

BIOLOGY 1322 BASIC NUTRITION SYLLABUS CRNs 33096, 33097, 33098  
3 hour lecture course / 48 hours per semester/ 12 weeks Fall 2017 online

### **Instructor Information**

Name: Mary G. Puccini, MS, RD

Email: use your Canvas email to communicate with me during the semester. After the semester ends use: [mary.puccini@hccs.edu](mailto:mary.puccini@hccs.edu)

Office Hours: Tuesdays 8 AM to 9:30 AM and Thursdays 1 PM to 2:30 PM in room 401 in the Learning Hub/Science Building. Knock on the door or call me at my Office Phone: 713-718-2545. **Make sure you let me know you are coming so I will be sure to be here.**

**Tutoring help:** at the Learning Emporium on Central Campus: San Jacinto Building room 384 7 am - 6 pm M—TH and 8 am - 4 pm F Phone: 713-718-6356

### **Course Format**

You will be accessing course materials and submitting assignments through either Canvas or LaunchPad. If you do not have a trustworthy computer or internet service at home, you can use the computer labs at any of the HCC campuses. Log in to the course at: [eagleonline.hccs.edu](http://eagleonline.hccs.edu) using your PeopleSoft username (Wnumber@student.hccs.edu) and password. If the password does not work, then go through the steps to create a new one. You will access the LaunchPad software through your Canvas course.

### **Required Materials:**

- Textbook: NUTRITION FOR A CHANGING WORLD; AUTHORS: Pope, Nizielski, McCook; PUBLISHER: Macmillan. ISBN 9781319136468
- LaunchPad Student Access Code by Macmillan (publisher) – the online course portal will be Instructor-specific

HCC has received a special price for this book AND the LaunchPad code if purchased from HCC bookstores. Textbook information and link to bookstore is [hccs.bkstore.com](http://hccs.bkstore.com)

If you do not have the funds right now to pay for the text, you can take advantage of the 21 day free trial by going to:

<https://reg.macmillanhighered.com/Account/Unauthenticated?TargetURL=http://www.macmillanhighered.com/launchpad/pope1e/5983047>

#### **GRADE BREAKDOWN:**

**Real World Activities: 5% (through Launch Pad)**

**Nutrition Evaluation Project: 15%**

**21 LaunchPad Activities: 25 % (lowest 3 activities are dropped) THESE ONLINE ACTIVITIES MUST BE COMPLETED BEFORE THEIR DUE DATES FOR FULL CREDIT. If you do not complete the assignment, you get NO credit.**

**Chapter 1-21 Quizzes: (lowest quiz is dropped): 10%**

**2 in-person unit exams taken at the testing centers: 25%**

**Final Exam during final exam weekend taken at the testing centers: 20%**

**Exams:** You will have two unit exams. Exam 1 covers Chapters 1-6. Exam 2 covers Chapters 7-14. Chapters 1-21 will be tested only on the comprehensive final exam. Make sure you come on time for the unit exams and bring your calculator that is not part of your cell phone to the testing center. The exams will be multiple-choice and essay. If you miss an exam, you have two choices: You can make-up the exam if you have a documented reason why you missed it—doctor’s note, note from your child’s teacher saying your child missed class that day, etc. DURING THE OFFICE HOUR THAT FOLLOWED THE MISSED EXAM. For example, if the exam were Thursday, you take the exam at 8 AM the following Tuesday. Or, you can skip that exam and use your final exam grade for both the exam missed and the final exam grades.

**FINAL EXAM:** The most important exam is the final exam. It is comprehensive and closed book and accounts for 20% of your grade. It will cover Chapters 1-21. I will give you advice on how to prepare for it. You will take it during final exam weekend. Check the course schedule for dates and times.

**PROJECT:** You will turn in the Nutrition Evaluation Project using the link in Canvas. Video instructions will be online. If you do not upload a complete answer sheet file, you may receive a grade of “0”. You can only upload one file.

**Technical Support:** from MacMillan publisher: 1-800-936-6899

**SYLLABUS MODIFICATION:** I will make every effort to adhere to the requirements in this syllabus during the semester. I reserve the right to make any necessary changes.

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

## **Course Calendar**

Week 1, September 25-30: Orientation and Chapter 1

Week 2, October 1-7: Chapters 2, 3,

Week 3, October 8-14: Chapters 4, 5 6

Week 4, October 15-21: Chapters 7, 8 and 9

### **Midterm Exam 1 Oct 19-21 at testing centers**

Location will be at 3100 Main Street - Thursdays - Saturday  
Thursdays - 4pm-6:50pm; Fridays - 10am-6:50pm; Saturday 10am-12:50pm

Week 5, October 22-28: Chapters 10, 11 and 12

Week 6, October 29-November 4: Chapters 13 and 14

Week 7, November 5-11: Chapters 15 and 16

**November 13 at 4:30 pm: Last day to withdraw from course—Go to your PeopleSoft account if you wish to withdraw**

Week 8, November 12-18: Chapters 17 and 18

### **Midterm Exam 2 Nov 16-18 at testing centers**

Location will be at 3100 Main Street - Thursdays - Saturday  
Thursdays - 4pm-6:50pm; Fridays - 10am-6:50pm; Saturday 10am-12:50pm

\*\*\*\*\*November 18: Nutrition Evaluation Due

Week 9, November 19-25: Chapter 19

Week 10, November 26-December 2: Chapters 20 and 21

Week 11, December 2-9: Review for final exam

## Final Exam in person weekend of December 7-9

Location will be at 3100 Main Street - Thursdays - Saturday

Thursdays - 4pm-6:50pm; Fridays - 10am-6:50pm; Saturday 10am-12:50pm

**Here is the list of all graded assignments and due dates.**

<b>Assignment</b>	<b>Date Due*</b>
<b>Real World Activities</b>	
Nutrition Calculation	7-Oct
Scientific Method	7-Oct
Learning Curve Chapter 1	7-Oct
Summative Quiz 1	7-Oct
Learning Curve Chapter 2	14-Oct
Summative Quiz 2	14-Oct
Learning Curve Chapter 3	14-Oct
Summative Quiz 3	14-Oct
<b>Midterm Exam 1</b>	Oct. 19-21
Learning Curve Chapter 4	21-Oct
Summative Quiz 4	21-Oct
Learning Curve Chapter 5	21-Oct
Summative Quiz 5	21-Oct
Learning Curve Chapter 6	21-Oct
Summative Quiz 6	21-Oct
Learning Curve Chapter 7	28-Oct
Summative Quiz 7	28-Oct
Learning Curve Chapter 8	28-Oct
<b>Assignment</b>	<b>Date Due*</b>
Summative Quiz 8	28-Oct

Learning Curve Chapter 9	28-Oct
Summative Quiz 9	28-Oct
Learning Curve Chapter 10	4-Nov
Summative Quiz10	4- Nov
Learning Curve Chapter 11	4- Nov
Summative Quiz 11	4- Nov
Learning Curve Chapter 12	4- Nov
Summative Quiz 12	4- Nov
Learning Curve Chapter 13	11- Nov
Summative Quiz 13	11- Nov
Learning Curve Chapter 14	11- Nov
Summative Quiz 14	11- Nov
<b>Midterm Exam 2</b>	Nov 16-18
Learning Curve Chapter 15	18-Nov
Summative Quiz 15	18-Nov
Learning Curve Chapter 16	18-Nov
Summative Quiz 16	18-Nov
<b>Nutrition Evaluation Project</b>	<b>18-Nov</b>
<b>Thanksgiving</b>	23-Nov
Learning Curve Chapter 17	25-Nov
Summative Quiz 17	25-Nov
Learning Curve Chapter 18	25-Nov
Summative Quiz 18	25-Nov
Learning Curve Chapter 19	2-Dec
Summative Quiz 19	2-Dec
Learning Curve Chapter 20	9-Dec
Summative Quiz 20	9-Dec

Learning Curve Chapter 21	9-Dec
Summative Quiz 21	9-Dec
<b>Final Exam</b>	<b>Dec. 8,9, 10</b>
* All online MacMillan Learning Curve assignments, Summative Quizzes and the project are due by 11:55 PM on their due dates.	

**Course description:** This course is designed to teach the fundamentals of nutrition covering the sources and functions of the essential nutrients, the nutrient intake standards for healthy populations, the evaluation of a healthy diet, and dietary applications to various disease conditions. This course also fulfills the content needed for health sciences programs. Core curriculum course.

**Course Prerequisites:**

Must qualify to take college level reading and writing and be placed into MATH 0409 (or higher).

**Student Learning Outcomes:**

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.

**Course Goal:** Have associate degree candidates and health science majors understand the interface between nutrition and health.

**Core Curriculum Statement:** This course fulfills the science requirement (no lab) for associate degree majors and is also a pre-requisite for many 4-year degree nursing or allied health degrees.

**Policies:**

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 Houston, TX 77266-7517 or [Institutional.Equity@hccs.edu](mailto:Institutional.Equity@hccs.edu)

HCC strives to make all learning experiences as accessible as possible. If you anticipate or experience academic barriers based on your disability (including 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/district/students/disability-services/>

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

**FERPA** The academic, financial and non-directory information on your student account is confidential and protected by the Family Educational Rights & Privacy Act (FERPA). We

cannot release certain information to another person without your written authorization. Further information regarding Student Records and FERPA can be found at; <http://www.hccs.edu/district/about-us/procedures/student-rights-policies--procedures/>

At HCC the safety of our students, staff, and faculty is our first priority. As of August 1, 2017, Houston Community College is subject to the Campus Carry Law (SB11 2015). For more information, visit the HCC Campus Carry web page at <http://www.hccs.edu/district/departments/police/campus-carry/>."

### **HCC Official Withdrawal Policy:**

An Instructor can no longer give a student a grade of **W** after the official drop date. The Texas Legislature passed a law limiting first time entering freshmen to no more than **SIX** total course withdrawals **throughout** their educational career in obtaining a certificate and/or degree. Your grade is your responsibility. If you decide to withdraw from a class upon careful review of other options, you can withdraw online prior to the deadline through your HCC PeopleSoft account. If you stop coming to class, but do not withdraw yourself, you will receive the grade you would have earned. Zeros averaged in for required coursework not submitted will lower your semester average significantly, most likely resulting in a failing grade of an **F**. An **I** or incomplete is assigned to students who have finished all requirements of the course except for one project or one exam. An **I** is given to those who encounter extraordinary circumstances that prevent them from completing the course. Documentation of this extraordinary circumstance is required and will be considered by me and also my department chair in deciding whether to allow a student to make up the missing work. HCCS policy for faculty states that the instructor may administratively drop any student missing 12.5% of class time. Missing six (6) classes for sections that meet twice a week is equivalent to 12.5% or more of class time. There is a new grade of **FX** for those who attend only a few weeks of class. **November 13 is the last day to withdraw from this course.**

HCC has instituted an Early Alert process by which I use to "alert" you and HCC counselors if you failed the first exam or if you have excessive absences.

**Discrimination:** Students should be aware that discrimination and/or other harassment based on race, sex, gender identity and gender expression, national origin, religion, age, disability, sexual orientation, color or veteran status is prohibited by HCC Policy G.1 Discrimination and Harassment and D.1.1 Equal Educational Opportunities. Any student who feels they have been discriminated against or harassed on the basis of race, sex, gender identity, gender expression, national origin, religion, age, disability, sexual orientation, color or veteran status including sexual harassment, has the opportunity to seek informal or formal resolution of the matter. Students who are pregnant and



require accommodations should contact any of the ADA Counselors for assistance. All complaints/concerns should be directed to the Office of Institutional Equity, 713 718-8271 or [oiie@hccs.edu](mailto:oiie@hccs.edu). Additional information may be obtained online. Visit <http://www.hccs.edu/district/departments/institutionalequity/>

Complaints involving sexual misconduct to include but not limited to: sexual assault, stalking, dating violence, sexual harassment or domestic violence should be directed to the HCC Title IX Coordinator, Renée Mack at 713 718-8272 or [renee.mack@hccs.edu](mailto:renee.mack@hccs.edu).

**COURSE REPEATERS:** Students who repeat a course for a third time or more will be charged a tuition/fee increase of \$50/credit hour at HCCS and other Texas public colleges and universities. Please contact your counselor or me before withdrawing or if you are not receiving passing grades.

**STUDENT WORK/ACADEMIC DISHONESTY:** Students are responsible for conducting themselves with honor and integrity in fulfilling course requirements. Disciplinary proceedings may be initiated by the college system against a student accused of scholastic dishonesty. Penalties can include a grade of "0" or "F" on the assignment, failure in the course, academic probation or even dismissal from the college. See Student Handbook for further details. *All answers to the project will be original, not copied from the internet. You will find a tutorial on plagiarism on the course homepage.*