



# Nutrition & Diet Therapy-23350

BIOL-1322

DL1 2022 Section 456 3 Credits 01/24/2022 to 05/15/2022 Modified 01/27/2022

## Course Meetings

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### Course Modality

Online instruction

### Meeting Days

Tuesday and Thursday

### Meeting Times

8 am - 9:20 pm

### Meeting Location

Cisco Webex; Plan to have your camera turned on throughout the class time.

### Instructional Mode

#### WS

The course modality of this class is *Online on a schedule*.

Faculty will hold class on-line as per the assigned schedule.

Attendance will be taken each class period.

## Welcome and Instructor Information

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### Adjunct Instructor: Claire Edgemon MS, RD, LD

Email: [claire.edgemon@hccs.edu](mailto:claire.edgemon@hccs.edu)

### What's Exciting About This Course

This is a basic 3 hour course introducing general nutritional concepts in health and disease and includes practical application of that knowledge. Special emphasis is given to nutrients and nutritional processes including function, food sources, digestion, absorption, and metabolism. Food safety, availability, and nutritional information including food labels, advertising, and nationally established guidelines are addressed.

### My Personal Welcome

Welcome to Nutrition and Diet Therapy! One of my passions is to know as much as I can about nutrition and I am looking forward to sharing that with you. I will present the information in the most exciting way I know, so that you can grasp the concepts and apply them now and hopefully throughout your life.

As you read and wrestle with new ideas and facts that may challenge you, I am available to support you. The fastest way to reach me is by my HCC email. My goal is for you to walk out of the course with a better understanding of yourself and of human behavior.

## Preferred Method of Contact

The best way to contact me is through my HCC email. You can send messages to me through Canvas. I will respond to emails within 24-48 hours Monday through Friday; I will reply to weekend messages during the following week.

## Office Hours

By appointment before or after class

## Course Overview

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### Course Description

Credits: 3 (3 lecture). 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. (Cross-listed as HECO 1322). This course satisfies the Life and Physical Sciences or Component Area Option of the HCC core.

### Requisites

Prerequisite: Must be placed into college-level reading (or take GUST 0342 as a corequisite) and be placed into college-level writing (or take ENGL 0310/0349 as a corequisite).

### Department Website

<https://www.hccs.edu/programs/areas-of-study/science-technology-engineering--math/biology/>

## Core Curriculum Objectives (CCOs)

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BIOL 1322 satisfies the Natural Science requirement in the HCCS core curriculum. The HCCS Biology Discipline Committee has specified that the course address the following core objectives:

- **Critical Thinking.** Students will demonstrate the ability to engage in inquiry and analysis, evaluation and synthesis of information, and creative thinking by completing a written assignment such as a book report, research paper, or essay.
- **Communication Skills.** Students will demonstrate effective development, interpretation and expression of ideas through written, oral, and visual communication by completing a written assignment such as a book report, research paper, or essay.
- **Quantitative and Empirical Literacy.** Students will demonstrate the ability to draw conclusions based on the systematic analysis of topics using observation, experiment, and/or numerical skills by completing textbook reading assignments, completing assignments, and answering questions on quizzes and exams that pertain to Course Student Learning Outcomes below.
- **Team Work.** Students will demonstrate the ability to consider different points of view and work effectively with others to support a shared purpose or goal. The students may work collaboratively through written, oral or visual communication such as research papers and presentations.

## Student Learning Outcomes and Objectives

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Program Student Learning Outcomes (PSLOs) for the Biology Discipline can be found at <https://www.hccs.edu/programs/areas-of-study/science-technology-engineering--math/biology/>

Course Student Learning Outcomes (CSLOs)

Upon completion of BIOL 1322, the student will be able to:

1. Apply nutritional knowledge to analyze personal dietary intake, to plan nutritional 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 function, 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 imbalance.
5. Utilize concepts of aerobic and anaerobic 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 disease.

## Departmental Practices and Procedures

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### Instructor and Student Responsibilities

As your Instructor, it is my responsibility to:

- Provide the grading scale and detailed grading formula explaining how student grades are to be derived
- Facilitate an effective learning environment through learner-centered instructional techniques
- Provide a description of any special projects or assignments
- Inform students of policies such as attendance, withdrawal, tardiness, and making up assignments
- Provide the course outline and class calendar that will include a description of any special projects or assignments
- Arrange to meet with individual students before and after class as required.

As a student, it is your responsibility to:

- Attend class in person and/or online
  - Participate actively by reviewing course material, interacting with classmates, and responding promptly in your communication with me
  - Read and comprehend the textbook
  - Complete the required assignments and exams
  - Ask for help when there is a question or problem
  - Keep copies of all paperwork, including this syllabus, handouts, and all assignments
- Be aware of and comply with academic honesty policies in the [HCCS Student Handbook](#)

## Instructional Materials and Resources

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### Instructional Materials

**Nutrition for Healthy Living, 6th. edition by Wendy J. Schiff and Traci L. Keck**

**Do not purchase a book or access code for this course.** You have already paid for your course materials through the registration process. The cost of digital course materials for this class were included in your student bill and are guaranteed to be the lowest cost available to purchase your required materials. Your course materials for this class will be accessed digitally through this Canvas site. **NO other purchase is necessary.** For students who wish to have a printed copy of the text an optional print copy is available for purchase at the Houston Community College bookstore.

To enhance your learning experience and provide affordable access to the right course materials, this course is part of the HCC Textbook Savings program that provides inclusive access to course materials. You can easily access the required materials for this course at a discounted price, and you will benefit from single sign-on access with no codes required in Canvas. Your Houston Community College student account was billed for these materials at the time of registration and the price is guaranteed to be the

lowest cost available for your required materials. It is NOT recommended that you opt-out of these materials, as they are required to complete the course. You may choose to opt-out prior to Census Date (9/29/2021), but you will then be responsible for purchasing your course materials at the full retail price and access to your materials may be suspended. The opt-out process would be for students who already have an access code because they are repeating the course. Faculty, for more information about the HCC Textbook Savings program, contact our bookstore [sm515@bncollege.com](mailto:sm515@bncollege.com) or 713-528-0872.

Troubleshooting & Customer Care Course Setup Support Campus IT Support can assist faculty in HCC Textbook Savings setup within their course sites. Contact information for Eagle Online Technical Support can be found on the website at <https://hccs.edu/online/technical-support> Troubleshooting: • Browser Compatibility Course materials can be accessed on any browser that meets the System Requirements. [tinyurl.com/FD-SystemRequirements](https://tinyurl.com/FD-SystemRequirements) • Popup Blockers Popups blockers must be turned off within your browser. [tinyurl.com/FD- PopUpBlockers](https://tinyurl.com/FD-PopUpBlockers) • Cache and Cookies Delete cached files: [tinyurl.com/FD-Cache](https://tinyurl.com/FD-Cache) Enable cookies: [tinyurl.com/FD-EnableCookies](https://tinyurl.com/FD-EnableCookies) Customer Care: Students that are still having issues, can't access their account, or have questions can receive 24/7 Support via: Web: [customer care.bncollege.com](http://customer care.bncollege.com) Toll Free: 1-844-9-EBOOKS (1-844-932-6657) Email: [bookstorecustomer care@bncollege.com](mailto:bookstorecustomer care@bncollege.com)

#### Customer Care Contact Information

Customer Care is available 24/7\* to help students with questions about accessing their course material, using their eTextbook, or opting-out or in to the First Day program. Be sure to share the below information with your students.

\*Please note that Customer Care currently has limited hours of operation and will be available to assist students Monday – Friday, 9 a.m. to 6 p.m. (Eastern Time). • Link to Customer Care website: [customer care.bncollege.com](http://customer care.bncollege.com) • Open a ticket Online for the Customer Care team: <https://tinyurl.com/customer care request> • Email the Customer Care team: [bookstorecustomer care@bncollege.com](mailto:bookstorecustomer care@bncollege.com)

• Call the Customer Care team: 1-844-9-EBOOKS (1-844-932-6657)

## Other Instructional Resources

### Courseware

We will be using Connect by McGraw Hill which can be accessed using Canvas.

## ✓ Course Requirements

### Grading Formula

Grade	Range	Notes
A	751 points and above	
B	667 - 750 points	
C	584 - 666 points	
D	500 - 583	
F	499 points and below	

### Assignments, Exams, and Activities

Type	Weight	Topic	Notes
Exams	350 points (42%)		Multi-chapter exams
Project	100 points (12%)		Diet analysis project
In-Class Activities	100 points (12%)		Weekly in-person discussion
Quizzes	100 points (12%)		Chapter quizzes

Type	Weight	Topic	Notes
SmartBook Participation	100 points (12%)		Pre-class activity
Department Final Exam	84 points (10%)		Cumulative end-of-semester exam
Extra Credit	various		Extra credit options may be given throughout the semester.

## \* Instructor's Practices and Procedures

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### Incomplete Policy

In this course, the purposes of the "I" (incomplete) grade is for students who are caught up and passing at the student withdrawal deadline (April 4, 2022), and then have a medical or other problem that prevents them from completing the course. If you are not passing at the student withdrawal deadline, you should drop yourself from the course, or you will likely earn an "F." An incomplete "I" grade will be given only if all of the following conditions are met:

- ✓ You have earned at least 85% of the available points by the date that the "I" grade is requested.
- ✓ You can provide documentation showing why you should earn an incomplete, such as a doctor's note, etc.
- ✓ You must be passing with a grade of "C" or better.
- ✓ You must request the incomplete in writing BEFORE April 26, 2022.
- ✓ In all cases, the instructor reserves the right to decline a student's request to receive a grade of Incomplete.

### Missed Assignments/Make-Up Policy

Students are responsible for assignments due during absences (including COVID absences).

Not all Smart Book assignments and Quizzes will be included in the final grade. It is in your best interest to complete all of these as each opportunity you have to interact with the information helps you be more successful in retaining it.

You must take each exam at the scheduled time. If you must miss an exam (surgery, death in the family, etc.), you must notify me BEFORE the scheduled exam time and bring documentation when you return to class. If you do not notify me, you WILL NOT be able to make-up the exam and you will receive a 0 for that exam.

### Academic 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 students who violate the standards of academic integrity.

Dishonesty and Grievance):

<https://www.hccs.edu/about-hcc/procedures/student-rights-policies--procedures/student-procedures/>  
(<https://www.hccs.edu/about-hcc/procedures/student-rights-policies--procedures/student-procedures/>)

## Attendance Procedures

Students are expected to attend classes regularly. Students are responsible for materials covered during absences (including COVID absences). Attendance is checked daily. Although it is the student's responsibility to drop a course for nonattendance, the instructor has the authority to drop a student for excessive absences. A student may be dropped from a course for excessive absences after the student has accumulated absences in excess of 12.5% of the hours of instructions. Note that 12.5% is 3 classes for a 3-semester hour course.

Habitual tardiness will not be tolerated. Students are expected to be in attendance for the entirety of the scheduled class and are responsible for completing assignments scheduled during their absence/s. It is the responsibility of each student to amend their professional/personal schedule to meet the class schedule.

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.

## Student Conduct

Students are expected to conduct themselves as adults. This includes courteous and respectful behavior towards instructor and classmates while on College property or in an online environment. Disruptive behavior or any behavior that interferes with any educational activity being performed by the instructor will not be allowed. Additionally, no student may interfere with his/her fellow students' right to pursue their academic goals to the fullest in an atmosphere appropriate to a community of scholars. Disruptive behavior may result in removal from the class. Please refer to the HCC Student Handbook.

## Instructor's Course-Specific Information

Smart Book assignments must be completed before the chapter is discussed in class. Please refer to the class calendar or "Coming Up" list in Canvas to keep up with these assignments. You will have a week after class to complete the quiz for the chapter discussed.

You must have a camera on your computer/phone/tablet which must remain on during the class time. This class will use discussions among students and to receive participation credit, the student must participate and be seen.

You must have LockDown Browser installed on your computer in order for you to take the exams.

## Faculty Statement about Student Success

Add Content Here

## Faculty-Specific Information Regarding Canvas

This course section will use Canvas (<https://eagleonline.hccs.edu> (<https://eagleonline.hccs.edu>)) to supplement in-class assignments, exams, and activities.

HCCS Open Lab locations may be used to access the Internet and Canvas. For best performance, Canvas should be used on the current or first previous major release of Chrome, Firefox, Edge, or Safari. Because it's built using web standards, Canvas runs on Windows, Mac, Linux, iOS, Android, or any other device with a modern web browser.

Canvas only requires an operating system that can run the latest compatible web browsers. Your computer operating system should be kept up to date with the latest recommended security updates and upgrades.

## Social Justice Statement

Add Content Here

## HCC Grading System

HCC uses the following standard grading system:

Grade	Grade Interpretation	Grade Points
A	Excellent (90-100)	4
B	Good (80-89)	3
C	Fair (70-79)	2
D	Passing (60-69), except in developmental courses.	1
F	Failing (59 and below)	0
FX	Failing due to non-attendance	0
W	Withdrawn	0
I	Incomplete	0
AUD	Audit	0
IP	In Progress. Given only in certain developmental courses. A student must re-enroll to receive credit.	0
COM	Completed. Given in non-credit and continuing education courses.	0

## Link to Policies in Catalog and Student Handbook

Here's the link to the HCC Catalog and Student Handbook: <https://catalog.hccs.edu/> (<https://catalog.hccs.edu/>)

In it you will find information about the following:

- Academic Information
- Academic Support
- Attendance, Repeating Courses, and Withdrawal
- Career Planning and Job Search
- Childcare
- disAbility Support Services
- Electronic Devices
- Equal Educational Opportunity
- Financial Aid TV (FATV)
- General Student Complaints
- Grade of FX
- Incomplete Grades
- International Student Services
- Health Awareness

- Libraries/Bookstore
- Police Services & Campus Safety
- Student Life at HCC
- Student Rights and Responsibilities
- Student Services
- Testing
- Transfer Planning
- Veteran Services

## Link to HCC Academic Integrity Statement

<https://www.hccs.edu/student-conduct> (<https://www.hccs.edu/student-conduct>) (scroll down to subsections)

## Campus Carry Link

Here's the link to the HCC information about Campus Carry:

<https://www.hccs.edu/campuscarry> (<https://www.hccs.edu/campuscarry>)

## HCC Email Policy

When communicating via email, HCC requires students to communicate only through the HCC email system to protect your privacy. If you have not activated your HCC student email account, you can go to [HCC Eagle ID \(https://www.hccs.edu/email\)](https://www.hccs.edu/email) and activate it now. You may also use Canvas Inbox to communicate.

## Office of Institutional Equity

Use the following link to access the HCC Office of Institutional Equity, Inclusion, and Engagement: <https://www.hccs.edu/eeo> (<https://www.hccs.edu/eeo>)

### Ability Services

HCC strives to make all learning experiences as accessible as possible. If you anticipate or experience academic barriers based on your disability (including long and short term conditions, 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 <https://www.hccs.edu/accessibility> (<https://www.hccs.edu/accessibility>)

### Title IX

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. Title IX prohibits discrimination on the basis of sex-including pregnancy and parental status in educational programs and activities. If you require an accommodation due to pregnancy please contact an Abilities Services Counselor. 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 [Institutional.Equity@hccs.edu](mailto:Institutional.Equity@hccs.edu) (<mailto:Institutional.Equity@hccs.edu>)

<https://www.hccs.edu/titleix> (<https://www.hccs.edu/titleix>)



## Office of the Dean of Students

Contact the office of the Dean of Students to seek assistance in determining the correct complaint procedure to follow or to identify the appropriate academic dean or supervisor for informal resolution of complaints.

<https://www.hccs.edu/about-hcc/procedures/student-rights-policies--procedures/student-complaints/speak-with-the-dean-of-students/> (<https://www.hccs.edu/about-hcc/procedures/student-rights-policies--procedures/student-complaints/speak-with-the-dean-of-students/>)

## Student Success

Expect to spend at least twice as many hours per week outside of class as you do in class studying the course content. Additional time will be required for written assignments. The assignments provided will help you use your study hours wisely. Successful completion of this course requires a combination of the following:

- Reading the textbook
- Attending class in person and/or online
- Completing assignments
- Participating in class activities

There is no short cut for success in this course; it requires reading (and probably re-reading) and studying the material using the course objectives as a guide.

## Canvas Learning Management System

Canvas is HCC's Learning Management System (LMS), and can be accessed at the following URL:

<https://eagleonline.hccs.edu> (<https://eagleonline.hccs.edu>)

HCCS Open Lab locations may be used to access the Internet and Canvas. For best performance, Canvas should be used on the current or first previous major release of Chrome, Firefox, Edge, or Safari. Because it's built using web standards, Canvas runs on Windows, Mac, Linux, iOS, Android, or any other device with a modern web browser.

Canvas only requires an operating system that can run the latest compatible web browsers. Your computer operating system should be kept up to date with the latest recommended security updates and upgrades.

## HCC Online Information and Policies

Here is the link to information about HCC Online classes, which includes access to the required Online Information Class Preview for all fully online classes: <https://www.hccs.edu/online/> (<https://www.hccs.edu/online/>)

## Scoring Rubrics, Sample Assignments, etc.

Look in Canvas for the scoring rubrics for assignments, samples of class assignments, and other information to assist you in the course. <https://eagleonline.hccs.edu/> (<https://eagleonline.hccs.edu/>)

## Instructor and Student Responsibilities

As your Instructor, it is my responsibility to:

- Provide the grading scale and detailed grading formula explaining how student grades are to be derived
- Facilitate an effective learning environment through learner-centered instructional techniques
- Provide a description of any special projects or assignments
- Inform students of policies such as attendance, withdrawal, tardiness, and making up assignments
- Provide the course outline and class calendar that will include a description of any special projects or assignments
- Arrange to meet with individual students during office hours, and before and after class as required

As a student, it is your responsibility to:

- Attend class in person and/or online
- Participate actively by reviewing course material, interacting with classmates, and responding promptly in your

communication with me

- Read and comprehend the textbook
- Complete the required assignments and exams
- Ask for help when there is a question or problem
- Keep copies of all paperwork, including this syllabus, handouts, and all assignments
- Be aware of and comply with academic honesty policies in the [HCCS Student Handbook](https://www.hccs.edu/studenthandbook) (<https://www.hccs.edu/studenthandbook>)

## EGLS3

The EGLS<sup>3</sup> ([Evaluation for Greater Learning Student Survey System](https://www.hccs.edu/egls3) (<https://www.hccs.edu/egls3>)) will be available for most courses near the end of the term until finals start. This brief survey will give invaluable information to your faculty about their teaching. Results are anonymous and will be available to faculty and division chairs after the end of the term. EGLS<sup>3</sup> surveys are only available for the Fall and Spring semesters. -EGLS3 surveys are not offered during the Summer semester due to logistical constraints.

<https://www.hccs.edu/egls3> (<https://www.hccs.edu/egls3>)

## Housing and Food Assistance for Students

Any student who faces challenges securing their foods or housing and believes this may affect their performance in the course is urged to contact the Dean of Students at their college for support. Furthermore, please notify the professor if you are comfortable in doing so.

This will enable HCC to provide any resources that HCC may possess.

## Student Resources

### Tutoring

HCC provides free, confidential, and convenient academic support, including writing critiques, to HCC students in an online environment and on campus. Tutoring is provided by HCC personnel in order to ensure that it is contextual and appropriate. Visit the [HCC Tutoring Services](https://www.hccs.edu/tutoring) (<https://www.hccs.edu/tutoring>) website for services provided.

### Libraries

The HCC Library System consists of 9 libraries and 6 Electronic Resource Centers (ERCs) that are inviting places to study and collaborate on projects. Librarians are available both at the libraries and online to show you how to locate and use the resources you need. The libraries maintain a large selection of electronic resources as well as collections of books, magazines, newspapers, and audiovisual materials. The portal to all libraries' resources and services is the HCCS library web page at <https://library.hccs.edu> (<https://library.hccs.edu>).

### Supplementary Instruction

Supplemental Instruction is an academic enrichment and support program that uses peer-assisted study sessions to improve student retention and success in historically difficult courses. Peer Support is provided by students who have already succeeded in completion of the specified course, and who earned a grade of A or B. Find details at <https://www.hccs.edu/supplemental-instruction> (<https://www.hccs.edu/supplemental-instruction>)

### Resources for Students:

<https://www.hccs.edu/covid19students> (<https://www.hccs.edu/covid19students>)

### Basic Needs Resources:

<https://www.hccs.edu/support-services/counseling/hcc-cares/basic-needs-resources/> (<https://www.hccs.edu/support-services/counseling/hcc-cares/basic-needs-resources/>)

### Student Basic Needs Application:

<https://www.hccs.edu/basicneeds> (<https://www.hccs.edu/basicneeds>)

# COVID-19

Here's the link to the HCC information about COVID-19:

<https://www.hccs.edu/covid-19> (<https://www.hccs.edu/covid-19>)

## Sensitive or Mature Course Content

In this college-level course, we may occasionally discuss sensitive or mature content. All members of the classroom environment, from your instructor to your fellow students, are expected to handle potentially controversial subjects with respect and consideration for one another's varied experiences and values.

## Instructional Modalities

### In-Person (P)

Safe, face-to-face course with scheduled dates and times

### Online on a Schedule (WS)

Fully online course with virtual meetings at scheduled dates and times

### Online Anytime (WW)

Traditional online course without scheduled meetings

### Hybrid (H)

Course that meets safely 50% face-to-face and 50% virtually

### Hybrid Lab (HL)

Lab class that meets safely 50% face-to-face and 50% virtually

## Copyright Statement

In order to uphold the integrity of the academic environment and protect and foster a cohesive learning environment for all, HCC prohibits unauthorized use of course materials. Materials shared in this course are based on my professional knowledge and experience and are presented in an educational context for the students in the course. Authorized use of course materials is limited to personal study or educational uses. Material should not be shared, distributed, or sold outside the course without permission. Students are also explicitly forbidden in all circumstances from plagiarizing or appropriating course materials. This includes but is not limited to publically posting quizzes, essays, or other materials. This prohibition extends not only during this course, but after. Sharing of the materials in any context will be a violation of the HCC Student Code of Conduct and may subject the student to discipline, as well as any applicable civil or criminal liability. Consequences for unauthorized sharing, plagiarizing, or other methods of academic dishonesty may range from a 0 on the specified assignment and/or up to expulsion from Houston Community College. Questions about this policy may be directed to me or to the Manager of Student Conduct and Academic Integrity.

## Course Calendar

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### Syllabus Modifications

The instructor reserves the right to modify the syllabus at any time during the semester and will promptly notify students in writing, typically by e-mail, of any such changes.

When	Topic	Notes
Tuesday, January 25 Online	Chapter 1 - The Basics of Nutrition	ABMV Activity

When	Topic	Notes
Thursday, January 27 Online	Chapter 2 - Evaluating Nutrition Information	Scientific Method Activity Supplements Discussion
Tuesday, February 1 Online	Chapter 3 - Planning Nutritious Diets	Food Label Comparison Global Nutrition MyPlate Activity
Thursday, February 3 Online	Chapter 4 - Body Basics	Digestion Chart Digestive Disorders Activity
Tuesday, February 8 Online	Exam 1 (Chapters 1-4)	
Thursday, February 10 Online	Chapter 5 - Carbohydrates	Carbohydrate and Diabetes Activity Part 1 of Project Due
Tuesday, February 15 Online	Chapter 5 - Carbohydrates	
Thursday, February 17 Online	Chapter 6 - Fats and Other Lipids	Lipids and Heart Disease Activity
Tuesday, February 22 Online	Chapter 6 - Fats and Other Lipids	
Thursday, February 24 Online	Chapter 7 - Proteins	Protein Activity
Tuesday, March 1 Online	Chapter 7 - Proteins	
Thursday, March 3 Online	Review for Exam 2	
Tuesday, March 8 Online	Exam 2 (Chapters 5-7)	
Thursday, March 10 Online	Chapter 8 - Vitamins	Vitamins Activity
Tuesday, March 22 Online	Chapter 8 - Vitamins	
Thursday, March 24 Online	Chapter 9 - Water and Minerals	Minerals Activity
Tuesday, March 29 Online	Chapter 9 - Water and Minerals	
Thursday, March 31 Online	Chapter 10 - Energy Balance and Weight Control	Energy Balance and Obesity Activity
Tuesday, April 5 Online	Chapter 10 - Energy Balance and Weight Control	
Thursday, April 7 Online	Review for Exam 3	

When	Topic	Notes
Tuesday, April 12 Online	Exam 3 (Chapters 8-10)	
Thursday, April 14 Online	Chapter 11 - Nutrition for Physically Active Lifestyles	Physical Fitness Activity
Tuesday, April 19 Online	Chapter 11 - Nutrition for Physically Active Lifestyles	
Thursday, April 21 Online	Chapter 12 - Food Safety Concerns	Part 2 of Project Due Food Safety Activity
Tuesday, April 26 Online	Chapter 12 - Food Safety Concerns	
Thursday, April 28 Online	Chapter 13 - Nutrition for a Lifetime	Lifecycle Case Studies
Tuesday, May 3 Online	Chapter 13 - Nutrition for a Lifetime	Lifecycle Case Studies
Thursday, May 5 Online	Review for Exam 4	
Week of May 9 Online	Exam 4 (Chapters 11, 12, 13) and Department Final (Comprehensive)	

## Additional Information

### Biology Departmental/Program Information

Visit the [Biology Program Page \(https://learning.hccs.edu/programs/biology\)](https://learning.hccs.edu/programs/biology) on the HCC Learning Web for information about our faculty and courses. You will also find information about majoring in Biology.

The [Field of Study \(FOS\) Curriculum for Biology \(https://www.hccs.edu/programs/areas-of-study/science-technology-engineering--math/biology/\)](https://www.hccs.edu/programs/areas-of-study/science-technology-engineering--math/biology/) here at HCC covers the smallest and simplest organisms (microbiology) to the largest and most complex organisms (human anatomy and physiology, zoology, botany).

The [Associate of Science in Biology - Biology Majors & Premedical Programs \(https://catalog.hccs.edu/preview\\_program.php?catoid=3&poid=905\)](https://catalog.hccs.edu/preview_program.php?catoid=3&poid=905) FOS is intended primarily for students planning on transferring to a senior college or university to receive a baccalaureate degree in the following areas: computer science, engineering, health and natural sciences, or mathematics.

The [Associate of Science in Biology - Health Sciences Professions \(https://catalog.hccs.edu/preview\\_program.php?catoid=3&poid=906\)](https://catalog.hccs.edu/preview_program.php?catoid=3&poid=906) FOS is intended primarily for students planning on transferring to a senior college or university to receive a baccalaureate degree in the following areas: computer science, engineering, health and natural sciences, or mathematics. (Pre-Nursing, Pre-Radiologic Sciences, Pre-Clinical Laboratory Services)

Visit the [STEM Resources Page at HCC \(https://www.hccs.edu/resources-for/current-students/stem--science-technology-engineering--mathematics/\)](https://www.hccs.edu/resources-for/current-students/stem--science-technology-engineering--mathematics/): HCC has developed this site to provide information on STEM related programs and resources at HCC and other institution – to include scholarship information.

### Process for Expressing Concerns about the Course

If you have concerns about any aspect of this course, please reach out to your instructor for assistance first. You can always request a meeting (virtual/ in person) to go over your concerns. If your instructor is not able to assist you, then you may wish to contact the Biology Department using this form.

[Biology Department Reporting Form \(https://forms.office.com/r/8BwrMbqCYB\)](https://forms.office.com/r/8BwrMbqCYB)

Department Chair: Dr. Shadi Kilani

Department Email: [hcc.biology@hccs.edu](mailto:hcc.biology@hccs.edu)

Department Phone : 713 718 5587

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