



BIOL 1322 001IN
Nutrition and Diet Therapy
Spring 2023
Online

Instructor Information: Miranda Ebner MS, LN

E-mail: mebner@com.edu (preferred method of communication). In your email please note what section you're in: either 001 or 002; it will help me find you in D2L faster

Office Hours: Over the phone, by appointment.

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 D2L when classes begin.**

Required Online Resources

- D2L is the platform we use. For questions about course access, please contact the Distance Education department at extension 8476.
- Mastering Nutrition with eText – **Login will be completed through D2L.**

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. *Time management: for this 3-credit class, you can expect to spend 6-9 hours per week learning + studying.*

Course requirements:

1. Nutrition & You Textbook – you will be reading each chapter within the textbook
2. PowerPoints - you will have PowerPoint lectures for most, but not all the chapters
3. Podcast/Webinars – you will have podcasts to listen to or webinars to view most weeks from experts, researchers and thought leaders in nutrition
4. Quizzes – Each chapter, except the last one, will have a 30-point quiz to complete. You will have 30 minutes to complete each quiz, minus the Chapter on Alcohol which is 20 minutes. Expect any combination of matching, multiple choice and true or false questions.
5. Diet Analysis Project - The Diet Analysis Project is a multi-part project that provides experience with documenting diets, analyzing diets, and modifying diets through self-analysis. There are different parts of the Diet Analysis Project and the project will be completed twice during the semester (once at the beginning and once at the end). *Late work is accepted up to*

72 hours after the due date for an automatic 30% grade reduction. **WARNING: Each part of the project depends on successful completion of the previous part. For example, if you fail to successfully complete the first part, you will not be able to finish the second or third parts. In effect, you will be forfeiting all of those points.**

For the self-analysis part of the project (completed **twice** in the semester) here's what you will do:

Round 1 - Discovering What and How you Eat (more detailed instructions are provided in the Assignment in D2L)

1. Part 1: Create a 7-day Average Report from a food log in Cronometer and answer intro questions (140 points)

The first assessment for the self-study project involves tracking your diet for 7 days by entering the information into Cronometer. In Cronometer, students will provide a detailed description of the foods and beverages – including water - consumed (e.g., brand, composition, etc.) with estimated portion of foods and beverages (ounces, cups, servings, etc.). In addition, each student will also journal separately in a provided Word Document overall mood + energy, previous night's sleep quality, female monthly cycle, frequency of cravings, time of meals + snacks and amount of added sugars each day. Both need to be submitted for full credit.

2. Part 2: Analyze the results from the 7-day Average Report (60 points)

For the second part in the self-study project, you will answer questions related to specific nutritional aspects of your diet from information generated in Cronometer and your journal entries.

Round 2 - Modifying your Diet for your Health Goals. This is where you apply what you've learned about nutrition to your own diet.

1. Part 1: This is a prep week - you will answer questions in D2L about what and how you plan on tweaking 1-2 things about your diet to improve it. (30 points)

2. Part 2: Create another 7-day Average Report from a food log in Cronometer (140 points)

This is the same as Part 1 from Round 1, except you are actively trying to modify your diet to your personalized recommendations.

3. Part 3: Analyze the results from the 7-day Average Report. (30 points)

This is similar as Part 2 from the First Round, you will answer questions related to your experience.

Determination of Course Grade/Detailed Grading Formula

1. Quizzes (450 points) - There will be a quiz every week based off of the assigned chapter, lecture/PowerPoint and any podcasts/webinars. There will be extra credit available in some of the quizzes. **Deadlines for quizzes are the Sundays at midnight CST the week the reading is assigned EXCEPT for the final week of the semester, which ends on a Friday, all assignments will be due at 10am.**
2. Diet Analysis Project (400 points) – The Diet Analysis Project is a two-part project that provides experience with documenting diets, analyzing diets and modifying diets through self-analysis.
3. Final Exam (150 points) - The test will consist of 5 case studies you will provide customized nutrition advice for. This is open book and you will have Wednesday-Friday to complete it.

Grading Formula:

Quizzes	450 Points
Diet Analysis Project	400 Points
Final Exam	150 Points
Total Possible Points	1000 Points
<i>Extra Credit</i>	<i>30 Points</i>

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%

Note - If you score a 69.44% for the class, you will receive a D, your grade will not get “bumped up.” If grades are important to you, do everything in your power to complete all the assignments, quizzes and exam.

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 30% loss of points for the late assignment. After missing the initial deadline, the maximum grade is 70%. The extended deadline for quiz is Wednesday at midnight (72 hours after the due date). Please use the course outline to

help schedule your time for the course to assure that you meet the assignment and assessment deadlines.

- Diet Analysis Project 72 hours after the due date is accepted for a 30% loss of points same as above.
- Final Exam – no late submissions accepted, this will be due the last Friday of the semester at 10am

Make-Up Policy:

Lecture Exams: Should you anticipate an absence you must contact your instructor by phone or email 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: This is an online course, you are expected to follow the Syllabus to read the appropriate Chapters and complete the proper homework each week. *If you don't login in the first week to complete any assignments or communicate via email to your instructor about missing work, you can be flagged by the instructor as never attended and dropped from the class.* Any deviations to the schedule can impact your grade. Read the Late Work, Make-Up and Extra Credit policy below.

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. (Faculty may add additional statement requiring monitoring and communication expectations via Blackboard or other LMS)

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 other influences such as the microbiome, hormones and inflammation and their impact on the physical, emotional, societal, and cellular level.

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| 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. Demonstrate the nuances of 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: 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.

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.

Course Outline

Week	Date	Topic/Chapter Reading	Due Dates for Activities/Assignment(s) <i>*all quizzes and projects have a deadline of the following Sunday for the week at midnight</i>
1	1/17	<ul style="list-style-type: none"> ○ Chapter 1: What is Nutrition? ○ Chapter 1 PowerPoint Lecture + Webinar 	<ul style="list-style-type: none"> ○ About Me Discussion Board Optional ○ Quiz #1 ○ Extra Credit Quiz on podcast – 5 points
2	1/23	<ul style="list-style-type: none"> ○ Chapter 2: Tools for Healthy Eating ○ Chapter 2 PowerPoint Lecture + Podcast 	<ul style="list-style-type: none"> ○ Complete Diet Analysis Round 1: Part 1 (<i>you are tracking for 7 days so start tracking daily; do not wait until the weekend to try to remember what you ate all week</i>). ○ Quiz #2
3	1/30	<ul style="list-style-type: none"> ○ Chapter 3: Basics of Digestion ○ Chapter 3 PowerPoint Lecture + Podcast 	<ul style="list-style-type: none"> ○ Complete Diet Analysis Round 1: Part 2 ○ Quiz #3
4	2/6	<ul style="list-style-type: none"> ○ Chapter 4: Carbohydrates: Sugars, Starches, Fiber ○ Chapter 4 PowerPoint Lecture + Podcast 	<ul style="list-style-type: none"> ○ Quiz #4
5	2/13	<ul style="list-style-type: none"> ○ Chapter 5: Fats, Oils and other Lipids ○ Chapter 5 PowerPoint Lecture + Podcast 	<ul style="list-style-type: none"> ○ Quiz #5
6	2/20	<ul style="list-style-type: none"> ○ Chapter 6: Proteins and Amino Acids ○ Chapter 6 PowerPoint Lecture + Podcast 	<ul style="list-style-type: none"> ○ Quiz #6
7	2/27	<ul style="list-style-type: none"> ○ Chapter 7: Vitamins ○ Podcast 	<ul style="list-style-type: none"> ○ Quiz #7
8	3/6	<ul style="list-style-type: none"> ○ Chapter 8: Minerals and Water 	<ul style="list-style-type: none"> ○ Quiz #8

		○ Podcast	
9	3/20	○ Chapter 9: Alcohol	○ Quiz #9
10	3/27	○ Chapter 10: Weight Management and Energy Balance ○ Chapter 10 PowerPoint Lecture + Podcast	○ Quiz #10
11	4/3	○ Chapter 11: Nutrition and Fitness ○ Chapter 11 PowerPoint Lecture + Podcast	○ Quiz #11
12	4/10	○ Chapter 12: Consumerism and Sustainability: Food from Farm to Table ○ Chapter 12 Podcast	○ Quiz #12 ○ 5 Points extra credit opportunity
13	4/17	○ <i>Skip Chapter 13 to later date</i> ○ Chapter 14: Life Cycle Nutrition: Pregnancy through Infancy ○ Chapter 14 PowerPoint Lecture + Podcast	○ Quiz #14
14	4/24	○ Chapter 15: Life Cycle Nutrition: Toddlers through the Later Years ○ Chapter 15 PowerPoint Lecture + Podcast	○ Quiz #15 ○ Complete Diet Analysis Round 2: Part 1 ○ Start Diet Analysis Round 2: Part 2 as soon as you complete Part 1
15	5/1	○ Chapter 13: Food Safety and Technology ○ Podcast	○ Quiz #13 ○ Complete Diet Analysis Round 2: Part 2
16	5/8	<i>EVERYTHING DUE FRIDAY AT 10AM</i> ○ Chapter 16: Hunger at Home and Abroad – <i>Extra Credit</i> ○ FINAL EXAM – Case Studies	○ Quiz #16 Extra Credit – 10 points ○ Complete Diet Analysis Round 2: Part 3

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 [Student Handbook 2022-2023 v4.pdf \(com.edu\)](#). *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 at 409-933-8919 or 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 1st 8-week session is March 1. The last date to withdraw from the 16-week session is April 24. The last date to withdraw for the 2nd 8-week session is May 3.

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 or communityresources@com.edu.