

**Biol 1322 Basic Nutrition**  
**CRN # 90466**  
**Spring 2016**

Jan 19, 2016 – March 13, 2016

**Dr. M. Thomas, Professor**  
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**Course Intent:** Health Science Professions, General Studies

**Prerequisites:** None

**Course Credit:** 3 Semester Hours

**Contact Information:**

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Or  
[molly.thomas@hccs.edu](mailto:molly.thomas@hccs.edu)

**I will respond to email messages within 24 hours :  
M- F.**

**For Technical Assistance:** desupport@hccs.edu

**Textbook: Nutrition: Your Life Science,  
Jennifer Turley/Joan Thompson.**

**ISBN # 13:978-0-538-49484-7**

### **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.

### **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:**

Students will be able to:

1. Identify the nutrients needed by the human body.
2. Use nutritional strategies to prepare healthful meals.
3. Describe the consequence of nutritional deficiencies.
4. Use food labels to choose healthy foods.
5. Determine the number of calories that are needed to maintain a healthy weight.
6. Use the food “My Pyramid” Web-sit to follow progress towards better healthy eating

## **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.

## **Exams:**

There are 7 exams scheduled for this course:

**Exam 1** Jan 22

**Exam 2** Jan 29

**Exam 3** Feb 5

**Exam 4** Feb 12

**Exam 5** Feb 19

**Exam 6** Feb 26

**Exam 7** March 4

## **Grade Computation:**

There are 7 exams scheduled for this class. Each exam is based on the respective module and consists of 50 multiple choice questions with a time limit of 90 minutes. Only one attempt is allowed. All exams are online. Lowest 2 exam grades will be dropped. Each of the remaining 5 exam grades will be worth 20 percent of the total exam grade.

Each exam = 20 %

Total = 100 %

## **Grading Scale:**

90 – 100 = A

80 – 89 = B

70- 79 = C

60-69 = D

60 –below = F

**New DE Student Userid** Your new student login userid will be your HCC User ID (sometimes referred to as the “W” number). All HCC students have a unique User ID. It is the same number you use for class registration. For students who have taken DE classes in previous semesters, the login will no longer be “firstname.lastname” + the last 2 digit of your SS #. If you do not know your User ID you can look it up using the following links:

From the HCC home page, click on “Register Here”  
On the Student Web Services page, click on  
“Registration (Online)” Click on “Retrieve User ID”  
and follow the instructions. Or use the direct link:  
<https://hccsaweb.hccs.edu:8080/servlets/iclientservlet/sauat/?cmd=start> The default student password will still be “distance.” As always, students will then be prompted to change their password after their first login. These new student login procedures apply to classes taught in both WebCT and Blackboard.

## **Students with Disabilities**

"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 are 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 DSS Counselor for assistance. Please contact the Distance Education Counselors at 713.718.5275, option #4 or at [de.counseling@hccs.edu](mailto:de.counseling@hccs.edu) in order to be referred to the appropriate HCC DSS Counselor. Students who require testing accommodations need to schedule an appointment for testing to ensure that staff will be available for proctoring and to arrange for any adaptive equipment that may be required. Students should contact the distance education instructor's "Instructional Support Specialist" (ISS) the week prior to each exam throughout the semester to confirm that the requested testing accommodations will be met. If you need assistance in determining your instructor's ISS, please contact your instructor or the Distance Education Counselors for assistance."

## **Education advising and Counseling Services**

Advising can be accomplished by telephone at 713/718-5275 - option # 4, via email at

de.counseling@hccs.edu, by visiting the Distance Education Office at the HCC Administration Building, 3100 Main Street, 3rd floor and/or by on-site advising at other HCC locations upon request. Confidential sessions with the distance education counselors will help students understand admissions, registration, entrance testing requirements, degree planning, transfer issues, and career counseling. Houston Community College counselors also maintain a local referral base in order to provide appropriate referrals to students with personal or family issues that may require long-term solutions.

### **Course Repeater Policy**

Beginning in the Fall 2006, students who repeat a course for a third or more times will face significant tuition/fee increases at HCC and other Texas public colleges and universities. Please ask your instructor and/or counselor about opportunities for tutoring/other assistance prior to considering course withdrawal or if you are not receiving passing grades.

### **HCC Course Withdrawal Policy**

The State of Texas has begun to impose penalties on students who drop courses excessively. For example, if you repeat the same course more than twice, you have to pay extra tuition. Beginning in Fall 2007, the Texas Legislature passed a law limiting students to no

more than SIX total course withdrawals throughout their educational career in obtaining a certificate and/or degree.

To help students avoid having to drop/withdraw from any class, HCC has instituted an Early Alert process by which your professor will “alert” you and distance education (DE) counselors that you might fail a class because of excessive absences and/or poor academic performance. You should visit with your DE professor or a DE counselor to learn about what, if any, HCC interventions might be available to assist you – online tutoring, child care, financial aid, job placement, etc. – to stay in class and improve your academic performance.

If you plan on withdrawing from your DE class, you MUST contact a DE counselor or your DE professor prior to withdrawing (dropping) the class and this must be done PRIOR to the withdrawal deadline to receive a “W” on your transcript. \*\*Final withdrawal deadlines vary each semester and/or depending on class length, please visit the online registration calendars, HCC schedule of classes and catalog, any HCC Registration Office, or any HCC counselor to determine class withdrawal deadlines. Remember to allow a 24-hour response time when communicating via email and/or telephone with a DE professor and/or counselor. Do not submit a request to discuss withdrawal options less than a day before the deadline. If you do not withdraw before the deadline,



you will receive the grade that you are making in the class as your final grade.

**The last day to drop this class with a “W” is Feb 22, 2016.** I will not drop you from the course. You may do so if you so decide on or before this deadline.

**Early Alert Notification** The Distance Education (DE) Department utilizes an Early Alert system managed by the DE counselors to provide outreach and intervention to students who may be at risk of withdrawal or failure. Referrals to this system are typically made by a DE faculty member. If a DE professor is concerned about a student's performance in class, that student may be referred to Early Alert for counseling intervention.

### **Classroom Conduct**

VIRTUAL 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.

## **International Students**

Receiving a W in a course may affect the status of your student Visa. Once a W is given for the course, it will not be changed to an F because of the visa consideration. Since January 1, 2003, International Students are restricted in the number of distance education courses that they may take during each semester. ONLY ONE online/distance education class may be counted towards the enrollment requirement for International Students per semester. Please contact the International Student Office at 713-718-8520 if you have any questions about your visa status and other transfer issues.

### **Browser Tune up:**

Please make sure you have completed the browser tune up before proceeding through the course. This tune up will ensure access to all course related information. **If you have any technical problems, please call IT at the distance education office: [desupport@hccs.edu](mailto:desupport@hccs.edu)**

### **Helpful tips:**

Must haves.....

Self discipline

Good Computer

Good internet access.

Make sure you have a **hard copy of the syllabus.**

There are no makeup exams or extra credit assignments scheduled for this class. All exams count towards your final grade. So please make sure you have a good computer, internet access and the time before you start the exams.

Make sure you log in to the course atleast once everyday. Pace yourself with the readings and assignments. Do not wait until the last minute to take the exam.

Feel free to contact me through the class email or [molly.thomas@hccs.edu](mailto:molly.thomas@hccs.edu) if you have any questions.

Goodluck and hope you have a wonderful semester! **You can do it**😊