



BIOL 1322.091IN
Nutrition and Diet Therapy
Spring 2021
Online through Blackboard and Mastering Nutrition

Instructor Information:

Name: Gregory A. Johnson, PhD

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Phone: 832-781-0606 (Google Voice) and 409-933-8433 (COM Office)

Student (Office) hours and location: If you would like to meet with me, I have scheduled these times for meetings.

Locations and Times: Microsoft Teams

Tuesdays and Thursdays from 10:45 AM to 12:15 PM

By appointment

Required Textbook: Blake, J. (2017). *Nutrition & you* (4th ed.). Hoboken, NJ: Pearson.

Required Software: Mastering Nutrition with MyDietAnalysis from Pearson

Microsoft Word which is freely available to students through Office 365

Microsoft PowerPoint which is freely available to students through Office 365.

Respondus LockDown Browser

Textbooks and/or courseware will be available through VitalSource digitally. Cost of the course materials for this section will be \$84.40. The course materials will be available on the first day of class and you will be given the opportunity to opt-out of the e-book prior to the census day of the class. If you choose not to use the course materials, you will be reimbursed after census day of the class. The materials are not refundable after the census day.

Mastering Nutrition is an Internet based homework, testing, and content management system.

Instructions for registering for Mastering Nutrition the course are provided in the Read Me First page located in Blackboard.

Once you have registered and enrolled, you can log in at any time to complete or review your Mastering Nutrition assignments and assessments. During sign up or throughout the term, if you have any technical problems or grading issues, contact the Pearson support team to explain the issue. The Pearson support team is almost always faster and better able to resolve issues than your instructor.

Additional Materials: A web cam and an inexpensive calculator. You most likely have one on your cellphone.

Computer Requirements: You will need to have access to a computer with the following resources.

- Internet access through a wired Ethernet connection.
- A contemporary web browser.
- Java installed and updated.
- An [e-mail account](#) (COM provides free email for students).
- [Microsoft Office, and Microsoft Teams](#) (COM offers free Office 365 access for students).
- [Respondus LockDown Browser](#) (COM provides this browser through a link on the Blackboard login page).
- A web cam.
- A PDF reader.

You are responsible for maintaining your own hardware and software. If you are incapable of maintaining your own system, please consider taking this class when use of campus computers has been restored.

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. (Cross-listed as HECO 1322).

Course Requirements: Students are expected to meet the following course requirements.

- **Stay Current:** You will use the Course Outline, Blackboard calendar, Blackboard announcements, Blackboard discussion forums, Mastering Nutrition calendar, communication with your instructor, and communication with your classmates to stay abreast of course scheduling.
- **Meet Learning Objectives:** You will cover the course material listed in the learning objectives by accessing information from the textbook, from Blackboard, from Mastering Nutrition, from the Internet, from the Library, and from other resources, as needed.
- **Complete Assessments:** Your knowledge of the material covered in the Student Learner Outcomes is assessed using online discussions, online unit tests, a dietary analysis project, a presentation, two cumulative semester exams, and a comprehensive final exam.
 - **Dynamic Study Modules:** There are fourteen Dynamic Study Modules (DSM) that correspond to the Chapters 1 through 11 and 13 through 15. The Dynamic Study Modules are available in Mastering Nutrition. Each DSM allows you to repeat missed questions until a correct answer is obtained. The design is for you to learn from your mistakes. The Dynamic Study Modules are self-assessments and are not applied to your grade calculation.

- **Chapter Quizzes:** There will be fourteen Chapter Quizzes given during the semester. The Chapter Tests are given online through Mastering Nutrition. These tests are designed and administered to promote mastery of the first Student Learner Outcome. The open book tests allow you to reference your course materials and Internet resources during the assessment. The tests are composed of calculation, matching, multiple choice, and true/false questions. The topics for the Chapter Quizzes correspond to the chapter topics from the textbook. Each Chapter Quiz is worth a maximum of 100%. The average for the twelve highest Chapter Quizzes is the Chapter Quizzes Grade. The maximum point value for the Chapter Quizzes Grade is 100 points.
- **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 three parts in the self-study project of the Diet Analysis Project. For the case-study project you will:
 1. analyze the results from a Three-day Average Report.

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

1. create a Three-day Average Report from the entries in the diet journal.
2. analyze the results from the Three-day Average Report.

Completing this project requires the use of the MyDietAnalysis web-based software located as a link in Mastering Nutrition. **WARNING:** *Each part of the project depends on 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.*

- **Diet Analysis Case-study Questions:** The case-study project has a single assessment, the Case-Study Questions. This assessment involves analyzing information from a three-day report. The answers to the questions for this assessment are based on the information in the report attached to the assessment. Those answers should be entered directly into the assessment in Blackboard. There is a help file that provides directions for locating information, performing calculations, and analyzing the data. The higher grade from the two attempts will count as your Case-study Questions grade and the lower grade from the two attempts is dropped. The maximum points for the Diet Analysis Case-study Questions grade are 100 points.
- **Diet Analysis Self-study Report:** The self-study project has two assessments, the Self-study 3-day Average Report and the Self-study Questions.

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 the MyDietAnalysis software. Each student will:

- create a diet journal that:

- provides a detailed description of the foods eaten and beverages imbibed (e.g., brand, composition, etc.).
- provides the portion of foods eaten and the beverages imbibed (e.g., grams, ounces, cups, etc.).
- provides the meal when the food was eaten and the beverage was imbibed (e.g., breakfast, lunch, dinner, or snack).
- create a personal profile in the MyDietAnalysis software (use the tutorials on the opening page of the software for help in creating your profile and using the software).
- use the journal entries to enter the foods eaten and beverages imbibed into the software.
- generate the required reports.
- attach the reports to the assignment in Blackboard.
- submit the completed assignment through Blackboard.

The information needed to generate your reports is obtained from your diet journal entries. There are two attempts for the report assignment. The second attempt is for students to correct errors made during the first attempt. As noted, the reports file should be uploaded as an attachment to the assignment in Blackboard. Be certain to verify your attachment before submitting your assignment. Students that submit their reports as an attachment to an email, or in printed form will receive no credit for this assignment. The reports should be in the PDF file format. Other file formats may not be accepted resulting in a loss of points. The higher grade from the two attempts will count as your Self-study Report grade and the lower grade from the two attempts is dropped. The maximum points for the Self-study Report grade are 100 points.

- **Diet Analysis Self-study Questions:** For the second assessment in the self-study project, you will answer questions 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 Report. The question set for your self-analysis is attached to the assignment in Blackboard as a DOCX file. Each student should download one of these files and answer the questions for the question set. The answers will be entered directly into the file and saved as a DOCX file. The answers to the Self-study Questions should be uploaded as an attachment to the assessment in Blackboard. Be certain to verify your attachment before submitting your assignment. Students that submit their Self-study Questions as an attachment to an email, or in printed form will receive no credit for this assignment. The Self-study Questions should be in a DOCX file format. Other

file formats may not be accepted resulting in a loss of points. The single attempt at the Self-study Question Set assignment is worth a maximum of 100 points.

- Discussion Forums: There will be six graded discussion forums posted during the semester. Each topic will be available from the start of the semester. The first and sixth forums are meant to be an open discussion based on the intersection between nutrition and your interests and opinions. The second through the fifth forums are meant to be an academic discourse focusing on the topic and using research and references to support your position.

For both type of posts, your response to the topic should address the topic and not contain gratuitous, tangential, or spurious comments. Replies in response to posts by other students should address the content and position of that post. Responses containing gratuitous, tangential, or spurious comments are unwelcome. Postings that are composed of complete sentences, that clearly address the topic, and that contain proper citation(s) are graded more favorably than jotted notes, incomplete thoughts, and undocumented claims.

1. The first discussion topic is designed to introduce you to the Discussion Forums, to determine your motivation for taking the course, and to introduce yourself to your classmates.
2. The second discussion topic addresses the factors that influence dietary choices.
3. The third discussion topic addresses the functions, sources, deficiencies, and toxicities of the energy yielding macronutrients (i.e., carbohydrates, fats, and protein).
4. The fourth discussion topic addresses the application and 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. The fifth discussion topic addresses the functions, sources, deficiencies, and toxicities of the micronutrients (i.e., the vitamins and minerals) and water.
6. The sixth discussion topic attempts to determine what parts of the course that you found to be most valuable.

For forums two through five, the goal is to open a discussion that allows your classmates to contribute to the information for the topic, not to provide all the information in one post. Students are encouraged to make multiple posts to a topic as they learn more about the topic or to respond to posts by other students. In that manner, the topic is built through success posts. You can accumulate points, up to the maximum points per discussion topic, by making multiple unique posts to a topic or in response to the post from another student. A grading form itemizes the point values for postings. Each forum is worth a maximum of 20 points. Your Discussion Forums Grade is the average of the points earned for the highest five Discussion Forum scores. The lowest score is dropped from the calculation. The Discussion Forums Grade is worth a maximum of 100 points.

- **Final Exam:** This exam is designed and administered to evaluate retention of course objectives for the material covered through the entire course. It is composed of calculation, matching, multiple choice, and true/false questions. Unless otherwise stated, this time-limited exam releases one question at a time with no backtracking to a previous exam question. The topics for the final exam correspond to the topics in Chapters 1 through 11 and 13 through 15 from the textbook.

There is one attempt for the final exam. The final exam is worth a maximum of 100 points.

- **Bonus**
 - **Syllabus Quiz:** At the start of the semester there is a Syllabus Quiz which is designed to verify your familiarity with the information in this syllabus. You have two attempts at this quiz by its deadline. This quiz is worth a maximum of 100 points. The higher of the two attempts is your grade for the quiz. The Syllabus Quiz Grade is worth a maximum of 100 points.
 - **Course Surveys:** There are three surveys this semester. Two of the surveys are in provided in Blackboard. They are to help your Instructor improve the design of the course and to address navigation problems. The Survey Grade is worth a maximum of 100 points.
 - **Course Evaluation:** There is a single Course Evaluation administered by the College through CourseEval. This anonymous evaluation is worth 100 points.

Determination of Course Grade/Detailed Grading Formula: Your grade for the course is determined by the scores that you earn on the assignments and assessments. The points you earn for this course are the weighted sum of the grading categories.

Chapter Quiz Grade

- There are fourteen Chapter Quizzes. Each Chapter Quiz is worth a maximum of 100 points.
- The Chapter Quizzes Grade is the average for the highest twelve Chapter Quiz scores. It is worth a maximum of 100 points.

Dietary Analysis Project

- **Dietary Analysis Case-study Questions Grade**
 - The Case-study Questions assessment is worth a maximum of 100 points and there are two attempts for this assessment. The score for the Case-study Questions is the higher of the two attempts. It is worth a maximum of 100 points.
- **Dietary Analysis Self-study Report Grade**

- The Self-study Report assessment is worth a maximum of 100 points and there are two attempts for this assessment. The score for the Self-study Report is the higher of the two attempts.
- Dietary Analysis Self-study Questions Grade
 - The Self-study Questions assessment is worth a maximum of 100 points and there is a single attempt for this assessment.

Discussion Forums Grade

- There are six Discussion Forums. Each forum is worth a maximum of 20 points. A grading rubric is provided for each forum.
- The Discussion Forums Grade is the sum for the five highest forum scores. It is worth a maximum of 100 points.

Final Exam

- The Final Exam is worth a maximum of 100 points.

Survey Grade – Bonus

- Course Survey
 - Completing and submitting a Course Survey is worth a maximum of 100 points.
- Course Evaluation
 - Completing and submitting the Course Evaluation through WebAdvisor is worth a maximum of 100 points.
- The Survey Grade is the average of the points for completing and submitting the two Course Surveys plus the points for completing and submitting the Course Evaluation. It is worth a maximum of 100 points.

Syllabus Quiz – Bonus

- The highest point total for the attempts made. The maximum points that can be earned for the quiz is 100 points.

You can keep track of your earned points on Blackboard in the Grade Center and through Mastering Nutrition. The score for the Syllabus Quiz and for the Chapter Quizzes will be available immediately after submission. Other grades will be updated as they become available; this is typically on the Monday that occurs one week after the extended deadline. If you have any questions concerning your grade, please clearly state the question, the assessment, and the nature of your concern when contacting me. Providing incomplete information will require additional time to research the question and provide a reply. The maximum total points that can be earned for the course is calculated by summing the weighed percentages of the grading categories.

Category	Percentage
Chapter Quizzes Grade	40.0%
Diet Analysis Case-study Questions Grade	7.5%
Diet Analysis Self-study Report Grade	7.5%
Diet Analysis Self-study Questions Grade	10.0%
Discussion Forums Grade	20.0%
Final Exam Grade	15.0%
Total Points	100.0%
Survey Grade (Bonus)	0.8%
Syllabus Quiz Grade (Bonus)	0.2%
Total Points with Bonus	101.0%

Grading Scale: The table contains the grading scale applied to the points calculation previously described.

Letter Grade	Final Average in Percent
A	89.5 – 100
B	79.5 – 89.4
C	69.5 – 79.4
D	59.5 – 69.4
F	< 59.5

F_N — An F_N may be assigned at the discretion of the instructor in accordance with college policy.

I — An incomplete may be assigned at the discretion of the instructor in accordance with college policy.

W — A withdrawal may be assigned in accordance with college policy.

Make-Up Policy & Late Work: The course is designed to accommodate some of life's mishaps, difficulties, or tragedies by providing extended deadlines for selected assessments and assignments. In those cases, there is a deadline extension after the initial deadline. After the extended deadline has passed, the assignment or assessment is closed, and the link may be removed. Expect that no additional time will be provided. The course evaluation through CourseEval and the Final Exam are exceptions and have no extended deadline.

Assignment or Assessment	Deadline Extension (After Due Date)	Penalty (After Due Date and by Deadline Extension)
Chapter Quizzes	Last Friday of the Semester	5% Daily
Diet Analysis Project Case-study Questions	next scheduled weekly deadline*	None

Diet Analysis Project Self-study Report	next scheduled weekly deadline*	None
Diet Analysis Project Self-study Questions	next scheduled weekly deadline*	None
Discussion Forum	next scheduled weekly deadline*	None
Syllabus Quiz	next scheduled weekly deadline*	None
Course Surveys	next scheduled weekly deadline*	None
Course Evaluation	None	Forfeit Points
Final Exam	None	Forfeit Points
* Tuesday due dates have an extended deadline on Thursday of the same week Thursday due dates have an extended deadline on Tuesday of the following week.		

The Chapter Quizzes have an extended deadline until the last Thursday of the semester that results in a 5% loss of points for each day that the assignment is late. After missing the initial deadline and before 24 hours has passed from that deadline, the maximum grade is 95%. The syllabus quiz, course surveys conducted by your instructor (not the CourseEval course evaluation), all graded forums, and the parts of the diet analysis have an extended deadline until the next weekly deadline. For qualifying assignments or assessments, this means that a Tuesday due date will have an extended deadline on Thursday of the same week and a Thursday due date will have an extended deadline on Tuesday of the following week. There is no point deduction if the extended deadline is met for those assignments. After the extended deadline has passed, the course surveys, graded forums, and the parts of the diet analysis project are closed and expect those points will be forfeited. If this provides insufficient accommodation, then the severity of life's mishap, difficulty, or tragedy is beyond the capacity of this course. Anyone experiencing such difficulty should consider withdrawing from the course and taking it in a future semester after the difficulty has passed.

Extra Credit Work: Students that seek additional learning opportunities and are maintaining an average in the course of 95% or better are welcome to request extra credit work. The extra credit work serves to enrich the learning opportunities of students beyond the course requirements. Since this work is beyond the requirements of the course, any extra credit work will have no bearing on the grade in the course. Honors credit is unavailable in this course.

Attendance Policy: All students registered in this class are expected to attend all face-to-face sessions, to log in to this course at least twice each week, to participate in the class during those online sessions, and to follow the same attendance policy as the traditional classes offered on campus. This policy follows the attendance policies prescribed in the current College Catalog (<http://coursecatalog.com.edu/>).

Failing to attend class by logging in to Blackboard and Mastering Nutrition, or to complete your work as scheduled demonstrates poor progress towards obtaining the course goals (objectives) and is detrimental to learning course material. If you fail to attend class or fail to log into Blackboard or Sapling Learning and are demonstrating poor progress towards obtaining the course goals (objectives), the instructor may administratively withdraw you from the course.

Examples of insufficient progress include, but are not limited to, failure to log into Blackboard for a one-week period, failure to submit four or more assignments by the deadlines for those assignments, failure to maintain a passing average for the class, or demonstrating poor progress towards obtaining the course goals (objectives). Let's say a student may log into the course multiple times a week but fails to complete or attempt the course evaluations. Since they have failed to demonstrate knowledge of the material through evaluation, this student has demonstrated poor progress towards obtaining the course objectives. In such a case, the student may be administratively withdrawn from the course. An administrative withdrawal for insufficient progress is solely at the discretion of your Instructor.

An estimate of the time per week that is necessary to successfully complete the course will vary with the expected or desired outcome by the student, the pre-existing skills and knowledge possessed by the student, the ability of the student to acquire and assimilate the course content, and the time required by the student to complete the assignments. A long-standing estimate for a 16-week semester is to multiply the number of lecture credit hours for a course by 2 or 3 and lab credit hours by 1 or 2. For this four-hour credit course of 3 lecture credits and 1 lab credit, that result is 7 to 11 hours. Thus, one should expect to spend 3 hours for the lecture component, plus 3 hours for the lab component, plus 7 to 11 hours studying per week on this course. Don't take my word for it, here are some links that validate this calculation.

Semester Survival Guide by Blinn College: <https://www.blinn.edu/academic-advising/survival-guide.html>

How Many Hours a Day Do You Have to Study for College Classes? by M.T. Wroblewski: <http://oureverydaylife.com/many-hours-day-study-college-classes-4165.html>

How Much Time Should I Spend Studying in College? by Kelci Lynn Lucier: <http://collegelife.about.com/od/academiclife/f/How-Much-Time-Should-I-Spend-Studying-In-College.htm>

Manage Your Time by HowtoStudy.com: <http://www.howtostudy.com/manage-your-time/>

Of course, mileage will vary and there are no guarantees that this will result in the desired outcome.

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.

The best way to reach your instructor is by email. Please use your @com.edu email address. Expected that mails from other sources will be filtered from my inbox and you will receive no reply. If you prefer to meet with me virtually, please make an appointment. I will strive to reply to emails from @com.edu addresses and questions from forum posts, which are made on weekdays, within twenty-four hours. Expect that I will be unavailable on weekends. Replies to voice messages left on my office telephone will take longer for me to reply than an email. Also, I will most likely reply to a voice message by email. So, if you don't mind waiting an extended time for my reply, leaving a voice message is another option.

Student Learner Outcome	Maps to Core Objective	Assessed via this Assignment
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.	Empirical & Quantitative Skills	Diet Analysis Project
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.	Critical Thinking	Selected Chapter Quizzes or Chapter Quiz Questions
3. Discuss functions, sources, deficiencies, and toxicities of macro-and micronutrients, including carbohydrates, lipids, proteins, water, vitamins, and minerals.	Communication Skills	Selected Discussion Forums
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.	Critical Thinking Skills	Selected Discussion Forums
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.	Critical Thinking Skills	Selected Chapter Quizzes or Chapter Quiz Questions
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.	Communication Skills	Selected Discussion Forums

Academic Dishonesty: Any incident of academic dishonesty will be dealt with in accordance with college policy and the Student Handbook. Academic dishonesty, such as cheating on exams, plagiarism, or collusion, is an extremely serious offense and will result in at least a grade of zero on that assignment and the student will be referred to the Office of Student Conduct for the appropriate disciplinary action. Additionally, administrative withdrawal from the course prior to the withdrawal deadline for the semester or being assigned a grade of F after the withdrawal deadline are possible and solely at the discretion of your Instructor.

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 Ms. Sheena Abernathy, Science Department Chair, at 409-933-8330/sabernathy@com.edu.

Course Outline: Use this course outline and tentative class schedule to schedule your course activities for the semester. The following designations are used to indicate time periods and deadlines:

(B) – Blackboard: for activities, assignments and assessments that are completed online through Blackboard. The standard deadline for activities, assignments, and assessments in Blackboard is 23:30 (11:30 PM) on either Tuesday or Thursday night.

(M) – Mastering Nutrition: for activities, assignments and assessments that are completed online through Mastering Nutrition. The standard deadline for activities, assignments, and assessments through Mastering Nutrition is 23:30 (11:30 PM) on either Tuesday or Thursday night.

Week	Topic(s)	Reading Assignments	Weekly Deadlines (B) – Blackboard (M) – Mastering Nutrition
<p>1</p> <p>Monday 17-May-2021</p> <p>through</p> <p>Sunday 23-May-2021</p>	<ul style="list-style-type: none"> • Course Acclimation • Chapter 1 What is Nutrition? • Chapter 2 Tools for Healthy Eating • Chapter 3 The Basics of Digestion • Chapter 4 Carbohydrates: Sugars, Starches, and Fiber • Course Survey 1 • Diet Analysis Project • Forums 1 & 2 • Syllabus 	<ul style="list-style-type: none"> • Read Me First • Syllabus • Case-study Report • Chapters 1-4 • Forums 1 & 2 	<p>"Census Date" Tue-18-May-2021 11:30 PM on Tue-18-May-2021</p> <ul style="list-style-type: none"> • Chapter 1 DSM (M) • Chapter 1 Quiz (M) • Forum 1 (B) • Syllabus Quiz (B) <p>11:30 PM on Thu-20-May-2021</p> <ul style="list-style-type: none"> • Case-study Questions (B) • Chapter 2 DSM (M) • Chapter 2 Quiz (M) • Chapter 3 DSM (M) • Chapter 3 Quiz (M) • Chapter 4 DSM (M) • Chapter 4 Quiz (M) • Course Survey 1 (B) • Forum 2 (B) • <i>Extended deadlines</i> <ul style="list-style-type: none"> • Chapter 1 Quiz (M) • Forum 1 (B) • Syllabus Quiz (B)
<p>2</p> <p>Monday 24-May-2021</p> <p>through</p> <p>Sunday 30-May-2021</p>	<ul style="list-style-type: none"> • Chapter 5 Fats, Oils, and Other Lipids • Chapter 6 Proteins and Amino Acids • Chapter 7 Vitamins • Chapter 8 Minerals and Water • Chapter 9 Alcohol • Chapter 10 Weight Management and Energy Balance • Diet Analysis Project • Forums 3, 4, & 5 	<ul style="list-style-type: none"> • Chapters 5-10 • Self-study Report • Self-study Questions • Forums 3, 4, & 5 	<p>11:30 PM on Tue-25-May-2021</p> <ul style="list-style-type: none"> • Chapter 5 DSM (M) • Chapter 5 Quiz (M) • Chapter 6 DSM (M) • Chapter 6 Quiz (M) • Chapter 7 DSM (M) • Chapter 7 Quiz (M) • Chapter 8 DSM (M) • Chapter 8 Quiz (M) • Forums 3 & 4 (B) • Self-study Report (B)

Week	Topic(s)	Reading Assignments	Weekly Deadlines (B) – Blackboard (M) – Mastering Nutrition
<p style="text-align: center;">2</p> <p style="text-align: center;">Monday 24-May-2021</p> <p style="text-align: center;">through</p> <p style="text-align: center;">Sunday 30-May-2021</p>	<ul style="list-style-type: none"> • Chapter 5 Fats, Oils, and Other Lipids • Chapter 6 Proteins and Amino Acids • Chapter 7 Vitamins • Chapter 8 Minerals and Water • Chapter 9 Alcohol • Chapter 10 Weight Management and Energy Balance • Diet Analysis Project <p style="text-align: center;">Forums 3, 4, & 5</p>	<ul style="list-style-type: none"> • Chapters 5-10 • Self-study Report • Self-study Questions <p style="text-align: center;">Forums 3, 4, & 5</p>	<p style="text-align: center;"><i>-continued on next page</i></p> <p style="text-align: center;">11:30 PM on Tue-25-May-2021</p> <ul style="list-style-type: none"> • <i>Extended deadlines</i> • Case-study Questions (B) • Chapter 2 Quiz (M) • Chapter 3 Quiz (M) • Chapter 4 Quiz (M) • Course Survey 1 (B) • Forum 2 (B) <p style="text-align: center;">11:30 PM on Thu-27-May-2021</p> <ul style="list-style-type: none"> • Chapter 9 DSM (M) • Chapter 9 Quiz (M) • Chapter 10 DSM (M) • Chapter 10 Quiz (M) • Self-study Questions (B) • Forum 5 (B) • <i>Extended deadlines</i> • Chapter 5 Quiz (M) • Chapter 6 Quiz (M) • Chapter 7 Quiz (M) • Chapter 8 Quiz (M) • Forums 3 & 4 (B) • Self-study Report (B)
<p style="text-align: center;">3</p> <p style="text-align: center;">Monday 31-May-2021</p> <p style="text-align: center;">through</p> <p style="text-align: center;">Friday 04-Jun-2021</p>	<ul style="list-style-type: none"> • Chapter 11 Nutrition and Fitness • Chapter 13 Food Safety and Technology • Chapter 14 Life Cycle Nutrition: Pregnancy through Infancy • Chapter 15 Life Cycle Nutrition: Toddlers through Later Years • Course Survey 2 • Forum 6 	<ul style="list-style-type: none"> • Chapters 11-15 • Forum 6 	<p style="text-align: center;">11:30 PM on Tue-01-Jun-2021</p> <ul style="list-style-type: none"> • Chapter 11 DSM (M) • Chapter 11 Quiz (M) • Chapter 13 DSM (M) • Chapter 13 Quiz (M) • Chapter 14 DSM (M) • Chapter 14 Quiz (M) • Chapter 15 DSM (M) • Chapter 15 Quiz (M) • Course Survey 2 (B) • Forum 6 (B) • <i>Extended deadline</i> • Chapter 9 DSM (M) • Chapter 9 Quiz (M) • Chapter 10 DSM (M) • Chapter 10 Quiz (M) • Self-study Questions (B) • Forum 5 (B) <p style="text-align: center;">"W-day" Wed-02-Jun-2021</p>

Week	Topic(s)	Reading Assignments	Weekly Deadlines (B) – Blackboard (M) – Mastering Nutrition
3 Monday 31-May-2021 through Friday 04-Jun-2021	<ul style="list-style-type: none"> • Chapter 11 Nutrition and Fitness • Chapter 13 Food Safety and Technology • Chapter 14 Life Cycle Nutrition: Pregnancy through Infancy • Chapter 15 Life Cycle Nutrition: Toddlers through Later Years • Course Survey 2 Forum 6 	<ul style="list-style-type: none"> • Chapters 11-15 • Forum 6 	11:30 PM on Thu-03-Jun-2021 <ul style="list-style-type: none"> • Final Exam (B) • <i>Extended deadline</i> <ul style="list-style-type: none"> • Chapter 11 Quiz (M) • Chapter 13 Quiz (M) • Chapter 14 Quiz (M) • Chapter 15 Quiz (M) • Course Survey 2 (B) • Forum 6 (B)

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://build.com.edu/uploads/sitecontent/files/student-services/Student_Handbook_2019-2021v5.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.* https://build.com.edu/uploads/sitecontent/files/student-services/Student_Handbook_2019-2021v5.pdf

Academic Success & Support Services: College of the Mainland is committed to providing students 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 accommodations is requested to contact Holly Bankston at 409-933-8520 or hbankston@com.edu. The Office of Services for Students with Disabilities is located in the Student Success Center.

Counseling Statement: Any student needing counseling services is requested to please contact Holly Bankston in the student success center at 409-933-8520 or hbankston@com.edu. Counseling services are available on campus in the student center for free and students can also email

counseling@com.edu to set up their appointment. Appointments are strongly encouraged; however, some concerns may be addressed on a walk-in basis.

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 for this 3-week mini-semester is June 2nd.

It is your responsibility to withdraw from the course and file the appropriate "drop form" with the Registrar's Office. If you demonstrate insufficient progress in the course, the instructor may administratively withdraw you from the course. Examples of insufficient progress include, but are not limited to, failure to log into Blackboard for a one-week period, failure to submit four or more assignments by the deadlines for those assignments, failure to maintain a passing average for the class, or demonstrating poor progress towards obtaining the course goals (objectives).

If you stop attending class, fail to withdraw from the course, and are not withdrawn from the class by your instructor, you will receive the grade based on your accumulated points.

F_N Grading: The F_N grade is issued in cases of *failure due to a lack of attendance*, as determined by the instructor. The F_N 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. The issuing of the F_N grade is at the discretion of the instructor. The last date of attendance should be documented for submission of an F_N 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.

COVID-19 Statement: All students, faculty, and staff are expected to familiarize themselves with materials and information contained on the College of the Mainland’s Coronavirus Information site at www.com.edu/coronavirus. Students are required to watch a training [video](#), complete the [self-screening](#), and acknowledge the safety guidance at: www.com.edu/selfscreen. In addition, students, faculty, and staff must perform a [self-screening](#) prior to each campus visit. Finally, students, faculty, or staff who have had symptoms of COVID-19, received a positive test for COVID-19, or have had close contact with an individual infected with COVID-19 must complete the [self-report tool](#).

Technology Outage: Students are responsible for maintaining their hardware, software, and Internet connection to the course. Expect that no additional time will be provided for hardware, software, or Internet connection problems that interfere with your ability to access the course and complete your assignments and assessments.

If a verifiable interruption in the access to the Course Management System that lasts for fifteen minutes or longer and occurs within twenty-four hours of an assignment or assessment, the deadline for the assignment or assessment may be extended at the discretion of your instructor.

Revisions: Your instructor reserves the right to revise this syllabus to accommodate changes in the course that may occur during the semester. If any changes to this syllabus occur during the semester, students will be provided with an announcement of those changes and will be given access to a description of those changes.

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Acknowledgements: This syllabus was developed using a template developed by the COM Administration. Other parts of this syllabus were derived from the work of my professors and my colleagues. I thank them for their willingness to share their work.