<table>
<thead>
<tr>
<th>Course Information</th>
<th>Instructor Information</th>
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</thead>
<tbody>
<tr>
<td>College: <strong>XXX</strong></td>
<td><strong>Instructor:</strong></td>
</tr>
<tr>
<td>Course Title: Nutrition and Diet Therapy</td>
<td><strong>E-Mail Address:</strong></td>
</tr>
<tr>
<td>Semester/Year: <strong>xxx</strong></td>
<td><strong>Telephone:</strong></td>
</tr>
<tr>
<td>Course number: BIOL1322</td>
<td><strong>Online Office Hours: By Appt. Only</strong></td>
</tr>
<tr>
<td>Section number: <strong>xxx</strong></td>
<td><strong>Campus Office Hours: By Appt. Only</strong></td>
</tr>
<tr>
<td>Credit Hours: 3</td>
<td><strong>Required materials</strong></td>
</tr>
</tbody>
</table>

**Course Prerequisites**

College level ready in Reading and Writing.

**Required materials**

- **Title:** Understanding Nutrition
- **Edition:** 14th edition
- **Authors:** Whitney and Rolfes
- **Publisher:** Cengage Learning
- **Copyright year:** 2016, 2013
- **ISBN:** 9781305407169 (MindTap 1 term)

See the *Getting Started* section of class website for more details of how you can obtain these materials.

**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.

**Participation Policy**

Since this is an online class, no on-campus attendance is required. However, students are expected to log in and participate actively via eCampus. [http://ecampus.dcccd.edu](http://ecampus.dcccd.edu)

Try to check emails daily and access the class at least 3 times a week. You must show participation in this class prior to the certification date, **(insert cert date)** (by completing the Orientation Discussion postings).
## Core Competencies

This class is designed to help you develop a selection of the following competencies (see items marked with X):

**Critical Thinking Skills:** To include creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information.  

**Communication Skills:** To include effective development, interpretation and expression of ideas through written, oral and visual communication.  

**Empirical and Quantitative Skills:** To include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions.  

**Teamwork:** To include the ability to consider different points of view and to work effectively with others to support a shared purpose or goal.  

**Personal Responsibility:** To include the ability to connect choices, actions and consequences to ethical decision-making.  

**Social Responsibility:** To include intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities.  

## Student Learning Outcomes

Upon successful completion of this course, students will:

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.
This course is divided into 8 lessons as follows:

**Lesson 1: Nutrition Basics and Introduction**
- Chapter 1: An Overview of Nutrition
- Chapter 2: Planning a Healthy Diet
- Chapter 8: Energy Balance and Body Composition

**Lesson 2: The Energy-Yielding Nutrients**
- Chapter 4: The Carbohydrates: Sugars, Starches, and Fibers
- Chapter 5: The Lipids: Triglycerides, Phospholipids, and Sterols
- Chapter 6: Protein: Amino Acids

**Lesson 3: Digestion and Metabolism**
- Chapter 3: Digestion, Absorption, and Transport
- Chapter 7: Energy Metabolism

**Lesson 4: Vitamins**
- Chapter 10: The Water-Soluble Vitamins: B Vitamins and Vitamin C
- Chapter 11: The Fat Soluble Vitamins: A, D, E, and K

**Lesson 5: Water and Minerals**
- Chapter 12: Water and Major Minerals
- Chapter 13: The Trace Minerals

**Lesson 6: Life Cycle Nutrition**
- Chapter 15: Pregnancy and Lactation
- Chapter 16: Infancy, Childhood, and Adolescence
- Chapter 17: Adulthood and the Later Years

**Lesson 7: Weight Management and Fitness**
- Chapter 9: Weight Management: Overweight, Obesity, and Underweight
- Chapter 14: Fitness: Physical Activity, Nutrients, and Body Adaptations

**Lesson 8: Health and Consumer Concerns**
- Chapter 18: Diet and Health
- Chapter 19: Consumer Concerns about Food and Water
### Evaluation Procedures

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Points Each</th>
<th>Total Points</th>
<th>Approx. %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction DB</td>
<td>1 @ 50 points</td>
<td>50 points</td>
<td>4.5</td>
</tr>
<tr>
<td>Lesson Quizzes</td>
<td>8 @ 50 points</td>
<td>400 points</td>
<td>37</td>
</tr>
<tr>
<td>Food Label DB</td>
<td>1 @ 100 points</td>
<td>100 points</td>
<td>9</td>
</tr>
<tr>
<td>Diet Analysis: Profile and Reports</td>
<td>1 @ 50 points</td>
<td>50 points</td>
<td>4</td>
</tr>
<tr>
<td>Diet Analysis: Exercises</td>
<td>4 @ 25 points</td>
<td>100 points</td>
<td>9</td>
</tr>
<tr>
<td>Diet Analysis: Exercises</td>
<td>3 @ 50 points</td>
<td>150 points</td>
<td>14</td>
</tr>
<tr>
<td>Oral Presentation</td>
<td>1 @ 100 points</td>
<td>100 Points</td>
<td>9</td>
</tr>
<tr>
<td>Written Assignment</td>
<td>1 @ 100 points</td>
<td>100 Points</td>
<td>9</td>
</tr>
<tr>
<td>Discussion Board</td>
<td>2 @ 25 points</td>
<td>50 Points</td>
<td>4.5</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>1100</strong></td>
<td><strong>100</strong></td>
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### Grading Scale

<table>
<thead>
<tr>
<th>Points Earned</th>
<th>Grade</th>
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<tbody>
<tr>
<td>900 and above</td>
<td>A</td>
</tr>
<tr>
<td>800 – 899</td>
<td>B</td>
</tr>
<tr>
<td>700 – 799</td>
<td>C</td>
</tr>
<tr>
<td>600 – 699</td>
<td>D</td>
</tr>
<tr>
<td>599 or below</td>
<td>F</td>
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</table>

**Introduction Discussion Board**
An introduction of yourself posted on the discussion board, and a response to two classmates worth 50 points.

**Lesson Quizzes**
Eight quizzes, one for each lesson, will be given during the semester. Check the course schedule and instructor announcements for dates. The lesson quizzes will cover the assigned readings and will consist of multiple-choice questions. Each quiz will be worth 50 points. (400 points possible)

**Assignments**
You are required to submit a diet analysis project using USDA’s SuperTracker. You will create your profile, record what you eat and drink for three days, and generate assigned reports (50 points). There will be seven assigned exercises throughout the semester. Four assignments are worth 25 points each (100 points). Three assignments are worth 50 points each (150 points).

You will also be required to complete an oral presentation on a vitamin or mineral of your choice (100 points). You will need to claim your nutrient so there are not duplicate presentations. Email your instructor if there is no other option than to repeat a nutrient. The oral presentation must be a minimum of 3 minutes which includes the nutrients function, sources, deficiency and/or toxicity, and one interesting fact from an outside reliable resource.

Note: You need to have access to equipment that can record video and audio.
Discussion Boards
You are required to complete five discussion boards. The first Board is simply the introduction of yourself to the class at noted above (50 points). The second Board is a comparison and analysis of food labels (100 points). The third Board is a discussion of alcohol (25 points). The fourth Board is a written special topic on a weight loss program or product of your choice. This assignment must be a minimum of 250 words (100 points). Finally, the last Board is to summarize a Highlight of your choice (25 points). You are to respond to the initial discussion question and then reply to a minimum of two classmates on the board.

Incompletes
Please review this information in the catalog at http://www.dcccd.edu/GPA

Code of Student Conduct: Scholastic Dishonesty ([Sample Statement])
Every student should know his or her responsibility as a member of the DCCCD community. As a college student, you are considered a responsible adult. Your enrollment indicates acceptance of the Code of Student Conduct. Following are the specific penalties for scholastic dishonesty (see Code of Student Conduct, Definitions, Prohibited Behaviors, #10) within this course:

• First instance, grade of zero for the specific assignment and/or essay exam question/s
• Second instance, grade of zero for entire assignment and/or exam
• Third instance, recommendation to disciplinary committee

NOTE: The instructor reserves the right to modify any class requirements and due dates as necessary to manage and conduct this class. The intent of the instructor is to promote the best education possible within prevailing conditions affecting this class. You are responsible for contacting the instructor and seeking clarification of any requirement that is not understood in the syllabus.
<table>
<thead>
<tr>
<th>INSTITUTIONAL POLICIES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Stop Before You Drop</strong></td>
</tr>
<tr>
<td><strong>Withdrawal Policy</strong></td>
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<tr>
<td><strong>Financial Aid</strong></td>
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<tr>
<td><strong>Financial Aid Certification of Attendance</strong></td>
</tr>
<tr>
<td><strong>Academic Honesty</strong></td>
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</tbody>
</table>
### Institutional Policies

- Bribing another person to obtain an un-administered test or information about an un-administered test.

Plagiarism is the buying, receiving as a gift, or obtaining another’s work and submitting or including it as your own work without authorization. Collusion is the unauthorized collaboration with another person in preparing written work for fulfillment of course requirements.

As a college student, you are considered a responsible adult. Your enrollment indicates acceptance of the DCCCD Code of Student Conduct. Select the link to view the code.

### Harassment, Discrimination, and Sexual Misconduct

Title VII, Title IX and DCCCD policy prohibit harassment, discrimination and sexual misconduct. If you encounter harassment, sexual misconduct (sexual harassment, sexual assault, stalking, relationship violence, stalking), retaliation or discrimination based on race, color, religion, age, national origin, disability, sex, sexual orientation, gender identity, and/or gender expression, contact your College Title IX Coordinator or the Office of Institutional Equity. For more information about policies, resources or reporting options, go to the Title IX and Sexual Misconduct website at [www.dcccd.edu/titleIX](http://www.dcccd.edu/titleIX).

Note: The website lists contact information for the Title IX Coordinator at each college.

### Repeating this Course

Effective Fall Semester 2005, the Dallas County Community Colleges will charge additional tuition to students registering the third or subsequent time for a course. This class may not be repeated for the third or subsequent time without paying the additional tuition. Third attempts include courses taken at any of the Dallas County Community Colleges since the Fall 2002 semester. More information is available at: [http://www.dcccd.edu/ThirdCourseAttempt](http://www.dcccd.edu/ThirdCourseAttempt)

### Religious Holidays

Absences for observance of a religious holy day are excused. A student whose absence is excused to observe a religious holy day is allowed to take a make-up examination or complete an assignment within a reasonable time after the absence.

### Final Course Grades

Final Grade Reports are not mailed. Convenient access is available online at [http://www.dcccd.edu/eConnect](http://www.dcccd.edu/eConnect). Use your identification number when you log onto eConnect.

### ADA Statement

If you are a student with a disability and/or special needs, contact the college Disability Services Office (DSO). If you are eligible for accommodations, please request that the DSO send your accommodation letter to the instructor as soon as possible. For more information go to: [https://www.dcccd.edu/services/Disability/Pages/default.aspx](https://www.dcccd.edu/services/Disability/Pages/default.aspx) or contact DCCCD Office of Institutional Equity at (214) 378-1633.