

**Nashville State Community College**  
**STEM Division**  
**Biology Program**

**2018 Master Course Syllabus**

**BIOL 1215 - Principles of Nutrition**

*(This master course syllabus template is a general guide for providing an overview of each course offered at Nashville State. Each instructor will further clarify specific criteria for grading, classroom procedures, attendance, exams and dates, etc. on his/her individual course syllabus.)*

**Course Information**

**Course Title:** BIOL 1215 - Principles of Nutrition

**Credits:** 3

**Class Hours:** 3

**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.

**Prerequisite:** Level 2 placement in English, Math and Reading

**Instructor Information**

*(Each instructor will provide this information)*

**Name:**

**Email:**

**Office Phone:**

**Office Location:**

**Office Hours:**

**Required Textbook & Other Materials**

**eTextbook:** Purchase "Connect" eTextbook for Schiff, Wendy J. *Nutrition for Healthy Living*. 5<sup>th</sup> ed., McGraw-Hill, 2019. It is critical that you purchase the Connect eTextbook so you also have access to the online nutrition analysis software (NutritionCalc) that you will need to complete personal diet analyses. Students in ALL sections (onground and online) need the eTextbook.

**ISBN: 9781260163216 (The Connect eTextbook)**

**Access Code:** The ISBN above is for purchase of the Connect Access Code for the eTextbook edition of Schiff's *Nutrition for Healthy Living*. This code will also provide access to the Connect nutrition analysis software called NutritionCalc.

**Supplies:** ONLINE SECTIONS ONLY: If you select an online section, the 3 class hours will be entirely online except for five exams taken in a Testing Center. To complete the online coursework, you will need to

frequently access the online learning environment utilized at Nashville State called D2L/NS Online. Please see the Nashville State [Online Orientation](#) for more information regarding required student technical skills, required device and web browser compatibility with D2L/NS Online, and an introduction to D2L/NS Online instructional tools.

Once enrolled, all students should verify that they have the correct textbook and materials information by consulting the D2L/NS Online shell for the course. If you are registered with the Access Center and require an alternate format for the textbook and other course materials, please contact the Access Center at 615-353-3721, 615-353-3741, or [accesscenter@nsc.edu](mailto:accesscenter@nsc.edu).

## Course Outcomes

Upon successful completion of this course, students should be able to:

- 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
- Explain the basic importance of the micronutrients (i.e. Vitamins, Minerals) and their relationship to maintaining a healthy body
- 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

## Topics to Be Covered

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

## Course Assessments

The following performance assessments will be used to demonstrate students' understanding, knowledge, and skills:

- **Exams:** The exams may include, but aren't limited to, multiple choice, short answer, essay, matching, fill-in-the-blank, true-false or picture/diagram drawing and labeling. Exams will count as 60-65% of the final course grade.

- **Class Activities:** Class activities may include, but aren't limited to, quizzes, diet analyses, discussions, presentations, group work, homework, essay questions, research papers. Class activities will count as 35-40% of the final course grade.

### **Grading Policy**

All exams and class activities will be graded no later than one week past the assessment deadline.

### **Late Work Policy & Make-up Procedures for Missed Assignments and Work**

*(Each instructor will provide this policy and procedure)*

### **Attendance Policy**

Students are expected to attend all scheduled classes and laboratories. Absences in a course may affect a student's final grade. The student is responsible for all assigned work in the course regardless of excused or unexcused absences. Tardiness may also affect a student's final grade.

In online courses, attendance is signaled by logging on to the D2L/NS Online shell, participating as prompted (e.g., responding to an instructor's email, posting to a discussion board) and/or completing and submitting assignments. Campus closures do not affect attendance and assignment completion in online courses.

*(Each instructor will provide additional attendance policy, especially how attendance influences student assessment and grading.)*

### **Grading Scale**

| Letter Grade | Percentage Range |
|--------------|------------------|
| A            | 90% or higher    |
| B            | 80-89%           |
| C            | 70-79%           |
| D            | 60-69%           |
| F            | Below 60%        |

FA

According to NSCC policy, if a student fails a course, but has not officially withdrawn from the course, and her/his last date of attendance is before the last date to withdraw (*use date appropriate to your section*), the student will receive a grade of FA (i.e., "Failure for Attendance Reasons").

*(Each instructor will notify students in the syllabus of the last date to withdraw.)*

FN

An FN is awarded to students who never attended class.

### **Technology Statement**

Nashville State's classes are considered to be web-enhanced. Faculty have an expectation that students will use a computer and the Internet to complete assignments, engage in online discussions, and access various course materials through D2L/NS Online course shells. Computers are available for student use at each campus during campus open hours.

## **D2L/NS Online and myNSCC**

It is students' responsibility to check D2L/NS Online course shells for all enrolled courses and myNSCC, including student email, on a regular basis. These are the official communication channels between the college and students, who are responsible for the information communicated through those channels. D2L/NS Online contains specific course information and myNSCC contains information important for other purposes.

## **ADA Compliance Statement**

Nashville State complies with the Americans with Disabilities Act (ADA). If you require accommodations for any courses in which you are enrolled, contact the Access Center at 615.353.3741 or 615.353.3721, or e-mail [accesscenter@nsc.edu](mailto:accesscenter@nsc.edu). If you are registered with the Access Center and require an alternate format for the textbook and other course materials, please contact the Access Center.

## **Classroom Misconduct**

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 measures. Please review the [Nashville State Student Code of Conduct policy](#). Please be aware that children are not allowed in class or to be left unattended on campus.

## **Academic Misconduct**

Any form of academic dishonesty, cheating, plagiarizing, or other academic misconduct is prohibited. Students are responsible for understanding and abiding by the [Academic Misconduct Policy](#) in the Nashville State Student Code of Conduct. In addition to other possible disciplinary measures that may be applied 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. Students may appeal through the appropriate college grade appeal procedures.

*(Each instructor will outline his/her expectations for academic integrity and provide individualized information about consequences for academic misconduct.)*

## **Academic Early Alert System**

Nashville State Community College uses an Early Alert System to let students know of a faculty member's concern in one or more of these academic areas: lack of attendance, lack of classroom participation, late or missing assignments, and/or poor performance on assignments/tests. \*Please note that Early Alerts do not affect a student's academic standing. If you receive an Early Alert email, please see your instructor and your academic advisor as soon as possible.

## **RAVE Emergency Alert System**

Emergency events can happen at any time and Nashville State Community College wants to be able to notify students if and when they occur. For this reason, all students have been enrolled in the free RAVE alert system. If you have not already done so, please log in at <https://www.getrave.com/login/nsc> to confirm and update your contact information and notification preferences. It is critical that your information be correct so that you will receive any emergency notifications. Your RAVE Username is your NSCC email address. If you've never received an email from RAVE with your password, or if you

need to reset your password, select “Forgot your password?” and a new password will be emailed to you. Should the RAVE system indicate “user not found”, select Register and create your own RAVE account.

### **Inclement Weather & Campus Closings**

Nashville State will use the RAVE alert system to send a text message to students, staff, and faculty about adjusted hours of operation and/or closings at individual campuses. All students should check the Nashville State web site home page at [www.nsc.edu](http://www.nsc.edu) for announcements on campus closures, which may vary from campus to campus. Campus closures will also be announced on local television stations. Students should use their own best judgment in determining whether to report to campus during inclement weather when classes are not cancelled.

Even when campuses are closed, students are still responsible for completing all assigned work. When classes are cancelled, faculty will post online assignments and any additional instructions in the D2L/NS Online course shell. Check D2L/NS Online for a message from your instructor regarding your online assignment requirements. Faculty have discretion over adjusting deadlines or due date for assignments, but students are responsible for completing all assigned work by the due date established by the instructor.

### **Class Cancellation Policy**

If the class is cancelled, the instructor will notify all students by posting in the D2L/NS Online course, e-mailing through D2L/NS Online, and/or by posting a sign on the classroom door. In the event of class cancellation, students must access D2L/NS Online to complete classwork and the assignment that will be posted in the course D2L site.