



BIOL 1322.101CL
Nutrition and Diet Therapy
Spring 2021
Wednesday 9:30-12:20 SCI142

Instructor Information: Sheena Abernathy

E-mail: sabernathy@com.edu (preferred method of communication)

Office Telephone: (409)933-8330

RemindApp: Text @nutr1322 to 81010 to register and be able to reach out through text and receive reminders.

Student hours and location:

Monday 9:00am-12:00pm (Virtual)

Tuesday 8:30am-9:30am (On campus)

Wednesday 8:30-9:30 and 12:30-1:30 (On campus)

Thursday 8:00am-9:30am (Virtual)

Virtual Student Hours: During my virtual student hours on Monday and Thursday 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 Blackboard Collaborate or Microsoft Teams, but you will need to contact me ahead of time to schedule the meeting.

On Campus Student Hours: Office located in SCI 101

Required Textbook, Materials, and Resources:

JS Blake *Nutrition & You* (5th 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 Blackboard when classes begin.**

Required Online Resources

- COM Blackboard: <https://de.com.edu/webapps/login/>. COM Blackboard will be used for online activities and more. Training is required to access Blackboard. If you have any questions regarding course access or training, please contact the Distance Education department at extension 8476.
- Modified Mastering Nutrition with eText – **Login will be completed through Blackboard.** You will have several assignments on Mastering Biology for each topic covered.

Required Materials

- Scantrons (5) – 882E (bring with you to your exams!!)
- 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 Blackboard.

For the case-study project you will:

1. Complete the MyDietAnalysis Case Study: Nadia and Laurie-Similar Needs and Different Intakes (10 points)
2. Participate in a group analysis and make recommendations for both Laurie and Nadia. (50 points)

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

1. create a Three-day Average Report from your food log in MyDietAnalysis and answer the intro questions. (20 points)
2. analyze the results from the Three-day Average Report. (80 points)

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 Project 1: Case-study – The case-study project has two assessments, the MyDietAnalysis Case-Study Questions and the Case-study Group Analysis and Recommendations. 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 discussion, the group should arrive at consensus recommendations to the questions from the assignment.
- Diet Analysis Project 2: Self-study - The self-study project has two assessments, the Self-study 3-day Average Report and the Self-study Questions. Both will be completed using MasteringNutrition and MyDietAnalysis
Part 1: 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 My Mastering.
 - use the journal entries to enter the foods eaten and beverages imbibed into software.
 - Answer the questions in the MasteringNutrition assignment.

Part 2: 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 of 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. In Class Activities (150 points) – various assignments will be provided in class throughout the semester.
- Grade Feedback** – all assignments will be graded with grades posted on Blackboard within one week of the due date.

Grading Formula:

Exams	400 Points
Final Exam	150 Points
Diet Analysis Project	160 Points
MasteringNutrition Chapter Activities	140 Points
In Class Activities	150 Points
Total Possible Points	1000 Points

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 is at the sole discretion of the instructor.

Late Work Policy: The course is designed to accommodate some of life's mishaps, difficulties, or tragedies by providing extended deadlines for selected assignments. In those cases, there is a deadline extension after the initial deadline. After the extended deadline has passed, the assignment is closed, and the link may be removed. Expect that no additional time will be provided.

- Chapter Quizzes 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.
- In class activities will be due on the day they are handed out in class. Students that are not in class will not be allowed to complete the in-class activity.

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 Blackboard, 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. Please be aware that I am not on campus throughout the week during this semester and am also working remotely from home. Because of this, I might not receive phone messages if you call my office. Be sure to reach out to me via COM email or through the Remind app and I will respond as soon as possible.

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.
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 the appropriate discipline action.

Plagiarism:

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 Dean of Academic Programs, Dr. Barney at (409)933-8727 or rbarney@com.edu.

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 should act in a professional manner at all times. Disruptive students will be held accountable

according to college policy. Any violations of the Code of Conduct will result in a referral to the Office for student Conduct and may result in dismissal from this class.

Behavioral Expectations: Each student is entitled to an environment conducive to learning. Any situation that prevents students from learning or the instructor from teaching is a disruption. 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. Please be respectful of your fellow students and the instructor by adhering to the following:

1. Cell phones can be used sparingly during class, but if the use begins to be a disruption to yourself, other students, or the instructor, you will be asked to put the device away. Certain devices can be used to view content on the internet; however, this is at the discretion of the instructor. Laptops are ONLY permitted during class to take notes. Surfing the internet or checking email from your laptop is not permitted. **During exams, no electronics will be allowed out. Items not allowed include, but are not limited to, cell phones, laptops, tablets, ear buds, headphones. If the student has any of these devices out during an exam, the exam will be taken from the student and they will receive a zero for that exam.**
2. Students can be removed from the class if they are exhibiting disruptive behavior as deemed by the instructor. Repeated incidents will result in automatic withdrawal from the class. Students who display this conduct will be removed from the class and a Conduct Referral Form may be submitted to the Dean of Students.

COVID19 – As stated in the [COM Spring 2021 Covid19 Guide](#), If you are feeling sick in any way, you need to stay home. Contact your instructor to address your absence and do not come on campus while you are ill. Failure to comply with this will result in you being asked to leave campus and can be considered disciplinary matter.

BEFORE ENTERING

<p>ARE YOU SICK?</p>  <p>Please return home if unwell.</p>	<p>HAVE YOU SELF-SCREENED?</p>  <p>www.com.edu/selfscreen</p> <p>Please scan QR code and self-screen.</p>	<p>MASK AND SOCIAL DISTANCE</p>  <p>Please wear a mask and stay six feet apart.</p>
--	---	--

COM | College of the Mainland.

Course policies are subject to change. It is the student's responsibility to check Blackboard for corrections or updates to the syllabus. Any changes will be posted in Blackboard.

BIOL 1322.101CL Spring 2021 Tentative Course Outline:

Week	Date	IN CLASS Topic/Chapter Reading	ONLINE Course Activities/Assignment(s)
1	1/20	Introduction to Course Chapter 1 – What is Nutrition?	
	1/21		Introduction to Mastering Nutrition Due How DSM's (Dynamic Study Modules) Work Due
	1/22		Chapter 1 Activity Due (Extended Deadline 1/24) About Me Discussion Board Due (Extra Credit) Group Introductions Due (Extra Credit)
2	1/27	Chapter 2 - Tools for Healthy Eating	
	1/29		Chapter 2 Activity Due (Extended Deadline 1/31)
3	2/3	Chapter 3 – The Basics of Digestion	
	2/5		Chapter 3 Activity Due (Extended Deadline 2/7)
4	2/10	EXAM 1 (Ch. 1-3)	
	2/12		Group Posting – Share with your group one article about Nutrition (Extra Credit)
5	2/17	Chapter 4 – Carbohydrates: Sugars, Starches, Fiber	
	2/19		Chapter 4 Activity Due (Extended Deadline 2/21)
6	2/24	Chapter 5 – Fats, Oils, and Other Lipids	
	2/26		Chapter 5 Activity Due (Extended Deadline 2/28)
7	3/1		Diet Analysis Project Case-Study Part 1 Due
	3/3	Chapter 6 – Proteins and Amino Acids Lecture	
	3/5		Chapter 6 Activity Due (Extended Deadline 3/7)
8	3/10	EXAM 2 (Ch. 4-6)	
SPRING BREAK 3/15-3/19			
9	3/24	Chapter 7 – Vitamins Diet Analysis Project Case-Study Part 2 Group Recommendations Due	
	3/26		Chapter 7 Activity Due (Extended Deadline 3/28)
10	3/31	Chapter 8 – Minerals and Water	
	4/2		Chapter 8 Activity Due (Extended Deadline 4/4)
11	4/5		Diet Analysis Project Self-Study Part 1 Due
	4/7	Chapter 9 - Alcohol Chapter 10 – Weight Management and Energy Balance	
	4/9		Chapter 9 Activity Due (Extended Deadline 4/11) Chapter 10 Activity Due (Extended Deadline 4/11)
12	4/14	EXAM 3 (Ch. 7-10)	
13	4/19		Diet Analysis Project Self-Study Part 2 Due
	4/21	Chapter 11 - Nutrition and Fitness Chapter 13 – Food Safety and Technology	
	4/23		Chapter 11 Activity Due (Extended Deadline 4/25) Chapter 13 Activity Due (Extended Deadline 4/25)
14	4/28	Chapter 14 – Life Cycle Nutrition: Pregnancy through Infancy Chapter 15 - Life Cycle Nutrition: Toddlers through the Later Years	
	4/30		Chapter 14 Activity Due (Extended Deadline 5/2) Chapter 15 Activity Due (Extended Deadline 5/2)
15	5/5	EXAM 4 (Ch 11, 13-15)	
16	5/12	FINAL EXAM	

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_2019-2020v5.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_2019-2020v5.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 is March 3rd for the 1st 8-week session, April 26 for the 16-week session, and May 5th for the 2nd 8-week session.

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](#).