



**BIOL 1322.002IN**  
**Nutrition and Diet Therapy**  
**2<sup>nd</sup> 5-Week Summer 2022**  
**Online**

**Instructor Information: Sheena Abernathy**

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

Office Telephone: (409)933-8330

**Student hours and location:**

Monday 10:00am-11:00am (Virtual)

**Virtual Student Hours:** During my virtual student hours 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.

**Required Textbook, Materials, and Resources:** JS Blake *Nutrition & You* (5<sup>th</sup> 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 Blackboard opens.**

**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.
- Respondus Lockdown Browser with Webcam for Respondus Monitor – Respondus can be downloaded through Blackboard and **student must have Respondus and a webcam for completing exams.**
- Modified Mastering Nutrition with eText – **Login will be completed through Blackboard.**

**Required Materials**

- 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. **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 (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 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

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

**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
<b>Total Possible Points</b>	<b>850 Points</b>

**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.

**Make-Up Policy:** This course does not allow make-up work. Chapter quizzes and activities do not have a make-up policy due to the extended deadline. Exams and the Diet Analysis Project are open for at least a week and students have ample time to complete their work. Deviations from this policy are at the sole discretion of the professor.

**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 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 policies prescribed in the 2018-2019 College Catalog (<http://coursecatalog.com.edu/>). Failing to log in to Blackboard, 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 material.

**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.

### **Student Learner Outcomes**

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](mailto:rbarney@com.edu).

**Online 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 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.

**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.

**Tentative Course outline:**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 10	11 Review Syllabus	12 <b>Introduction to Mastering Nutrition and How DSM's Work Due</b>	13 Chapters 1 <b>Practice Exam Due</b>	14 Chapter 2	15 Chapters 3 <b>All Chapter 1-3 Activities Due</b>	16
17 Extended Deadline for Ch. 1-3 Activities	18 <b>EXAM 1</b> Chapters 1-3	19	20 Chapter 4	21 Chapters 5 <b>Diet Analysis Case-Study Due</b>	22 Chapter 6 <b>All Chapter 4-6 Activities Due</b>	23
24 Extended Deadline for Ch. 4-6 Activities	25 <b>EXAM 2</b> Chapters 4-6	26 Chapter 7	27 Chapter 8 <b>Diet Analysis Case-Study Group Discussion Due</b>	28 Chapter 9	29 Chapter 10 <b>All Chapter 7-10 Activities Due</b>	30
31 Extended Deadline for Ch. 7-10 Activities	August 1 <b>EXAM 3</b> Chapters 7-10	2 Chapter 11	3 Chapter 13 <b>Diet Analysis Self-Study Part 1 Due</b>	4 Chapter 14	5 Chapter 15 <b>All Chapter 11, 13-15 Activities Due W-DAY</b>	6
7 Extended Deadline for Ch. 11, 13-15 Activities	8 <b>EXAM 4</b> Chapters 11, 13-15	9	10 <b>Diet Analysis Self-Study Part 2 Due</b>	11	12 <b>FINAL EXAM</b> Chapters 1-11, 13-15	13

## 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](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](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](mailto: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](mailto:hbankston@com.edu). Counseling services are available on campus in the student center for free and students can also email [counseling@com.edu](mailto: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 1<sup>st</sup> 5-week session is July 1. The last date to withdraw from the 10-week session is August 1. The last date to withdraw for the 2<sup>nd</sup> 5-week session is August 5.**

**F<sub>N</sub> Grading:** The F<sub>N</sub> grade is issued in cases of *failure due to a lack of attendance*, as determined by the instructor. The F<sub>N</sub> 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<sub>N</sub> grade is at the discretion of the instructor. The last date of attendance should be documented for submission of an F<sub>N</sub> 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).