

## COURSE SYLLABUS

<b>Course Name &amp; Number</b>	Basic Nutrition BIOL1322 (Online)	<b>Semester &amp; Year</b>	Spring 2009
<b>Catalog Description</b>	A study of the basic principles of nutrition in health and disease. The course is designed to develop a background in the science of nutrition that can be used as a basis for decisions in dietary planning for good health, selection of foods according to nutritive values, and to provide the ability to apply techniques of education and dietary counseling so that the principles of normal and therapeutic nutrition can be interpreted to the layman.		
<b>Textbooks &amp; Materials Required / Recommended</b>	<u>Contemporary Nutrition</u> , Sixth or Seventh Ed., Gordon Wardlaw and Anne Smith. McGraw-Hill		
<b>Course Competencies</b>	Students completing this course will understand basic dietary concepts for adults, basic chemistry as it applies to foods and the body tissues, digestion, metabolism and energy balance, functions of minerals and vitamins, nutritional needs during pregnancy and lactation, during the neonatal, infant, and adolescent period, and of older adults.		
<b>Instructor's Name</b>	Samuel E. Dunlap, Ph.D.	<b>Office Phone #</b>	940/498-6229
<b>Instructor's Office #</b>	Corinth #204	<b>Office Fax #</b>	none
<b>E-mail Address</b>	sdunlap@nctc.edu	<b>Office Hours</b>	online
<b>Grading Policy &amp; Procedures</b>	<p>A total of 500 points will be offered as follows;</p> <p style="padding-left: 40px;">4 exams @ 100 points each</p> <p style="padding-left: 40px;">Class participation in discussions, surveys, and practice quizzes @ 100 points</p> <p style="padding-left: 40px;">Optional Final Exam @ 100 points (The final exam is optional and can be used to substitute for a missed exam or a lower score on a previous exam. The final will be comprehensive, covering the entire course.)</p> <p style="padding-left: 40px;">Of the total, 90% (450 points) and above is an A, 80% (400 points) and above is a B, 70% (350 points) and above is a C, 60% (300 points) and above is a D, and less than 60% is an F.</p> <p style="padding-left: 40px;">All exams will be a mixture of True/False, Short Answer, Define/Describe and Multiple Choice questions. The questions will come from information contained in the text, in the online</p>		

	<p>notes I present, and from the assigned websites. The practice questions at the end of each chapter of the text and the practice quizzes I will have online will be good examples of the questions on the exams, but will not be the exact questions.</p> <p><b>The four exams (plus the optional final) must be taken at an NCTC testing center during each of the three day “windows “given below in the schedule.</b> There will be no makeup tests except under documented emergency circumstances.</p> <p>Class participation assignments must be completed within the time frame given for credit to be earned.</p> <p>If a student cannot complete the requirements of the course due to illness or some unavoidable conflict, they must request, in writing, a grade of “I” (incomplete) in order to be allowed to finish the requirements at a later date. When the instructor receives the written request, he or she must reply in writing to the student, outlining what must be done to remove the “I”.</p>
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<b>Scholastic Integrity</b>	Scholastic dishonesty shall include, but not be limited to cheating on a test, plagiarism, and collusion. See <i>Student Handbook</i> “Student Rights & Responsibilities: Student Conduct [FLB-(LOCAL)]” #18.
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<b>ADA Statement</b>	North Central Texas College is committed to providing equal access to educational opportunities to its students with disabilities by providing assistance through “reasonable accommodations”; and a variety of services and resources through the Access Office. The College does not discriminate on the basis of disabilities in admission or access to its programs. Students are responsible for notifying the office of their need for assistance at least two weeks prior to the beginning of a semester. Students with documented disabilities such as mobility, hearing or visual impairments, learning, and/or psychological disorders are eligible for services. Access Offices are available on each campus for academic help and tutoring.
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<b>EEOC Statement</b>	North Central Texas College does not discriminate on the basis of race, color, national origin, gender, religion, age, or disability in the employment or the provision of services.
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<b>Tentative Calendar (optional)</b>	<table border="1"> <thead> <tr> <th><u>Week</u></th> <th><u>Lecture Chapter</u></th> <th><u>Topic</u></th> </tr> </thead> <tbody> <tr> <td>1 (Jan 17-23)</td> <td>1</td> <td>What You Eat and Why</td> </tr> <tr> <td>2 (Jan 24-30)</td> <td>2</td> <td>Tools for planning a Healthy Diet</td> </tr> <tr> <td>3 (Jan 31-Feb 6)</td> <td>3</td> <td>The Body and Digestion</td> </tr> <tr> <td>4 (Feb7-13)</td> <td><b>Exam I (Feb9-11) &amp; Chap 4</b></td> <td>Carbohydrates</td> </tr> <tr> <td>5 (Feb 14-20)</td> <td>5</td> <td>Lipids</td> </tr> <tr> <td>6 (Feb 21-27)</td> <td>6 and 7</td> <td>Proteins and Alcohol</td> </tr> <tr> <td>7 (Feb28-Mar6)</td> <td><b>Exam II (Mar2-4) and Chap 8</b></td> <td>Vitamins</td> </tr> <tr> <td>8 (Mar7-13)</td> <td>8</td> <td>Vitamins</td> </tr> <tr> <td>9 (Mar 14-20)</td> <td>9</td> <td>Water and Minerals</td> </tr> </tbody> </table>	<u>Week</u>	<u>Lecture Chapter</u>	<u>Topic</u>	1 (Jan 17-23)	1	What You Eat and Why	2 (Jan 24-30)	2	Tools for planning a Healthy Diet	3 (Jan 31-Feb 6)	3	The Body and Digestion	4 (Feb7-13)	<b>Exam I (Feb9-11) &amp; Chap 4</b>	Carbohydrates	5 (Feb 14-20)	5	Lipids	6 (Feb 21-27)	6 and 7	Proteins and Alcohol	7 (Feb28-Mar6)	<b>Exam II (Mar2-4) and Chap 8</b>	Vitamins	8 (Mar7-13)	8	Vitamins	9 (Mar 14-20)	9	Water and Minerals
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	10 (Mar21-27)	Spring Break	Spring Break
	11 (Mar28-Apr3)	9	Water and Minerals
	12 (Apr4-10)	<b>Exam III (Apr6-8)</b>	and Chap 10 Energy Balance
	13 (Apr11-17)	11	Fitness and Nutrition
	14 (Apr18-24)	13	Pregnancy and Lactation
	15 (Apr25-May1)	14,15	Infancy through Adolescence;Elderly
	16 (May2-8)	<b>ExamIV (May4-6)</b>	
	17	<b>Optional Final Exam (May 11-12)</b>	

### *Learning Outcomes*

1. Students will understand the scientific method as it is used in the field of nutrition.
2. Learn the food groupings in the Food Guide Pyramid and the potentially inadequacies in that diet plan.
3. Outline the overall processes of digestion and absorption.
4. Describe the fate of energy-yielding substances in the body.
5. List the functions of carbohydrates in the body and problems that result from not eating enough carbohydrates.
6. Differentiate among saturated and unsaturated fatty acids and describe their effects in the body.
7. Describe how amino acids make up proteins.
8. Describe the process of alcohol metabolism.
9. List the major functions and symptoms of deficiency of the fat-soluble vitamins.
10. List the major functions and symptoms of deficiency of the water-soluble vitamins.
11. List and explain the functions of water in the body.
12. List key functions and food sources of the major minerals.
13. List key functions and food sources of the trace minerals.
14. Describe how to establish a healthy weight for a person and ways to diagnose obesity.
15. List positive outcomes of a physically active lifestyle.
16. List factors that predict a successful pregnancy outcome.
17. Explain how ageing affects nutritional status.