

Course Syllabus

NOTE: This syllabus is subject to change during the semester. Please check this syllabus on a regular basis for any updates.

Department : Biology
Course Title : Nutrition and Diet Therapy
Section Name : BIOL_1322_WB
Start Date : 01/19/2012
End Date : 05/10/2012
Modality : Web course
Credits : 3

Instructor Information

Name : Thomas Crawford
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OC Phone # : (432) 335-6805



Course Description

This course is the study of the chemical, physical and sensory properties of food; nutritional quality; and food use and diet applications. Carbohydrates, lipids, proteins, vitamins, minerals and water are discussed. **This course can not be used to satisfy any laboratory requirements.**

Prerequisites/Corequisites

Pass reading on THEA or COMPASS or by passing the developmental reading sequence.

Scans

SCANS 1, 2, 6, 8, 9

Course Objectives

1. Learner will be able to recognize legitimate food advertising and health claims.
 2. Learner will be able to identify the macromolecules and micro molecules needed for nutritional dietary intake.
 3. Learner will understand the basic principles of digestion and how nutrients are delivered to body tissues
 4. Learner will be able to identify major classes of nutrients: Carbohydrates, proteins, lipids, nucleic acids as well as know the roles of vitamins and minerals in the body.
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Make-ups: A comprehensive make-up exam may be given to replace a missed exam. If a family crisis, severe illness, or other emergency causes you to miss an exam, it is **your** responsibility to make arrangements for a make-up exam to be taken before the next class meeting following the missed exam, OR you may take the comprehensive make-up at the end of the semester. These are the only two choices.

Plagiarism: Any work submitted for a grade that is not the individual learner's original work will be subject to a grade of zero and/or dismissal from the course with a grade of F, as determined by the instructor.

Grievances: Odessa College policy requires that learner grievances first be discussed with the instructor. Unresolved issues may then be discussed with the instructor's immediate supervisor.

Required Readings/Materials

a) You must purchase the following **required** readings/materials:

Textbook: *Nutrition From Science To You*, by Joan Salge Blake.

Course Requirements (Lectures, Assignments and Assessments)

Lecture, Classroom assignments, Web based assignments,
Exams

***NOTE: The due dates are subject to change. Please check this syllabus on a regular basis for any updates.**

Item(Name)	Type	Description
Chapters 1	Lecture	Intro to Class; Ch. 1: What Is Nutrition
Chapter 2	Lecture	Ch.2: Tools For Healthy Eating
Chapters 3	Lecture	Ch. 3: Digestion, Absorption and Transport
Exam 1	Exam	(Chapters 1 - 3)
Chapter 4	Lecture	Ch 4: Carbohydrates: Starches sugars and Fiber
Chapter 5	Lecture	Ch.5: Fats, Oils, and Other Lipids
Chapters 6	Lecture	Ch.6: Proteins and Amino Acids
Exam 2	Exam	(Chapters4 - 6)
Chapter 7, 8	Lecture	Ch.7: Alcohol, Ch. 8: Your Body's Metabolism
Chapter 8, 9	Lecture	Ch.9: Fat Soluble Vitamins, Ch. 10: Water-Soluble Vitamins
Exam 3	Exam	(Chapters 7,8, 9, 10)
Chapter 11	Lecture	Ch.11: Water
Chapter 12, 13	Lecture	Ch.12: Major Minerals: What are They and Why Do You Need Them, Ch.
Chapters 15, 16	Lecture	Ch. 15: Weight Management and Disordered Eating, Ch. 16: Nutrition a
Exam 4	Exam	Chapters 11, 12, 13, 15, 16)
Final Exam	Exam	Comprehensive Final Exam

Grading Policy

There will be many chapter quizzes during the semester worth 50% of the class grade. Each Quiz may be attempted twice. The quizzes are graded on a pass/fail basis; the actual quiz score does not affect the student's grade. The successful student will research the correct answers for all quiz questions and understand that **MOST IF NOT ALL EXAM QUESTIONS WILL COME FROM THE CHAPTER QUIZZES**. All quizzes and exams will be administered through Blackboard (online). All quizzes have a due date of **Monday morning 7:00am**. Since student's have an entire week to complete the quizzes, there will be no makeup given for quizzes.

The other 50% of a student's total score will be averaged from 4 lecture exams and 1 final exam as follows:

Lecture Exams

(400pts)

Final Exam:

(150pts)

Percentage %	Grade
90+	A
80- 89	B
70- 79	C
60- 69	D
<59	F

Hardware/Software requirements

Computer:

A minimum of 512 MB RAM, 1 GB of free disk space, 866 MHz or higher recommended, and a monitor capable of at least 800 x 600 resolution.

Peripherals:

Speakers or headphones will be needed to listen to audio files. You should have access to a microphone or webcam that provides you with the ability to record your voice for a possible assignment later in the semester.

Anti-virus software/firewall:

Anti-virus software is highly recommended. Online courses involve a significant amount of file sharing, which increases your risk of getting a virus. Anti-virus software will help protect your computer in case of exposure to a computer virus. You may also consider using a firewall as added protection.

Other software:

You may need to view course content that is in the form of Microsoft Word and Microsoft PowerPoint documents. There are videos in the course, which will view using [Windows Media Player](#), [QuickTime](#) or [Real Player](#). There are also short videos on the publisher's website that require [Adobe's Shockwave Player](#).

Internet connection:

A high-speed (Cable or DSL) connection is necessary for this course. If you do not have a broadband connection you may use a computer on campus for certain assignments.

Browser and settings:

You may use Mozilla's Firefox, Microsoft's Internet Explorer, or Apple's Safari for web browsing within Blackboard. Microsoft's Internet Explorer seems to work best for viewing the Tegrity lectures on your computer. Whichever platform you use, make sure to enable Cookies and to disable any pop-up blockers (like yahoo or Google toolbars include), so you can view Tegrity recordings.

This is not a self-paced course:

The course will be presented in Modules. A Module contains assignments and other materials to be covered during a specific period of time. For example: Module 1 contains assignments from Chapters 1, 2 and 3. This Module spans from Week 1 through Week 4. A Lecture Examination will be available the Friday after the Module closes. Example: Module 1 ends Monday, Feb. 6th; therefore, the Module 1 Exam will open on Friday, Feb 10th and be available through Monday, Feb. 13th at 7am.

Assignment Due Dates:

Our typical work week will begin on Tuesday and end on Monday. Assignments for the week are due each Monday at 7am. For Example: Week 1 begins on Tuesday, June 7 and ends on Monday, June 13. Week 2 will begin on Tuesday, June 14 and end on Monday, June 20. Having

course materials online gives the student the flexibility to utilize the full-week in our course. The accommodation of various student schedules is an essential part of the online method of education. With this in mind you should be aware that there is a significant deduction for each day an assignment is late. Assignments will not be accepted after they are more than three days late. I highly suggest you DO NOT wait until the day assignments are due to submit them.

If you consider dropping this course, please discuss your reasons with me prior to withdrawing from the course. Students that began their college experience as freshman in the fall 2007 or later can only withdraw from 6 classes in their entire undergraduate college career.

Exams:

An online Lecture Exam will be given after each of the four Modules. Exams may be taken from your home computer. You may use your book and notes on an exam. All exams are timed and there is a significant penalty for going over the time limit. You are not allowed to copy or print exams or use another person for help - including, but not limited to telling students what questions to expect on the exam. Doing so will be considered cheating and you will be removed from the course. The Respondus Lockdown browser is required to be installed on your computer before you will be allowed to take any quiz or examination. This small program will take away your computers ability to copy/paste or screen capture during an examination or quiz. The lockdown browser also takes away right click mouse capability and will force you to submit an exam before you can close the window. Please be sure you are ready to take a quiz/exam before you open them.

Makeup Exams:

Since technology errors do occur from time to time, you should be aware of the following policy. If your exam does not submit properly you will be given the opportunity to take a makeup exam. All makeup exams will be proctored and must be taken in a College Testing Center without a book or notes. The Makeup Exam is a different exam than the normal test. Makeup exams may be essay exams. Depending on the college in your area, there may be a fee for this service.

Final Exam:

The Final Exam is a comprehensive exam covering the course. The Final Exam consists of all of the information presented throughout the entire semester. The exam will be open for 2-3 days during finals week. No official review is provided for the final exam, since everything that is presented during the semester is important to your knowledge of nutrition. Keeping organized notes throughout the semester will really help you when it comes time to study for the Final Exam.

Tutoring

The Student Success Center located on the first floor of the LRC is the tutoring center. Distance ed. students can access the tutoring center website by following this link: [Student Success Center](#). Online Tutoring services are available.

Local students are encouraged to personally visit the tutor lab called Synapse in room 117 of Wilkerson Hall. A student I.D. is required for participation in the Synapse lab. Synapse lab hours of operation will be posted outside of the door at room WH 117. If you attend the Synapse lab, please ask a tutor to help you log in and identify yourself as a web student.

E-mail policy:

Students enrolled in Odessa College must use an Odessa College student email address for correspondence in online courses. The college has already created this email address for you. DO NOT use the email link in Blackboard to send email to your professor. Follow the Student Email link on the OC Homepage for information on how to access your email account. Detailed instructions for naming assignments, etc. can be found within the Course Information Tab on Blackboard within a document titled "Student Email Information AP1". Keep in mind that Email is the primary method of contact in this course; therefore, students should remember to check their student email account for replies from the professor. Additionally, many assignments will be submitted as emails from your student account.

Please note: your assignments should NOT be sent as attachments... the assignment/information should be included within the main body of the email message.

Special Needs

Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If you have any special needs or issues pertaining to your access to and participation in this or any other class at Odessa College, please feel free to contact me to discuss your concerns. You may also call the Office of Disability services at 432-335-6861 to request assistance and accommodations.

Learning Resource Center (Library)

The Library, known as the [Learning Resources Center](#), provides research assistance via the [LRC's catalogue \(print books, videos, e-books\)](#) and [databases \(journal and magazine articles\)](#). [Research guides](#) covering specific subject areas, [tutorials](#), and the ["Ask a Librarian"](#) service provide additional help.

Student E-mail

Please access your [Odessa College Student E-mail](http://www.odessa.edu/gmail/), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

Student Portal

Please access your [Odessa College Student E-mail](http://www.odessa.edu/gmail/), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

Technical Support

For Blackboard username and password help and for help accessing your online course availability and student email account contact the Student Success Center at 432-335-6878 or online at https://www.odessa.edu/dept/ssc/helpdesk_form.htm.

Important School Policies

For information regarding student support services, academic dishonesty, disciplinary actions, special accommodations, or student's and instructors' right to academic freedom can be found in the [Odessa College Student Handbook](#).

Respondus Lockdown Browser

The Respondus lockdown browser is a small program that must be installed on your computer before taking any quizzes or exams at home. This program denies the user copy/paste and print screen capabilities. This means a paper and pen will come in handy to record the negative feedback given from each missed question on a quiz.