



**BIOL 1322.221CL**  
**Nutrition and Diet Therapy**  
**Spring 2024**  
**Wednesdays 6pm-8:45pm STEM342**

**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 am able to 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:**

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.
- 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. Mastering Nutrition – You will have numerous assignments within Mastering Nutrition.
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:

1. Complete the MyDietAnalysis Case Study: Nadia and Laurie-Similar Needs and Different Intakes (10 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.

2. Participate in a group analysis and make recommendations for both Laurie and Nadia. (50 points)

The second assessment in the case-study project is the Case-study Group Analysis and Recommendations. Using discussion, the group should arrive at consensus recommendations to the questions from the assignment.

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 (150 points) – each chapter has an associated Mastering activity worth 10 points.
5. In Class Activities (300 points) – various assignments will be provided in class throughout the semester.
6. Participation (55 points)- diverse topics will be discussed throughout the semester requiring class participation.

**Grading Formula:**

Exams	400 Points
Final Exam	150 Points
Diet Analysis Project	160 Points
MasteringNutrition Chapter Activities	150 Points
In Class Activities	300 Points
Participation	55 Points
<b>Total Possible Points</b>	<b>1115 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:** Late assignments are not accepted. Exceptions may be made on a case-by-case basis. Please contact me directly.

- Chapter Quizzes have a 10% loss of points for the late assignment. After missing the deadline, the maximum grade is 90%.
- Exams and the Diet Analysis Project are an exception and have no extended deadline.
- In class activities will be due on the day they are handed out in class. Students not in class will not be allowed to complete the in-class activity.
- [Click Here!](#)

**Make-Up Policy:**

**Lecture Exams:** 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 attend all class sessions as listed on the course calendar. Attendance will be taken at the beginning of each class. Leaving early from class (without approval from the instructor) may result in an absence for that day. IF you do have to miss class, course materials will be posted on Brightspace/D2L, but it is your responsibility to obtain any additional notes from a classmate

**Tardiness Policy:** Students arriving late (five minutes) will be noted in the daily attendance.

**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 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 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 any plagiarized material will receive a **grade of 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 Sheena Aberdeen, Department of Science and Engineering Chair at 409/933-8330 or [sabernathy@com.edu](mailto:sabernathy@com.edu)

**BIOL 1322.001IN Fall 2024 Tentative Course Outline:**

<b>Week</b>	<b>Date</b>	<b>Topic/Chapter Reading</b>	<b>Due Dates for Activities/Assignment(s)</b>
1	1/17	Chapter 1 – What is Nutrition?	

		Chapter 2 - Tools for Healthy Eating Student Info Sheet	○ 1/19-Introduction to Mastering Nutrition, How DSMs (Dynamic Study Modules) Work, and About Me Discussion Board Due ○ 1/22-Chapter 1 and Chapter 2 Activity Due
2	1/24	Chapter 3 – The Basics of Digestion <i>In class Activity</i>	○ 1/29 Chapter 3 Act Due
3	1/31	Chapter 4 - Carbohydrates: Sugars, Starches, Fiber Exam Review	○ 2/5-Chapter 4 Activity Due
4	<b>2/07</b>	<b><i>In Class Activity</i></b> <b>EXAM 1 (Ch. 1-3)</b>	
5	2/14	Chapter 4-Cont'd Chapter 5 – Fats, Oils, and Other Lipids	○ 2/12-Chapter 5 Activity Due
6	2/21	Chapter 6 – Proteins and Amino Acids	○ 2/19-Chapter 6 Activity Due
7	2/28	Chapter 7 – Vitamins <i>In class Activity</i> Exam Review	○ 3/1- <b>DAP Case-Study Part 1 Due</b> ○ 3/8-Chapter 7 Activity due
8	<b>3/06</b>	<b>EXAM 2 (Ch. 4-6)</b> <b>DAP Case-Study Part 2 Group Recommendations Workday</b>	
9	3/20	Chapter 8 – Minerals and Water Chapter 9 – Alcohol <i>In class Activity</i>	○ 3/25-Chapter 8 Activity Due ○ 3/25-Chapter 9 Activity Due
10	3/27	Chapter 10 – Weight Management and Energy Balance Chapter 11 - Nutrition and Fitness	○ 3/29- <b>DAP Self-Study Part 1 Due</b> ○ 4/1- Chapter 10 Activity Due ○ 4/1-Chapter 11 Activity Due
11	4/3	Chapter 12- Consumerism and Sustainability <i>In class Activity</i> Exam Review	○ 4/8-Chapter 12 Activity Due
12	<b>4/10</b>	<b>EXAM 3 (Ch. 7-11)</b>	
13	4/17	Chapter 13 – Food Safety and Technology Chapter 14 – Life Cycle Nutrition: Pregnancy through Infancy <i>In Class Activity</i>	○ <b>4/12 DAP Self-Study Part 2 Due</b> ○ 4/22-Chapter 13 Activity Due ○ 4/22-Chapter 14 Activity Due
14	4/24	Chapter 15 - Life Cycle Nutrition: Toddlers through the Later Years Exam Review	○ 4/29-Chapter 15 Activity Due
15	5/1	<b>EXAM 4 (Ch. 12-15)</b>	
16	5/8	<b>FINAL EXAM</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://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 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 February 28. The last date to withdraw from the 16-week session is April 22. The last date to withdraw for the 2<sup>nd</sup> 8-week session is May 1. The last date to withdraw for spring mini session is May 29.

**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).