



**BIOL 1322.001IN**  
**Nutrition and Diet Therapy**  
**Fall 2023**

**Instructor Information: Leeann Pollard**

E-mail: [lpollard@com.edu](mailto:lpollard@com.edu) (preferred method of communication)  
832-324-5398

**Student hours and location:**

**Office Hours:** Wednesdays 5:00pm-5:45pm

**Virtual Student Hours:** During my virtual student hours, I will respond to emails as quickly as they come in and I can during those times. I will be available to meet with you through Microsoft Teams, but you will need to contact me ahead of time to schedule the meeting.

**Office:** STEM342

**Required Textbook, Materials, and Resources:**

JS Blake *Nutrition & You* (5<sup>th</sup> edition) e-text with Modified MasteringNutrition. Pearson. ISBN: 9780134579665 **Note: The e-book and Modified MasteringNutrition are purchased at the time of registration, and you will gain access to the online materials once you are in Brightspace/D2L when classes begin.**

**Required Online Resources**

- COM (College of the Mainland) Brightspace/D2L: <http://com.brightspace.com>. COM Brightspace/D2L will be used for online activities and more. All class resources are available through Brightspace/D2L.
- Respondus Lockdown Browser with Webcam for Respondus Monitor – Respondus can be accessed through Brightspace/D2L **and students must have Respondus and a webcam for completing exams.**
- Modified Mastering Nutrition with e-text – **Login will be completed through Brightspace/D2L.** You will have several assignments on Mastering Biology for each topic covered.

**Required Materials**

- An inexpensive calculator (cannot use cell phones or other devices for calculations)

**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.

**Course requirements:**

1. MasteringNutrition – you will have numerous assignments within MasteringNutrition.
2. Diet Analysis Project - The Diet Analysis Project is a multi-part project that provides experience with documenting diets, analyzing diets, modifying diets, and teamwork through case-studies and self-analysis. There are two parts in the case-study project and two parts in the self-study project of the Diet Analysis Project. More details are provided in Brightspace/D2L. **WARNING:** Each part of the project depends on the successful completion of the previous part. As such, each part of the project is only available after successful completion of the preceding part. If you fail to successfully complete any part, you will not locate subsequent parts because they are unavailable. In effect, you have failed the subsequent parts of the assignment and forfeited those points.

For the case-study project you will:

- **Diet Analysis Project 1: Case-study** – The case-study project has two assessments, the MyDietAnalysis Case-Study Questions (10 points) and the Case-study Group Analysis and Recommendations (50 points). The first assessment, the MyDietAnalysis Case-study Questions, involves entering data into MyDietAnalysis and analyzing information for Nadia and Laurie to answer questions in MasteringNutrition. The second assessment in the case-study project is the Case-study Group Analysis and Recommendations. Using discussions, you will create an initial post to present your answer to the various questions and then you will respond to other students posts regarding their answers.

For the self-analysis part of the project, you will:

1. Create a Three-day Average Report from a food log in MyDietAnalysis and answer intro questions. (20 points)  
The first assessment for the self-study project involves generating a report of your diet for three days by entering the information from your journal into MyDietAnalysis through Mastering Nutrition. This assignment is found in MasteringNutrition and named MyDietAnalysis 3-Day Food Record and Personalized Dietary Analysis: An Introduction. Each student will create a three-day diet journal that:
  - provides a detailed description of the foods and beverages (including water) consumed (e.g., brand, composition, etc.).
  - provides the portion of foods eaten and beverages consumed (e.g., grams, ounces, cups, etc.)
  - provides the meal when the food and the beverage was consumed (e.g., breakfast, lunch, dinner, or snack)
  - create a personal profile in MyDietAnalysis
  - use the journal entries to enter the foods eaten and beverages imbibed into software
  - Answer the questions in the MasteringNutrition assignment
2. Analyze the results from the Three-day Average Report. (80 points)  
The information needed to generate your Three-day Average Report is obtained from your diet journal entries. For the second assessment in the self-study project, you will answer questions in Mastering Nutrition related to specific nutritional aspects of your diet from information generated in the report or from information in your textbook. The answers to the questions depend on the information from your Diet Analysis Self-study 3-day Average Report.

### **Determination of Course Grade/Detailed Grading Formula**

1. Exams (400 points) - There will be four exams (100 points each) given during the semester. The tests are composed of calculation, matching, multiple choice, true/false, and short-answer style questions.
2. Final Exam (150 points) – At the end of the semester, a comprehensive Final exam will be given that covers all the material from the course. Questions will consist of calculations, matching, multiple choice, true/false, and short answer style questions.
3. Diet Analysis Project (160 points) – The Diet Analysis Project is a two-part project that provides experience with documenting diets, analyzing diets, modifying diets, and teamwork through case-studies and self-analysis.
4. MasteringNutrition Chapter Activity (140 points) – each chapter has an associated Mastering activity worth 10 points.
5. Online Activities (200 points) – various assignments will be provided as a google form on the classroom platform.

### **Grading Formula:**

Exams	400 Points
Final Exam	150 Points
Diet Analysis Project	160 Points
MasteringNutrition Chapter Activities	140 Points
In Class Activities	200 Points
<b>Total Possible Points</b>	<b>1050 Points</b>

## Grading Scale

Final grades assigned for this course will be based on total points earned and are assigned as follows:

Letter Grade	Grade Average
A	89.5% - 100%
B	79.5% - 89.4%
C	69.5% - 79.4%
D	59.5% - 69.4%
F	0 – 59.4%

### **Late Work, Make-Up, and Extra-Credit Policy: Any deviations from the policies described below are at the instructor's discretion.**

**Late Work Policy:** The course is designed to accommodate some of life's mishaps, difficulties, or tragedies by providing extended deadlines for selected assignments. All extensions are at the discretion of the professor. If provided, after the extended deadline has passed, the assignment is closed, and the link may be removed. Expect that no additional time will be provided.

- Mastering Nutrition Activities have an extended deadline that results in a 10% loss of points for the late assignment. After missing the initial deadline, the maximum grade is 90%. The extended deadlines are listed in the course outline. Please use the course outline to help schedule your time for the course to assure that you meet the assignment and assessment deadlines.
- Exams and the Diet Analysis Project are an exception and have no extended deadline.
- Online Worksheets have no extended deadline.

#### **Make-Up Policy:**

This course does not allow make-up work. Chapter activities do not have a make-up policy due to the extended deadline. Exams and the Diet Analysis Project are open for ample time to complete work. Deviations from this policy are at the sole discretion of the professor.

**Extra-Credit Policy:** During the semester there will be opportunities for extra credit. Students are responsible for submitting any extra credit work by the due date and no late work for extra credit will be accepted.

**Attendance Policy:** Students are expected to actively participate in their online course. In order to be counted as present in the online portion of this course, you must log in at least 2 times per week to participate in the class, complete assignments, print notes, or complete quizzes. This policy follows the attendance policies prescribed in the 2018-2019 College Catalog (<http://coursecatalog.com.edu/>). Failing to log in to Brightspace/D2L, failing to log in to Mastering Nutrition, or failing to complete your work as scheduled demonstrates insufficient progress towards obtaining the course goals (objectives) and is detrimental to learning course material.

**Communicating with your instructor:** ALL electronic communication with the instructor must be through your COM email. Due to FERPA restrictions, faculty cannot share any information about performance in the class through other electronic means. Responses can be expected within 24 hours during the week or 48 hours (about 2 days) if it is the weekend.

Student Learner Outcome
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.

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| 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.               |

**Academic Dishonesty:** Any incident of academic policy will be dealt with in accordance with college policy and the Student Handbook. Academic dishonesty – such as cheating on exams is an extremely serious offense and will result in a **grade of zero** on that exam and the student will be referred to the Office of Student Conduct for appropriate discipline action.

**Plagiarism:** is using someone else's words or ideas and claiming them as your own. Plagiarism is a profoundly serious offense. Plagiarism includes paraphrasing someone else's words without giving proper citation, copying directly from a website, and pasting it into your paper, using someone else's words without quotation marks. Any assignment containing plagiarized material will receive zero, and the student will be referred to the Office of Student Conduct for appropriate discipline action. **Link(s) to resource(s) about avoiding plagiarism:**

<https://owl.english.purdue.edu/owl/resource/589/01/>

**Student Concerns:** If you have any questions or concerns about any aspect of this course, please contact me using the contact information previously provided. If, after discussing your concern with me, you continue to have questions, please contact the Department of Science and Engineering Chair, Sheena Abernathy at (409)933-8330 or [sabernathy@com.edu](mailto:sabernathy@com.edu)

**Online Classroom Conduct Policy:** College of the Mainland requires that students enrolled at COM be familiar with the Standards of Student Conduct, which can be found in the on-line Student Handbook. <http://www.com.edu/student-services/student-handbook.php>. Students are expected to be familiar with and abide by the Student Code of Conduct. Any violations of the Code of Conduct will result in a referral to the Dean of Students and may result in dismissal from this class.

<b>Course policies are subject to change.</b> It is the student's responsibility to check Brightspace/D2L for corrections or updates to the syllabus. Any changes will be posted in Brightspace/D2L
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**BIOL 1322IN FALL 2023 Tentative Course Outline**

2023		August				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30 Review Syllabus Practice Exam	31 Chapter 1	01	02	03

2023		September				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	31	01 Chapt. 2	02	03
04 Chapt 1 & 2 Act due	05	06 Chapter 3	07	08	09	10
11 Chapter 3 Act Due	12	13 Chapter 4	14	15	16	17
18 Chapter 4 Act Due	19	20 <b>EXAM 1- (Ch. 1-3)</b>	21	22	23	24
25	26	27 Chapter 5 Diet Analysis CaseStudy Part 1 Due	28	29	30	01

# 2023

# October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25	26	27	28	29	30	01
02 Chapter 5 Act Due	03	04 Chapter 6 Macronutrient Worksheet	05	06	07	08
09 Chapter 6 Activity Due	10	11 Chapter 7 "W" Day	12	13	14	15
16 Chapter 7 Act Due	17	18 <b>Exam 2 (Ch. 4-6)</b> Diet Analysis CaseStudy Part 2 Group Discussion Initial Posts Due	19	20	21	22
23	24	25 Chapter 8 Diet Analysis CaseStudy Part 2 Group Discussion Response Posts Due	26	27	28	29
30 Chapter 8 Act Due	31	Notes:				

# 2023

# November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31	01 Chapter 9 Micronutrient worksheet	02	03	04	05
06 Chapter 9 Act Due Diet Analysis Case-Study Part 1 Due	07	08 Chapter 10 Healthy Weight Worksheet	09	10	11	12
13 Chapter 10 Act Due	14	15 <b>EXAM 3 (Ch. 7-10)</b>	16	17 Chapter 11	18	19
20 Chapter 11 Act Due	21	22 Chapter 13	23	24 Chapter 14 Food Safety Worksheet	25	26
27 Chapter 13 & 14 Act Due	28 W-Day	29 Chapter 15	30	01	02	03

2023		December				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	01 Diet Analysis Self Study Part 2 Due	02	03
04 Chapter 15 Act Due	05	06 EXAM 4 (Ch. 11, 13-15)	07	08	09	10
11	12	13 FINAL EXAM	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## Institutional Policies and Guidelines

**Grade Appeal Process: Concerns** about the accuracy of grades should first be discussed with the instructor. A request for a change of grade is a formal request and must be made within six months of the grade assignment. Directions for filing an appeal can be found in the student handbook [https://www.com.edu/student-services/docs/Student\\_Handbook\\_2023-2024\\_v2.pdf](https://www.com.edu/student-services/docs/Student_Handbook_2023-2024_v2.pdf). *An appeal will not be considered because of general dissatisfaction with a grade, penalty, or outcome of a course. Disagreement with the instructor’s professional judgment of the quality of the student’s work and performance is also not an admissible basis for a grade appeal.*

**Academic Success & Support Services: College** of the Mainland is committed to providing students with the necessary support and tools for success in their college careers. Support is offered through our Tutoring Services, Library, Counseling, and through Student Services. Please discuss any concerns with your faculty or an advisor.

**ADA Statement:** Any student with a documented disability needing academic accommodation is requested to contact Kimberly Lachney at 409-933-8919 or [klachney@com.edu](mailto:klachney@com.edu). The Office of Services for Students with Disabilities is located in the Student Success Center.

**Textbook Purchasing Statement:** A student attending College of the Mainland is not under any obligation to purchase a textbook from the college-affiliated bookstore. The same textbook may also be available from an independent retailer, including an online retailer.

**Withdrawal Policy: Students** may withdraw from this course for any reason prior to the last eligible day for a “W” grade. Before withdrawing students should speak with the instructor and consult an advisor. Students are

permitted to withdraw only six times during their college career by state law. The last date to withdraw from the 1<sup>st</sup> 8-week session is October 11. The last date to withdraw from the 16-week session is November 28. The last date to withdraw for the 2<sup>nd</sup> 8-week session is December 7.

**FN Grading:** The FN grade is issued in cases of *failure due to a lack of attendance*, as determined by the instructor. The FN grade may be issued for cases in which the student ceases or fails to attend class, submit assignments, or participate in required capacities, and for which the student has failed to withdraw. Issuing the FN grade is at the instructor's discretion. The last date of attendance should be documented for submission of an FN grade.

**Early Alert Program:** The Student Success Center at College of the Mainland has implemented an Early Alert Program because student success and retention are very important to us. I have been asked to refer students to the program throughout the semester if they are having difficulty completing assignments or have poor attendance. If you are referred to the Early Alert Program, you will be contacted by someone in the Student Success Center who will schedule a meeting with you to see what assistance they can offer in order for you to meet your academic goals.

**Resources to Help with Stress:**

If you are experiencing stress or anxiety about your daily living needs including food, housing or just feel you could benefit from free resources to help you through a challenging time, please click here <https://www.com.edu/community-resource-center/>. College of the Mainland has partnered with free community resources to help you stay on track with your schoolwork, by addressing life issues that get in the way of doing your best in school. All services are private and confidential. You may also contact the Dean of Students office at [deanofstudents@com.edu](mailto:deanofstudents@com.edu) or [communityresources@com.edu](mailto:communityresources@com.edu).