



Biology 1322- Principles of Nutrition Instructor Contact Information

Instructor Samantha Cox (Green) MPH, BAAS, R.T. (R)

Email samantha.green@lit.edu

Office Phone (409) 880-8850

Office Location MPC 240

Office Hours By appointment on Starfish

Credit: 3 semester credit hours

Prerequisite/ Co-requisite: None. A basic understanding of chemistry and general biology is helpful.

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 function, food sources, digestion, absorption, metabolism, interaction, storage, and excretion. Food safety, availability, and nutritional information including food labels, advertising, and nationally established guidelines are addressed.

Textbook And Materials:

- Smith, A.M., & Collene, A.L. (2022). *Wardlaw's Contemporary Nutrition (12th ed.)*. New York: McGraw Hill. ISBN 978-1-260-69548-9
- Computer with internet access

Course Objectives:

Upon completion of this course, the student will be able to:

- 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
- Trace pathways and processes that occur in the body to handle nutrients and alcohol through consumption, digestion, absorption, transport, metabolism, storage and waste excretion
- Discuss functions, sources, deficiencies, and toxicities of macro-and micronutrients, including carbohydrates, lipids, water, vitamins, and minerals

BIOL 1322

Course Syllabus - 2022

- 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
- Utilize concepts of aerobic and anaerobic energy systems, and knowledge about macronutrients, vitamins, minerals, ergogenics, and supplements and relate them to fitness and health
- Describe health and disease related to nutrition throughout the life cycle, including food safety, corrective dietary modifications, and the influence of specific nutrients on diseases
- Discuss the role nutrition plays in the current health care delivery system and how nutrition can be emphasized to promote health maintenance

Course Outline:

- 1) Unit One: Nutrition: A Key to Health
 - A. Chapter 1: Nutrition, Food Choices, and Health
 - B. Chapter 2: Designing a Healthy Eating Pattern
 - C. Chapter 3: The Human Body: A Nutrition Perspective
- 2) Unit Two: Energy Nutrients and Energy Balance
 - A. Chapter 4: Carbohydrates
 - B. Chapter 5: Lipids
 - C. Chapter 6: Proteins
 - D. Chapter 7: Energy Balance
- 3) Unit Four: Nutrition: Beyond the Nutrients
 - A. Chapter 10: Nutrition: Fitness and Sports
 - B. Chapter 11: Eating Disorders
 - C. Chapter 12: Protecting Our Food Supply
 - D. Chapter 13: Global Nutrition
- 4) Unit Five: Nutrition: A Focus on Life Stages
 - A. Chapter 14: Nutrition During Pregnancy and Breastfeeding
 - B. Chapter 15: Nutrition from Infancy Through Adolescence
 - C. Chapter 16: Nutrition During Adulthood

(Tenative) Class Schedule (subject to change)

| Date | Lecture/ Reading Assignment |
|-------------|---|
| 8-23 | Introduction to BIOL 1322 (Nutrition & Diet Therapy) |
| 8-25 | Nutrition, Food Choices, and Health |
| 8-30 | Designing a Healthy Eating Pattern/ myplate.gov |
| 9-1 | Designing a Healthy Eating Pattern |
| 9-6 | The Human Body: A Nutrition Perspective |
| 9-8 | Exam Review |
| 9-13 | Unit 1 Exam (Chapter 1, 2, &3); Quizzes due by 11:59pm |

BIOL 1322

Course Syllabus - 2022

| | |
|--------------|---|
| 9-15 | Carbohydrates |
| 9-20 | Carbohydrates/Lipids |
| 9-22 | Lipids/Proteins |
| 9-27 | Proteins/Energy Balance |
| 9-29 | Energy Balance |
| 10-4 | Exam Review |
| 10-6 | Unit 2 Exam (Chapter 4, 5, 6&7); Quizzes due by 11:59pm |
| 10-11 | Nutrition: Fitness and Sports |
| 10-13 | Eating Disorders |
| 10-18 | Eating Disorders |
| 10-20 | Protecting Our Food Supply |
| 10-25 | Global Nutrition |
| 10-27 | Exam Review |
| 11-1 | Unit 3 Exam (Chapter 10, 11,12, &13); Quizzes due by 11:59pm |
| 11-3 | Nutrition During Pregnancy and Breastfeeding |
| 11-8 | Nutrition from Infancy Through Adolescence |
| 11-10 | Nutrition During Adulthood |
| 11-15 | Nutrition During Adulthood |
| 11-17 | Exam Review |
| 11-22 | Unit 4 Exam (Chapter 14, 15, &16); Quizzes due by 11:59pm |
| 11-24 | Thanksgiving- no class |
| 11-29 | Final Project Presentations |
| 12-1 | Final Project Presentations |

Grade Scale:

A minimum grade of “C” will be accepted by all Allied Health Programs at Lamar Institute of Technology.

90-100 = A

80 - 89 = B

70 - 79 = C

60 - 69 = D

0-59 = F

BIOL 1322

Course Syllabus - 2022

Course Evaluation:

Final grades will be calculated according to the following criteria:

| # of graded Course Elements | Graded Course Elements | Percentage Value |
|--|---|-------------------------|
| 4 | Major Exams | 60% |
| Varies | Quizzes/Assignments | 15% |
| 1 | Diet Log Analysis Activity/ BMR Worksheet | 10% |
| 1 | Final Project | 15% |
| Total | | 100% |

Course Policies:

1. Students with special needs and/or medical emergencies or situations should communicate with their instructor regarding individual exceptions/provisions. It is the student's responsibility to communicate such needs to the instructor. Special accommodations need to be discussed prior to the first exam/assignment.
2. **DROP/ADD/WITHDRAW:** If you wish to drop a course, the student is responsible for initiating and completing the drop process. If you stop coming to class or submitting assignments and fail to drop the course, you will earn an 'F' in the course.
3. Students are expected to follow the Lamar Institute of Technology Code of Conduct and Disciplinary Policy.
4. It is mandatory that all students do their own work. Plagiarism or academic dishonesty will not be tolerated and will result in administrative discipline.

Attendance Policy:

1. Regular and punctual attendance is expected of all students in all classes for which they are registered. If a student is tardy they may enter only if they do so quietly.
2. Excessive tardiness (more than 10 minutes/class) will result in an absence. For every 3 tardies, an absence will be awarded.
3. Designated lecture meeting time is Tues/Thurs 12:30-1:55. Attendance is crucial to ensure that a student receives the knowledge to be successful not only in this course, but any Allied Health Program.
4. Class attendance is mandatory and will be taken everyday at the beginning of class and recorded in Starfish. If you are tardy, it is the student's responsibility to inform the instructor to ensure that you are marked present.
5. On the fourth absence, the student will be verbally warned. On the fifth and every subsequent absence thereafter, the student will receive 2 points from their final class average.
6. All absences are treated equally. There are no excused or unexcused absences.

BIOL 1322

Course Syllabus - 2022

7. Regular class attendance is vital to ensure course objectives are met. Students must remain in lecture until class is dismissed. Leaving early will result in an absence being awarded.
8. When it becomes necessary to miss a session, it is the responsibility of the *student* to refer to BB and/or the course schedule to obtain class assignments and lecture information. I will *not* print or distribute the PowerPoints. The student must get the notes from a classmate.
9. Five (5) points will be added to the lowest test grade for perfect attendance in BIOL 1322 (This also means, no excessive tardies).

Exam Policy:

1. Exams will be taken (during your lecture period) on BlackBoard.
2. If the exam is not completed or made up during the Exam Week, then a zero will be put in the gradebook. The grade will be corrected once a make-up test is completed.
3. All exams will be taken on the scheduled date. If a major test is missed, the test will be administered on the first day the student returns to class or at a time designated by the instructor. The student will need to contact the instructor before class to make arrangements for the test to be made up. There will be a **ten (10) point** deduction for make-up exams. If a student fails to show for the scheduled make-up exam, then a "0" will be entered as the test grade.
4. There will be a required Final Project for Nutrition 1322 which will count as the final exam (15% of the total course grade). A grading rubric and specific instructions will be provided to each student. Final Project Presentations will take place Nov. 29 & Dec. 1. Students will be allowed to sign up for the day/time they would like to present (at a later date).

Quizzes/Assignments:

1. Quizzes and online assignments will be available in Black Board and are to be completed outside of class (unless instructed otherwise). Each unit (total of 4 units) will have a number of quizzes/assignments that will need to be completed by the due date listed on the course schedule but may be completed early. (You may work ahead on quizzes/assignments).
2. Because assignments are open in advance, I WILL NOT extend due dates for ANY reason (so please do not ask). There is no excuse or extenuating circumstance for not submitting assignments on time. Work ahead and do not get behind on assignments. Practice good time-management.
3. Quizzes will have (2) attempts and exams will have (1) attempt and will be timed.
4. Assignments given during class that are to be completed during class, will not be allowed to be made up. There are also no alternative assignments available. A zero will be recorded for that assignment.

BIOL 1322

Course Syllabus - 2022

Technical Requirements:

The latest technical requirements, including hardware, compatible browsers, operating systems, software, Java, etc. can be found online at:

https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support/Browser_Checker

A functional broadband internet connection, such as DSL, cable, or WiFi is necessary to maximize the use of the online technology and resources.

Disabilities Statement:

The Americans with Disabilities Act of 1992 and Section 504 of the Rehabilitation Act of 1973 are federal anti-discrimination statutes that provide comprehensive civil rights for persons with disabilities. Among other things, these statutes require that all students with documented disabilities be guaranteed a learning environment that provides for reasonable accommodations for their disabilities. If you believe you have a disability requiring an accommodation, please contact the Special Populations Coordinator at (409) 880-1737 or visit the office in Student Services, Cecil Beeson Building. You may also visit the online resource at <https://www.lit.edu/student-success/special-populations>

Student Code of Conduct Statement:

It is the responsibility of all registered Lamar Institute of Technology students to access, read, understand and abide by all published policies, regulations, and procedures listed in the *LIT Catalog and Student Handbook*. The *LIT Catalog and Student Handbook* may be accessed at www.lit.edu or obtained in print upon request at the Student Services Office. Please note that the online version of the *LIT Catalog and Student Handbook* supersedes all other versions of the same document

Starfish:

LIT utilizes an early alert system called Starfish. Throughout the semester, you may receive emails from Starfish regarding your course grades, attendance, or academic performance. Faculty members record student attendance, raise flags and kudos to express concern or give praise, and you can make an appointment with faculty and staff all through the Starfish home page. You can also login to Blackboard or MyLIT and click on the Starfish link to view academic alerts and detailed information. It is the responsibility of the student to pay attention to these emails and information in Starfish and consider taking the recommended actions. Starfish is used to help you be a successful student at LIT.