



**BIOL 1322-003I2/BIOL 1322-603I2**  
**Nutrition & Diet Therapy**  
**Fall 2025**  
**Internet Course**

**Instructor Information:**

Leeann Pollard

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

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

**Office hours and location:**

**Wednesdays 10:30 am-11:30 am**

**Virtual Student Hours**

During my virtual student hours, I will be available to answer your questions and assist you. I'll respond to your emails as quickly as possible during this time.

If you would like to meet with me directly, I am available for one-on-one appointments through Microsoft Teams. Please email me ahead of time to schedule a meeting.

**Required Textbook/Materials:**

S Blake Nutrition & You (6th 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 register for your Pearson account and integrate to the D2L platform.

**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. Those assignments include the chapter activities, exam extra credit, Laurie and Nadia case study part 1 (Diet analysis) and self study part 1.

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. 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 (Diets for Nadia and Laurie are provided as part of the assessment) and analyzing information for Nadia and Laurie to answer questions in MasteringNutrition.

-The second portion in the case-study project is the Case-study Recommendations. Using the “Discussions” tab in D2L, you will create an initial post to all 6 questions and then you will respond to other students' posts regarding their answers. To receive full credit, you have to create two responses to your peers for each question (**12 responses total**). Responses should be robust and thoughtful for full marks.

#### Self-Analysis Project:

-Create a Three-day Average Report from your own 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.

- 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:**

1.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 only be given 1 attempt for the final exam.
3. Diet Analysis Project (160 points) – The Diet Analysis Projects are 2, 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 (160 points) – each chapter has an associated Mastering activity worth 10 points.
5. Nutrition Worksheets (100 points) – There will be 4 electronic worksheets on various nutrition topics throughout the semester. Each exercise is worth 25 points.
6. Practice Exam (15 Points) and Intro to Mastering (15 Points)- Introduction to class platform for Mastering Nutrition and Respondus for exam.

Exams (4)-100 points each	400 Points
Final Exam	150 Points
Diet Analysis Projects	160 Points
Mastering Nutrition Chapter Activities	160 Points
Worksheets (4)-25 points each	100 Points
Practice Exam	15 Points
Intro to Mastering Nutrition	15 Points
<b>Total Possible Points</b>	<b>1000 Points</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 there will be no late work 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 4 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 materials.

**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 D2L or other LMS)

<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 An 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:

### OCTOBER 2025

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

### NOVEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 4	2	3	4	5	6
	<i>Exam 2 (Chapt 5-8)</i> Exam 2 Extra Credit Due- Mastering Nutrition	Chapter 9	<i>Diet Analysis Part 2-Initial post Due-Laurie &amp; Nadia!</i>	Chapter 10	<i>Chapter 9 &amp; 10 Act Due</i>
Week 5	9	10	11	12	13
Extra Credit-A light Lunch Due!	<i>Diet Analysis Pt 2-Resp post Due-Laurie &amp; Nadia!</i>	Chapter 11	<i>Worksheet #3- Healthy Weight Due!</i>	Chapter 12	<i>Chapter 11 &amp; 12 Act Due</i>
Week 6	16	17	18	19	20
	<i>Exam 3 (Chapt 9-12)</i> Exam 3 Extra Credit Due- Mastering Nutrition	Chapter 13 <i>Diet Analysis Self Study Part 1 Due!</i>	<i>Worksheet #4-Food Safety Due!</i>	Chapter 14	<i>Chapter 13 &amp; 14 Act Due</i>
Week 7	23	24	25	26	27
extra Credit-Course Evaluation (Due when closed)	Chapter 15 <i>Diet Analysis Self Study Part 2 Due!</i>	W-Day!	Chapter 16 <i>Chapter 15 &amp; 16 Act Due</i>	College Closed	College Closed
Week 8	30	1-Dec	2-Dec	3-Dec	4-Dec
College Closed	<i>Exam 4 (Chapt 12-16)</i> Exam 4 Extra Credit Due- Mastering Nutrition			<i>FINAL EXAM</i>	

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## 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/student-handbook.html>. *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, 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 1. The last date to withdraw from the 16-week session is November 14. The last date to withdraw for the 2<sup>nd</sup> 8-week session is November 25.

**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.