



**BIOL 1322: Nutrition and Diet Therapy, DE**  
**Semester: Fall 2018**

**INSTRUCTOR CONTACT INFORMATION**

**Professor:** Dr. Nazanin Hebel

**Office:** Spring Branch; Suite 900P

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**Office phone/Voice Mail:** 713-718-5844

**Office Hours:** TBA (By appointment)

**COURSE INFORMATION**

**Course Title:** Biology Non-Science Majors

**Course (crn) #**14987

**Credit Hours:** 3 SCH

**Contact Hours:** 96

**Mode of Instruction:** DE

**COURSE OVERVIEW**

**Course Description:**

This course 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.

**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 course-specific research project or case study).
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.

**Student Learning Outcomes:**

Upon successful completion of this course, students will:

1. Apply nutritional knowledge to analyze personal dietary intakes, to plan nutritious meals using nationally established criteria to meet recommended goals, and to evaluate food labels and the validity of nutritional claims.
2. 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.
3. Discuss functions, sources, deficiencies, and toxicities of macro- and micronutrients, including carbohydrates, lipids, proteins, water, vitamins, and minerals.
4. 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 imbalances.
5. Utilize concepts of aerobic and anaerobic energy systems, and knowledge about macronutrients, vitamins, minerals, ergogenics, and supplements and relate them to fitness and health.
6. 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 diseases.

**In our efforts to prepare students for a changing world, students may be expected to utilize computer technology while enrolled in classes, certificate, and/or degree programs. The specific requirements are listed below:**

**Note:** This course consists of 2 parts: a standard textbook, and a web-enhanced online Distance Education course (CANVAS) accessible with a login and password. Students need to read the textbook. The web-enhanced portion provides notes on material covered in the text. These notes are not designed to be a comprehensive review, but an overview of the material covered in the text and may be updated during the semester.

**ATTENDANCE POLICY:**

Although this is an online course, your attendance in the virtual classroom is mandatory. This is to avoid administrative withdrawal from the class. You will be withdrawn from the course if you have NEVER logged in to the Eagle Online course at least once before the census date.

**GETTING READY****Prerequisites:**

Math 0409 or higher placement by testing, must be placed in college level reading and writing.

**Co-requisites:** None!

**Textbook:**

Nutrition for a Changing World; AUTHORS: Pope, Nizielski, McCook; PUBLISHER: Macmillan. ISBN 9781319136468

\*\*\*At the Campus bookstores, the text is a "Custom Edition", looseleaf

**Required Material:**

LaunchPad Student Access Code by Macmillan (publisher) – the online course portal will be Instructor-specific and will be accessed through Canvas: <https://eagleonline.hccs.edu/>

Your personalized student access code for this site is stocked bundled with your text at the bookstore for a negotiated lower price for HCC students. (If you choose to purchase it online directly from the website, and the text separately, you will end up paying a higher price than at the bundled cost.)

**Learning Web:**

Helpful resources may be posted on the Learning web found at the following link: <http://learning.hccs.edu/faculty/>

**CANVAS:**

Assignments may be posted online on CANVAS found at the following link: <https://eagleonline.hccs.edu/>

**Optional Materials or Reference Texts:**

\* Biology Lab Review Pages: [hccs.edu/biologylabs](http://hccs.edu/biologylabs)

\* OpenStax Online open source: <https://openstax.org/details/books/concepts-biology>

**INSTRUCTOR GUIDELINES AND POLICIES**

**Attendance:** You are expected to attend all lecture classes and labs regularly. You are also responsible for materials covered during your absences. Instructors may be willing to consult with you for make-up assignments, but it is your responsibility to contact the instructor. 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. You may be dropped from a course after accumulating absences in excess of 12.5 percent of the total hours of instruction (lecture and lab).

For example: For a 3 credit-hour lecture class meeting 3 hours per week (48 hours of instruction), you can be dropped after 6 hours of absence.

Departments and programs governed by accreditation or certification standards may have different attendance policies.

Administrative drops are at the discretion of the instructor. Failure to withdraw officially can result in a grade of "F" or "FX" in the course.

\* Although this is an online course, your attendance in the virtual classroom is mandatory. This is to avoid administrative withdrawal from the class. You will be withdrawn from the course if you have NEVER logged in to the Eagle Online course at least once before the census date.

**ACCESS TO COURSE:**

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. Please visit the DE Technical Support website if you need additional assistance with your login.

**INSTRUCTIONAL METHODS:**

As this is an online distance education course, student initiative is required to keep up with the course. I will provide materials online in the form of class notes and Power-Points which you can use while reading the textbook. In additions to lecture exams there are quizzes for each chapter.

Learning requires active (not passive) involvement on the part of the learner, so you must come be prepared, even for a distance education course. This includes having studied and being ready to work with all reading and other materials assigned prior to attempting any assessments. Minimum preparation is taking notes and thinking about personal application of the text material.

### Instructor's Incomplete Policy

The only circumstances under which you can get an I (incomplete) is if you are too ill to take the final. Once you receive an I, to get a grade for the course, you will have to complete the material by the end of the next full semester. If you do not, the I will be converted to an F.

### Exams/Quizzes:

#### Lecture Exams:

\* There will be **4 lecture exams (50%)**

Most of these exams will be administered as Paper-pencil closed book exams @ HCC DE Testing Centers. **We are now waiting for the DE testing department's announcement for a specific Testing Center with more convenient days and hours.** More details will be provided on CANVAS once the semester begins.

- **Learning Curve** (From LaunchPad): **20%**

- **Quizzes** (from LaunchPad): **10%**

- **Project**: **10%**

\* **Departmental Comprehensive Final exam**: **10%**

- Comprehensive final will be a **closed book exam**, administered @ **HCC testing centers**. It will be worth 100 points.

--- Please check the DE website for the exact time and location: <http://de.hccs.edu/student-services/>

### \*\*\* HCC DE Testing Centers:

#### Friday:

##### Central Campus - San Jacinto Building

1300 Holman - 1st Floor

Begin your exams between 4:00pm - 9:00pm

Last Admit 7:00 pm

#### Saturday:

##### Spring Branch Campus

1010 W. Sam Houston Pkwy N (600 area)

Begin your exams between 10:00am - 3:00pm

Last Admit 1:00 pm

#### Sunday:

##### Eastside Campus

6815 Rustic (Workforce Building)

Begin your exams between 10:00am - 3:00pm

Last Admit 1:00 pm

### Study time:

Please set aside adequate time for study – you will probably need to spend **at least 6 hours per week!!!**

### Make-up Exams:

\* **No make-up exams.** If you have a **conflict** that prevents you from taking some of the exams, please **let me know ahead of time**, and you may take it **"before"** the actual exam date in one of **my classrooms (Spring Branch, or Alief depending on date and time)**.

### LETTER GRADE ASSIGNMENT:

Grading Scale	Points per semester hour
A = 100- 90	4
B = 89 - 80	3
C = 79 - 70	2
D = 69 - 60	1
F = 59 and below	0
FX (Failure due to non-attendance)	0
IP (In Progress)	0
W (Withdrawn)	0
I (Incomplete)	0

### IN CLASS TECHNOLOGY (Cell Phones, Laptops, etc.)

All phones and beepers must be turned off or be in silent (courtesy) mode. Please do not text or access you phone during class time or in the laboratory. You may not leave the room during a test to answer a phone call. Should this occur your test will be taken up immediately. I will allow the use of laptops in class, but only if you are using them for note taking

purposes. The use of computers in class for email, Facebook or any other purposes beyond appropriate course work is strictly prohibited.

### **INSTRUCTOR'S ASSURANCE**

Instructor will return all email correspondence (if you email me, please include your name and what class you are in) within a 48-hour period Monday through Friday. All exams/quizzes will be graded and scores given within a week of the exam date. Instructor will provide students with opportunity to review and discuss their exams.

**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.

### **EGLS3 (Evaluation for Greater Learning Student Survey System)**

At Houston Community College, professors believe that thoughtful student feedback is necessary to improve teaching and learning. During a designated time near the end of the term, you will be asked to answer a short online survey of research-based questions related to instruction. The anonymous results of the survey will be made available to your professors and department chairs for continual improvement of instruction. Go to [www.hccs.edu/egls3](http://www.hccs.edu/egls3) for more information.

### **REPEATING COURSES (THREE-PEAT RULE)**

As a result of recent Texas legislative changes, please be advised that HCC is charging additional tuition for students who enroll in the same class three or more times at HCC. While it is the hope of HCC that students will be successful in their first attempt at classes, we realize that life demands, academic struggles, and other issues may result in students needing to take the same class more than once. Speaking with an advisor will help you develop student success skills, improving your overall academic performance. If a student repeats a course in which a grade (A-F) has been received, the highest grade received at HCC is the permanent grade for the course and will be used in computing the GPA. All grades earned in a given course will be reflected on the transcript. Other colleges may compute the GPA differently than HCC.

### **COURSE WITHDRAWALS (6-Drop Rule)**

Students must withdraw by the withdrawal deadline in order to receive a "W" on a transcript. Final withdrawal deadlines vary each semester and/or depending on class length, please visit the online Academic Calendar, any HCC Registration Office, or any HCC advisor to determine class withdrawal deadlines.

Be certain you understand HCC policies about dropping a course and consult with a counselor/advisor to determine if withdrawing is in your best interest. It is your responsibility to withdraw officially from a class and prevent an "F" from appearing on your transcript.

Senate Bill 1231 limits the number of W's a student can have to 6 classes over the course of their entire academic career.

This policy is effective for students entering higher education for the first time in fall 2007 and subsequent terms.

Withdrawals accumulated at any other Texas public higher education institution count toward the 6-course total.

Withdrawals for certain circumstances beyond the students control may not be counted toward the 6-drop limit.

In addition, withdrawing from a course may impact your financial aid award or eligibility. Contact the Financial Aid Office or website to learn more about the impact of withdrawing on financial aid.

### **IMPORTANT DATES:**

August 27	First day of class
September 10	Attendance approval deadline
November 2	Last Day for Administrative and Student Withdrawal
December 7-9	Final Exam
December 16	Grades available to students

### **HOW TO DROP**

- If a student decides to drop or withdraw from a class upon careful review of other options, the student can drop online prior to the deadline through their HCC StudentCenter.
- HCC and/or instructors may drop students for excessive absences without notification (see Class Attendance below).
- Students should check HCC's Academic Calendar by Term for drop/withdrawal dates and deadlines. Classes of other duration (mini-term, flex-entry, 8-weeks, etc.) may have different final withdrawal deadlines. Please contact the HCC Registrar's Office at 713.718.8500 for any further question.

*Students are responsible for ensuring that they have been dropped from the course; otherwise, they will receive a grade of "F."*

## **HCCS IS COMMITTED TO YOUR SUCCESS**

### **Early Intervention Program and Services:**

**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.

### **Tutoring**

HCCS provides free online tutoring for all HCC students. **Ask Online** was replaced by **Upswing**.

### **Counseling Services**

Counseling services are available to students who are experiencing difficulty with academic issues, selection of college major, career planning, disability accommodations, or personal issues.

## **ADDITIONAL INSTRUCTOR AND INSTITUTIONAL POLICIES**

### **ACADEMIC INTEGRITY**

This instructor is committed to a high standard of academic integrity in the academic community. In becoming a part of the academic community, students are responsible for honesty and independent effort. Failure to uphold these standards includes, but is not limited to, the following: plagiarizing written work or projects, cheating on exams or assignments, collusion on an exam or project, and misrepresentation of credentials or prerequisites when registering for a course. Cheating includes 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 student who violate the standards of academic integrity.

### **STUDENT BEHAVIOR EXPECTATIONS**

Students are expected to conduct themselves appropriately while on College property or in an online environment. The instructor would institute established HCCS disciplinary action. Students who pose a threat to the safety of others will be subject to immediate withdrawal from the classroom. Please refer to the HCC Student Handbook.

### **AMERICANS WITH DISABILITIES ACT STATEMENT**

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/>

### **HCC Policy on recording devices:**

"Use of recording devices, including camera phones and tape recorders, is prohibited in classrooms, laboratories, faculty offices, and other locations where instruction, tutoring, or testing occurs. Students with disabilities who need to use a recording device as a reasonable accommodation should contact the Office for Students with Disabilities for information regarding reasonable accommodations."

### **COMPUTER VIRUS PROTECTION**

**Computer viruses are, unfortunately, a fact of life. Using removable devices on more than one computer creates the possibility of infecting computers and diskettes with a computer virus. This exposes the computers of the college, your personal computer, and any others you may be using to potentially damaging viruses. The college has aggressive anti-virus procedures in place to protect its computers, but cannot guarantee that a virus might not temporarily infect one of its machines. It is your responsibility to protect all computers under your control and use and ensure that each diskette you use, whenever or wherever you use it, has**

been scanned with anti-virus software. Since new viruses arise continually, your anti-virus software must be kept current. And, since no anti-virus software will find every virus, keeping backup copies is extremely important.

### **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/>

### **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.

Log in to: [www.edurisksolutions.org](http://www.edurisksolutions.org). Sign in using your HCC student e-mail account, then go to the button at the top right that says **Login** and enter your student number.

*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*

### **CAMPUS CARRY Statement and Website:**

"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/>."

**TENTATIVE INSTRUCTIONAL OUTLINE: This is a suggested study schedule. For exam dates, please check the calendar on CANVAS!**

I reserve the right to **change** the instructional outline if needed. Students will be informed in a timely manner of changes.

### **Lectures from Chapter(s)**

#### **Unit 1**

Class Introduction

Chapter 1: The Science and Scope of Nutrition

Chapter 2: Healthy Diets

Chapter 3: Digestion

Chapter 20: Food Safety and Food Security

**EXAM 1 (Chapters 1-3, 20) @ HCC testing center**

#### **Unit 2**

Chapter 4: Carbohydrates

Chapter 5: Nutrition and Diabetes Chapter 6: The Lipids

Chapter 7: Lipids in Health and Disease Chapter 8: Protein

Chapter 9: Plant-Based Diets

**EXAM 2 (Chapters 4-9) @ HCC testing center**

**Unit 3:**

Chapter 10: Fat-Soluble Vitamins

Chapter 11: Water-Soluble Vitamins

Chapter 13: Major Minerals and Water

Chapter 14: Trace Minerals

Chapter 12: Dietary Supplements

**EXAM 3 (Chapters 10-14) @ HCC testing center**

**Unit 4:**

Chapter 15: Energy Balance and Obesity

Chapter 16: Nutrition and Fitness

Chapter 17: Nutrition for Pregnancy, Breastfeeding and Infancy Chapter 18: Childhood Nutrition

Chapter 19: The College Years

Chapter 21: Nutrition and the Aging Adult

**EXAM 4 (Chapters 15-19, 21) @ HCC testing center**

**FINAL EXAM (Department) (Comprehensive) @ HCC testing center**





