Three tardies count as one absence |
| **A COURSE THAT MEETS FOR 14 WEEKS OF THE SEMESTER** |
| Class or Lab Meets:Twice a week (MW or TR classes) | An instructor **may** withdraw a student from a course if absences exceed:4Three tardies count as one absence. |
| **A COURSE THAT MEETS FOR 8 WEEKS OF THE SEMESTER (Fast-Track)** |
| Class or Lab Meets:Four times a week (MTWR classes) | An instructor **may** withdraw a student from a course if absences exceed:4Three tardies count as one absence. |
| **A COURSE THAT MEETS FOR 5 WEEKS OF THE SEMESTER (Summer Sessions)** |
| Class or Lab Meets:3 times a week (MTW) (evening classes)4 times a week (MTWR) (day classes) | An instructor **may** withdraw a student from a course if absences exceed:22Three tardies count as one absence. |

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

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| Day Classes | Evening Classes |
| Class meets:5 days a week (MTWRF)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.You are considered tardy from the designated class start time through the first 15 minutes of class. After that you will be counted absent. | Class Meets: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.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. |

**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.