BIOL 1215- Principles of Nutrition

Instructor:
E-Mail:
Phone:
Office:
Office Hours:

I. Course Description

A course in human nutrition with emphasis on scientific principles, metabolism and requirements for nutrients. Topics of interest to those in healthcare and related professions are stressed.

Credit: 3 credits, 3 credit hours
Prerequisite: Level 2 placement in English, Math and Reading.

II. Course Outcomes and Topics

Course Outcomes

- Explain healthy food choices
- Compare and contrast the various anatomical and physiological features of the gastrointestinal tract and supporting systems of digestion and absorption
- Describe the importance of and the body's use of the three energy nutrients: protein, carbohydrate and fat
- Distinguish the difference between fad dieting and effective behavioral modification with regard to food and nutrition
- Explain the necessary balance between proper diet and exercise and the benefits derived from this combination
- Assess the role of good nutrition throughout the entire human life cycle: conception/infancy, childhood, teenage years, adulthood and older
- Examine the connection between good nutrition and disease prevention and nutrition as a complementary therapy in the treatment of disease

Course Topics

- Food Choices and Human Health
- Nutrition Standards and Guidelines
- The Remarkable Body
- The Carbohydrates: Sugars, Starch, Glycogen and Fiber
- The Lipids: Fats, Oils, Phospholipids and Sterols
- The Proteins and Amino Acids
- Energy Balance and Weight Control
• The Vitamins
• Water and Minerals
• Nutrients, Physical Activity and Body’s Responses
• Life Cycle Nutrition: Mother and Infant
• Child, Teen and Older Adult
• Nutrition and Disease Prevention

III. Required Materials


IV. Course Policies

Attendance Policy:
Each instructor will provide information regarding his/her attendance policy. Failure to attend class will result in a final course grade of “FA” or “FN” depending on the individual instructor’s course policy.

FA = failure, attendance-related, last recorded date of attendance required
FN = failure, never attended class

Assessment and Grading: Subject to change at instructor’s discretion

Grading criteria:
The average of:
Lecture exams 500 points
Assignments 200 points
Paper 100 points

Classroom participation/contribution is expected

Paper is to be 500-800 words long – typed. Topics can include anything dealing with nutrition – Look in the “Living Section” of the newspaper, periodicals, journals, television news, etc. for ideas. Make sure it is a topic that you are interested in. You should use at least three references and your textbook can count as one reference.

Student communication – it is the student’s responsibility to check NS Online (D2L) and MyNSCC email on a regular basis. These are the official communication channels between the college and students. Students are responsible for the information communicated through those channels. NS Online contains specific course information and MyNSCC contains information important for other purposes.
GRADING SCALE: With no more than 3 hours of absence:

90-100 = A
80-89 = B
70-79 = C
60-69 = D
59 or less = F

Grade Notification:
You will be notified of your grades on tests, assignments, etc. the within the week that they are due to the Instructor.

TEST DATES AND TEST MAKEUP POLICY:
Makeup examinations will not be given in this course unless you notify the instructor of your absence before the class period ends and you have a valid excuse (doctor’s note, court appearance). Makeup examinations may be given in short answer and essay format.

Contact with Instructor:
E-mails, questions and concerns will be answered by the Instructor within 24 hours of student’s posting.

V. ADA Statement

Nashville State Community College complies with the Americans with Disabilities Act. If you wish to request any accommodation(s) for this class, contact the Students Disabilities Office. Such Services must have proof of documentation that is not over 3 years old. Contact the Disabilities Coordinator at 615-353-3721.

VI. Classroom Behavior

Nashville State Community College has a zero tolerance policy for disruptive conduct in the classroom. Students whose behavior disrupts the classroom will be subject to disciplinary sanctions. Students must do their own work and be accountable for submitting it in a timely manner, according to the syllabus timeline. Cell phones are not allowed in class at any point unless prior permission has been granted by the instructor.

Academic Dishonesty (Honor Code)

Any form of academic dishonesty, cheating, plagiarizing or other academic misconduct is prohibited. “Plagiarism may result from: (1) failing to cite quotations and borrowed ideas, (2) failing to enclose borrowed language in quotation marks, and (3) failing to put summaries and paraphrases in your own words” (A Writer’s Reference 331). Academic dishonesty may be defined as, but is not limited to, intentionally trying to deceive by claiming credit for the work of another person, using information from a web page or source without citing the reference, fraudulently using someone else’s work on an exam,
paper, or assignment, recycling your own work from another course, purchasing papers of materials from another source and presenting them as your own, attempting to obtain exams/materials/assignments in advance of the date of administration by the instructor, impersonating someone else in a testing situation, providing confidential test information to someone else, submitting the same assignment in two different classes without requesting both instructor’s permission, allowing someone else to copy or use your work, suing someone else’s work to complete your own, altering documents, transcripts or grades, and forging a faculty/staff member’s signature.

In addition to other possible disciplinary actions that may be imposed through regular college procedures as a result of academic dishonesty the instructor has the authority to assign an “F” or a “Zero” for the exercise, paper or examination or to assign an “F” for the course.

NOTE: This syllabus is meant simply as a guide and overview of the course and dates of assessments, etc. are subject to change at the instructor’s discretion.