



# BIOL-1322-004I2 Nutrition and Diet Therapy

## Nutrition and Diet Therapy

Fall 2024

Internet Course-Self Paced

### Instructor Information:

**Leeann Pollard**

Email: [lpollard@com.edu](mailto:lpollard@com.edu) (Preferred method of communication)

Phone: (832) 324 5398 (Text or call)

### Student hours and location:

Wednesdays 10:30 am-11:30 am

**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.

### Required Textbook/Materials:

S Blake *Nutrition & You* (6<sup>th</sup> edition) e-text with Modified MasteringNutrition. Pearson. ISBN-10: 0-13-770185-3

**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.**

### Required Online Resources

- COM Brightspace/D2L: <https://com.brightspace.com/d2l/home>. 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 – **Students must have Respondus and a webcam for completing exams.**
- Modified Mastering Nutrition with eText – **Login will be completed through Brightspace/D2L.**

### Required Materials

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

### Computer Requirements

It is your responsibility to have access to a computer with the following resources:

- Internet access through a wired Ethernet connection
- A contemporary web browser capable of viewing flash video (Chrome and Firefox usually work best)
- Java installed and updated
- COM e-mail account
- Respondus Lockdown Browser and Monitor

- Webcam – either built in or separate device
- Microsoft Office (COM offers free Office 365 access to students)
- A PDF reader

**You are responsible for maintaining your own online access to the course.** If your computer does not allow you to complete the assignments in the course, please use the computers available on campus. Be aware that the college computers are only available during the hours of operation for the computer labs and library. It is up to you to be aware of those times and get all assignments turned in on time.

### **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 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. Each student will create a three-day diet journal that:
  - o provides a detailed description of foods and beverages (including water) consumed (e.g., brand, composition, etc.).

- o Provides the portion of foods eaten and beverages consumed (e.g., grams, ounces, cups, etc.)
  - o provides the meal when the food and the beverage was consumed (e.g., breakfast, lunch, dinner, or snack)
  - o Create a personal profile in MyDietAnalysis
  - o Use the journal entries to enter the foods eaten and beverages imbibed into software
  - o 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. 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:**

Exams (400 points) - There will be four exams (100 points each) given during the semester using Respondus. You will be given 2 attempts. The higher of the 2 attempts will be counted as your grade.

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. You will be given 2 attempts. The higher of the 2 attempts will be counted as your grade.

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. Nutrition Worksheets (200 points) – There will be 4 electronic worksheets on various nutrition topics throughout the semester. Each exercise is worth 50 points.

6. Practice Exam (5 Points) and Intro to Mastering (5 Points)- Introduction to class platform for Mastering Nutrition and Respondus for exams.

**Determination of Course Grade/Detailed Grading Formula:** (methods of evaluation to be employed to include a variety of means to evaluate student performance)

**Grading Formula:**

Exams	<b>400 Points</b>
Final exam	<b>150 Points</b>
Diet Analysis Project	<b>160 Points</b>

Mastering Nutrition chapter Activities	<b>160 Points</b>
Worksheets	<b>200 Points</b>
Practice Exam/ Intro to Mastering	<b>10 Points</b>
<b><i>Total Possible Points</i></b>	<b><i>1080 Points</i></b>

**Grading Scale:**

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

**Late Work, Make-Up, and Extra-Credit Policy:**

Any deviations from the policies described below are at the instructor's discretion.

Late Work Policy: Late assignments are not accepted. Exceptions may be made on a case-by-case basis. Please contact me directly.

Make-Up Policy:

Should you anticipate an absence on an exam day you must contact your instructor by phone, email or in person PRIOR to the absence. Your situation will be evaluated by your instructor, and you may be allowed to take a make-up exam. Make-up exams will be allowed for a death in the family or a documented student illness. You must provide legitimate proof for your excuse in the case of missing an exam. The make-up exam MUST be taken within one week of the original exam date. Missed exams will not be allowed without documented evidence.

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.

<b>Student Learner Outcome</b>
1. Apply nutritional knowledge to analyze personal dietary intakes, to plan nutritious meals using nationally established criteria to meet recommended goals, and to evaluate food labels and the validity of nutritional claims.
2. Trace the pathways and processes that occur in the body to handle nutrients and alcohol through consumption, digestion, absorption, transport, metabolism, storage, and waste excretion.
3. Discuss functions, sources, deficiencies, and toxicities of macro-and micronutrients, including carbohydrates, lipids, proteins, water, vitamins, and minerals.
4. Apply the concept of energy balance and its influences at the physical, emotional, societal, and cellular level to evaluate advantages and disadvantages of various methods used to correct energy imbalances.
5. Utilize concepts of aerobic and anaerobic energy systems, and knowledge about macronutrients, vitamins, minerals, ergogenics, and supplements and relate them to fitness and health.
6. Describe health and disease issues related to nutrition throughout the life cycle, including food safety, corrective dietary modifications, and the influence of specific nutrients on diseases.

**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 will result in zero on that exam, and the student will be referred to the Office of Student Conduct for the appropriate discipline action. Plagiarism: is using someone else’s words or ideas and claiming them as your own. Plagiarism is a very 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 any plagiarized material will receive a grade of zero and the student will be referred to the Office of Student Conduct for the 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 Sheena Abernathy, Science and Engineering Department Chair at (409) 933-8330) or [sabernathy@com.edu](mailto:sabernathy@com.edu).

**Course outline:** Fall 2024 8-week schedule

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## OCTOBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
Week 1 13	14 <i>Review Syllabus Practice Exam/Intro to Mastering</i>	15 Chapter 1	16	17 Chapter 2	18 Chapter 1 & 2 Act Due	19
Week 2 20	21	22 Chapter 3	23 Worksheet #1 Due- Macronutrient Chapter 4	24 Chapter 5	25 Chapter 3 ,4& 5 Act Due	26
Week 3 27	28 <i>Exam 1(Chapt 1-4)</i>	29 Chapter 6 <i>Diet Analysis Part 1 Due- Laurie &amp; Nadia!</i>	30 Chapter 7	31 Chapter 8	1 Chapter 6, 7 & 8 Act Due	2

## NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 4 3	4 <i>Exam 2(Chapt 5-8)</i>	5 Chapter 9	6 Worksheet #2- Micronutrient Due!	7 Chapter 10	8 Chapter 9 & 10 Act Due	9
Week 5 10	11 <i>Diet Analysis Part 2-Initial post Due-Laurie &amp; Nadia!</i>	12 Chapter 11	13	14 Chapter 12	15 Chapter 11 & 12 Act Due <i>Diet Analysis Pt 2-Resp post Due-Laurie &amp; Nadia!</i>	16
Week 6 17	18 <i>Exam 3(Chapt 9-12)</i>	19 Chapter 13	20 Worksheet #3- Healthy Weight Due!	21 Chapter 14	22 Chapter 13 & 14 Act Due	23
Week 7 24	25 <i>Diet Analysis Self Study Part 1 Due!</i>	26 Chapter 15 "W" Day!	27	28 Chapter 16 Happy Thanksgiving!	29 Chapter 15 & 16 Act Due <i>Diet Analysis Self Study Part 2 Due!</i>	30
Week 8 1	2 <i>Exam 4(Chapt 13-16)</i>	3	4 Worksheet #4-Food Safety Due!	5 <i>Final Exam (Chapt 1-16)</i>	6	7

## 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\\_2024-2025\\_v2.pdf](https://www.com.edu/student-services/docs/Student_Handbook_2024-2025_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 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:

Kimberly Lachney, Student Accessibility Services Coordinator

Phone: 409-933-8919

Email: [AccessibilityServices@com.edu](mailto:AccessibilityServices@com.edu)

Location: COM Doyle Family Administration Building, 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 2. The last date to withdraw from the 16-week session is November 15. The last date to withdraw for the 2<sup>nd</sup> 8-week session is November 26.

**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. The issuing of the FN grade is at the discretion of the instructor. 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 difficult 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).

**Nondiscrimination Statement:**

The College District prohibits discrimination, including harassment, against any individual on the basis of race, color, religion, national origin, age, veteran status, disability, sex, sexual orientation, gender (including gender identity and gender expression), or any other basis prohibited by law. Retaliation against anyone involved in the complaint process is a violation of College District policy.