BIOL 1430 - Nutrition
3 Credit Hours

Course Description:

The purpose of this course is to study nutrients and their relationship to human growth, development, and maintenance. Special emphasis is given to the role of foods and the nutrients they contain, with regard to the physiological, psychological, and sociological well-being of the individual. Practical analysis of food records and application of nutritional knowledge will be included.

Course Outcomes:

C-1. Use basic scientific language (includes anatomy, biology, medical, and nutrition terms) and processes, including evidence-based, logical thinking.
C-2. Identify unifying scientific principles and patterns and apply them to problems or issues, particularly those related to health/disease.
C-3. Develop and analyze data, and interpret and apply results using evidence-based, logical thinking.
C-4. Make meaningful connections between science, health, and everyday life.

Prerequisites and Corequisites:

Students will have met established entrance requirements for college level courses or will have completed appropriate transitional prerequisite courses with a C or better.

Course Topics:

Introduction to Nutrition
Sources of Nutrition Information
Basic Good Diet Concepts
Nutrition / Diet Planning Tools
Nutrition / Diet Assessment Tools
Specific Nutritional Recommendations
National and International Nutritional Recommendations
Nutrition in relationship to Cell, Tissue, Organ, and System Needs
Nutrient Digestion, Absorption, Use, Storage, Elimination
Carbohydrates
Lipids
Proteins
Vitamins
Minerals
Water
Alcohol
Supplements
Selected Health/Medical Issues and Dietary Treatments
Selected Topics within Life Cycle, Life Events, and Personal Behaviors/Choices
Food Safety

Specific Course Requirements:
None

Required Textbooks:

Please visit the Virtual Bookstore to obtain textbook information for this course. Move your cursor over the "Books" link in the navigation bar and select "Textbooks & Course Materials." Select your Program, Term, Department, and Course; then select "Submit."

Supplementary Materials:
An inexpensive calculator.

Hardware and Software Requirements:

Minimum hardware requirements can be found here.

Minimum software requirements can be found here.

Common applications you might need:
To read a PDF file download the latest version of Adobe Reader here
Don’t have Microsoft Word? Explore an alternative OpenOffice here
Accessing a PowerPoint file? Download the PowerPoint Viewer here

Web Resources:

Purdue OWL Online Writing Lab (for APA, MLA, or Chicago style)

The Writing Center Online Writer's Handbook

Student Resources:

- Technical support information can be found on the TN eCampus Help Desk page.
- Smarthinking virtual tutoring is available FREE of charge. To access Smarthinking, visit the course homepage and select Smarthinking under Course Resources. You also view sample sessions to see what Smarthinking offers and how it works.
- Information on other student issues or concerns can be located on the TN eCampus Student Resources page.

Instructor Information:

Please see "Instructor Information" in the Getting Started Module for instructor contact information, virtual office hours, and other communication information. You can expect to receive a response from the instructor within 24-48 hours unless notified of extenuating circumstances.

Testing Procedures:

Note: Testing for the online course is online at any location with internet and Respondus Lockdown Browser access for the semester tests and at an approved Test Proctor Site for the final exam.

Online Format Tests:
Four 120-minute (2 hours) online Semester tests made up of objective, fill-in-the-blank, short answer, calculations, and/or discussion questions or any combination thereof will be given following each unit of study.
One 120-minute (2 hours) online Proctored Comprehensive Final Exam will be given at the end of the semester.
Semester Test and Final Exam questions will be directly related to and compiled from information covered in the text and course materials. Short answer, calculations, and discussion questions will be scored based on thoroughness and accuracy.
1. There will be **No Make-Up Tests or Exams** offered; any missed semester tests or final exams will have a grade of zero (0) recorded.

2. With prior arrangements, it **may** be possible to take a semester test or final exam prior to the scheduled time if a **valid reason** is given. If a semester test or final exam is missed, it will be assigned a grade of zero (0).

3. The lowest grade on a semester test will be replaced at the end of the semester with the grade obtained on the course final examination if it is to the student's advantage.

4. **No Make-Ups:** It is the course policy that there are no make-up tests (or graded activities). There are no exceptions. If you miss a semester test, your comprehensive final exam's score will be used for that missed test's score. If you miss more than one semester test, you will receive a zero (0) for those additional missed test scores.

5. **If you do not miss any semester tests,** your course final exam score can **replace your lowest semester test score** if it will bring up your course grade. Therefore, it is in your best interest to take all semester tests and the course final exam.

6. If you fail to make timely proctored final exam arrangements or fail to submit a proctored final exam, your course grade is a zero/the grade letter F. **The appointment times at proctor sites are limited so make these arrangements as soon as the proctor site will allow you to do so.**

**Graded and Non-Graded Activities:** Graded and non-graded activities (homework) are provided throughout the semester. These activities may or may not directly earn points. All activities are designed to assist the student with learning, understanding, and applying course information. These activities give each individual student hands-on practice and opportunities to learn concepts as well as develop and practice critical thinking skills. Graded and non-graded activities provide opportunities for the student to evaluate nutrition information and practice using nutrition terminology.

Graded Activity points are incorporated into the total number of points possible for the course. See the Grade calculations below. Graded Activities include the two Orientation Quizzes (Nutrition Mastery Skills Quiz and the Orientation and Policy Agreement Quiz), the MyPyramid Activity, The Special Topics Activity, and Discussion Board Chapter Postings for Chapters 1 - 6, 8 -9 and the Alcohol section.

**No-Make-Up Policy** This course has a **No-Make-Up Policy.** If an activity, semester test, or final exam deadline is missed, there is **NO** makeup or extended time allowed the student to complete and submit the missed item. That "missed deadline" graded item opportunity is simply lost to the student at that point. Students are expected to check into this course on a regular basis and to use the current semester's **Schedule For Submission Deadlines For Activities, Semester Tests And Final Exam.** Failure to check into this course such that announcements (ex. about assignment due dates or test/exam dates) are missed will **NOT** constitute a reason for work to be accepted late or for additional time on graded activities, semester tests or final exam to be given. It is the student's responsibility to catch up on all course work (other than missed deadlines for graded items) and announcements missed due to absence from this online course.
Online Format Courses:
As only the online comprehensive final exam is proctored, the following specific requirement applies.

In order for the student to pass this online course, the student must achieve a minimum of 70% of the total number of points included on the proctored comprehensive final examination.

The following items would provide opportunities to earn a total of 521 course points.

1. Four Semester Tests - worth 100 points each
2. One Comprehensive Final Exam - worth 100 points
3. The comprehensive final exam can replace one semester test grade if it is to the student's advantage and the student has made 70 or better on the final exam. (for example: this would benefit a student who misses or does poorly on a single semester test)
4. Activities totaling 21 points
   a. Two Orientation Quizzes - 2 points
   b. MyPyramid Activity - 5 points
   c. Chapter Discussion Boards - 9 points
   d. Special Topics Activity - 5 points
5. Use one of the two following tables to determine your final course letter grade. The first table is based upon your final exam score of 70 or more points earned. The second table is based upon your final exam points plus your Special Topics Activity points when together the total number of points earned equal less than 70 points.

If 70% or more of total test points on the proctored final comprehensive examination (or proctored final comprehensive examination plus the Special Topics Activity points) is earned, all other graded course work will contribute toward the student's final course grade.

Grading Procedures:

Graded and Non-Graded Activities: Graded and non-graded activities (homework) are provided throughout the semester. These activities may or may not directly earn points. All activities are designed to assist the student with learning, understanding, and applying course information. These activities give each individual student hands-on practice and opportunities to learn concepts as well as develop and practice critical thinking skills. Graded and non-graded activities provide opportunities for the student to evaluate nutrition information and practice using nutrition terminology.

Graded Activity points are incorporated into the total number of points possible for the course. See the Grade calculations below. Graded Activities include the two Orientation Quizzes (Nutrition Mastery Skills Quiz and the Orientation and Policy Agreement Quiz), the MyPyramid
Activity, The Special Topics Activity, and Discussion Board Chapter Postings for Chapters 1 - 6, 8 - 9 and the Alcohol section.

**Grading Scale:**

**Grading Scale for Proctored Comprehensive Final Exam if 70% or greater of points have been earned:**

<table>
<thead>
<tr>
<th>Letter Grade</th>
<th>Percent of Course Points earned</th>
<th>Number of Course Points based upon a total of 521 points*</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>90 - 100%</td>
<td>469 - 521 points</td>
</tr>
<tr>
<td>B</td>
<td>80 - 89%</td>
<td>417 - 468 points</td>
</tr>
<tr>
<td>C</td>
<td>70 - 79%</td>
<td>365 - 416 points</td>
</tr>
<tr>
<td>D</td>
<td>65 - 69%</td>
<td>339 - 364 points</td>
</tr>
<tr>
<td>F</td>
<td>Below 65%</td>
<td>0 - 338 points</td>
</tr>
</tbody>
</table>

If the 70% of total test points on the proctored final comprehensive examination is **NOT** achieved, no other course work other than the Special Topics Activity points will contribute toward the student's final course grade. The Grading Scale below will be used according to the student's Final Exam score if the 70% of total test points on the final comprehensive examination (plus Special Topics Activity points) is not achieved. **Grading Scale for Proctored Comprehensive Final Exam if LESS THAN 70% of points have been earned:**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Points Earned</th>
</tr>
</thead>
<tbody>
<tr>
<td>D</td>
<td>65 - 69 points earned on the proctored comprehensive final exam (plus Special Topics Activity points)</td>
</tr>
<tr>
<td>F</td>
<td>Below 65 points earned on the proctored comprehensive final exam (plus Special Topics Activity points)</td>
</tr>
</tbody>
</table>

If you, the student, fail to make timely proctored final exam arrangements such that you cannot take the final exam within the window of availability or fail to submit a proctored final exam, your course grade is a zero/the grade letter F.

**Grading Scale:** The course grading policy conforms to the grading policy stated in the College Catalog (Academic Regulations) at the Chattanooga State Community College from where this course originates. Summary of the Letter Grades:
**College Wide Grading Scale**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>90 - 100%</td>
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<td>B</td>
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</tr>
<tr>
<td>C</td>
<td>70 - 79%</td>
</tr>
<tr>
<td>D</td>
<td>65 - 69%</td>
</tr>
<tr>
<td>F</td>
<td>Below 65%</td>
</tr>
</tbody>
</table>

**Final grades are based upon points earned in this course.** All students will be treated equally and fairly, and all grades will be calculated in the same way, regardless of extenuating circumstances or any reason not related to your actual performance in the course. However much the instructor may sympathize with your personal circumstances, instructors never consider them to be a basis for grade assignments.

Please do **NOT** telephone your teacher for grades. (It is illegal for teachers to give out grade information over the telephone.) A common practice by the Nutrition Teachers is to post letter grades with the final exam in the course grade book at the end of the semester after final exams have been graded.

**Dropping the Course:** Students who decide to "drop" a course during the semester should **NOT** just stop coming to class or checking in online. Instead, they should go to the Records Office their college or university and complete the necessary paperwork/pay the necessary fee to change enrollment status to the following option:

**Assignments and Projects:**

**Instructional Activities:**
During this course a student will have the opportunity to actively participate in:

I-1. Lecture notes richly interspersed with questioning and Interactive Reading Questions to facilitate discussion (C-1,2,3,4)
I-2. Lecture linking course content to current events (C-1,2,3,4)
I-3. Reading the text and other course related resources (C-1,2,3,4)
I-4. Use of online and other digital course-support resources (C-1,2,3,4)
I-5. Course practice activities designed to assist the development of basic knowledge (C-1,2,3,4)
I-6. Course practice activities, including case studies, to assist in the development of critical thinking skills (C-1,2,3,4)
I-7. Course practice activities, including case studies, to assist in the development of application skills (C-1,2,3,4)
I-8. Quizzes, unit tests, and exams (C-1,2,3,4)
I-9. Learning styles assessment (C-1,4)
Communication (including e-mail and discussion board postings) with teachers/peers (C-1, 4)

Note: Instruction will focus on information, computations, and planning skills basic to nutrition, as well as the physiological, psychological, and sociological ramifications of nutrition on the well-being of the individual and society. More specific learning objectives are available for student use via the course website. Consult your teacher for more information.

IV. Student Outcomes: Upon successful completion of this course, a student should be able to:

SO-1. Recognize and demonstrate a conceptual understanding of basic nutrition terms, concepts/principles, nutrient food sources, processes, and methods as assessed through questioning and successful completion of written assignments, quizzes, semester tests, and final exam. (I-1,2,3,4,5,8)

SO-2. Relate/apply basic nutrition terms, concepts/principles, nutrient and non-nutrient food sources, cultural, social, and economic relationships, and methods to problem solving, health and disease, and everyday life as assessed through questioning and successful completion of assignments, practice activities including case studies, quizzes, semester tests, and final exam. (I-1,3,4,5,6,7,8)

SO-3. Recognize, describe, and use nutrition assessment and diet planning tools as assessed through questioning and successful completion of activities, assignments, quizzes, semester tests, and final exam. (I-1,3,4,5,6,7,8)

SO-4. Evaluate sources of nutrition information to determine if information is reliable, clinically relevant information as assessed through successful completion of practice activities including case studies, quizzes, semester tests, and final exam. (I-1,2,3,4,8)

SO-5. Respond thoughtfully and logically to lecture teacher's oral and written questions. (I-1,5,6,7,8)

SO-6. Attend to detail, follow oral and written directions, and demonstrate self-discipline by completing all course requirements thoughtfully and on time. (I-1,2,3,4,5,6,7,8,9,10)

NOTE: More specific learning objectives are available for student use via the course website. Consult your teacher for more information.

Late Policy:

None
Course Ground Rules:

The following two statements (1., 2.) were derived from the TBR System-wide Student Rules document, released January 2012:

RULES OF THE TENNESSEE BOARD OF REGENTS STATE UNIVERSITY AND COMMUNITY COLLEGE SYSTEM OF TENNESSEE SYSTEMWIDE STUDENT RULES CHAPTER 0240-02-03 STUDENT CONDUCT AND DISCIPLINARY SANCTIONS

Read the document in its entirety here.

1. Standards of Conduct:

   • Students are required to adhere to the same professional, legal and ethical standards of conduct online as on campus. In addition, students should conform to generally accepted standards of "netiquette" while sending e-mail, posting comments to the discussion board, and while participating in other means of communicating online. Specifically, students should refrain from inappropriate and/or offensive language, comments and actions.

2. Review the TN eCampus Academic Integrity/Academic Honesty Policy:

   • In their academic activities, students are expected to maintain high standards of honesty and integrity. Academic dishonesty is prohibited.

Such conduct includes, but is not limited to:

   • an attempt by one or more students to use unauthorized information in the taking of an exam
   • to submit as one’s own work, themes, reports, drawings, laboratory notes, computer programs, or other products prepared by another person,
   • or to knowingly assist another student in obtaining or using unauthorized materials.

Plagiarism, cheating, and other forms of academic dishonesty are prohibited.

Students guilty of academic misconduct, either directly or indirectly through participation or assistance, are subject to disciplinary action through the regular procedures of the student’s home institution. Refer to the student handbook provided by your home institution to review the student conduct policy.

In addition to other possible disciplinary sanctions that may be imposed, the instructor has the authority to assign an "F" or zero for an activity or to assign an "F" for the course.
Other Course Rules:

Students are expected to:

- Participate in all aspects of the course
- Communicate with other students
- Learn how to navigate in Brightspace
- Keep abreast of course announcements
- Use the assigned course management (Brightspace) email address rather than a personal email address
- Address technical problems immediately:
  - Contact Technical Support
  - View Term Calendar here
- Observe course netiquette at all times.

Guidelines for Communications:

Email:

- Always include a subject line.
- Remember without facial expressions some comments may be taken the wrong way. Be careful in wording your emails. Use of emoticons might be helpful in some cases.
- Use standard fonts.
- Do not send large attachments without permission.
- Special formatting such as centering, audio messages, tables, html, etc. should be avoided unless necessary to complete an assignment or other communication.
- Respect the privacy of other class members

Discussions:

- Review the discussion threads thoroughly before entering the discussion. Be a lurker then a discussant.
- Try to maintain threads by using the "Reply" button rather starting a new topic.
- Do not make insulting or inflammatory statements to other members of the discussion group. Be respectful of other’s ideas.
- Be patient and read the comments of other group members thoroughly before entering your remarks.
- Be cooperative with group leaders in completing assigned tasks.
- Be positive and constructive in group discussions.
- Respond in a thoughtful and timely manner.
Library:

The Tennessee Virtual Library is available to all students enrolled in TN eCampus programs and courses. Links to library materials (such as electronic journals, databases, interlibrary loans, digital reserves, dictionaries, encyclopedias, maps, and librarian support) and Internet resources needed by learners to complete online assignments and as background reading will be included within the course modules. To access the Virtual Library, go to the course homepage and select the Virtual Library link under Course Resources.

Students with Disabilities:

Qualified students with disabilities will be provided reasonable and necessary academic accommodations if determined eligible by the appropriate disability services staff at their home institution. Prior to granting disability accommodations in this course, the instructor must receive written verification of a student's eligibility for specific accommodations from the disability services staff at the home institution. It is the student's responsibility to initiate contact with their home institution's disability services staff and to follow the established procedures for having the accommodation notice sent to the instructor.

Syllabus Changes:

The instructor reserves the right to make changes as necessary to this syllabus. If changes are necessitated during the term of the course, the instructor will immediately notify students of such changes both by individual email communication and posting both notification and nature of change(s) on the course bulletin board.

Disclaimer

The information contained in this syllabus is for general information purposes only. While we endeavor to keep this information up-to-date and accurate, there may be some discrepancies between this syllabus and the one found in your online course. The syllabus of record is the one found in your online course. Please make sure you read the syllabus in your course at the beginning of the semester. Questions regarding course content should be directed to your instructor.