



HOUSTON COMMUNITY COLLEGE (EASTSIDE CAMPUS)
Introductory Nutrition/ BIOL 1322
CRN#: 40517
September 25 – December 17, 2017
Second Start (SS) Online Class

INSTRUCTOR CONTACT INFORMATION

Instructor: Dr. M Moussavi, Ph.D.

Office: Felix Morales (FM) Building, Room 210, SE, Eastside Campus; by appointment.

Email: Through Eagle Online for Canvas (your class) only.

Office hours and location: Monday/Wednesday 1:00 PM – 2:00 PM, Felix Morales (FM) Building, Room 210, SE, Eastside Campus; by appointment.

Technical Support: 713-718-5275, (Option 3) or <http://www.hccs.edu/online/technical-support/>

WELCOME TO

Course Title:	Introductory Nutrition Fall Semester	2017
Course Prefix:	BIOL 1322	
Class Days & Times:	Online	
Credit Hours:	3 SCH	

GETTING READY

Prerequisites: None.

Co-requisites: None.

Course Description:

This is a course in human nutrition. Nutrients needed for good health are identified along with good sources of these nutrients. Nutritional needs are considered for all stages of the lifespan, along with weight management and food safety. This course prepares students for careers that involve knowledge of nutrition and health of the human body and to help students to be able to choose healthy eating strategies for themselves and their families.

Course Goal: The goal of this course is to prepare students for careers that involve knowledge of nutrition and health of the human body and to help students to learn scientific standards to determine function of nutrients, their digestion and metabolism and most importantly be able to choose healthy eating strategies for themselves and their families.

Program Student Learning Outcomes (PSLOs) for the Biology Discipline

1. Will display an understanding of biological systems and evolutionary processes spanning all ranges of biological complexity, including atoms, molecules, genes, cells, and organisms.
2. Will integrate factual and conceptual information into an understanding of scientific data by written, oral and/or visual communication. (This may include successful completion of a course-specific research project or a case study module).
3. Will demonstrate proficiency and safe practices in the use of laboratory equipment and

- basic laboratory techniques.
4. Will apply principles of the scientific method to problems in biology in the collection, recording, quantitative measurement, analysis and reporting of scientific data.

Course Student Learning Outcomes (CSLOs):

Completion of the specific Student Learning Outcomes listed below does NOT and will NOT guarantee the student any specific final course grade at the end of the semester.

1. Identify the functions of carbohydrates, fats, proteins, vitamins, minerals, and water, and be able to develop a healthy, well-balanced diet using the principles of choosemyplate.gov.
2. Calculate nutrient content and determine quality of food choices using information from food labels.
3. Explain the role of all essential nutrients in disease prevention and health promotion.
4. Identify physical fitness, body weight, and body fat as it relates to chronic disease.
5. Demonstrate how nutrient needs change for pregnant women, infants, children, adults and the elderly.
6. Analyze nutrition information using the scientific method.
7. Describe the methods of safe handling, preparation, and storage of food.

Learning Objectives: Students will:

1. Identify the nutrients needed for good health.
2. Determine good sources of these nutrients.
3. Learn how to use food labels.
4. Identify nutritional deficiencies.
5. Learn how nutritional needs change during the lifespan.
6. Identify a healthy weight and factors that determine body size and shape.
7. Learn how physical activity affects the risk for chronic disease and weight control.
8. Determine the sources of food contamination and identify safe food handling practices.

In our efforts to prepare students for a changing world, students utilize computer technology while enrolled in classes, certificate, and/or degree programs. The specific requirements are listed below:

GETTING READY

Prerequisites: None.

Co-requisites: None.

Required Material:

Textbook: **NUTRITION FOR A CHANGING WORLD**; AUTHORS: Pope, Nizielski, McCook; PUBLISHER: Macmillan. ISBN 9781319136468, **Available at all HCC-Bookstores**

Online Assignments Site: Your personalized student access code for **LaunchPad by Macmillan (publisher) – the specific online course portal** is bundled with your textbook and you can buy it from the HCC Bookstore(s). This will give you an access code for Launchpad to your newly published textbook, so there are no used copies. The link to Launchpad is:
<http://www.macmillanhighered.com/launchpad/pope1e/5989233> (Links to an external site.)Links to an

[external site.](#)

****NOTE:** This site is ALSO where your Online assignments take place!!! To meet the deadlines, **PLEASE get the resources by the time class begins to ensure completing the course successfully.** Here is information to help you: Follow these steps to get started. If you need additional guidance, consult the [support site \(Links to an external site.\)](#)[Links to an external site.](#), especially the system requirements which list recommended browsers.

- Go to your LaunchPad course site. (The link is located in your course module list.)
- Bookmark the page to make it easy to return to (although note the the URL will look different due to security measures).
- Enroll in this course using one of the following options:
- If you have an access code, select "I have a student access code", enter the code exactly as it appears on the card, and click Submit.
- If you don't have an access code, either purchase a text package that includes one OR click "I want to purchase access" and follow the instructions.
- If you need to start working but can't purchase right away, select "I want temporary access" and follow the instructions. Please note: Your grades are linked to your Launchpad account username (email address). If you use temporary access, make sure you purchase or register your code using the same email address for your paid access.
- If you have problems registering, purchasing, or logging in, please [contact Customer Support \(Links to an external site.\)](#)[Links to an external site.](#).

You can reach a representative 7 days a week:

- through the online form
- by chat
- by phone at **(800) 936-6899**

HCCS Online Courses:

Course materials are posted online on Eagle Online for Canvas at link:

<https://hccs.instructure.com/login/>

This is an online class organized in 5-Units or Modules with multiple chapters. Each unit contains PowerPoint slides, resources, practice quizzes, Online Learning Curves, and Dietary Analysis. There are three online exams. Two of the Unit exams will be paper pencil, proctored exams at the HCC Testing Center. In addition, there will be a Mandatory Comprehensive Final Exam at the end of semester. The exam questions will be given on the material presented in the units. This includes the textbook, PowerPoints, and homework. **Students are required to complete the Dietary Analysis Using SuperTracker.**

The HCC grading scale is:

A = 100 – 90;4 points per semester hour
B = 89 – 80:3 points per semester hour
C = 79 – 70:2 points per semester hour
D = 69 – 60:1 point per semester hour
59 and below = F0 points per semester hour
IP (In Progress)0 points per semester hour

W(Withdrawn).....0 points per semester hour
 I (Incomplete).....0 points per semester hour
 AUD (Audit)0 points per semester hour

IP (In Progress) is given only in certain developmental courses. The student must re-enroll to receive credit. COM (Completed) is given in non-credit and continuing education courses. To compute grade point average (GPA), divide the total grade points by the total number of semester hours attempted. The grades “IP,” “COM” and “I” do not affect GPA.

Grade Calculation for this Course:

*5-Unit Exams:	60%
Unit Assignments:	20%
Dietary Analysis	10%
Comprehensive Final Exam:	10%
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Total:	100%

*One of the Online Unit exam with the lowest grade will be dropped.

Grade Distribution: (A: 90%; B: 80%, C: 70%, D: 60%).

PLEASE BE ADVISED THAT: 1) NO MAKEUP EXAMS OR TERM PAPER WILL BE GIVEN FOR A POOR OR MISSED EXAM. 2). NO MAKEUP TEST WILL BE GIVEN IN THIS CLASS. 3). FOR MORE DETAIL, CAREFULLY REVIEW THE ONLINE EXAMS POLICIES BELOW.

VERY IMPORTANT: ONLINE EXAMS POLICIES

ONLINE EXAMS POLICIES: The course exams are conducted online via personal computer or at any HCCS Computer Laboratory within a specified time limit. Please allow adequate time to complete your exam and to resolve any unanticipated personal computer or networking problems. Any exam that is not completed on time will be considered a missed exam. Missed exams will be graded as zero, and there are no makeup exam opportunities for missed online exams. If your personal computer has a history of technical or networking problems, it is highly recommended that you plan to use an HCCS Computer Laboratory to complete your online exam. Online courses require students that are capable of budgeting time efficiently and managing the exam time limit wisely. Please note that poor planning, personal computer or networking problems are unacceptable excuses for missed online exams. In fairness to other students, these missed exams will be counted as 0 points. When computing your final grade, missed exam points (0 out of 100 available points) will be averaged into your other grades. A grade of zero will greatly jeopardize your final grade and may cause you to get an undesirable grade or fail the entire course.

- Please be advised that all students will receive a grade of zero for missed online exams.
- Technical problems are not an acceptable excuse for missed online exams.
- Online review of quiz/test is not offered due to security reasons.
- No online review will be available for this class.

Weekly Schedule – BIOL1322

The instructor reserves the right to make changes in this tentative weekly schedule. You will be informed of these changes within a reasonable time period.

Dates	Assignment/ and due dates (Always 11:50PM unless otherwise stated.)
9/ 25 – 29 / 2017 (Special pre-work)	Start Here module is required the first week of class by HCC census day to confirm your attendance in this course.
9/ 25 – 10/8, 2017	Unit-1: Chapters (1, 2, 3, & 20) Learning Curves: Due Oct 4, 2017 Practice Quizzes: Due Oct 5, 11:50PM Unit-1 Exam: Oct 6-8, at 11:50 PM Online
10/ 9 – 10/29, 2017	Unit-2: Chapters (4, 5, 6, 7, 8, & 9) Learning Curves: Due Oct 25, 2017 Practice Quizzes: Due Oct 26, at 11:50 PM Unit-2 Exam: Oct 27-29, 2017 Paper/Pencil Exam, at the DE-Testing Centers <i>Details including Time & Location: TBA</i>
10/30 – 11/12, 2017	Unit-3: Chapters (10, 11, 13, 14) Learning Curves: Due Nov 7. 217 Practice Quizzes: Due Nov 8, at 11:50 PM Unit-3 Exam: Nov 10 –12, at 11:50 PM Paper/Pencil Exam, at the DE-Testing Centers <i>Details including Time & Location: TBA</i>
11/13 – 26, 2017	Unit-4: Chapters (12, 15, 16) Learning Curves: Due Nov 24, 2017 Practice Quizzes: Due Nov 25, at 11:50 PM Unit-4 Exam: Due: Nov 24-26, at 11:50 PM Online
11/27 – 12/ 6, 2017	Unit-5: Chapters (17, 18, 19, & 21) Learning Curves: Due Nov 28, 2017 Practice Quizzes: Due Nov 29, at 11:50 PM Unit-5 Exam: Dec 4-6, at 11:50 PM Online
December: 8 – 10, 2017 Comprehensive Final Exam	December: 8 – 10, 2017 Paper/Pencil Exam at the DE-Testing Centers <i>Details including Time & Location: TBA</i>

(Print this page and check for updates posted in course announcements throughout the semester.)

INSTRUCTIONAL RESOURCES:

- 1). Textbook and the online publisher resources.
- 2). The ON-CAMPUS tutoring in the Tutoring Assistance Center (TAC), located at SE-Eastside campus.
- 3). HCC students have access to first-rate information resources that the HCC LIBRARIES make available to all HCC students. Visit Library Resources specifically for Distance Education students.

HCC POLICIES:

Access Student Services Policies

<http://www.hccs.edu/district/students/student-handbook/>

HCC strives to make all learning experiences as accessible as possible. If you anticipate or experience academic barriers based on your disability (including mental health, chronic or temporary medical conditions), please meet with a campus Abilities Counselor as soon as possible in order to establish reasonable accommodations. Reasonable accommodations are established through an interactive process between you, your instructor(s) and Ability Services. It is the policy and practice of HCC to create inclusive and accessible learning environments consistent with federal and state law. For more information, please go to <http://www.hccs.edu/district/students/disability-services/>

Campus Carry - Houston community College (HCC)

“At HCC the safety of our students, staff, and faculty is our first priority. As of August 1, 2017, Houston Community College is subject to the Campus Carry Law (SB11 2015). For more information, visit the HCC Campus Carry web page at <http://www.hccs.edu/district/departments/police/campus-carry/>.” [Campus Carry - Houston Community College | HCC](#)

HCC ONLINE EDUCATION POLICIES AND PROCEDURES

HCC POLICIES AND PROCEDURES

Access Student Services Policies on their Web site:

<http://www.hccs.edu/district/students/student-handbook/>

The link above includes policy statements on the following:

ADA

Academic Honesty

Student attendance

3-peaters

Withdrawal deadline

Houston Community College is committed to cultivating an environment free from inappropriate conduct of a sexual or gender-based nature including sex discrimination, sexual assault, sexual harassment, and sexual violence. Sex discrimination includes all forms of sexual and gender-based misconduct and violates an individual's fundamental rights and personal dignity. The Director of EEO/Compliance is designated as the Title IX Coordinator and Section 504 Coordinator. All

inquiries concerning HCC policies, compliance with applicable laws, statutes, and regulations (such as Title VI, Title IX, and Section 504), and complaints may be directed to:

*David Cross
Director EEO/Compliance
Office of Institutional Equity & Diversity
3100 Main
(713) 718-8271
Houston, TX 77266-7517 or Houston, TX 77266-7517 or Institutional.Equity@hccs.edu*

HCC COURSE WITHDRAWAL POLICY

Beginning Fall 2007, the State of Texas imposes penalties on students who withdraw/drop courses excessively. As such, first time entering freshman **cannot obtain more than 6 total course withdrawals** throughout their educational career when pursuing a degree/certificate at a Texas public college or university. Students are encouraged to review the [HCC Drop Policy](#).

Additionally, students who repeat a course for a **third or more time** will be charged a tuition/fee increase of \$50 per credit/hour at HCC and other public Texas colleges and universities. PLEASE SEEK ASSISTANCE from your professors, tutors, and counselors prior to considering course withdrawal or if you are at risk of not passing.

To help you avoid having to withdraw from any class, contact your professor regarding your academic performance. You may also want to contact your DE counselor to learn about helpful HCC resources (e.g. online tutoring, child care, financial aid, job placement, etc.).

PLEASE BE ADVISED that **your instructor will no longer give a grade of “W” to any student after the official drop date.**

ORIENTATION: Your Eagle Online for Canvas login user ID will be your HCC User ID (sometimes referred to as the “W” number). All HCC students have a unique User ID. If you do not know your User ID you can look it up by visiting the HCC home page:

DISTANCE EDUCATION ADVISING AND COUNSELING SERVICES:

Access HCC Online Policies on their Web site:

All students are responsible for reading and understanding the HCC Online Student Handbook, which contains policies, information about conduct, and other important information. For the HCC Online Student Handbook click on the link below or go to the HCC Online page on the HCC website.

The HCC Online Student Handbook contains policies and procedures unique to the online student. Students should have reviewed the handbook as part of the mandatory orientation. It is the student's responsibility to be familiar with the handbook's contents. The handbook contains valuable information, answers, and resources, such as HCC Online contacts, policies and procedures (how to drop, attendance requirements, etc.), student services (ADA, financial aid, degree planning, etc.), course information, testing procedures, technical support, and academic calendars. Refer to the HCC Online Student Handbook by visiting this link:

<http://www.hccs.edu/media/houston-community-college/distance-education/student-services/HCC-Online-Student-Handbook.pdf>

INTERNATIONAL STUDENTS:

International Students are restricted to ONLY ONE online/distance education class per semester. Please contact the International Student Office at 713-718-8520 if you have additional questions about your visa status.

CLASSROOM CONDUCT:

All students at on-campus and Distance Education courses are required to follow all HCC Policies & Procedures, the Student Code of Conduct, the Student Handbook, and relevant sections of the Texas Education Code when interacting and communicating in a virtual classroom with faculty and fellow students. Students who violate these policies and guidelines will be subject to disciplinary action that could include denial of access to course-related email, discussion groups, and chat rooms or being removed from the class.

USE OF CAMERAS OR RECORDING DEVICES:

Use of recording devices, including camera phones and tape recorders, is prohibited in classrooms, laboratories, faculty offices, and other locations where instruction, tutoring, or testing occurs. Students with disabilities who need to use a recording device as a reasonable accommodation should contact the Office for Students with Disabilities for information regarding reasonable accommodations.

ADDITIONAL RULES AND REGULATION:

1. Textbook is required.
2. Students are responsible for keeping up with all assignments and all materials covered even during excused absences.
3. Grades will be posted. You may receive your final grade online.
4. **Academic Honesty:** Students are responsible for conducting themselves with honor and integrity in fulfilling course requirements. Students observed cheating on examinations will receive a failing grade for that test and/or a final grade of “F” for the course, (**HCCS student handbook**)
5. **Adult behavior is expected in the lab and online in the virtual classroom.**
6. **As with on-campus classes**, all students in HCC Distance Education courses are required to follow all HCC Policies & Procedures, the Student Code of Conduct, the Student Handbook, and relevant sections of the Texas Education Code when interacting and communicating in a virtual classroom with faculty and fellow students. Students who violate these policies and guidelines will be subject to disciplinary action that could include denial of access to course-related email, discussion groups, and chat rooms or being removed from the class.
7. **Student Conduct:** No student may disrupt or interfere with any educational activity performed by a member of the college system. In addition, no student may interfere with his/her fellow student’s right to pursue their academic goals to the fullest in an atmosphere appropriate to a community of scholars. (HCCS handbook)
8. **Class attendance is mandated by the state.**
Students in DE courses must log in to their Eagle Online/Moodle class or they will be counted as absent. Just like in an on-campus class, your regular participation is required. **DE STUDENTS WHO DO NOT LOG IN TO THEIR EAGLE ONLINE/MOODLE CLASS BEFORE THE FIRST FRIDAY OF RECORD WILL BE AUTOMATICALLY DROPPED FOR NON-ATTENDANCE. COMPLETING THE DE ONLINE ORIENTATION DOES NOT COUNT AS ATTENDANCE.**

SUCCESS TIPS:

1. This course requires personal responsibility and self-discipline. Most of you will find that the material is new to you. Please set aside time for study and review. You will need to spend at least 6 hours per week!!! You should be studying and doing review every day and reading the required material as soon as possible. The sooner you look over the course work, the sooner you can contact the instructor with questions and concerns.
2. Read the textbook and notes for the course.
3. Try to review useful resources including, Bring it Home, Take it Further, Key Ideas, Need to Know, Learning Curves, etc. at the ends of each chapter.
4. Make connections among the concepts by flipping back and forth in the text as you study.
5. Review the modules objectives and use them as a checklist before exams to ensure you have the skills that will be tested. Also, ask yourself, the global question, “How does this work?”
6. It is your responsibility to keep up with class assignments. Plan and use your time wisely, preferably setting a regular schedule for your online class. **ALL MATERIAL COVERED IN EACH OF THE MODULES AND ANY SUPPLEMENTARY MATERIAL PROVIDED CAN BE ON THE TESTS.**

This semester you have the opportunity to explore the intriguing field of basic Nutrition. It can be one of the most satisfying subjects you will ever study. You will certainly use both the facts and the skills you develop in this course in your future. Have an open, engaged mind, work hard and ENJOY.

Have a good and successful semester!