

HOUSTON COMMUNITY COLLEGE
Biology 1322 - Basic Nutrition
CRN#: 90805 & 90495
January 19 – March 13, 2016
Class Instruction: Online/ Distance Education

Professor: Dr. Mahtash Moussavi, Ph.D.

Contact Information: Via Eagle Online email/713-718 – 7276.

Office location: Angela Morales Building, SE, Eastside Campus; by appointment.

Distance Education: (713 – 718 – 5275), Administration Concerns Only.

Credit: 3 (3 Lecture)

Instructional Material: Textbook: Nutrition: Your Life Science, Jennifer Turley. Joan Thompson. 1st Edition, Cengage, 2013, [Available at all HCC-Bookstores](#)

Course Description: This is a course in human nutrition. Nutrients needed for good health are identified along with good sources of these nutrients. Nutritional needs are considered for all stages of the lifespan, along with weight management and food safety.

Prerequisites: There are no prerequisites for this course, however, anatomy and physiology is helpful to students studying the human nutrition.

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

Student Learning Outcomes: The students will be able to:

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

Learning Objectives: Students will:

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

Tests/Quizzes /Course Evaluation:

The 7 – Quizzes, 7-homeworks, and a Mandatory Comprehensive Final Exam will be given during this class. 1). The questions will be given on the material presented in each module, T-talks, textbook, power points. Each Quiz and Comprehensive Final will contain questions including, multiple-choice, matching, true and false, fill-in the blanks, etc. **PLEASE BE ADVISED THAT: 1) NO MAKEUP OR TERM PAPER WILL BE GIVEN FOR A POOR OR MISSED EXAM. 2). NO MAKEUP TEST WILL BE GIVEN IN THIS CLASS. 3). FOR MORE DETAIL, CAREFULLY REVIEW THE ONLINE EXAMS POLICIES.**

Weekly Schedule for Reading

Week	Reading/Assignm
January 18	Module 1 and Post-module exam
January 25	Module 2 and Post-module exam
February 1	Module 3 and Post-module exam
February 8	Module 4 and Post-module exam
February 15	Module 5 and Post-module exam
February 22	Module 6 and Posts-module exam
February 29	Module 7and Post-module exam
Comprehensive Final Exam: Paper/Pencil/On-Campus (DE-testing Centers).	Details including Time & Location: (TBA). (Tentative Date: March: 4 – 6, 2016)

The modules contain T-talks which are power-point lectures. Start there. Now go to the study activities/ Homework and complete these. Next go to the resources and use those to help you gain confidence that you understand the material. When you feel ready, take the module exam/or quiz. Some of the modules have very short quizzes or case studies so the time involved will vary. The first module is very important as it covers the basics, therefore the quiz is long.

***Weekly Schedule for Online Quizzes & Homework**

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

Week/Day	Reading Assignments
1/ 18 – 1/ 31 Quiz-1 & 2: Jan 25 – 31	Module – 1: Nutrition Basics Module – 2: Tools to Plan, Manage, and Evaluate Diets
1/ 31 – 2/ 14 Quiz-3 & 4: Feb 8 – 14	Module – 3: Nutrition In Health and Chronic Disease Module – 4: The Science of Nutrition in Energy Balance, Body composition, Weight Control, and Fitness.
2/ 14 – 2/ 28 Quiz -5 & 6: Feb 22 – 28	Module – 5: The Vitamins & Minerals Module – 6: Nutrition Information and the Food Industry
2/ 28 – 3/ 6 Quiz – 7: Feb 28 – March 6	Module - 7: Nutrition Through the Life Span.
Comprehensive Final: Mandatory! March 4 – 6	DE-Testing Centers. Details about the Locations & Times Will Be Posted in the News Forum of the Class.

Course Grading: Total of five (5) quizzes, (3 – of the long quizzes & 2 – of the short ones), with highest grade, 5-Homeworks (**Homework-4 Must be completed/cannot be used as a dropped homework**), and the grade of Mandatory Comprehensive Final exam will be used to create your course grade. I highly recommend taking all the quizzes and homework. **Please carefully review the Online Exam Policies below before taking any quizzes.**

COMPREHENSIVE FINAL:

The HCC Science Discipline requires a System-wide Comprehensive Final for each course. You are Required to take it in-class, closed book, closed note, paper/pencil and it will be **worth 10% of your final course grade.**

Grade Calculations:

As the points for each quiz are varied, I will convert them to percentages.

Quizzes: 80%

Homework: 10%

Comprehensive Final: 10%

Total: 80 + 10 + 10 = 100%

Grade Distribution: (**A: 95%; B: 85%, C: 75%, D: 65%**).

VERY IMPORTANT: ONLINE QUIZ/ EXAMS POLICIES

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

grade, missed exam points (0 out of 100 available points) will be averaged into your other grades. A grade of zero will greatly jeopardize your final grade and may cause you to get an undesirable grade or fail the entire course.

- PLEASE BE ADVISED THAT ALL STUDENTS WILL RECEIVE A GRADE OF ZERO FOR MISSED ONLINE EXAMS.
- TECHNICAL PROBLEMS ARE NOT AN ACCEPTABLE EXCUSE FOR MISSED ONLINE EXAMS.
- ONLINE REVIEW OF QUIZ/TEST IS NOT OFFERED DUE TO SECURITY REASONS.
- ONLINE REVIEW OF THE QUIZZES/ HOMEWORK IS NOT AVAILABLE. IF YOU WANT TO REVIEW YOUR QUIZ/HOMEWORK, PLEASE EMAIL/OR CONTACT MY OFFICE TO MAKE AN APPOINTMENT TO SEE ME, (713-718-7276).

HCC DISTANCE EDUCATION POLICIES AND PROCEDURES

Orientation:

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

- Distance-Education, Orientation: **IMPORTANT: The links to your classes and mandatory online orientations are accessible below. Just select the semester and then the academic department of your course, or choose "all courses" if you are unsure about the department.**

HCC POLICY STATEMENT: STUDENTS WITH DISABILITIES (ADA):

Any student with a documented disability (e.g. physical, learning, psychiatric, vision, hearing, etc.) who needs to arrange reasonable accommodations must contact the appropriate HCC Disability Support Service (DSS) Counselor at the beginning of each semester. Faculty is authorized to provide only the accommodations requested by the Disability Support Services Office

Students who are requesting special testing accommodations must first contact the appropriate (most convenient) DSS office for assistance:

Disability Support Services Offices:

System: 713.718.5165

Central: 713.718.6164 – also for Deaf and Hard of Hearing Services and Students Outside of the HCC District service areas.

Northwest: 713.718.5422

Northeast: 713.718.8420

Southeast: 713.718.7218

Southwest: 713.718.7909

After student accommodation letters have been approved by the DSS office and submitted to DE Counseling for processing, students will receive an email confirmation informing them of the Instructional Support Specialist assigned to their professor.

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

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

It is important that every student understands and conforms to respectful behavior while at HCC. Sexual misconduct is not condoned and will be addressed promptly. Know your rights and how to avoid these difficult situations.

DE STUDENT SERVICES:

The Distance Education Student Handbook contains policies and procedures unique to the DE student. It is the student's responsibility to be familiar with the handbook's contents and part of the mandatory orientation. The handbook contains valuable information, answers, and resources, such as DE contacts, policies and procedures (how to drop, attendance requirements, etc.), student services (ADA, financial aid, degree planning, etc.), course information, testing procedures, technical support, and academic calendars. Refer to the DE Student Handbook by visiting this link: <http://de.hccs.edu/de/de-student-handbook>

RULES & REGULATIONS:

Adult behavior is expected in the lab and online in the virtual classroom.

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

Class attendance is mandated by the state.

Students in DE courses must log in to their Eagle Online/Moodle class or they will be counted as absent. Just like in an on-campus class, your regular participation is required.

DE STUDENTS WHO DO NOT LOG IN TO THEIR EAGLE ONLINE/MOODLE CLASS BEFORE THE FIRST FRIDAY OF RECORD WILL BE AUTOMATICALLY DROPPED FOR NON-ATTENDANCE. COMPLETING THE DE ONLINE ORIENTATION DOES NOT COUNT AS ATTENDANCE.

HCC COURSE WITHDRAWAL POLICY

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

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

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

An instructor will **no longer give a grade of "W" to any student after the official drop date.**

HOW TO DROP

- If a student decides to withdraw from a class upon careful review of other options, **the student can withdraw online prior to the deadline through their [HCC Student Center](#).**
- HCC **may withdraw** students for excessive absences **without notification.**
- **Students should check HCC's Academic Calendar by Term for withdrawal dates and deadlines.** Classes of other duration (flex-entry, 8-weeks, etc.) may have different final withdrawal deadlines. Please contact the HCC Registrar's Office at 713.718.8500 to determine mini-term class withdrawal deadlines.

RESOURCES AVAILABLE TO YOU:

- Nutrition Textbook: (College Bookstores carry the textbook).
- T-Talks/ or Course Power-points. To prepare for the Quizzes/tests: Review learning objectives, listen to t-talks, complete homework, check BioBeats, summary Content Knowledge, Case studies, etc.
- To access the Homework and Quizzes: Home Page, Click on Assignments.
- TUTORING: HCC provides FREE ONLINE TUTORING 24 hours/day in writing, math, science, and other subjects. HCC AskOnline Tutoring site: <http://hccs.askonline.net/>. Use your student ID or HCC e-mail address to create an account. Instructions, including a 5-minute video, are provided to make you familiar with the capabilities of this service. There will also be ON-CAMPUS tutoring in the Tutoring Assistance Center (TAC), located in FM 203.

- As a DE student you have the same access to first-rate information resources that the HCC LIBRARIES make available to all HCC students. A special website pulls together all the tools DE students will need to get their research rolling. Visit Library Resources specifically for Distance Education students.

Re: Distance Education Services:

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

Refer to the DE Student Handbook by visiting this link: <http://de.hccs.edu/de/de-student-handbook>

SUCCESS TIPS:

1. Read the text and use the resources provided online by publisher.
2. Study material after reading or computer exercises. Make pictures, lists, flow charts, flash-cards – whatever works. Review the reading, notes, power-point lectures before tests.
3. Make connections between chapters such as concepts learned in one chapter with concepts covered in another chapter by flipping back and forth in the text as you study.
4. Review the course **objectives** and use them as a checklist before exams to ensure you have the skills that will be tested. Also, ask yourself a general question, how does this work? If you can explain processes, you know that you have the facts, vocabulary, details and overall understanding you need.
5. Review the previous week's material when you finish the assignment for that week.
6. Keep up on everything, don't let yourself get behind.

Have a good and successful semester!