



BIOL1322.002IN
Nutrition and Diet Therapy
Spring 2022
Fully Online Course without Lectures

Instructor Information: Dr. Jantz; kjantz@com.edu; 409-933-8255; STE-325.19

Student hours and location:

Monday/Wednesday from 12:00-2:00pm, Wednesday from 5-6pm, Tuesday from 11:00am to 12:30pm
Monday virtual hours via Teams by appointment only from 5-6pm

Required Textbook, Materials, and Resources:

JS Blake *Nutrition & You* (5th edition) e-text with Modified MasteringNutrition. Pearson. ISBN: 9780134579665
(eBook via VitalSource already in Blackboard (Bb) = NO PURCHASE REQUIRED)

Required Online Resources

- COM Blackboard: <https://de.com.edu/webapps/login/>. COM Blackboard will be used for online activities and more. 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.**
- **Web camera** (either built into your computer or attachable) to take exams.

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:

Online Exams & Comprehensive Final Exam via BlackBoard

There are 4 online exams and 1 online comprehensive final exam (CFE). **Exams are administered in BlackBoard (Bb) using Respondus Lockdown Browser with Monitor.** Your computer must have a built-in webcam, or you can purchase an attachable webcam. Each lecture exam consists of multiple-choice, fill-in-the-blank, matching, true-false, essay, and identification. Exam dates are listed in the “what’s due when/?” document, will be open for 7 days.

Online Mastering Nutrition Assignments

There are 10 online assignments in Mastering A&P. Due dates are listed in the “what’s due when/?” document **by 10:59pm on Saturday. Required online component.**

Online Weekly Discussions via Blackboard

There are 15 weekly discussions. **You will be required to post an initial discussion by 11:59pm on Sunday and two peer responses by 11:59pm the following Tuesday.** Posts can only be made during the time frame the discussion is open, no exceptions.

Online Diet Analysis Project

The Diet Analysis Project is a multi-part project providing experience with documenting diets, analyzing diets, and modifying diets through case-studies and self-analysis. There are two parts in the case-study project and the self-study project of the project. More details are provided in Blackboard. **Each part of the project depends on successful completion of the previous part.** 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.

1. For the case-study project you will:
 - a) Complete the MyDietAnalysis Case Study: Nadia and Laurie-Similar Needs and Different Intakes. (20 points)
Part 1 of the MyDietAnalysis Case-study Questions, involves entering data into MyDietAnalysis and analyzing information for Nadia and Laurie to answer questions in MasteringNutrition.
 - b) Participate in a class discussion to analysis and make recommendations for both Laurie and Nadia. (50 points)
Part 2 of the case-study project is the Case-study Group Analysis and Recommendations. Using an online discussion format, the class will arrive at a consensus recommendation to the questions from the assignment.
2. For the self-analysis part of the project, you will:
 - a) Create a Three-day Average Report from a food log in MyDietAnalysis and answer intro questions. (20 points)
Part 1 of 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 MyDietAnaylsis 3-Day Food Record and Personalized Dietary Analysis: An Introduction. Each student will create a three day diet journal that:
 - o provides a detailed description of the 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
 - b) Analyze the results from the Three-day Average Report. (80 points)
Part 2, the information needed to generate your Three-day Average Report is obtained from your diet journal entries. 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

Diet Analysis Project	170 points	17.0%
MasteringNutrition Assignments	280 (20 pts each)	28.0%
Discussion Board Posts	150 (10 pts each)	16.0%
Online Exams (4)	300 (75 pts each)	30.0%
Online Comprehensive Final Exam	100 points	10.0%
Total Possible Points	1000 Points	100.0%

Grading Scale:

- A** = between 900 and 1000 points
- B** = between 800 and 899.9 points
- C** = between 700 and 799.9 points
- D** = between 600 and 699.9 points
- F** = below 599.9 points
- FN** = failure of the course due to non-attendance and non-completion of course assignments
- I** = may be assigned at the discretion of the instructor in accordance with the college's incomplete policy.
- W** = withdrawal may be assigned in accordance with college's withdrawal policy.

Late Work, Make-Up, and Extra-Credit Policy:

EXAMS: Exams are administered via BlackBoard and are open for 7 days. Make-ups are allowed at the discretion of the instructor.

MISSED ASSIGNMENTS: Please contact the instructor if you missed an assignment to make arrangements to complete the missed assignment.

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 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:

Disciplinary actions will be taken for students who exhibit disorderly conduct, cheat on exams, submit plagiarized work, or are involved in collusion (helping others cheat or plagiarize) as defined in the Student Handbook under the heading, "Discipline and Penalties." The maximum penalty imposed for violations will be an F in the course. The student will also be referred to the Associate Vice President of Student Success and Conduct for further disciplinary action. Please read through the "Standards of Student Conduct" in the Student Handbook for a more complete discussion of these issues and your rights and responsibilities.

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 Prof. Abernathy at sabernathy@com.edu or 409-933-8330.

Course Schedule (SUBJECT TO CHANGE IF NEEDED)

WK	DAYS		
1	1/18 to 1/22	CH1: What is Nutrition? Mastering Asgn 1, CH1 (online)	Review Read Me First, Blackboard, Syllabus, watch Welcome Video, post a discussion about yourself, read chapter 1, and complete Assignment 1 in <i>Mastering</i>
2	1/24 to 1/30	CH2: Tools for Healthy Eating Mastering Asgn 2, CH2 (online)	Take the Practice Exam, read chapter 2, post to the discussion board, and complete Assignment 2 in <i>Mastering</i>
3	1/31 to 2/06	CH3: The Basics of Digestion Mastering Asgn 3, CH3 (online)	Read chapter 3, post to the discussion board, and complete Assignment 3 in <i>Mastering</i>
4	2/07 to 2/13	CH4: Carbs: Sugars, Starches, & Fibers Exam 1 (online) Mastering Asgn 4, CH4 (online)	Read chapter 4, post to the discussion board, complete Assignment 4 in <i>Mastering</i> , and take Exam 1
5	2/14 to 2/20	CH5: Fats, Oils, and Other Lipids Mastering Asgn 5, CH5 (online)	Read chapter 5, post to the discussion board, complete Assignment 5 in <i>Mastering</i> , and submit Diet Analysis Case-Study Part 1
6	2/21 to 2/27	CH6: Proteins and Aminos Acids Mastering Asgn 6, CH6 (online)	Read chapter 6, post to the discussion board, and complete Assignment 6 in <i>Mastering</i>
7	2/28 to 3/06	CH7: Vitamins Mastering Asgn 7, CH7 (online)	Read chapter 7, post to the discussion board, complete Assignment 7 in <i>Mastering</i> , post to the Diet Analysis Case-Study Part 2 discussion board
8	3/07 to 3/13	CH8: Minerals and Water Mastering Asgn 8, CH8 (online) Exam 2 (online)	Read chapter 8, complete Assignment 8 in <i>Mastering</i> , and take Exam 2
	3/14 to 3/20	SPRING BREAK	RELAX!!!!!!!!!!
9	3/21 to 3/27	CH9: Alcohol Mastering Asgn 9, CH9 (online)	Read chapter 9, post to the discussion board, Diet Analysis complete Assignment 9 in <i>Mastering</i>
10	3/29 to 4/04	CH10: Weight Management Mastering Asgn 10, CH10 (online)	Read chapter 10, post to the discussion board, complete Assignment 10 in <i>Mastering</i> , and submit Diet Analysis Self-Study Part 1
11	4/04 to 4/10	CH11: Nutrition and Fitness Mastering Asgn 11, CH11 (online)	Read chapter 11, post to the discussion board, and complete Assignment 11 in <i>Mastering</i>
12	4/11 to 4/17	CH13: Food Safety and Technology Mastering Asgn 13, CH13 (online) Exam 3 (online)	Read chapter 13, post to the discussion board, complete Assignment 13 in <i>Mastering</i> , and take Exam 3
13	4/18 to 4/24	CH14: Life Cycle Nutrition: Pregnancy through Infancy Mastering Asgn 14, CH14 (online)	Read chapter 14, post to the discussion board, complete Assignment 14 in <i>Mastering</i> , and submit Diet Analysis Self-Study Part 2
14	4/25 to 5/1	CH15: Life Cycle Nutrition: Toddlers through the Later Years Mastering Asgn 15, CH15 (online)	Read chapter 15, post to the discussion board, and complete Assignment 15 in <i>Mastering</i> April 25th, last day to withdraw
15	5/02 to 5/08	Exam 4 (online)	Post to the discussion board and take Exam 4
16	5/09 to 5/11	Comprehensive Final Exam (online)	Post to the discussion board and take the Comprehensive 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 from the 1st 8-week session is March 2. **The last date to withdraw from the 16-week session is April 25.** The last date to withdraw for the 2nd 8-week session is May 4.

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. In compliance with Governor Abbott's May 18 Executive Order, face coverings/masks will no longer be required on COM campus. Protocols and college signage are being updated. We will no longer enforce any COM protocol that requires face coverings. We continue to encourage all members of the COM community to distance when possible, use hygiene measures, and get vaccinated to protect against COVID-19. Please visit com.edu/coronavirus for future updates.