



HOUSTON COMMUNITY COLLEGE (CAMPUS)
Nutrition & Diet Therapy: BIOL 1322
Fall 2018 - Regular Semester

INSTRUCTOR CONTACT INFORMATION

Instructor: Andrea McDonald, PhD
Office: N/A
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Office Phone: NA
Office Hours: By appointment

WELCOME TO

Course Title:	Nutrition & Diet Therapy	Semester and Year:	Fall 2018
Course Prefix:	BIOL 1322	Class Days & Times:	MW 12.04-1:42PM
Course Number:	22600	Course Location:	Jones High School
Credit Hours:	3 SCH	Room	

COURSE OVERVIEW

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.

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 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.

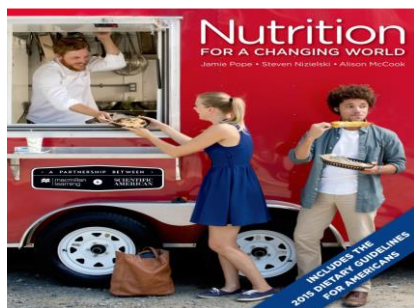
2. Calculate nutrient content and determine quality of food choices using information from food labels.
3. Explain the role of all essential nutrients in disease prevention and health promotion.
4. Identify physical fitness, body weight, and body fat as it relates to chronic disease.
5. Demonstrate how 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.

In our efforts to prepare students for a changing world, students may be expected to 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: LaunchPad Student Access Code by Macmillan (publisher) – the online course portal will be Instructor-specific <http://www.macmillanhighered.com/launchpad/pope1e/6799916>

Textbook: **NUTRITION FOR A CHANGING WORLD**; **AUTHORS:** Pope, Nizielski, McCook; **PUBLISHER:** Macmillan. ISBN 9781319136468

Learning Web: Assignments may be posted on the Learning web found at the following link:
<http://learning.hccs.edu/faculty/>

CANVAS: Assignments may be posted online on CANVAS found at the following link:
<https://eagleonline.hccs.edu/courses/37626>

Optional Materials or Reference Texts: None

INSTRUCTOR GUIDELINES AND POLICIES

Attendance: You are expected to attend all lecture classes and labs regularly. You are also responsible for materials covered during your absences. Instructors may be willing to consult with you for make-up assignments, but it is your responsibility to contact the instructor. Class attendance is monitored daily. Although it is your responsibility to drop a course for nonattendance, the instructor has the authority to drop you for excessive absences. You may be dropped from a course after accumulating absences in excess of 12.5 percent of the total hours of instruction (lecture and lab). For example:

- For a 3 credit-hour lecture class meeting 3 hours per week (48 hours of instruction), you can be dropped after 6 hours of absence.
- For a 4 credit-hour lecture/lab course meeting 6 hours per week (96 hours of instruction), you can be dropped after 12 hours of absence.

Departments and programs governed by accreditation or certification standards may have different attendance policies. Administrative drops are at the discretion of the instructor. Failure to withdraw officially can result in a grade of “F” or “FX” in the course.

Assignments:

Discussion: There will be 2 discussion topics that is correlated with each modules. All students are expected to post there discussion assignments on <https://eagleonline.hccs.edu/courses/37626>. Your instructor will assigned and announced each discussion topics. Overall total point for discussion assignment is 100 points.

Exams: There will be 4 exams (midterm and final) during the semester. Final exams are given in class, please **BRING YOUR SCRANTON**. You will be given a maximum of 2 hours to complete your exams. If you are late for a lecture exam, you will be allowed to take the exam as long as no student has completed the exam and left the room. Also, you will get only the remaining time to complete your exam. Students **MUST** take all module exams – **they are all mandatory**. If an exam is missed, the student will receive a zero that will be included in the average, unless proper documentation is provided (e.g. physician’s note). If by any chance you will need to reschedule, you must inform your professor by email 24 hours before the exam time. Each exam worth 100 points.

Major Semester Project:

Each student is required to complete a nutrition assessment on themselves or a family member and log the information into SuperTracker (a Diet Analysis Software). This assessment will help you determine nutritional/ eating status and indicate any nutrition or lifestyle needs. **Your instructor** will distribute a form for you to record 3 nonconsecutive days of what you consumed. One of the three days should be a weekend day. Whenever possible include as much detail about the food item (cooking method). You will need to estimate the portions of the food consumed. Standard baking measurements are often the simplest for individuals to estimate (i.e. cup, teaspoons, etc.). **No late assignment will be accepted.**

Make-up Exams/Quizzes: No make-up assignments will be given, unless you have proper documentation.

Extra Credit: For 10 extra points, you can share interesting nutrition related information that you have obtained from media or conferences to the class. This information must be relevant to the class materials. (Limit 2)

Notes: All students are expected to take notes in class.

IN CLASS TECHNOLOGY (Cell Phones, Laptops, etc.)

To avoid disruption in the classroom, electronic device must be set on silent mode. Cellular phones usages are not allowed during class period unless the instructor give permission. There will be a penalty for cell phone use in class. If any cell phone rings during class time two points will be subtracted for your grade. If the instructor cell phone rings in class, the entire class will receive two points toward their grade.

Behavior:

All students at HCC are expected 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.

NO EATING OR DRINKING OR SMOKING IN LABORATORY: No food or drinks are allowed in the laboratory. In addition, no smoking is allowed.

QUESTIONS/PROBLEMS: Please make sure that if you have any questions or problems at any time, that you first contact me as soon as possible. The worst thing you can do is wait to contact me or to not take advantage of the resources available to you. By taking an active part in your education, you will make your academic experience much more rewarding and exciting!!

EGLS₃ (Evaluation for Greater Learning Student Survey System)

At Houston Community College, professors believe that thoughtful student feedback is necessary to improve teaching and learning. During a designated time near the end of the term, you will be asked to answer a short online survey of research-based questions related to instruction. The anonymous results of the survey will be made available to your professors and department chairs for continual improvement of instruction. Go to www.hccs.edu/egls3 for more information.

GRADE DETERMINATION:

Course Grades will be based on percentages of points earned by the student, as follows:

Course Activities	Value	Total Points
1) Exams	3x100	300
2) Major Semester Project (analyzed my diet)	1x100	100
3) Learning Curve Evaluation	20x10	200
4) Chapter Quiz	20x10	100
5) Group Presentation	1x100	100
6) Final Exam	1x100	200
7) Class Participation	100	100
Total:		1100

The HCC grading scale:

Letter grade Points Final average in percent

A > 899 > 89.9

B 800 – 899 80 – 89.9

C 700 – 799 70 – 79.9

D 600 – 699 60 – 69.9

F < 600 < 60

W Withdrawn

I Incomplete

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

REPEATING COURSES (THREE-PEAT RULE)

As a result of recent Texas legislative changes, please be advised that HCC is charging additional tuition for students who enroll in the same class three or more times at HCC. While it is the hope of HCC that students will be successful in their first attempt at classes, we realize that life demands, academic struggles, and other issues may result in students needing to take the same class more than once. Speaking with an advisor will help you develop student success skills, improving your overall academic performance. If a student repeats a course in

which a grade (A-F) has been received, the highest grade received at HCC is the permanent grade for the course and will be used in computing the GPA. All grades earned in a given course will be reflected on the transcript. Other colleges may compute the GPA differently than HCC.

COURSE WITHDRAWALS (6-Drop Rule)

Students must withdraw by the withdrawal deadline in order to receive a “W” on a transcript. Final withdrawal deadlines vary each semester and/or depending on class length, please visit the online Academic Calendar, any HCC Registration Office, or any HCC advisor to determine class withdrawal deadlines.

Be certain you understand HCC policies about dropping a course and consult with a counselor/advisor to determine if withdrawing is in your best interest. It is your responsibility to withdraw officially from a class and prevent an “F” from appearing on your transcript. Senate Bill 1231 limits the number of W’s a student can have to 6 classes over the course of their entire academic career. This policy is effective for students entering higher education for the first time in fall 2007 and subsequent terms. Withdrawals accumulated at any other Texas public higher education institution count toward the 6 course total. Withdrawals for certain circumstances beyond the students control may not be counted toward the 6-drop limit.

In addition, withdrawing from a course may impact your financial aid award or eligibility. Contact the Financial Aid Office or website to learn more about the impact of withdrawing on financial aid.

HCCS IS COMMITTED TO YOUR SUCCESS

Early Intervention Program and Services

Your success is our primary concern! If you are experiencing challenges achieving your academic goals, please contact your instructor or an early intervention coach. We can provide assistance with academic needs, ADA accommodations, classroom difficulties, financial concerns, and other issues.

Tutoring

HCCS provides free online tutoring for all HCC students. Go to www.hccs.askonline.net; use your own e-mail address; choose a username and password you will remember; put your HCC student ID number in the Comment Box.

Counseling Services

Counseling services are available to students who are experiencing difficulty with academic issues, selection of college major, career planning, disability accommodations, or personal issues.

TENTATIVE INSTRUCTIONAL OUTLINE: The Instructor reserves the right to change the instructional outline if needed. Students will be informed in a timely manner of any changes.

COURSE OUTLINE

WEEK	LECTURE AND CLASS ACTIVITIES	ASSIGNMENT DUE
<u>MODULE 1</u>		
1	Introduction/ Class Orientation Getting to know you Chapter 1: The Science and Scope of Nutrition Evaluating Sources of Nutrition Calculations	<i>Go on canvas and introduce yourself to the class.</i>
2	Chapter 2: Healthy Diets SuperTracker Tutorial <i>Food label calculations</i> Chapter 20: Food Safety and Food Security Discussion Activity Chapter 20	Learning Curve Evaluation
3	Chapter 3: Digestion Metabolism and Digestion and Supplements Group assignments and presentation instructions <i>Review for exam 1</i>	Learning Curve Evaluation
4	EXAM 1 Chapters 1, 2, 20, 3	
<u>MODULE 2</u>		
	Chapter 4: Carbohydrates Chapter 5: Nutrition and Diabetes <i>Group Presentation - Diabetes</i>	Learning Curve Evaluation <i>Analyzed my diet</i> <i>Chapter quiz</i>
5	Chapter 6: The Lipids Chapter 7: Lipids in Health and Disease <i>Group Presentation – Heart Disease</i> <i>Group Presentation: Cancer</i>	Learning Curve Evaluation <i>Analyzed my diet</i>
6	Chapter 8: Protein Chapter 9: Plant Based Diets <u>Library day (major project)</u>	Learning Curve Evaluation <i>Analyzed my diet</i>
7	<i>Journal article discussion</i> EXAM 2: Chapters 4, 5, 6, 7, 8 & 9 <u>Online</u>	Learning Curve Evaluation
<u>MODULE 3</u>		
8	Chapter 10: Fat Soluble Vitamins Chapter 11: Water Soluble Vitamins <i>Group Presentation- Vitamin Deficiency</i> Chapter 12: Dietary Supplements Dietary Supplements activity	Learning Curve Evaluation <i>Analyzed my diet</i>
9	Chapter 13: Major Minerals and Water <i>(Hypertension- children, adults and pregnancy)</i> Chapter 14: Trace Minerals <i>Group Presentation- Iron Deficiency Anemia</i>	Learning Curve Evaluation <i>Analyzed my diet</i>

	EXAM 3:Online Chapter: 10, 11, 12, 13 & 14	
<u>MODULE 4</u>		
10	Chapter 15: Energy Balance and Obesity <i>Group Presentation - Obesity</i> Chapter 16: Nutrition and Fitness Chapter 17: Nutrition for Pregnancy, Breastfeeding and Infancy <i>(Protein Deficiency in children, adolescents and adults)</i>	Learning Curve Evaluation <u>Major Assignment</u>
11	Chapter 18: Childhood Nutrition Chapter 19: The College Years <i>Group Presentation- Alcohol Intake</i> Chapter 21: Nutrition and the Aging Adult <i>Group Presentation- Protein Deficiency</i>	Learning Curve Evaluation
12	COMPREHENSIVE FINAL EXAM	

ADDITIONAL INSTRUCTOR AND INSTITUTIONAL POLICIES

CADEMIC INTEGRITY

This instructor is committed to a high standard of academic integrity in the academic community. In becoming a part of the academic community, students are responsible for honesty and independent effort. Failure to uphold these standards includes, but is not limited to, the following: plagiarizing written work or projects, cheating on exams or assignments, collusion on an exam or project, and misrepresentation of credentials or prerequisites when registering for a course. Cheating includes looking at or copying from another student's exam, orally communicating or receiving answers during an exam, having another person take an exam or complete a project or assignment, using unauthorized notes, texts, or other materials for an exam, and obtaining or distributing an unauthorized copy of an exam or any part of an exam. Plagiarism means passing off as his/her own the ideas or writings of another (that is, without giving proper credit by documenting sources). Plagiarism includes submitting a paper, report, or project that someone else has prepared, in whole or in part. Collusion is inappropriately collaborating on assignments designed to be completed independently. These definitions are not exhaustive. When there is clear evidence of cheating, plagiarism, collusion, or misrepresentation, disciplinary action may include but is not limited to requiring you to retake or resubmit an exam or assignment, assigning a grade of zero or "F" for an exam or assignment; or assigning a grade of "F" for the course. Additional sanctions including being withdrawn from the course, program or expelled from school may be imposed on a students who violate the standards of academic integrity.

STUDENT BEHAVIOR EXPECTATIONS

Students are expected to conduct themselves appropriately while on College property or in an online environment. The instructor would institute established HCCS disciplinary action. Students who pose a threat to the safety of others will be subject to immediate withdrawal from the classroom. Please refer to the HCC Student Handbook.

AMERICANS WITH DISABILITIES ACT STATEMENT

HCCS is dedicated to providing the least restrictive environment for all students. We promote equity in academic access through the implementation of reasonable accommodations as required by the Vocational Rehabilitation Act of 1973, Title V, Section 504 and the Americans with Disabilities Act of 1990 (ADA) which will enable students with disabilities to participate in and benefit from all post-secondary educational activities.

If you require reasonable accommodations because of a physical, mental, or learning disability, please contact the Counseling Office to obtain the necessary information to request accommodations. Upon completion of this process, please notify your instructor as soon as possible and preferably before the end of the first two weeks of class to arrange for reasonable accommodations. For more information, please go to

<http://www.hccs.edu/district/students/disability-services/>

COMPUTER VIRUS PROTECTION

Computer viruses are, unfortunately, a fact of life. Using removable devices on more than one computer creates the possibility of infecting computers and diskettes with a computer virus. This exposes the computers of the college, your personal computer, and any others you may be using to potentially damaging viruses. The college has aggressive anti-virus procedures in place to protect its computers, but cannot guarantee that a virus might not temporarily infect one of its machines. It is your responsibility to protect all computers under your control and use and ensure that each diskette you use, whenever or wherever you use it, has been scanned with anti-virus software. Since new viruses arise continually, your anti-virus software must be kept current. And, since no anti-virus software will find every virus, keeping backup copies is extremely important.

EQUAL OPPORTUNITY STATEMENT

It is the policy of the HCCS to provide equal employment, admission and educational opportunities without regard to race, color, creed, national origin, gender, age, veteran's status, sexual orientation, or disability.

FERPA

The academic, financial and non-directory information on your student account is confidential and protected by the Family Educational Rights & Privacy Act (FERPA). We cannot release certain information to another person without your written authorization. Further information regarding Student Records and FERPA can be found at; <http://www.hccs.edu/district/about-us/procedures/student-rights-policies--procedures/>

FINAL EXAMINATIONS

A final evaluation activity will occur during the published final evaluation period. The appropriate dean, director, or department chair must approve any variation to this schedule.

TITLE IX OF THE EDUCATION AMENDMENTS OF 1972, 20 U.S.C. A§ 1681 ET. SEQ.

Title IX of the Education Amendments of 1972 requires that institutions have policies and procedures that protect students' rights with regard to sex/gender discrimination. Information regarding these rights are on the HCC website under Students-Anti-discrimination. Students who are pregnant and require accommodations should contact any of the ADA Counselors for assistance.

It is important that every student understands and conforms to respectful behavior while at HCC. Sexual misconduct is not condoned and will be addressed promptly. Know your rights and how to avoid these difficult situations. Log in to: www.edurisksolutions.org . Sign in using your HCC student e-mail account, then go to the button at the top right that says **Login** and enter your student number. You can also direct your complains 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.**

CAMPUS CARRY 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/>

EQUAL OPPORTUNITY STATEMENT: It is the policy of the HCCS to provide equal employment, admission and educational opportunities without regard to race, color, creed, national origin, gender, age, veteran's status, sexual orientation, or disability.

Inclement Weather and Hurricane statement:

“Any student who faces challenges securing their food or housing and believes this may affect their performance in the course is urged to contact the Dean of Students for support. Furthermore, please notify the professor if you are comfortable in doing so.” The following link provides different resources that are available. www.hccs.edu/harveystudentresources

College	Name/ Title	Phone	Email
Central	Jason Wilson, Dean Student Development	713.718.8084	Jason.wilson@hccs.edu
Coleman	Dr. Patricia Ugwu, Dean Student Development	713.718.7061	Patricia.ugwu@hccs.edu
Northeast	Dr. Kenneth Holden, Dean Student Development	713.718.8067	Kenneth.holden@hccs.edu
Northwest	Kathleen Anzivino, Dean Student Development	713.718.5691	kathleen.anzivino@hccs.edu
Southeast	Dr. Indra Pelaez, Dean Student Development	713.718.7005	Indra.pelaez@hccs.edu
Southwest	Matias Garza, Dean Student Development	713.718.7788	Matias.garza@hccs.edu