



Biology 1322.002IN
Nutrition and Diet Therapy
Spring 2021
Online through Blackboard and Mastering Nutrition

Instructor Information:

Name: Rama Sessa Shailaja, Devarakonda Venkata, PhD

Email: rdevarakondaven@com.edu

Phone: 832-312-5022

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.

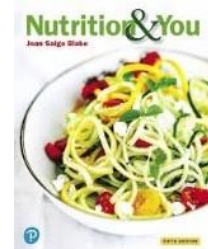
The best way to reach me is by email. Please use your @com.edu email address. Emails from other sources may be delayed or filtered from my inbox. This may delay or prevent my reply to your email. Reply to emails from external email addresses will be through your @com.edu email address. If you prefer to meet with me virtually, please contact me to schedule a mutually convenient time. We can meet using the video conferencing available in Microsoft Teams. I will strive to reply to emails from @com.edu addresses, questions from forum posts which are made on weekdays, and meeting requests which are made on weekdays within twenty-four hours. Expect that I will be unavailable from Friday afternoons through the weekend. Replies to voice messages left on my office telephone will take longer for me to reply than an email. Also, I will most likely reply to a voice message by email. So, if you don't mind waiting an extended time for my reply, leaving a voice message is another option. You can also use Remind Messaging system to contact me.

Student (Office) hours and location:

Office Location: Virtual Office through Microsoft Teams on appointment basis

Office Hours: Please contact me to schedule a mutually convenient time on appointment basis.
We can meet using the video conferencing available in Microsoft Teams.

Required Textbook: Blake, J. (2020). *Nutrition & you* (5th ed.). Hoboken, NJ: Pearson.



Required Software: Mastering Nutrition with MyDietAnalysis from Pearson

Microsoft Word which is freely available to students through Office 365

Microsoft PowerPoint which is freely available to students through Office 365.

Microsoft Teams which is freely available to students through Office 365

Textbooks and/or courseware will be available through VitalSource digitally. Cost of the course materials for this section: \$84.40. The course materials will be available on the first day of class and you will be given the opportunity to opt-out of the e-book prior to the census day of the class. If you choose not to use the course materials, you will be reimbursed after census day of the class. The materials are not refundable after the census day.

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.

Required Materials: An inexpensive calculator. You most likely have one on your cellphone.

Computer Requirements: You will need 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
- Java installed and updated
- An e-mail account (COM provides free email for students)
- Microsoft Office and Microsoft Teams (COM offers free Office 365 access for students)
- A PDF reader

You are responsible for maintaining your own hardware and software. If you are incapable of maintaining your own system, please use the computers available on campus. (NB, Access to college computers is limited by the hours of operation for the computer labs and library. You are responsible for keeping abreast of these times.)

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. (Cross-listed as HECO 1322)

Course requirements: Students are expected to meet the following course requirements.

- **Stay Current:** You will use the Course Outline, Blackboard calendar, Blackboard announcements, Blackboard discussion forums, Mastering Nutrition calendar, communication with your instructor, and communication with your classmates to stay abreast of course scheduling.
- **Meet Learning Objectives:** You will cover the course material listed in the learning objectives by accessing information from the textbook, from Blackboard, from Mastering Nutrition, from the Internet, from the Library, and from other resources, as needed.

- **Complete Assessments:** Your knowledge of the material covered in the Student Learner Outcomes is assessed using online discussions, online unit tests, a dietary analysis project, a presentation, two cumulative semester exams, and a comprehensive final exam.
 - Dynamic Study Modules: There are fourteen Dynamic Study Modules (DSM) that correspond to the Chapters 1 through 11 and 13 through 15. The Dynamic Study Modules are available in Mastering Nutrition. Each DSM allows you to repeat missed questions until a correct answer is obtained. The design is for you to learn from your mistakes. The Dynamic Study Modules are self-assessments and are not applied to your grade calculation.
 - Chapter Quizzes: There will be fourteen Chapter Quizzes given during the semester. The Chapter Tests are given online through Mastering Nutrition. These tests are designed and administered to promote mastery of the first Student Learner Outcome. The open book tests allow you to reference your course materials and Internet resources during the assessment. The tests are composed of calculation, matching, multiple choice, and true/false questions. The topics for the Chapter Quizzes correspond to the chapter topics from the textbook. Each Chapter Quiz is worth a maximum of 100%. The average for the twelve highest Chapter Quizzes is the Chapter Quizzes Grade. The maximum point value for the Chapter Quizzes Grade is 100 points.
- **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 **three parts** in the **self-study project** of the Diet Analysis Project. For the case-study project you will:
 1. analyze the results from a **pre-existing Three-day Average Report of Alias Incognito**.
 2. Answering the Questions (Diet Analysis Case-study Questions)

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

1. create a Three-day Average Report from the entries **as Incognitos** in the diet journal.
2. analyze the results from the Three-day Average Report.
3. Answer the Questions (Diet Analysis Self study Questions)

Completing this project requires the use of the MyDietAnalysis web-based software located as a link in Mastering Nutrition. **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.*

- **Case-study Questions:** The case-study project has a single assessment, the Case-Study Questions. This assessment involves analyzing information from a three-day report. The answers to the questions for this assessment are based on the information in the report attached to the assessment. Those answers should be entered directly into

the assessment in Blackboard. There is a help file that provides directions for locating information, performing calculations, and analyzing the data. The higher grade from the two attempts will count as your Case-study Questions grade and the lower grade from the two attempts is dropped. The maximum points for the Diet Analysis Case-study Questions grade are 100 points.

- **Self-study Report:** The self-study project has two assessments, the Self-study 3-day Average Report and the Self-study Questions.

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 the **MyDietAnalysis** software. Each student will:

- create a diet journal that:
 - provides a detailed description of the foods eaten and beverages imbibed (e.g., brand, composition, etc.).
 - provides the portion of foods eaten and the beverages imbibed (e.g., grams, ounces, cups, etc.).
 - provides the meal when the food was eaten and the beverage was imbibed (e.g., breakfast, lunch, dinner, or snack).
- create a personal profile in the MyDietAnalysis software (use the tutorials on the opening page of the software for help in creating your profile and using the software).
- use the journal entries to enter the foods eaten and beverages imbibed into the software.
- generate the required reports.
- attach the reports to the assignment in Blackboard.
- submit the completed assignment through Blackboard.

The information needed to generate your reports is obtained from your diet journal entries. There are two attempts for the report assignment. The second attempt is for students to correct errors made during the first attempt. As noted, the reports file should be uploaded as an attachment to the assignment in Blackboard. Be certain to verify your attachment before submitting your assignment. Unless previously arranged with your instructor, students that submit their assignment as an attachment to an email will earn a fifteen-point deduction for this assignment. The reports should be in the PDF file format. Other file formats may not be accepted resulting in a complete loss of points. The higher grade from the two attempts will count as your Self-study Report grade and the lower grade from the two attempts is dropped. The maximum points for the Self-study Report grade are 100 points.

- **Questions on Self-Study Report:** For the second assessment in the self-study project, you will answer questions 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 Report. The question set for your self-analysis is attached to the assignment in

Blackboard as a DOCX file. Each student should download one of these files and answer the questions for the question set. The answers will be entered directly into the file and saved as a DOCX file. The answers to the Self-study Questions should be uploaded as an attachment to the assessment in Blackboard. Be certain to verify your attachment before submitting your assignment. Unless previously arranged with your instructor, students that submit their assignment as an attachment to an email will earn a fifteen-point deduction for this assignment. The Self-study Questions should be in a DOCX file format. Other file formats may not be accepted resulting in a complete loss of points. The single attempt at the Self-study Question Set assignment is worth a maximum of 100 points.

- **Discussion Forums:** There will be graded discussion forums posted during the semester. Each topic will be available from the start of the semester. The first and last forums are meant to be an open discussion based on the intersection between nutrition and your interests and opinions. The second through the fifth forums are meant to be an academic discourse focusing on the topic and using research and references to support your position.

For both type of posts, your response to the topic should address the topic and not contain gratuitous, tangential, or spurious comments. Replies in response to posts by other students should address the content and position of that post. Responses containing gratuitous, tangential, or spurious comments are unwelcome. Postings that are composed of complete sentences, that clearly address the topic, and that contain proper citation(s) are graded more favorably than jotted notes, incomplete thoughts, and undocumented claims.

1. The first discussion topic is designed to introduce you to the Discussion Forums, to determine your motivation for taking the course, and to introduce yourself to your classmates.
2. The second discussion topics addresses the factors that influence dietary choices.
3. The third discussion topic addresses the functions, sources, deficiencies, and toxicities of the energy yielding macronutrients (i.e., carbohydrates, fats, and protein).
4. The fourth discussion topic addresses the application and 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. The fifth discussion topic addresses the functions, sources, deficiencies, and toxicities of the micronutrients (i.e., the vitamins and minerals) and water.
6. The sixth discussion topic attempts to determine what parts of the course that you found to be most valuable.

For forums two through five, the goal is to open a discussion that allows your classmates to contribute to the information for the topic, not to provide all the information in one post. Students are encouraged to make multiple posts to a topic as they learn more about the topic or to respond to posts by other students. In that manner, the topic is built through success posts. You can accumulate points, up to the maximum points per

discussion topic, by making multiple unique posts to a topic or in response to the post from another student. A grading form itemizes the point values for postings. Each forum is worth a maximum of 20 points. Your Discussion Forums Grade is the average of the points earned for the highest five Discussion Forum scores. The lowest score is dropped from the calculation. The Discussion Forums Grade is worth a maximum of 100 points.

- **Presentation:** There is one Online Presentation for this semester. It consists of two parts.
 1. Selection and assignment of your presentation topic.
 2. Researching, creating, and submitting your presentation.

Students select a pre-approved topic, plus two alternates, from a list of topics posted to the Presentation Selection Discussion Forum. Posting to the forum will place a time stamp on your selection. Only one student per topic is permitted. After the deadline for the topic selection has passed, your Instructor will confirm your topic by posting a list of topic assignments on the Presentation web page in Blackboard. Topics are assigned based on the chronology of the posts. Any student that fails to submit a selection post to the forum by the extended deadline will be assigned a topic by your Instructor. Selecting a topic, selecting two alternate topics, and making a post of your selection with those two alternates by the deadline for submission is worth a maximum of 5 points.

Once you have verified your assigned topic, you should review the grading rubric that will be used to provide direction in researching and creating your presentation and to determine the scoring for the components of your presentation. The presentation should be created using Microsoft PowerPoint. The completed presentation should be uploaded as an attachment to the assignment before the deadline for submission. You have two attempts to upload your presentation as an attachment to the assignment. Unless otherwise requested prior to the deadline for submitting your presentation, only the last attempt will be graded. Thus, your grade for this assignment is based on your last attempt. Be certain to verify your attachment before submitting your assignment.

Students that submit their presentation as an attachment to an email will be deducted 10 points, and presentations submitted in printed form will receive no credit for this assignment. The presentation is worth a maximum of 95 points. The Presentation Grade, the sum of the points earned on the Presentation Selection Discussion Forum plus the points earned on the Presentation, is worth a maximum of 100 points

- **Final Exam:** This exam is designed and administered to evaluate retention of course objectives for the material covered through the entire course. It is composed of calculation, matching, multiple choice, and true/false questions. Unless otherwise stated, this time-limited exam releases one question at a time with no backtracking to a previous exam question and requires the Respondus LockDown Browser. The topics for the final exam correspond to the topics in Chapters 1 through 11 and 13 through 15 from the textbook.

There is one attempt for the final exam. The final exam is worth a maximum of 100 points.

- Course Evaluation: There is a single Course Evaluation administered by the College through Course Eval. This anonymous evaluation is worth 100 points.

Determination of Course Grade/Detailed Grading Formula: Your grade for the course is determined by the scores that you earn on the assignments and assessments. The points you earn for this course are the weighted sum of the grading categories.

Chapter Quiz Grade

- There are fourteen Chapter Quizzes. Each Chapter Quiz is worth a maximum of **100** points.
- The Chapter Quizzes Grade is the average for the highest thirteen Chapter Quiz scores. It is worth a maximum of 100 points.

Dietary Analysis Project

- Dietary Analysis Case-study Questions (Grade)
 1. The Case-study Questions assessment is worth a maximum of 100 points and there are two attempts for this assessment. The score for the Case-study Questions is the higher of the two attempts. It is worth a maximum of **100** points.
 2. Dietary Analysis Self-study Report(Grade)

The Self-study Report assessment is worth a maximum of 100 points and there are two attempts for this assessment. The score for the Self-study Report is the higher of the two attempts.
 3. Dietary Analysis Self-study Questions (Grade)

The Self-study Questions assessment is worth a maximum of **100** points and there is a single attempt for this assessment.

Discussion Forums Grade

- There are six Discussion Forums. Each forum is worth a maximum of 20 points. A grading rubric is provided for each forum. The Discussion Forums Grade is the average for the five highest forum scores. It is worth a maximum of **100** points.

Presentation Grade

- The Presentation Grade is worth a maximum of **100** points
- Presentation Topic Selection Forum

The Presentation Topic Selection Forum is worth a maximum of 5 points.
 - Presentation

The Presentation is worth a maximum of 95 points.

Final Exam

The Final Exam is worth a maximum of **100** points.

Course Evaluation

- Completing and submitting the Course Evaluation through WebAdvisor

Syllabus Quiz – Bonus

- The highest point total for the attempts made. The maximum points that can be earned for the quiz is 100 points.

You can keep track of your earned points on Blackboard in the Grade Center and through Mastering Nutrition. The score for the Syllabus Quiz and for the Chapter Quizzes will be available immediately after submission. Other grades will be updated as they become available; this is typically on the Monday that occurs one week after the extended deadline. If you have any questions concerning your grade, please clearly state the question, the assessment, and the nature of your concern when contacting me. Providing incomplete information will require additional time to research the question and provide a reply. The maximum total points that can be earned for the course is calculated by summing the weighed percentages of the grading categories.

Category	Percentage
Chapter Quizzes Grade	35.0%
Diet Analysis Case-study Questions Grade	7.5%
Diet Analysis Self-study Report Grade	7.5%
Diet Analysis Self-study Questions Grade	10.0%
Discussion Forums Grade	20.0%
Presentation Grade	10.0%
Final Exam Grade	10.0%
Total Points	100.0%
Syllabus Quiz Grade (Bonus)	1%
Total Points with Bonus	101.0%

Grading Scale: The table contains the grading scale applied to the points calculation previously described.

I — An incomplete may be assigned at the discretion of the instructor in accordance with college policy.

W — A withdrawal may be assigned in accordance with college policy.

Letter Grade	Final Average in Percent
A	89.5 – 100
B	79.5 – 89.4
C	69.5 – 79.4
D	59.5 – 69.4
F	< 59.5

Make-Up Policy & Late Work: The course is designed to accommodate some of life's mishaps, difficulties, or tragedies by providing extended deadlines for selected assessments and assignments. In those cases, there is a deadline extension after the initial deadline. After the extended deadline has passed, expect that the assignment or assessment is closed, and the link may be removed. Expect that no additional time will be provided. The course evaluation through CoursEval and the Final Exam are exceptions and have no extended deadline.

The Chapter Quizzes have an extended deadline of seven days that results in a 5% loss of points for each day that the assignment is late. After missing the initial deadline and before 24 hours has passed from that deadline, the maximum grade is 95%.

The syllabus quiz, course surveys conducted by your instructor (not the CourseEval course evaluation), all graded forums, diet analysis project assignments, and the presentation have a seven-day extension beyond the initial deadline with no point deduction. After the extended deadline has passed, the syllabus quiz, course surveys, all graded forums, and the diet analysis case-study questions are closed, and points are forfeited. The diet analysis self-study report, diet analysis self-study questions, and the presentation can be turned in late after extended deadline and until the final deadline for late work for a maximum of half-credit.

If this provides insufficient accommodation, then the severity of life's mishap, difficulty, or tragedy is beyond the capacity of this course. Anyone experiencing such difficulty should consider withdrawing from the course and taking it in a future semester after the difficulty has passed.

Course outline: Use this course outline and tentative class schedule to schedule your course activities for the semester.

Due dates -23:30 (11:30 PM) on Sunday night and for the last week, its Wednesday.

Week	To Do - Blackboard	To do - Pearson (Mastering Nutrition Course Home)	Due dates
Week 1 03/22 – 03/28	<ul style="list-style-type: none"> • Read me First • Syllabus Review and Course orientation • Syllabus Quiz • Discussion - Forum 1 • Diet Analysis Project - 1. Case study Report 	Chapter -1 (Read) DSM Quiz 1 Chapter -2 (Read) DSM Quiz 2	Sun 03/28, 11.59pm,
Census Date - 03/29/2021			
Week 2 03/29 – 04/04	<ul style="list-style-type: none"> • Discussion - Forum 2 • Diet Analysis Project - 1. Case study Report • Diet Analysis Project – 2. Case study Questions 	Chapter – 3 (Read) DSM Quiz 3 Chapter -4 (Read) DSM Quiz 4	Sun 04/04, 11.59pm,
Week 3 04/05 -04/11	<ul style="list-style-type: none"> • Discussion Forum 3 • Diet Analysis Project – 2. Case study Questions • Discussion – Topic selection for Presentation 	Chapter -5 (Read) DSM Quiz 5 Chapter -6 (Read) DSM Quiz 6	Sun 04/11, 11.59pm,

Week 4 04/12-04/18	<ul style="list-style-type: none"> • Discussion Forum 4 • Discussion – Topic selection for Presentation • Diet Analysis Project -3. Self Study Report 	Chapter -7 (Read) DSM Quiz 7 Chapter - 8 (Read) DSM Quiz 8 Diet Analysis Project – Use MyDietAnalysis software to make Self study Report	Sun 04/18, 11.59pm,
Week 5 04/19 – 04/25	<ul style="list-style-type: none"> • Discussion Forum 5 • Presentation Submission • Diet Analysis Project – 3. Self Study Report 	Chapter - 9 (Read) DSM Quiz 9 Chapter - 10 (Read) DSM Quiz 10 MyDietAnalysis software to make Self study Report	Sun 04/25, 11.59pm,
Week 6 04/26 – 05/02	<ul style="list-style-type: none"> • Discussion Forum 6 • Presentation Submission • Diet Analysis Project – 4. Self study Questions 	Chapter -11 (Read) DSM Quiz 11 Chapter -13 (Read) DSM Quiz 13	Sun 05/02, 11.59pm,
Week 7 05/03 – 05/09	<ul style="list-style-type: none"> • Presentation Submission • Diet Analysis Project – 4. Self Study Questions 	Chapter -14 (Read) DSM Quiz 14 Chapter -15 (Read) DSM Quiz 15	Sun 05/09, 11.59pm,
Week 8 05/10 – 05/14		Finals	Fri 05/14 11.59 pm

Attendance Policy: All students registered in this class are expected to log in to this course at least twice each week, to participate in the class during those online sessions, and to follow the same attendance policy as the traditional classes offered on campus. This policy follows the attendance policies prescribed in the current College Catalog (<http://coursecatalog.com.edu/>).

Failing to attend class, log into Blackboard and Mastering Nutrition, or to complete your work as scheduled demonstrates poor progress towards obtaining the course goals (objectives) and is detrimental to learning course material. If you fail to attend class or fail to log into Blackboard or Mastering Nutrition and are demonstrating poor progress towards obtaining the course goals

(objectives), the instructor may administratively withdraw you from the course. For example, a student may log into the course multiple times a week but fails to complete or attempt the course evaluations. Since they have failed to demonstrate knowledge of the material through evaluation, this student has demonstrated poor progress towards obtaining the course objectives.

An estimate of the time per week that is necessary to successfully complete the course will vary with the expected or desired outcome by the student, the pre-existing skills and knowledge possessed by the student, the ability of the student to acquire and assimilate the course content, and the time required by the student to complete the assignments. A long-standing estimate is to multiply the number of lecture credit hours for a course by 2 or 3 and lab credit hours by 1 or 2. For this four-hour credit course of 3 lecture credits and 1 lab credit, that result is 7 to 11 hours. Thus, one should expect to spend 3 hours for the lecture component, plus 3 hours for the lab component, plus 7 to 11 hours studying per week on this course. Don't take my word for it, here are some links that validate this calculation.

Semester Survival Guide by Blinn College: <https://www.blinn.edu/academic-advising/survival-guide.html>

How Many Hours a Day Do You Have to Study for College Classes? by M.T. Wroblewski: <http://oureverydaylife.com/many-hours-day-study-college-classes-4165.html>

How Much Time Should I Spend Studying in College? by Kelci Lynn Lucier: <http://collegelife.about.com/od/academiclife/f/How-Much-Time-Should-I-Spend-Studying-In-College.htm>

Manage Your Time by HowtoStudy.com: <http://www.howtostudy.com/manage-your-time/>

Of course, mileage will vary and there are no guarantees that this will result in the desired outcome.

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 only permitted to withdraw six times during their college career by State law. The last day to withdraw is, 5th May 2021 for the 8-week session.

It is your responsibility to withdraw from the course and file the appropriate "drop form" with the Registrar's Office. If you demonstrate insufficient progress in the course, the instructor may administratively withdraw you from the course. Examples of insufficient progress include, but are not limited to, failure to log into Blackboard for a one-week period, failure to submit four or more assignments by the deadlines for those assignments, failure to maintain a passing average for the class, or demonstrating poor progress towards obtaining the course goals (objectives).

If you stop attending class, fail to withdraw from the course, and are not withdrawn from the class by your instructor, you will receive the grade based on your accumulated points.

Early Alert Program: The Student Success Center at College of the Mainland has implemented an Early Alert Program because student success and retention is 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.

Academic Dishonesty: Any incident of academic dishonesty will be dealt with in accordance with college policy and the Student Handbook. Academic dishonesty, such as cheating on exams, plagiarism, or collusion, is an extremely serious offense and will result in at least a grade of zero on that assignment and the student will be referred to the Office of Student Conduct for the appropriate disciplinary action.

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 Ms. Sheena Abernathy, Science Department Chair, at 409-933-8330/sabernathy@com.edu.

Student Learner Outcome	Maps to Core Objective	Assessed via this Assignment
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.	Empirical & Quantitative Skills	Diet Analysis Project
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.	Critical Thinking	Selected Chapter Quizzes or Chapter Quiz Questions
3. Discuss functions, sources, deficiencies, and toxicities of macro-and micronutrients, including carbohydrates, lipids, proteins, water, vitamins, and minerals.	Communication Skills	Selected Discussion Forums
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.	Critical Thinking Skills	Selected Discussion Forums
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.	Critical Thinking Skills	Selected Chapter Quizzes or Chapter Quiz Questions
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.	Communication Skills	Selected Discussion Forums

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 career. 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 that is 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 setup their appointment. Appointments are strongly encouraged; however some concerns may be addressed on a walk-in basis.

Technology Outage: Students are responsible for maintaining their hardware, software, and Internet connection to the course. If you are incapable of maintaining your own system, please use the computers available on campus or take the CL section of the course. (NB, Access to college computers is limited by the hours of operation for the computer labs and library. You are responsible for staying abreast of these times.). No additional time will be provided for hardware, software, or Internet connection problems that interfere with your ability to access the course and complete your assignments and assessments.

Revisions: Your instructor reserves the right to revise this syllabus to accommodate changes in the course that may occur during the semester. If any changes to this syllabus occur during the semester, students will be provided with an announcement of those changes and will be given access to a description of those changes.

Copyright and Licensing: © 2020 and beyond by Rama Devarakonda, PhD

This work is licensed under a Creative Commons Attribution-Noncommercial-Share Alike 4.0 United States License.

Acknowledgements: This syllabus was developed using a template provided by the COM Administration. Other parts of this syllabus were derived from the work of my professors and my colleagues. I thank them for their willingness to share their work.