

GRAYSON COLLEGE

Course Syllabus

Please Note: Due to extenuating circumstances, including public health issues, course and testing delivery methods, instructional schedules, housing contracts, campus procedures and/or operating hours may be altered, interrupted and/or ceased for a limited or extended period of time. Such changes will be posted on the College website.

Course Information

BIOL 1322

Nutrition

Section: INT

Totally online class.

Professor Contact Information

Professor name: Ryan Myers

Office phone: 903-415-2584

Email: myersr@grayson.edu

Office location: S205C

Office hours: By appointment only

Science Department Phone: 903-463-8797

Course Pre-requisites, Co-requisites, and/or Other Restrictions

Prerequisite: This is a reading intensive course. Students must have passed the reading portion of the THEA (score of at least 230). Students will be required to do basic math. BIOL 2401, Anatomy and Physiology I, is recommended as a prerequisite.

This is an online course using Canvas through the Grayson College internet portal along with McGraw-Hill's Connect online program. Testing will be scheduled and administered online. A reliable computer using the Firefox browser through Windows or Mac operating system with a stable and secure internet connection is required. Some other browsers and operating systems are not completely compatible with Canvas or McGraw-Hill's Connect.

Course Description

BIOL 1322. Nutrition & Diet Therapy I (lecture). (3-0-3). This course introduces general nutritional concepts in health and disease and includes practical applications of that knowledge. Special emphasis is given to nutrients and nutritional processes including functions, food sources, digestion, absorption, and metabolism. Food safety, availability, and nutritional information including food labels, advertising, and nationally established guidelines are

addressed. Prerequisite: College readiness in reading required. Prior completion of Anatomy and Physiology I (BIOL 2301/2101) is strongly recommended. (R)

Student Learning Outcomes

Upon successful completion of this course, students will:

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.

Required Textbook:

BOOK OPTIONS: Wardlaw's Contemporary Nutrition, 11th ed., by Smith, Collene, & Spees

9781259709968 (**Rental book**): This does not include Connect. McGraw-Hill has created a rental program to provide students with options. If they would like the physical book and the code, they are able to pay the text rental fee and then would receive 40% off the physical connect code within the store.

9781260163810 (**eBook + Connect Access Card**)

9781260262889 (**Loose Leaf + Connect Access Card**)

To complete this course you will need the publisher's online access code to gain access to all homework, quizzes, and exams via McGraw-Hill's Connect which is paired with Canvas.

You may purchase and use the traditional hard copy version of the text with the online access code or purchase and use the e-book version with the online access code. Bookstore buy backs may be limited when hard copies do not have online access codes. Please consider your purchase options and your personal needs then proceed accordingly.

Student Registration for Connect through Canvas:

Sign into your Grayson Canvas account

Go to this course, BIOL1322.INT

Go to the "Modules" tab

Click on the "McGraw-Hill Campus" link under the McGraw-Hill Connect Module

Follow the on screen instruction to purchase and/or register for the product

Required Assignments & Academic Calendar

In case of inclement weather, emergency closings, or other unforeseen disruptions to scheduled classes, student must log onto their Canvas account for directions on where or how to continue their coursework.

Important Dates:

First day of classes:

Census Date

Last day to drop/withdraw from course:

Optional Exam Reset:

Order of study may be changed. Check announcements on Canvas frequently. A detailed schedule of assignments will be posted on Canvas.

Chapter 1	Nutrition, Food Choices, and Health
Chapter 2	Designing a Healthy Eating Pattern
Chapter 3	The Human Body: A Nutrition Perspective
Chapter 4	Carbohydrates
Chapter 5	Lipids
Chapter 6	Proteins
Chapter 7	Energy Balance and Weight Control
Chapter 8	Vitamins
Chapter 9	Water and Minerals
Chapter 10	Nutrition: Fitness and Sports
Chapter 11	Eating Disorders
Chapter 12	Global Nutrition
Chapter 13	Protecting Our Food Supply
Chapter 14	Nutrition During Pregnancy and Breastfeeding
Chapter 15	Nutrition from Infancy Through Adolescence

SEQUENCE OF INSTRUCTION:

Week 1	Chapters 1-3
Week 2	Chapter 4, Test #1 , Chapter 5
Week 3	Chapters 6-7, Test #2
Week 4	Chapters 8-9, Test #3
Week 5	Chapters 10-11
Week 6	Chapters 12-13, Test #4
Week 7	Chapters 14-15
Week 8	Chapter 16, Test #5; Optional Exam Reset

Schedule is subject to change as determined by the instructor. Students will receive advance notice of the changes.

Methods of Evaluation

Five major examinations will be given at scheduled times through the semester. Each exam will be worth 100 points. Dates of the examinations will be announced on Canvas. There will be **no makeups after an exam, quiz, discussion, or case study has reached the due date**. Students not taking the exam will receive a "0". Exams may consist of multiple choice, matching, short answer, fill-in-the-blank, true and false and/or discussion questions.

Each student will complete a detailed case study of his/her individual diet and eating habits. This project, based on "Rate Your Plate" activities, will be worth 75 points. **All students are required to submit the project to get a grade in the course. No late reports will be accepted.**

Quizzes for each chapter will be assigned through McGraw-Hill's Connect. Each quiz will be worth 10 points for a total of 150 points. Since there are 16 chapters, this will allow a student to use one chapter, 10 points, for extra credit, or if necessary, to omit one chapter. Additionally, there will be online discussions and case studies worth 75 points. Online LearnSmart activities may also be assigned as ancillary assessment. A student may have the ability to earn up to 10 extra credit points during the semester. An **optional** reset of your lowest exam will be given during final exams. Students who have taken all five exams have the option of retaking their lowest exam.

Grading

Grades will be calculated in the following manner:

Five Exams	500 points	62.50%
Chapter Quizzes	150 points	18.75%
Discussions	75 points	9.375%
Diet Analysis	75 points	9.375%

Total Points = 800

Letter grades will be assigned as follows:

800 – 716 points	= A
715 - 636 points	= B
635 - 556 points	= C
555 - 476 points	= D
475 - 0 points	= F

Grades to be posted on Canvas.

Methods of Instruction

Online learning modes are the main methods of instruction, enhanced through assignments that contain appropriate exercise and activities, and supplemented by quizzes. Questions relating to these will be included in exams.

Students will have an opportunity to demonstrate skills learned by completing a number of assignments based on McGraw-Hill's Connect activities. Online discussions and a Diet Analysis Project will also be used.

Students will learn basic calculations for nutrition requiring the use of hand held calculators to work problems when taking exams. Basic mathematic skills, adding, subtracting, multiplying and dividing will be used to complete these computations. Students may be provided study questions or worksheets to help review and prepare for exams.

Course & Instructor Policies

Class Attendance and participation:

Academic success is closely associated with regular classroom attendance and course participation. All successful students, whether on campus or online, are expected to be highly self-motivated. All students are required to participate in courses regularly and are obliged to participate in class activities and complete and submit assignments following their professors' instructions.

Students taking courses during compressed semester time frames such as mini-mester, summer sessions, and mid-semester should plan to spend significantly more time per week on the course. Responsibility

for work missed because of illness or school business is placed upon the student. More than two (2) absences are considered to be excessive. **In accordance with the College's Developmental Education Plan, students withdrawn from their only developmental course may be withdrawn from all academic courses.** In addition, students' eligibility to receive financial aid or live in a College dormitory can be affected by withdrawal from courses. When withdrawal occurs, any tuition refund would be made in accordance with state regulations.

In order for students to be counted as having attended a class before the census date, the following guidelines are to be used:

- Physical attendance in class with an opportunity for instructor and student interaction
 - Submission of an academic assignment
 - Completion of an exam, interactive tutorial, or computer-assisted instruction
 - Attendance at a study group assigned by the faculty
 - Participation in an online discussion in the class
 - Contact with a faculty member to ask a question relevant to the coursework or assignment
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Student Conduct & Discipline

Classroom Behavior

Students are expected to maintain classroom decorum that includes respect for other students and the instructor, prompt and regular attendance and an attitude that seeks to take full advantage of the educational opportunity.

Internet Decorum

Students are expected to work with other students and the instructor online through emails and/or bulletin boards using written language that is appropriate and respectful.

Academic Integrity

The faculty expects from its students a high level of responsibility and academic honesty. Because the value of an academic degree depends upon the absolute integrity of the work done by the student for that degree, it is imperative that a student demonstrate a high standard of individual honor in his or her scholastic work.

Any student who commits an act of scholastic dishonesty is subject to discipline. Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts. Plagiarism, especially from the web, from portions of papers for other classes, and from any other source is unacceptable and will be dealt with under the college's policy on plagiarism (see GC Student Handbook for details). Grayson College subscribes to turnitin.com, which allows faculty to search the web and identify plagiarized material.

Plagiarism is a form of scholastic dishonesty involving the theft of or fraudulent representation of someone else's ideas or words as the student's original work. Plagiarism can be intentional/deliberate or unintentional/accidental. Unintentional/Accidental plagiarism may include *minor* instances where an attempt to acknowledge the source exists but is incorrect or insufficient. Deliberate/Intentional plagiarism violates a student's academic integrity and exists in the following forms:

- Turning in someone else's work as the student's own (such as buying a paper and submitting it, exchanging papers or collaborating on a paper with someone else without permission, or paying someone else to write or translate a paper),
- Recycling in whole or in part previously submitted or published work or concurrently submitting the same written work where the expectation for current original work exists, including agreeing to write or sell one's own work to someone else,
- Quoting or copy/pasting phrases of three words or more from someone else without citation,
- Paraphrasing ideas without citation or paraphrasing incompletely, with or without correct citation, where the material too closely matches the wording or structure of the original,
- Submitting an assignment with a majority of quoted or paraphrased material from other sources, even if correctly cited, when original work from the student is expected,
- Copying images or media and inserting them into a presentation or video without citation,
- Using copyrighted soundtracks or video and inserting them into a presentation or video without citation,
- Giving incorrect or nonexistent source information or inventing source information,
- Performing a copyrighted piece of music in a public setting without permission,
- Composing music based heavily on someone else's musical composition.

The policy of the Science Department: Any instance of a) plagiarism, b) collusion, c) cheating, or d) falsifying records, may result in a "0" for the assignment. The "0" assigned for cheating cannot be dropped or replaced by another grade when calculating the course average.

TITLE IX

GC policy prohibits discrimination on the basis of age, ancestry, color, disability, gender identity, genetic information, national origin, race, religion, retaliation, serious medical condition, sex, sexual orientation, spousal affiliation and protected veterans status.

Furthermore, Title IX prohibits sex discrimination to include sexual misconduct: sexual violence (sexual assault, rape), sexual harassment and retaliation.

For more information on Title IX, please contact:

Dr. Molly M. Harris, Title IX Coordinator (903)463-8714

Ms. Logan Maxwell, Title IX Deputy Coordinator - South Campus (903) 415-2646

Mr. Mike McBrayer, Title IX Deputy Coordinator - Main Campus (903) 463-8753

Website: <http://www.grayson.edu/campus-life/campus-police/title-ix-policies.html>

GC Police Department: (903) 463-8777- Main Campus) [\(903\) 415-2501](tel:9034152501) - South Campus)

GC Counseling Center: (903) 463-8730

For Any On-campus Emergencies: 911

Grayson College is not responsible for illness/injury that occurs during the normal course of classroom/lab/clinical experiences.

These descriptions and timelines are subject to change at the discretion of the Professor.

Grayson College campus-wide student policies may be found on our Current Student Page on our website:

<https://www.grayson.edu/currentstudents/Academic%20Resources/index.html>