

**Division of Earth, Life & Natural Sciences**

**Biology Department**

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

# BIOl 1322: Nutrition and Diet Therapy | Lecture | #16933

Spring 2021 | 12 Weeks (02.16.2021-05.16.2021) Online | |

3 Credit Hours | 48 hours per semester

## Instructor Contact Information

Instructor: Dr. Gwendolyn Smith-Whigham Office Phone -713-718-6663

Office: Central Campus Office Hours- By Appointment only

HCC Email: gwendolyn.smith1@hccs.edu Office Location: San Jac. 215

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 to discuss course topics.

### Instructor’s Preferred Method of Contact

All Email Communication will be through your Canvas HCC Email account. I will respond to emails within 24-48 hours Monday through Friday: I will reply to weekend messages during the following week.

## What’s Exciting About This Course

W**elcome to Nutrition**- 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! 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)](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/) if available, may be used to access the Internet and Canvas. **USE** [**FIREFOX O**](https://www.mozilla.org/en-US/firefox/new/)**R** [**CHROME A**](https://www.google.com/chrome/browser/desktop/index.html)**S 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/.](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

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| --- | --- |
| The textbook listed below is ***required*** for this course.  |   ” (2 nd  edition) by  |
|  |  ***“Scientific American: Nutrition for a Changing World*** |

## Required Resources

Jamie Pope (Macmillan). \*\***NO ISBN**, as the students must access through their Canvas portal for the Inclusive Access program.

Students please access through the mandatory Canvas portal for access.

Please find information below regarding textbook.

ISBN- 9781319273064

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 (02/05/2020) (Official day of record), 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 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/technicalsupport Troubleshooting: • Browser Compatibility Course materials can be accessed on any browser that meets the System Requirements.

tinyurl.com/FD-SystemRequirements • Popup Blockers Popups blockers must be turned off within your browser. tinyurl.com/FDPopUpBlockers • Cache and Cookies Delete cached files: tinyurl.com/FD-Cache Enable cookies: 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: customercare.bncollege.com Toll Free: 1-844-9-EBOOKS (1-

844-932-6657) Email: bookstorecustomercare@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.

\*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: customercare.bncollege.com · Open a ticket Online for the Customer Care team: https://tinyurl.com/customercarerequest · Email the Customer Care team: bookstorecustomercare@bncollege.com

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

## Suggested Resources

### HCCS Biology Lab Study Pages

[Click here to access Biology lab study pages online.](https://iied21.hccs.edu/JyotiW/BiologyLabs/index.html)

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Additional faculty suggested resource(s). For example: Other text titles for reference, Professor’s PPTs,

handouts, etc.

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**Required Material:** Students have “***Inclusive Access***” **to LaunchPad** (**Publisher Website).** Also, the printed textbook bundled with [LaunchPad (](https://reg.macmillanhighered.com/Account/Unauthenticated?TargetURL=https%3a%2f%2fwww.macmillanhighered.com%2flaunchpad%2fpope2e%2f9500526)your Publisher’s Online Homework System), students will have access to LaunchPad via Canvas on Day One of classes through autoenrollment - this means **no access codes required!!**

The online course portal will be Instructor-specific

HCC Textbook Savings

Overview

In an effort to ensure students have access to affordable materials that are available to them on the first day of their class, Houston Community College is utilizing an inclusive access model to support learning in classes identified for participation. Students are billed for these materials during the registration process and the digital materials will be available to them in their Canvas course site when the semester begins once the faculty member has completed a few basic steps to setup access.

**Publisher Website:** The website is called **LaunchPad**. LaunchPad has your activity and reading assignments, including Summative Quizzes, Learning Curves, Analyze My Diet that will be assigned to you by your professor.

1. ***What do I do in LaunchPad?***

LaunchPad website has reading, activities and practice quizzes that help prepare you for the unit exams. Summative quizzes in LaunchPad are your graded assignments. There is a summative quiz in LaunchPad for each chapter. These quizzes allow you to see where you need further study. *Summative quizzes are not the same as your unit exams. Summative quizzes and the Learning Curve activities help prepare you for the unit exams.* Meet all deadlines.IMPORTANT: Only enter LaunchPad through your own course link so you get into the right LaunchPad. Don’t borrow a friend’s link.

1. ***How do I get to LaunchPad?***

Only access the link to Launchpad in your HCC Eagle Online Canvas course (see below). The correct LaunchPad link uses your course CRN number to assure you are in the right LaunchPad. No other link will put you in the correct LaunchPad. You will find the link in our HCC Eagle Online Canvas class.

**Additional Help to Access LaunchPad:**

**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, especially the system requirements which list recommended browsers.

* Go to your Canvas course site using the link located in your course “ First Day “ –Inclusive Access”module list.
* Follow the prompt

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* 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, or logging in, please contact Macmillan student support at: [https://community.macmillan.com/community/digitalproductsupport Y](https://community.macmillan.com/community/digital-product-support)ou can reach a Macmillan representative 7 days a week:
	1. through the online form
	2. by chat
	3. by phone at **(800) 936-6899**

**Bookstore- Link-**

Inclusive Access information: Students will access e-book and instructional material through Canvas by Clicking on “First day (Inclusive Access Course Material).

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**MASK**

Masks are required while inside HCC facilities. (ie. Classroom etc.)

### Lockdown Browser/ Webcam requirements

To maintain the integrity of Assessments, per Department requirements, students are required to have Lockdown Browser and Webcam. No exceptions

I will only accept Exams that has been taken with Lockdown Browser and Webcam. There will be no other mode of examinations made available to the students.

Please test lockdown browser and webcam on initial day of class and prior to each exam.

Webcams will be reviewed to protect the integrity of the exam. Any perceived improprieties real or implied will be at the discretion of the instructor and penalties assessed accordingly, including a zero on the exam or F in the course.

### COURSE MODALITIES

**Online Anytime** – Students can take classes online at any time. These are traditional online classes and students never come to campus.

**Online on a Schedule** – Students can take classes online at the scheduled class time that they select when enrolling. Students never come to campus, but log into their class on the scheduled dates and times using our learning management system (Canvas). Attendance required.

**Flex Campus** – Students enroll in classes and have the choice to attend either online or in person at the scheduled dates and times. When a student isn’t attending in person, they are required to participate at the scheduled time online. Attendance required

**Lab-Based Courses** – We will continue to offer our skills-based, hands-on lab courses but with smaller section sizes to enable social distancing. We have added additional lab sections to the schedule to make up for the smaller sizes. Attendance required.

**Note: Tentative-All classes will start online until After Spring Break. Subject to change.**

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 This course will begin as or is totally an online course.

It is your responsibility to possess the necessary skills to manage the hardware and software systems for this course. In addition, if your normal computer becomes unavailable for any reason, you are responsible for locating and operating other adequate computer facilities to meet the course deadlines.

Please review all information available in Canvas. Please begin to read your test/ lab Manual. Please review and pay close attention to and adhere to all due dates. To be fair to all students I will not extend due dates. If you have issues that may be assisted by IT for the vendor or HCC please contact them for assistance and cc me on any email.

When the course is made available to you, please review all announcements. Through-out the course if you have any questions or concerns please do not hesitate to contact me.

The following information is helpful information:

SYLLABUS

[https://learning.hccs.edu/faculty/gwendolyn.smith1Links to an external site. (Links to an external site.)](https://learning.hccs.edu/faculty/gwendolyn.smith1)

HCC BIOLOGY LAB STUDY PAGES

[https://iied21.hccs.edu/JyotiW/BiologyLabs/index.htmlLinks to an external si (Links to an external site.](https://iied21.hccs.edu/JyotiW/BiologyLabs/index.html)[)Links to an e (Links to an external site.)](https://www.hccs.edu/student-experience/events-calendar/#/?i=4)

GUIDES: CANVAS

[https://community.canvaslms.com/community/answers/guides/canvas-guide (Links to an external site.) (Links to an external site.)](https://community.canvaslms.com/community/answers/guides/canvas-guide)

RESPONDUS LOCKDOWN BROWSER LINK

[http://www.respondus.com/lockdown/download.php?id=355612798 (Links to an external site.) (Links to an external site.) (Links to an external site.) (Links to an external site.)](http://www.respondus.com/lockdown/download.php?id=355612798)

Eagle Online Help Center: [http://www.hccs.edu/online/technical-support/Links to an external site. (Links to an external site.)](http://www.hccs.edu/online/technical-support/)

Eagle Online Technical Support 713-718-5275, option 3

[Student Help formLinks to an external site. (Links to an external site.)](http://de2.hccs.edu/eo2help/)  (Recommended to request help)

IT (**Password reset**) Customer Support 713-718-8800, option 1

Please find attached information regarding lab manual.

Any Lab manuals will be required to be uploaded into Canvas for grading.

ADA/TITLE IX

If you have gone to the Abilities Counselor and have been given a letter of special accommodation either ADA or Title IX. Please do the following:

If you have an ADA or Title IX letter please make sure that I have a copy. If you have not done so please see me so that we may discuss it. Please let me know immediately if you have and questions or concerns pertaining to the class and your letter.

STUDENT PROFESSOR CONFERENCE

If you are in need of a Student-Professor conference please send an email. If you would, please include your questions and or concerns and your availability.

If you are not in need of a Student-Professor conference please communicate ( ie. email) any questions or concerns.

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### ONLINE

**UNIT EXAMS: There are total of 4 Unit exams AND 1 Mandatory**

**Comprehensive (COMP) Final Exam**. Your **MANDATORY COMPREHENSIVE**

**DEPARTMENTAL FINAL EXAM is online in Canvas and will require Lockdown**

**Browser and Webcam. The Mandatory Comprehensive Departmental Final is 10% of the course grade. Check your weekly schedule and announcements for dates, times and locations (Professor reserves the right to make changes to the test schedule**.)

# VERY IMPORTANT: ONLINE EXAM POLICIES

* The course exams conducted online via personal computer or at any HCCS Computer Laboratory, if available, are available on specific days, 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.
	+ If your personal computer has a history of technical or networking problems, it is highly recommended that you plan to have a backup computer available and or use an HCCS Computer Laboratory to complete your online exam, if available.
	+ Online courses require students to budget their time efficiently and manage the exam time limit wisely. Please note that poor planning, personal computer or networking problems are unacceptable excuses for missed online exams. The adjustment for missing one online and one proctored unit exam is explained above; however, beyond this, further accommodation cannot be made in fairness to the rest of the class.
	+ The on-site proctored Mandatory Comprehensive Final Exam cannot be missed or made up.
* Online review of quiz/test is not offered due to security reasons. For any review of test questions, please contact your professor.

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**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**

## Required Resources

**Textbook:** **NUTRITION FOR A CHANGING WORLD;** AUTHORS:Pope and Nizielski, PUBLISHER: Macmillan. Second Edition. Will be provided online.

The book is included in a package that contains the text as well as an access code and are found at the [HCC Bookstore.](https://hccs.bncollege.com/webapp/wcs/stores/servlet/BNCBHomePage?storeId=19561&catalogId=10001&langId=-1)

**Online Homework and Study Site**:

Your personalized student password to canvas for LaunchPad, Macmillan Learning is bundled with your textbook, or you can buy it separately from the Bookstore(s), or you can purchase it online directly from the website.

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### 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 w](http://www.hccs.edu/resources-for/current-students/tutoring/)ebsite 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 peerassisted 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/.](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. [**\*\*\* Use ACGM course description per course.**](http://reports.thecb.state.tx.us/ibi_apps/WFServlet.ibfs?PG_REQTYPE=REDIRECT&PG_MRsaved=false&PG_Func=GETBINARY&PG_File=fpwfhlel.pdf)

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

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.
* ***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/sciencetechnologyengineering--math/biology/

#### 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)

**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.

1. Discuss function, sources, deficiencies, and toxicities of macro and micronutrients, including carbohydrates, lipids, proteins, water, vitamins and minerals.

1. 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

1. Utilize concepts of aerobic and anaerobic systems, and knowledge about macronutrients, vitamins, minerals, ergogenics, and supplements and relate them to fitness and health.

1. 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-website

Learning Objectives for each CSLO can be found at [Learning Objectives for BIOL 1322.](https://learning.hccs.edu/programs/biology/)

Learning Web- [https://learning.hccs.edu/programs/biology/faculty-information/nutritioninstructorsmanual-1322/program-instructional-plan-1322/view](https://learning.hccs.edu/programs/biology/faculty-information/nutrition-instructors-manual-1322/program-instructional-plan-1322/view)

**Learning Objectives**

1.1 Summarize the purpose of the Dietary Reference intake (DRI) values

1.2. Distinguish between the different types of DRI values ad what each represents.

1.3. Understand/explain the basis of the scientific method and how it is used in nutrition research

1.4 Describe three types of experimental design and the primary advantages of each

1.5. Describe reliable sources of nutrition information

1.6 Identify the primary characteristics of a healthy diet

1.7. List the core recommendations of the Dietary Guidelines for Americans, and discuss the significant changes that have occurred in dietary recommendations to American over time

1.8. Describe how the USDA's My plate can be used to design a healthy diet

1.9. Explain what characteristics of a healthy diet are common around the world.

1.10. Identify the information that is required on food labels, and describe how this information can be used to select healthier foods

1.11 Identify the types of claims that can be made on food labels’, and discuss how their use is regulated by the FDA.

1.12. Describe the Acceptable Macro-nutrient Distribution Range for lipids and how to use a Nutrition Fact Panel to evaluate a food fat content.

1.13 Identify the Recommended Dietary Allowances and acceptable Macronutrient Distribution Ranges for protein and adults.

1.14. Describe the national for protein complementation, and give two examples of complementary protein foods.

1.15. Describe the type of information provided on a Supplement Facts Panel affect health, dietary quality, and overall nutrient intake.

1.16. Use body mass index and waist circumference to evaluate someone’s risk of chronic disease.

1.17. Describe methods for determining body composition.

1.18 Discuss strategies for successful weight loss and maintenance.

1.19 Define organic, and explain how the term is used on food labels.

1.20. Record dietary intake for three consecutive days.

1.21. Use Super Tracker to analyze your diet

1.22. Identify the types of claims that can be made on food labels 1.23 Use USDA’s criteria to design a healthy diet

2.1 Explain the four main functions of the gastrointestinal (GI) tract.

2.2. Identify and describe the function of the organs and accessory organs of the GI tract.

2.3. Describe mechanisms by which food is propelled through the GI tract.

2.4. Explain the importance of enzymes in digestion

2.5. Describe how the function and structure of the stomach facilitate mechanical digestion.

2.6. Describe how the structure of the small intestine facilitates its role in digestion and absorption.

2.7. Describe three ways nutrients can be transported across a cell membrane

2.8. Describe the purpose of the circulatory system.

2.9. Explain the absorptive and secretory functions of the large intestine.

2.10. Characterize the difference between prebiotics and probiotics and give examples of each

2.11 Identify three nutrition-related GI disorders, and summarize potential nutritional ( or dietary) implications and intervention.

2.12. Outline the steps in carbohydrate digestion

2.13 Provide examples of two specific phytochemicals and their significant dietary sources.

2.14 Define moderate alcohol consumption and what is considered a standard drink.

2.15 Describe how alcohol is absorbed and metabolized in the body

2.16 Discuss the definitions of and potential consequences of heavy drinking and binge drinking.

2.17. Identify the symptoms of alcohol use disorder.

3.1. Define and identify the major macronutrients and micronutrients

3.2. Identify the key excesses and inadequate of the current average American diet

3.3. Identify the primary functions of carbohydrates in food and in the body.

3.4. Describe the classifications of dietary carbohydrates and their chemical composition

3.5 Explain how carbohydrates are synthesized in plants and animals.

3.6. Define "whole grain" and explain what occurs when grain is refined.

3.7. Describe how blood glucose is regulated

3.8. Identify sources of added sugar in the U.S. diet

3.9. Describe the differences between nutrient and nonnutritive alternative sweeteners, and identify examples of each category

3.10 .Identify the types and sources of fiber, and describe the health benefits of fiber.

3.11. Identify sources of carbohydrates in foods, and describe the dietary recommendations for carbohydrates intake.

3.12. Describe global prevalence trends of diabetes

3.13. Explain what happens when sensitivity to insulin is impaired

3.14 Explain the difference between diabetes and prediabetes

3.15 List health issues that are common in people with poorly controlled diabetes.

3.16. Describe how gestation diabetes differs from type I or type II diabetes.

3.17 Describe factors that increase risk for type 2 and gestational diabetes and factors that protect against these conditions and how these factors relate to the Dietary Guidelines for American recommendations.

3.18. Identify the four major categories of dietary lipids.

3.19. Describe the structural differences between saturated, monounsaturated and polyunsaturated fats.

3.20 Identify the types of foods that are rich in monounsaturated fat, polyunsaturated fat and saturated fat.

3.21. Name two roles of phospholipids in the body

3.22 Describe the process of lipid digestion and explain how emulsification assists in the process.

3.23 List the four major lipoproteins and describe their function in the transport of lipids.

3.24 Identify the two essential fatty acids, their primary structural difference and food sources of each in the diet.

3.25. Describe sources of saturated fat in the U.S. diet

3.26 Discuss at least four functions of protein in the body

3.27. Distinguish between essential and nonessential amino acids.

3.28 Describe the primary steps in protein synthesis and what determines the shape of a protein.

3.29. Explain denaturation and how it may alter protein function

3.30. Summarize protein digestion and absorption

3.31. Identify at least three sources of protein in the U.S. Diet and what factors to consider in choosing protein foods.

3.32. Describe protein deficiency diseases and identify regions in the world where this condition is prevalent.

3.33 Demonstrate how the various forms of Vitamin A can be converted from one to the other

3.34. Identify the major minerals that serve as electrolytes, and describe their individual roles in fluid balance.

3.35. Identify at least five functions of water in the body.

3.36. Identify the sources of water for the body and the ways water is lost from the body

3.37. Describe how antidiuretic hormone required water balance.

3.38. Describe the major functions of copper, fluoride, iodine, iron, selenium, and zinc in the body

3.39. Identify the general properties of trace minerals.

3.40 Describe how the use of iodine and production of thyroid hormone are controlled

3.41. Describe the symptoms of deficiency and toxicity for copper, fluoride, iodine, iron, selenium, and zinc

3.42 Identify at least two dietary sources of copper, iodine, iron, selenium and zinc

3.43. Discuss the dietary sources of heme iron and nonheme iron and the factors that affect that absorption.

4.1. Explain protein turnover and how amino acids may be used for energy

4.2. Explain the concept of nitrogen balance and what factors are required to retain lean body mass.

4.3**.** Describe the concept of energy balance.

4.4. Identify and describe the components of total energy expenditure.

4.5 Describe factors that affect basal metabolic rate.

4.6 Describe activities that are examples of non-exercise activity

4.7 Discuss possible psychological and physical indicators of an eating disorder

4.8 Discuss how physical, psychological, economic, and social factors may influence the ability of the aging adult to achieve the recommended nutrient intake.

5.1. Define nutrient and energy density, and describe why it is necessary to consider these factors when making food selection

5.2 Identify the fat soluble vitamins and their primary functions

5.3. Describe the properties of the fat-soluble vitamins

5.4. Identify excellent dietary sources of the fat soluble vitamins.

5.5 Describe the role of vitamin A in healthy vision

5.6. Describe the role of vitamin D in blood calcium regulation

5.7. Explain how vitamin E works as an antioxidant in the cell membrane

5.8. Describe the general properties of the water soluble vitamins and proper handling techniques to preserve vitamins in foods.

5.9. Describe the possible causes of vitamin deficiencies.

5.10 Describe the role of vitamins as coenzymes

5.11. List two excellent food sources for each of the water soluble vitamins

5.12 .Identify the vitamin deficiencies that cause megaloblastic anemia, and explain how this anemia occurs.

5.13. Identify vitamins that have neurological functions, act s an antioxidant or are involved in energy metabolism, red blood cell production and DNA and RNA synthesis.

5.14 Identify the major minerals that have structural function in the body as well as the specific structures into which they are incorporated.

5.15. Discuss the role of calcium in bone health and the consequences of inadequate intake during the growing years and as we age.

5.16. Describe factors that may influence the bioavailability of minerals in the body.

5.17. Describe the effect that changes in sodium and potassium intake have on the risk of hypertension.

5.18 Identify primary sources of calcium, magnesium, sodium, and potassium in the diet.

5.19. Identify the types of products or substances that might be classified as dietary supplements.

5.20. Identify at least three situations or conditions for which specific supplementation may be warranted.

5.21. Provide an overview of the regulatory policies in the United States for dietary supplements compared with those for prescription or conventional drugs.

5.22 Describe how approved health claims differ from structure/function claims for dietary supplements, and provide at least two examples each.

5.23. Identify at least three considerations before choosing a multivitamin supplement.

5.24. Provide an example of an herbal supplement, and explain its possible benefits and adverse effects.

5.25. Identify five health related benefits of regular physical activity

5.26. Describe the four components of physical fitness

5.27. Identify the components of the anaerobic and aerobic energy systems, and rank these four components according to the rate of which they produce adenosine triphosphate.

5.28. Describe how exercise intensity and duration affect the use of carbohydrates and fat as fuel.

5.29. Define carbohydrates loading, and describe when the practice may be beneficial

5.30. Explain why adequate dietary carbohydrates are necessary for endurance training to be effective.

5.31. Identify and explain the relationship between the components of the Female Athlete Triad

5.32. Identify factors that affect fluid needs of athletes, and discuss strategies to optimize hydration during and after exercise

5.33. Identify at least five determinants of eating behavior and describe how each determinant might influence healthy food choices.

5.34. Discuss factors that may contribute to dietary and weight changes during the college years.

5.35. Describe characteristics of and differences among anorexia nervosa, bulimia nervosa, and binge eating disorder.

5**.**36Explain how skeletal muscles is needed to heal from illness and injury, the benefits of maintaining adequate muscle mass, and the benefits of exercise.

6.1. Explain the connection between nutrition and chronic disease-

6.2. Define processed food, and describe how minimally processed foods might contribute to a healthy diet.

6.3. Summarize the events that lead to the development of atherosclerosis

6.4. Identify at least five risk factors that affect the initiation or progression of cardiovascular disease.

6.5 Describe how total cholesterol, low-density lipoproteins and high density lipoproteins interact to affect the risk of cardiovascular disease.

6.6 List the cluster of risk factors associated with metabolic syndrome

6.7 .Discuss the implications of and recommendations for intake of saturated fatty acids, trans fatty acids, and unsaturated fatty acids in relation to cardiovascular disease.

6.8. Summarize the dietary strategies that reduce the risk of heart disease.

6.9. Compare and contrast the types of vegetarian and semi-vegetarian diets

6.10 Describe the steps that occur during the development of cancer

6.11 List the recommendations that reduce the risk of cancer

6.12 Identify challenges that vegetarians may experience in meeting their requirements for specific nutrients, and provide strategies to overcome these challenges

6.13. Compare and contrast the dietary recommendations and potential benefits of a vegetarian and Mediterranean diet.

6.14 List sources of free radicals and describe how antioxidants can defend against oxidative damage to cells and tissues.

6.15**.** Describe what might make a food or dietary constituent "functional" and how these foods might

6.16. List the health consequences associated with obesity, and describe how excess body fat increases the risk of developing those conditions.

6.17. Describe factors that contribute to the development of obesity

6.18. Discuss recommendations and rationale for appropriate weight gain during pregnancy.

6.19 Define small for gestational age (SGA) and describe consequences of a small-for gestational -age birth weight.

6.20. Compare energy and nutrients needs during pregnancy and lactation, and compare those needs to recommendations for non-pregnant women.

6.21. Identify foods and beverages that should be avoided during pregnancy and explain why they should be avoided

6.22 Identify at least five benefits infants, derive from breastfeeding

6.23 Describe appropriate growth patterns in the first two years of life

6.24 Explain the timing for the introduction of solid foods into and infants diet, and discuss the rationale for that timing

6.25. Identify four primary objectives of sound nutritional guidance for children.

6.26. Provide an overview of patterns of growth and development from preschool-aged children to early adolescence (puberty)

6.27 Describe how body mass index is used to assess if children are at a healthy weight for their age.

6.28 Identify at least 3 nutritional challenges for children and adolescents.

6.29 Describe how changes governing the types of foods that are offered at schools are expected to improve the nutrition profile of school meals

6.30 Describe how parents can use MyPlate to help in planning a healthy diet for their children

6.31 Describe at least three ways parents can foster positive eating habits and food choices.

6.32. Discuss the consequences of childhood obesity on future health

6.33. Describe how food allergies develop and identify four food allergies that are common among children.

6.34. Describe at least four age- related physiological changes

6.35. Describe changes in the age structure of the population in the United States in the next 25 years.

6.36 Describe three nutrition-related conditions that are common in older adults, their precipitating factors, and their potential consequences.

6.37 Identify at least five nutrients of concern in the aging adult, and describe ways to obtain adequate intake of these nutrients.

6.38 Explain how longevity and lifespan might differ, and provide examples of how nutrition influences each.

6.39 Identify lifestyle and dietary characteristics that may delay the onset of age-related disease and extend longevity.

6.40 Identify areas in the world where undernourishment is common

6.41 Define food security, and identify the dimensions of food security

6.42. Define nutrition security, and discuss how it is interrelated and interdependent with food security

6.43. Discuss the status of food security in the United States

6.44 Identify areas in the world where obesity (over-nutrition) is prevalent.

6.45 .Identify factors that influence and contribute to a sustainable food system.

6.46 Discuss how food selection and dies composition impact sustainability and the environment.

6.47 Identify ways that consumers can improve the sustainability of their diets.

6.48. Describe issues contributing to water scarcity and overall prevalence worldwide.

6.49. Discuss the potential benefits and risks of genetically modified foods

6.50 Identify the location of food preparation that are associated with the highest incidence of food-borne illness outbreak

6.51. Describe ways in which food can be contaminated at each point from "farm to fork" (Production to consumption.)

6.52. Name at least three of the most common pathogens that can cause foodborne illness, and name their common food source.

6.53. Identify the population groups. Most vulnerable to foodborne illness

6.54 List the four basic food safety principles with an example of each

6.55 Describe how food additives are regulated in the United States and the primary reason for their use

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## 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 th[e HCCS Student Handbook](http://www.hccs.edu/resources-for/current-students/student-handbook/)

## Assignments, Exams, and Activities

**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.

### INSTRUCTIONAL MATERIAL

**TEXTBOOKS**

**INSTRUCTOR RESPONSIBILITY- OTHER:**

As your instructor, provide the basic knowledge of the course.

**STUDENT RESPONSIBILITY- OTHER:** Modality applicable

Please review entire syllabus immediately and inform instructor of any questions. If class is not held for any reason the student is responsible for material as outlined in this syllabus

Students are responsible for all course material and deadlines even if material is not lectured upon. Students are responsible for all other instructions given in class whether present or not.

Textbook and Laboratory Manual are required. Scantrons will be required for All Proctored Examinations and Quizzes although they may or may not be used.

Please bring scantrons for all Exams and Quizzes.

Please bring appropriate tools such as scantrons, pencils and erasers. It is the student responsibility to assure that Scantrons are free from outside markings, marked properly and correctly including any erasures. I will not entertain erasures, incorrect, missed markings or incorrect markings by the student/ scantron. It is strictly the student’s responsibility.

Do not write on Examination unless directed to do so by Professor. Please check the exam for markings and alert professor prior to starting the exam. The consequences of writing on the examination is strictly at the instructor’s discretion.

To be successful in the class, it is also the student’s responsibility to:

Things you should do e day you receive, or the posting of this syllabus:

1. Read the syllabus in its entirety.
2. Ask any questions you might have
3. Access your HCC e-mail account. HCCS will be using the e-mail account sent to you important information about registration, financial aid, etc.
4. Access Online requirements. Inform the instructor promptly of any issues with access within the first week of class
5. Access Eagle on Line. Canvas

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!!

**CLASSROOM BEHAVIOR:**

+ Smoking, eating or drinking is not allow in the Class or Lab.

+ Accommodation letters to be emailed.

+ During the class pagers and cell phones must be on vibrate or silenced or off. + Examinations and Quizzes will be designed to judge the following intellectual competencies in the student: reading, writing, listening, critical thinking and computer literacy.

+ Grades may or may not be posted any time during the semester. If posted, will be on the Learning Management System. At instructor discretion, will minimally assist in grade calculations. If grades not posted you may contact me to find out the status at any time during the semester. At the end of the semester, after the information has been entered in the system computer you can check your final grade on the HCC website: www.hccs.edu.

+ No one other than the enrolled student will be allowed in the lecture and Laboratory. –

+ Extra Credit may be available at instructors’ discretion.

+ Instructor schedule dependent and at instructors discretion and prior arrangements, attendance at other classes may be available.

+ Read syllabus in its entirety.

+ Use of recording devices, including camera phones and tape recorders, are prohibited in my lab and classrooms. Use of recording devices, including camera phones and tape recorders, is prohibited in classrooms, laboratories, faculty offices, and other locations where testing is taking place. Students with disabilities who need to use a recording device as a reasonable accommodation should prior to attending class contact the Office for Students with Disabilities for information regarding reasonable accommodations. Violations of this policy will result in discipline, up to and including termination or expulsion.

+ Glasses or Goggles must be worn during lab.

+ Other information may be presented if necessary.

+ Classroom Conduct: All students at HCC are required to follow all HCC Policies and Procedures: The Student Code of Conduct, the Student Hand book and relevant sections of the Texas Education Code when interacting communicating in 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 e-mail, discussion groups, and chat rooms or being removed from the class.

**LECTURES:**

Lecture may be varied including but not limited to power points, Speakers, presentations, videos websites, etc. Students are responsible for all course material and deadlines even if material is not lectured upon or if the student is not present during class time.

**INSTRUCTIONAL METHODS:**  Modality applicable.

Homework and assignments will be on line LaunchPad.

**Written Assignment**

### Exams

ONLINE- Exams will be on Canvas with required lockdown browser and webcam.

**Proctored** -If allowed, It is at the instructors discretion as to the type of material, textbook ie. Online, hardback with examinations. Note: It is highly recommended that you make available to yourself a hard copy of the textbook for examinations, if allowed. On examination day please put all backpacks, books etc. under your desk on Lecture/Lab exam day. Cell phones should be completely packed away and not on your person while taking the exam. No use of electronic devices will be allowed. One scantron, one pencil and one eraser will be allowed. All other material and books should be under the desk.

Proctored- Please remove cell phones off of self and into belongs away from testing site while testing. Person with cell phones on person while testing will receive a Zero on the test and possible other consequences at instructors discretion including a Zero for the course.

Proctored-The instructor has the right to inspect all scantrons. You will be allowed to write on and possess only one scantron per exam. All other scantrons should be packed away and not on person. If you are in need of a second scantron please inform the instructor/proctor. If you are allowed to write another scantron you will be required to turn in both scantrons.

Exams will be scored up to 100%. If there are 50 questions each question will be worth 2 points each. The exam grades will count 40% towards the course grade. The Quizzes will be on Canvas or Launch Pad, the time limit, dates of availability and attempts allowed are on LaunchPad, default is one attempt and time may vary per question. Please see canvas/ for instructions. If any questions please see me.

Proctored -HCC does not provide students with Scanron forms. They are sold in campus bookstores.

Proctored- Students will not be allowed out of the classroom/testing site during an examination. If you must leave please turn in your exam.

Proctored- If for any reason during the exam you need to leave the testing room, please turn in your exam and scantron to instructor. If you return prior to the end time of the allotted testing time, at the complete discretion of the instructor/proctor you may be allowed to continue your exam.

At instructor’s discretion, review of scantrons with exams maybe permitted during

Instructors office Hours. Quizzes maybe on line or administered in class period promptly and will have a set amount of time.

**At Instructors discretion you may be allowed to drop one OR the lowest examination. At instructor discretion review of scantrons with exams maybe permitted.**

If (for whatever reason) you miss one exam, that exam, if allowed, will be your automatic drop exam. If allowed per professors discretion. If you miss a second exam (for whatever reason) it will be counted as a zero and averaged with previous grades or you may be withdrawn from the course.

**Proctored**-If the official time has started and you arrive late or out of the room for any reason, you will only be allowed the remaining time allotted. If the allotted time has passed you will miss the assigned quiz/exam for that day (NO EXCEPTIONS).

Exams- Lockdown Browser and Webcam. Exams will be online via Canvas. The use of Lockdown browser and Webcam are required. Please find information below. GUIDES:

CANVAS -https://community.canvaslms.com/community/answers/guides/canvas-guide

(Links to an external site.) RESPONDUS LOCKDOWN BROWSER LINK- <http://www.respondus.com/lockdown/download.php?id=355612798>

No Make- up Quizzes/Exams or assignments will be given. At instructors discretion exam grades for that exam (those chapters) may be used in place of quiz grade.

No early or makeup Examination/Quizzes will be given.

No early or makeup Presentations will be allowed. Totally at instructors discretion

#### Online Homework/Exams

Online homework will consist of Quizzes and other Learning Activities.

LaunchPad, Macmillan Learning is bundled with your textbook, or you can buy it separately from the Bookstore(s), or you can purchase it online directly from the website.

Total of Five (4) Exams And one (1) Comprehensive (Comp) Final will be given during the semester on the material presented in the textbook, lecture PowerPoints, and LaunchPad assignments during the Semester. The online exams will be in Canvas. The In-person Comp Final Exam will not be at the Online-Testing Centers. Each exam may include varied question types, including multiple-choice, matching, true and false, fill-in-the-blanks, or short essay questions. Each exam will possibly be worth 100 pts. Students are expected to take all exams. If an exam is missed, the student will receive a zero that will be included in the average. The weekly schedule outlines the tentative course schedule. It is your responsibility to check the calendar, review the in-class and online information/announcements and note any meeting or testing updates.

**Hybrid**-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. Each exam worth 100 points.

### Comprehensive Final Exam

All students will be required to take a comprehensive departmental final exam usually consisting of 50 multiple- choice questions. All the information students need to prepare for the exam is in the [*Final Exam Handbook*.](http://learning.hccs.edu/programs/psychology/psyc-2301-departmental-final-exam-preparation-resources) Final Exam will count 10% of the total Grade.

### FINAL EXAM: N/A

Friday, at Central Campus 4pm-9pm; Last admit 7pm

Saturday, March 7, 2020, at Spring Branch 10am - 3pm; Last admit 12:50pm

Sunday, march 8, 2020, at Eastside Campus, 10am - 3pm; Last admit 1:00pm

**Discussion**

There will be discussion topics that is correlated with modules. All students are expected to post their discussion assignments. Your instructor will assigned and announced each discussion topics. Overall total point for discussion assignment is 100 points.

**Major Semester Project /Presentation**

Each student is required to complete a nutrition assessment on themselves or a family member and log the information. 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.**

The student will be required to Analyze a diet with Diet Analysis**.**

**In-Class Activities**

#### Early Intervention Program and Services Modality applicable

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.

**LECTURES:**

Lecture may be varied including but not limited to power points, Speakers, presentations, videos websites, etc. Students are responsible for all course material and deadlines even if material is not lectured upon or if the student is not present during class time.

**INSTRUCTIONAL METHODS:**

**Lecture Exams- All online classes will be on Canvas with required Lock down browser and Webcam**

LEC**.—Lecture Examination Proctored:** The exams will be scheduled for the beginning of the class and will only last for the allotted time. . If the lecture Examination has begun and you are late, (for whatever reason), you will be allowed to take the Examination as long as no other student has completed the exam and left the room. If the Examination has begun and you are late, (for whatever reason), you will only be allowed the remaining time to take your examination. No additional time will be given. Please do not write on quizzes or exams unless specifically directed by the professor. There may be penalty imposed at Instructors discretion. Penalty may include up to a Zero on the Exam.

LEC**-**Lecture Examinations **Proctored**: may vary and consist of among other things oral, write in, multiple-multiple choice, multiple choice, true false, matching, picture identification and short answer questions**. .** Do not write on Examination. Please check the exam for markings and alert professor prior to starting the exam. The consequences of writing on the examination is strictly at the instructor’s discretion**.**

LEC- The exams are mandatory. No early or make up exams will be given. At instructors discretion other options may or may not be available. Dropping of the lowest Exam. This is totally at instructor discretion.

LEC**. -** The Final Exam may or may not be Departmental. The Final Examination may or may not be comprehensive or may be given over the Final chapters for the lecture. Remember there may be overlap in examinations. Ie. Chapters, lab and lecture. There will be no early, late or make up of the Final Exam. The final exam will be weighted at 10% of the total course grade.

LEC.-At instructor’s discretion there may be extra credit in each examination, however a maximum score of 100 points only will be allowed for each exam at instructor’s discretion.

LEC.-**Proctored**- Please do not write on quizzes or exams, move or touch models unless specifically directed by the professor. There may be penalty imposed at Instructors discretion. Including up to Zero on the Exam and course.

LEC**.-**Quizzes maybe web enhanced. Please access site prior to due date to ensure that you have proper access. The students may be required to take the examination and homework assignments online, bring results to class to be presented to instructor as requested. No late quizzes or assignments will be accepted. At instructors discretion exam grades for that exam (those chapters) may be used in place of quiz grade

LEC-Quizzes- No late Quizzes/ Homework will be accepted. Practical- Lecture practical/presentations (Connect/)- Part of this Class will require the use of Internet (Web) as required by instructor. Please go to www..com [an](http://www.pearsonmastering.com/)d follow directions. You will need a student access code that you should purchase with textbook. INSTRUCTOR CODE -\_\_\_\_\_\_\_.

[**http://connect.mheducation.com/connect/shortUrl.do?accessUrl=gsmith-hccap-i-human-anatomy--physiology---part1&logout=true&navclick=true.**](http://connect.mheducation.com/connect/shortUrl.do?accessUrl=g-smith-hcc-ap-i-human-anatomy--physiology---part-1&logout=true&navclick=true)  **Or**

LEC-Quizzes- No late Quizzes/ Homework will be accepted. Practical- Lecture practical/presentations (LaunchPad/)- Part of this Class will require the use of Internet (Web) as required by instructor. Please go to www..com [an](http://www.pearsonmastering.com/)d follow directions. and follow directions. You will need a student access code that you should purchase with textbook. INSTRUCTOR CODE -\_\_\_\_\_\_\_.

LEC.- **Proctored** Quizzes/Exams maybe be administered in each class period (except on exam days) promptly and will have a set amount of time. If the official time has started and you arrive late or out of the class room for any reason, you will only be allowed the remaining time allotted. If the allotted time has passed you will miss the assigned quiz for that day (NO EXCEPTIONS). No Make- up Quizzes/Exams will be given. At instructors discretion exam grades for that exam (those chapters) may be used in place of quiz grade.

LEC. –**In Class** **Review-Class Presentations**- **HYBRID** You will sign up to present a review of one Lecture Chapter. The review will be class appropriate and will last 5 -10 minutes. If there is two students presenting one chapter you can present together for the 10 minutes or you may present individually for 5 minutes. If there are two students that work together on the presentation each students will have to be present and present in order to receive credit.

The order of presentation will be according to the syllabus and only on the scheduled day.

The order of presentation will be determined by the instructor if presenters are late to class. If you are late to class on the day you are scheduled to present please see and check in with the instructor. It is the student’s responsibility to sign up for the Chapter presentation. Up to 2 students will be allowed to present on each chapter. There will be no make-up of class presentations. Presentation preparedness/how well the chapter is presented will be at instructor’s total discretion. The type written outline of your Review/presentations may be required to be handed in after your presentation. Please limit most information on review to lab manual/text book. Although you may not present on the first day of presentations, your presentation should be ready on that day. So regardless of your scheduled presentation day, you should be ready to present on the first day of presentation, The day of presentation could change at instructors discretion. Material presented must be appropriate and according to the Student Code of Conduct. If you are unsure, prior to presentation please present to instructor. It is recommended that you have a backup that does not include the use of technology as sometimes things such as computers may or may not work.

And/or

Diet Analysis Modules/Analyze My diet and/or Diet Analysis Project.

**Office Hours- Please send email requesting Professor- Teacher conference. You will be emailed a time and date. Please respond accordingly.**

**Grades- Grades will be placed in LMS ( Canvas). Please note that if a student misses an assignment Canvas does not place a zero for the grade. Please be aware of this as the student is aware of the missed grade, however the current grade may not be reflective of the true grade if there are missing assignments that have not been given its grade ie. zero. Therefore there are default settings in the Canvas gradebook & perhaps your publisher portals which may give the wrong impression of a grade - for ex., the Canvas gradebook defaults to calculating by assignments completed - NOT by the # assigned. This gives a false grade in instances where a student hasn't completed all assignments as assigned and a grade reflecting missed assignments are not in place. Please refer back to the rubric; The student is allowed and may call Canvas support as students have the ability to place grades in Canvas to asses grade total in different scenarios, please contact Canvas to inquire about this feature.**

#### Final Exam

All students will be required to take a comprehensive departmental final exam. **The**

**Final/Departmental Final is 10% of the course grade.**  Students must provide their own Scantron forms.

#### Grading Formula

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

Lecture Exams 40%

LaunchPad(Summative Quizzes) 30%

LaunchPad-Analyze my Diet/Diet Analysis Modules/Discussion/Presentation 10%

LaunchPad-Learning Curve 10%

Departmental Final Exam 10%

**\*The instructor reserves the right to make changes in this grading formula. You will be informed of these changes within reasonable time period**

**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, 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 //2021- Please correlate with HCC last day of withdrawal date
* In all cases, the instructor reserves the right to decline a student’s request to receive a grade of Incomplete.

##### HCC Grading Scale can be found on this site under Academic Information: <http://www.hccs.edu/resources-for/current-students/student-handbook/>

**Course Calendar**

16-8-5

|  |  |  |
| --- | --- | --- |
| **Week**   | **Dates**   | **Topic / Assignments Due**   |
| 1  |   | Syllabus Chapter 1,2: The science and Scope of Nutrition, Healthy Diets  |
|   |   | Chapter 3,4,A: Digestion , Carbohydrates, Nutrition and Diabetes  |
|   | 4/5-6  | Exam 1  |
| 2  |   | Chapter 5,B,6: The Lipids, Lipids in Health and disease, Proteins  |
|   |   | Chapter C,7: Plant Based diets, Fat soluble vitamins  |
|   |  4/26-27  | Exam 2  |
| 3  |   | Chapter 8, 9, 10: Water soluble Vitamins, Major Minerals and Water, Trace Minerals  |
|   |   | Chapter D, 11, : Dietary Supplements, Energy Balance And Obesity  |
|   | 4/16-17  | Exam 3  |
| 4  |   | Chapter 12, 13, E : Nutrition and Fitness, Nutrition During the College Years, Nutrition for Pregnancy, Breastfeeding and Infancy Written assignment due  |
|   |   | Chapter F, G: Childhood Nutrition, Nutrition and the Aging Adult  |
|   | 5/7-8  | Exam 4  |
|  5  |   | Chapter 14, H : Global Nutrition: Food security and Sustainability, Food Safety  |
|   |   | Chapter :  |
|   |   | Exam 5  |
|   |  5/10/2021 | Final Exam-  |

\*\*\* Instructor to include Exam Dates and final

**Course Calendar**

|  |  |  |
| --- | --- | --- |
| \*MODULEWEEK | LECTURE AND CLASS ACTIVITIES | ASSIGNMENT DUE |
| *MODULE*  |
| 1 | **Review Syllabus** **Introduction/Class Orientation/Start Module**Getting to know you **Read Chapter 1: The Science and Scope of Nutrition**Evaluating Sources of Nutrition Calculations**Read Chapter 2: Healthy Diets** *Food label calculations* *Read: The Chapter summaries and the review questions at the end of each chapter***Review Power Point Slides****Watch Week 1 Video-- Macronutrients and Micronutrients** | ***Discussion****Introduce yourself to the class. Post any course related question in “Student lounge Discussion Board”.*LaunchPad-Learning Curve Evaluation*Summative Quizzes****Graded Discussion I-*** ***Discussion- Heart disease Prevention-****Due 04/17/2021****Graded Discussion II-*** ***Discussion- Water and why it is important****Due 04/17/2021**Begin LaunchPad Analyze My diet/Diet Analysis Modules- Due date 05/08/2021**If applicable:**Begin Diet Analysis Project to upload-Due date 05/08/2021.*  |
|  | **Review Syllabus****Read Chapter 3: Digestion****Read Chapter 4: Carbohydrates****Read Spotlight A: Nutrition and Diabetes**Read the chapter summaries and the review questions at the end of the chapter. **Review Power Points****Watch Unit Video- Nutrition in Human Beings** | ***Discussion*** Post any course-related questions on “Student Lounge Discussion Board.” LaunchPadLearning Curve Evaluation*Summative Quizzes-due 04/05/2021* |
| *2* | **Review Syllabus****Review Chapters 5,6, Spotlight B**Read the chapter summaries and the review questions at the end of the chapters**Review Power point slides****Watch Videos- If available**  | **EXAM 1- Chapters 1,2,3,4, Spotlight A-04/5-6/2021**LaunchPadLearning Curve Evaluation*Summative Quizzes-Due date -****Discussion***Post Any course related questions on “Student Lounge Discussion Board”. |
|  | **Review Syllabus****Read Chapter 5: The Lipids****Read Chapter 6: Proteins** **Read Spotlight B: Lipids in Health and Disease**Read the chapter summaries and the review questions at the end of the chapters**Review Power point slides****Watch Unit Videos- If available** | ***Discussion***Post any course- related questions on “Student Lounge Discussion Board”. LaunchPadLearning Curve Evaluation*Summative Quizzes-due date 03/13/2021* |
| *MODULE*  |
|  | **Review Syllabus****Reach Chapter 7: Fat Soluble Vitamins** **Read Spotlight C: Plant Based Diet**Read the chapter summaries and the review questions at the end of the chapters**Read power Point slides** | LaunchPadLearning Curve Evaluation*Summative Quizzes**Post any course-related questions on “Student Lounge Discussion Board”.*  |
| *3*  | **Review Syllabus****Review Chapters 8,9,10****Read the Power points****Review Videos** | **EXAM II- Chapters 5,6,7 Spotlight B, C- 03/12-13/2021**LaunchPadLearning Curve Evaluation*Summative Quizzes- Due Date****Discussion****Post any course related questions on “Student Lounge Discussion Board.”* |
|  | **Review Syllabus****Read Chapter 8: Water Soluble Vitamins****Read Chapter 9: Major Minerals and Water****Read Chapter 10: Trace Minerals**Read the chapter summaries and the review questions at the end of the chapters**Read the Power points****Review Videos- Heath Benefits of Bananas** | LaunchPadLearning Curve Evaluation*Summative Quizzes****Discussion****Post any course related questions on “Student Lounge Discussion Board”.* |
|  | **Review Syllabus****Read Chapter 11: Dietary Supplements** **Read Spotlight D: Energy Balance and Obesity**Read chapter summaries and the review questions at the end of the chapters **Read the Power points****Review Videos- Obesity Epidemic & Dietary Supplements** | LaunchPadLearning Curve Evaluation *Summative Quizzes- due date 04/10/2021****Discussion****Post any course related questions on “Student Lounge Discussion Board”.* |
|  | ***Note: Spring Break***  |
| MODULE  |
| *4* | **Review Syllabus****Review Chapter 12,13 and Spotlight E**Read the chapter summaries and the review questions at the end of the chapters**Read the Power points****Review Videos** | **EXAM III- Chapter 8,9,10, 11, Spotlight D- 04/09-10-2021**LaunchPadLearning Curve Evaluation*Summative Quizzes- Due Date 05/08/2020****Discussion****Post any course related questions on “Student Lounge Discussion Board”.* |
| *10* | **Review Syllabus****Read Chapter 12 : Nutrition and Fitness****Read Chapter 13 : Nutrition during the College Years****Read Spotlight E: Nutrition for Pregnancy, Breast feeding and infancy**Read the chapter summaries and the review questions at the end of the chapters **Read the Power points****Review Videos- If available** | LaunchPadLearning Curve Evaluation*Summative Quizzes****Discussion****Post any course related questions on “Student Lounge Discussion Board”.* |
| 11 | **Review Syllabus****Review Spotlight F: Childhood Nutrition** **Review Spotlight G: Nutrition and the Aging Adult** Read the chapter summaries and the review questions at the end of the chapters **Read the Power points****Review Videos** | LaunchPadLearning Curve Evaluation*Summative Quizzes- due date 05/08/2021****Discussion****Post any course related questions on “Student Lounge Discussion Board”.* |
|  |  |  |
| 5 | **Review Syllabus****Read Chapter 14: Global Nutrition: Food Security and Sustainability** **Read Spotlight H: Food Safety** Read the chapter summaries and the review questions at the end of the chapters **Read the Power points****Review Videos****Complete Diet Analysis Project** | **EXAM IV- Chapter 12,13,14,15-Spotlight E,F,G – 05/07-08/2021***Metabolism-05/10/2021*LaunchPadLearning Curve Evaluation*Summative Quizzes-Due Date //2020* ***Discussion****Post any course related questions on “Student Lounge Discussion Board”.**Complete LaunchPad-Analyze My diet/ Diet Analysis Modules- Due date 05/08/2021**If applicable. Complete/Upload Diet Analysis Project 05-08-2021*Comprehensive Departmental Final Exam 05/10/2021 |
|  |  | Learning Curve Evaluation*Summative Quizzes//20* |
| 14  |  | Learning Curve Evaluation*Summative Quizzes* |
|  | ***MODULE***  |  |

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

 **Departmental**

**Please review entire syllabus immediately and inform instructor of any questions. If class is not held for any reason the student is responsible for material as outlined in this syllabus.**

**Not all slides/Chapters will be taught as Chapters, but material will be covered in AP I /or AP**

**II.**

**The student is responsible for material in chapters above, whether covered or not in class. Note: Although every attempt will be made to follow the plan it is subject to change at Instructors Discretion. Any Questions: Please feel free to speak with me.**

**\*Overlap of material covered may occur in lecture, lab and exam \* The instructor reserves the right to make changes in this syllabus to accommodate unforeseen circumstances. If at all possible you will be informed of these changes in a reasonable time period.**

### 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

**<**No Make- up Quizzes/Exams or assignments will be given. At instructors discretion exam grades for that exam (those chapters) may be used in place of quiz grade.

No early or makeup Examination/Quizzes will be given. No Late reports will be allowed.

No early or makeup Presentations will be allowed. Totally at instructors discretion

### Academic Integrity

<< Academic Dishonesty /Plagiarism will not be tolerated. If it occurs, the student may receive a zero for the exam or quiz, a grade of “F” in the course, academic probation, or even dismissal from the college.

Scholastic Dishonesty will result in a referral to the Dean of Student Services. 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. The above is at the sole discretion of the Instructor. What is considered cheating is solely the discretion of the instructor. It may include but is not limited to copying, allowing access to your answers, use of unauthorized devices or material, talking, signaling, verbal communication, nonverbal communication, touching or picking up objects such as stickers, identification markers or models, etc**.** It is the sole right of the instructor to determine any cheating event and reserve the sole right to determine consequences. **Scholastic Dishonesty will result is a referral to the Dean of Student Services. See the link below for details.**

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--](http://www.hccs.edu/about-hcc/procedures/student-rights-policies--procedures/student-procedures/)

[procedures/studentprocedures/](http://www.hccs.edu/about-hcc/procedures/student-rights-policies--procedures/student-procedures/)

**Attendance Procedures** << **Attendance:**

Please review College requirements. You are expected to attend all lecture classes and labs regularly. You are also responsible for materials covered during your absences. 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.

Attendance may require roll call and or initialing a sign in sheet, if so it is required and the responsibility of the student to sign in for credit on the day of attendance to be credited with attendance. Attendance may be given only if you attend full class period. Students with four or more unexcused absences may result in administrative withdrawal. Students are responsible for all subject matter covered during their absence(s). If you decide to stop or never attend my class, it is your responsibility to withdraw from the class. If you decide to withdraw, you must ask either a counselor or your instructor to facilitate the withdrawal. The last day to withdraw is (RS and SS). Please review College website A student cannot be withdrawn after that date. Period. Although I may, it is not my usual policy to drop students it is the student’s total responsibility to drop the class, however please review the College policy as the College may drop students. Please review HCC Official School Schedule and Policy.

#### Attendance Procedures

Students are expected to be online during the term to fulfill all assignments in a timely manner and take part in online exams. Check class announcements regularly to keep updated on your assignments, exams, and any changes. It is your responsibility to contact the HCC admission office if you withdraw. Faculty no longer withdraw students from class. If you anticipate withdrawing, contact HCC.

### Student Conduct

**<<** All students are responsible for reading and understanding the HCC Student Hand bookOnline Student Handbook, which contains policies, information about conduct, and other important information. Instructor will initiate a Maxient report as necessary.

#### Student 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.

### Instructor’s Course-Specific Information (As Needed)

**<< Grades will be uploaded to Canvas**

Incomplete (grade of I). The only circumstance under which you can get an “I” is; (The student can satisfactorily prove and have met HCC requirement for receiving and I at instructors discretion). It is the student’s responsibility to know HCC and instructors policy for qualifying for “I” at start of the class. You will be required to meet with Biology administrators (ie Department Chair) and explain your situation. I will follow up with a discussion and we will make a determination as to whether you qualify. If you qualify, there are two options with an" I" that has to be completed prior to the next two semesters, if not the “I” will turn into an F. Option 1- You will be required to locate my class syllabus for the course you are presently enrolled in within the next two semesters and take the missing exams on the days with that class. Option 2- You will be required to locate my class, that you are presently enrolled in, within the next two semesters and syllabus, take the entire class again, by completing all requirements according to the syllabus of that class at the time and dates the class is following. All this with the understanding that I may or may not teach the course that you need within the next two semesters. Please verify all the above with administration as HCC policy will supersede.

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| **Electronic Devices** |
| **<<**  |   |

USE OF CAMERA AND /OR RECORDING DEVICES:

Cell phones, Pagers and PDAs, etc.: Please turn off or place the aforementioned on silent or vibrate during class and their use in class is strictly prohibited. No recordings of Dr. Smith-Whigham is permitted in or out of class. Please conference with instructor if you have special needs or disability prior to class. If you are required to use recording devices per disability as determined by the Abilities office, after to course has completed it is expected that the recordings will be erased and discarded. Consequences of use are strictly instructor’s (Dr. Whigham) discretion. During exams all devices should be placed away and under the student’s desk and not on person.

[**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/sciencetechnologyengineering--math/biology/](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/resourcesfor/currentstudents/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/egls3evaluate-your-professors/](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 a](http://www.hccs.edu/resources-for/current-students/student-e-maileagle-id/)nd 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/)](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/supportservices/disability-services/](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--](https://www.hccs.edu/about-hcc/procedures/student-rights-policies--procedures/student-complaints/speak-with-the-dean-of-students/)

[procedures/studentcomplaints/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/)

### Department Chair Contact Information

Dr. DaeJan Grigsby

Email: daejan.grigsby@hccs.edu

Phone: 713-718-7775