

**BIOL 1322: Nutrition and Diet Therapy**

**CRN #14206**

**Fall 2019 | 16 Weeks (1.21.2020-5.17.2020)**

**In-Person | South-West Workforce Building| TUE. 6 p.m.-8:50 p.m.**

**3 Credit Hours | 48 hours per semester**

**Instructor Contact Information**

**Instructor: Ghias Shariff, Ph.D. Office Phone: 713-718-7771**

**Office Hours: TH 5:00-5:50 p.m. Email: ghias.shariff@hccs.edu**

**Office Location: Faculty Area (Scarcella Center)**

Please feel free to contact me concerning any problems that you are experiencing in this course.  Your performance in my class is very important to me. I am available to hear the concerns and just to discuss course topics.

**Instructor’s Preferred Method of Contact**

**HCCS email: ghias.shariff@hccs.edu** I will respond to emails within 24-48 hours Monday through Friday; I will reply to weekend messages during the following week.

Your course materials i.e. LaunchPad was paid for via tuition. You will be automatically granted access to LaunchPad **via Canvas** .

**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—I’m delighted that you have chosen this course! One of my passions is to know as much as I can about nutrition…, and I can hardly wait to pass that on.  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. The best way to really discuss issues is in person and I’m available during posted office hours to tackle the questions. My goal is for you to walk out of the course with a better understanding of yourself and of human behavior.  So please visit me or contact me by email whenever you have a question.

**Prerequisites and/or Co-Requisites**

BIOL 1322 requires math 0409 or higher placement by testing. Must be placed in college level reading and writing.  If you have enrolled in this course having satisfied these prerequisites, you have a higher chance of success than students who have not done so. Please carefully read the repeater policy in the [HCCS Student Handbook.](http://www.hccs.edu/resources-for/current-students/student-handbook/)

**Canvas Learning Management System**

All Biology sections utilize Canvas (<https://eagleonline.hccs.edu>) to supplement in-class assignments, exams, and activities.

**Open Lab Locations**

[HCCS Open Computer Lab locations](https://www.hccs.edu/departments/division-of-instructional-services/institute-for-instructional-engagement--development/open-lab-schedule/) may be used to access the Internet and Canvas.  **USE** [**FIREFOX**](https://www.mozilla.org/en-US/firefox/new/) **OR** [**CHROME**](https://www.google.com/chrome/browser/desktop/index.html) **AS THE INTERNET BROWSER**.

**HCC Online Information and Policies**

For online/hybrid students. As an online /hybrid student, you are responsible for all information/requirements provided by the online college. Here is the link to information about HCC Online classes <http://www.hccs.edu/online/>. This includes the mandatory online course prior to start of class.

**Scoring Rubrics, Sample Assignments, etc.**

When applicable, 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/login/ldap>

**Instructional Materials**

**Your course materials i.e. LaunchPad was paid for via tuition. You will be automatically granted access to LaunchPad via Canvas**

**Required Resources**

The textbook listed below is ***required*** for this course.

 ***“Scientific American: Nutrition for a Changing World***” (2nd edition) by Jamie Pope (Macmillan).  \*\***NO ISBN**, as the students must access through their Canvas portal for the Inclusive Access program.

Access to a computer with **Chrome Browser**:

Launchpad works in Chrome but may not work properly in other browsers. You may use the freely available HCC computers on any campus.

**Small Green Scantrons (Form 882E):** One for each lecture exams and two (2) for FINAL EXAM

**LaunchPad Access.** 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. In this course everything will be accessed from our learning management system portal (Canvas, a.k.a. Eagle Online: https://eagleonline.hccs.edu/login/ldap ; use your W number and regular HCC email password to login. To access the online assignments from Canvas, you will also need to access the publisher website called Launchpad. **Your course materials i.e. LaunchPad and e-book was paid for via tuition. You will be automatically granted access to LaunchPad via Canvas**

**Suggested Additional Resources**

Class PPTs, handouts, other material given in class as well as:

**Other Instructional 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](http://www.hccs.edu/resources-for/current-students/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 [http://library.hccs.edu](http://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 <http://www.hccs.edu/resources-for/current-students/supplemental-instruction/>.

**Course Overview**

BIOL 1322 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

[**Core Curriculum Objectives (CCOs)**](https://www.hccs.edu/programs/catalog/academic-information/)

BIOL 1309 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.
* ***Social Responsibility***: Students will demonstrate cultural self-awareness, intercultural competency, civil knowledge, and the ability to engage effectively in regional, national, and global communities by completing textbook reading assignments, completing assignments, and answering questions on quizzes and exams that pertain to Course Student Learning Outcome #4 below.
* ***Personal Responsibility***- The students will demonstrate the ability to connect choices, actions and consequences to decision making through analyzing behavior and completing a written report or presentation.

**Program Student Learning Outcomes (PSLOs)**

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

1. 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.
2. Discuss function, sources, deficiencies, and toxicities of macro and micronutrients, including carbohydrates, lipids, proteins, water, vitamins and minerals.
3. 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
4. Utilize concepts of aerobic and anaerobic systems, and knowledge about macronutrients, vitamins, minerals, ergogenics, and supplements and relate them to fitness and health.
5. 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

**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.

**Student Success**

Academic standards require a minimum of 3 study hours for every contact hour; meaning for a class that meets 3 hours per week, you need to budget and set aside a minimum of 9 hours each week to study and prep for your course 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
* Timely completion of assignments
* Participating in class activities
* Successful exam performance, including the mandatory final

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

**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
* Attain a raw score of at least 50% on the departmental final exam
* Be aware of and comply with academic honesty policies in the [HCCS Student Handbook](http://www.hccs.edu/resources-for/current-students/student-handbook/)

**Assignments, Exams, and Activities**

**Lecture Exam:** Three (3) Multiple choice exams (typically 50 questions; small green scantron (form 882-E) required for each exam.

**Multiple choice exam** (typically 100 questions); two (2) small green scantron (form 882-E) required)

**Learning Curve Assignments:** Fourteen (14) online assignments (these are adaptive quizzes accessed through the Canvas shell but completed in Launchpad,

**Summative Quizzes**: Fourteen (14) online assignments (10-question quizzes accessed through the Canvas shell but completed in Launchpad, the publisher’s web site.)

**Project:** Eight (8) AnalyzeMyDiet activities (accessed through the Canvas shell but completed in Launchpad, the publisher’s web site)

**Final Exam**

All students will be required to take a comprehensive departmental final exam consisting of 100 multiple- choice questions.  Students must provide their own Scantrons

**Grading Formula**

|  |  |
| --- | --- |
| **Learning Curves** | **15%** |
| **Summative Quizzes** | **10%** |
| **Exam** | **45%** |
| **Assignment** | **8%** |
| **Diet Analysis** | **12%** |
| **Final Exam** | **10%** |
|  | **100%** |

|  |  |
| --- | --- |
| **Grade** | **Total Points** |
| A | 90% or above |
| B | 80%-89% |
| C | 70%-79% |
| D | 60%-69% |
| F | <60 |

**Incomplete Policy:**

**Course Calendar**

|  |  |  |
| --- | --- | --- |
| **Date** | **Lectures** | **Activities** |
| **1/21** | Introduction/Chapter 1 |   |
| **1/28** | Chapter1 & 2 Intro/Healthy Diet |   |
| **2/04** | Chapter 2& 3 Healthy Diet/Digestion | Assignment will be posted |
| **2/11** | **Exam 1/ Chapter 4** | Exam 1(chapter 1-3) |
| **2/18** | Chapter 4 Carbohydrates | Optional Home work 1 |
| **2/25** | Chapter 5 Lipids | Assignment Due Date |
| **3/03** | Chapter 6 Proteins | Diet Analysis explained/Optional HM due |
| **3/10** | **Exam 2/ Chapter 7** Vitamins | Exam 2(Chapter 4-6) |
| **3/17** | SPRING BREAK |  |
| **3/24** | Chapter 8/9 Vitamins/Minerals |  |
| **3/31** | **Exam 3/** Chapter 9 & 10 Minerals | Exam 3(Chapter 7-10) |
| **4/07** | Chapter 11Energy | Diet Analysis Due/ Optional Home work 2 |
| **4/14** | Chapter 12 Fitness |   |
| **4/21** | **Exam 4**/Chapter 13 Life/Cycle |  Exam 4 (Chapters 11 & 12) |
| **4/28** | Chapter 13 Life/Cycle | Optional Home work 2 Due |
| **5/05** | Chapter 14 Food Safety |   |

**l 5/12** **Final exam l**

**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.

**Instructor’s Practices and Procedures**

**Missed Assignments**

**Makeup Work**: There will be NO MAKEUP WORK for lecture exams 1-3, online learning curves, summative quizzes, and AnalzyeMyDiet Activities. If you have a valid, official 3rd party excuse on letterhead (not a note from your parent) to explain why you must miss lecture exam 4 or the final exam, you MUST notify me AHEAD OF TIME to make other arrangements. **I reserve the right to refuse a makeup exam opportunity**

 **Extra Credit:** Your grade is to be primarily based on your knowledge and skill level. However, I do NOT assign EXTRA CREDIT work to make up for poor grades.

**Course Withdrawal:** Students must withdraw by the withdrawal deadline in order to receive a “W” on a transcript. 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” or “FX” 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

**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 merely 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, smart watches, 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. Beware cell phones and smart watches are NOT allowed on or near your person during proctored exams, nor may you take a bathroom break during an exam. Please remember to keep your eyes on your own test or on the ceiling.

Here’s the link to the HCC information about academic integrity (Scholastic Dishonesty and Violation of Academic Scholastic Dishonesty and Grievance):

<http://www.hccs.edu/about-hcc/procedures/student-rights-policies--procedures/student-procedures/>

**Attendance Procedures**

You must arrive on time to avoid tardy. The attendance will be taken **twice** in each class.

**Student Conduct**

**Basic requirements**

Students should be on time for class and be prepared (having read and studied the assignments) with required materials including textbook and project manuals. Full class attendance is required. Full attention during lecture is required. No food or drink is allowed in the classroom.

**BEHAVIOR AND ETIQUETTE**

Students are expected to conduct themselves as adults. This includes courteous and respectful behavior towards instructor and classmates. 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.

**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*

**Electronic Devices**

***Absolutely no phone or other personal electronic devices are to be used during class. This includes making or taking a call, reviewing messages, texting, playing games, checking email, surfing the web, anything that involves a phone or other personal electronic device***. If your work or family situation requires that you be available via phone, your phone can be on vibrate mode and you can take the call during our regular scheduled breaks or you can exit the class to review the call. Notify your friends, family, employers, and anyone else who regularly contacts you that you will be in class and that you should be contacted only when necessary. The taking of calls during class is not only disruptive but it is also discourteous to classmates and the instructor.

If you exit the classroom to take a call, please take your books and other belongings with you so that if class is over before your call is done, you can leave the building after your call. The instructor will not stay after class is dismissed to watch your belongings

[**Biology Program Information**](https://www.hccs.edu/programs/areas-of-study/science-technology-engineering--math/biology/)

The Biology area of study here at HCC covers the smallest and simplest organisms (microbiology) to the largest and most complex organisms (human anatomy and physiology, zoology, botany).

AWARD TYPES: Associate in Science

AREA OF STUDY: Science, Technology, Engineering & Math

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

**HCC Policies**

Here’s the link to the HCC Student Handbook <http://www.hccs.edu/resources-for/current-students/student-handbook/>   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

**EGLS3**

The EGLS3 ([Evaluation for Greater Learning Student Survey System](http://www.hccs.edu/resources-for/current-students/egls3-evaluate-your-professors/)) 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.  EGLS3 surveys are only available for the Fall and Spring semesters. EGLS3 surveys are not offered during the Summer semester due to logistical constraints.

<http://www.hccs.edu/resources-for/current-students/egls3-evaluate-your-professors/>

**Campus Carry Link**

Here’s the link to the HCC information about Campus Carry: <http://www.hccs.edu/departments/police/campus-carry/>

**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](http://www.hccs.edu/resources-for/current-students/student-e-maileagle-id/) and activate it now.  You may also use Canvas Inbox to communicate.

**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.

**Office of Institutional Equity**

Use the link below to access the HCC Office of Institutional Equity, Inclusion, and Engagement (<http://www.hccs.edu/departments/institutional-equity/>)

**disAbility 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 <http://www.hccs.edu/support-services/disability-services/>

**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

<http://www.hccs.edu/departments/institutional-equity/title-ix-know-your-rights/>

**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/>

**Department Chair Contact Information**

Dr. DaeJan Grigsby

Email: daejan.grigsby@hccs.edu

Phone: 713-718-7775