

Master Syllabus

BIOL 1322 Contemporary Issues in Nutrition



Name:	Section #:
Phone #:	Synonym:
Email:	Course hours:
Web site:	Office location:
	Office hours:
	Appointments:

■ Course Description

An introduction to basic nutrition. Special emphasis on understanding and evaluating fads and fallacies in nutrition. Topics include body systems, healthy cooking techniques, dietary restrictions and guidelines, diet and disease, recipe modifications and menu planning, nutritional concerns of the athlete or the vegetarian, and the relationship between addictions and nutrition.

■ Course Rationale

Nutrition provides a powerful influence on all aspects of our life from emotions to life expectancy. This class provides tools and knowledge to allow the student to identify beneficial lifestyle changes and begin implementation. Discussions of details such as recipes, specific types of foods and the effect of different types of exercise are included.

■ Instructional Methodology

- Class lectures: discussions are encouraged
- Written course participation points will be given periodically
- Assignments include: video, computer, library research methodology
- Tests: multiple choice, matching, fill in the blank and optional extra credit essay

■ Common Course Objectives

www2.austincc.edu/biology/ccobjectives This brings you to a page with links to objectives for biology classes.

■ Course Policies and Procedures

Required Attendance at Lectures: Austin Community College firmly believes that attendance at ALL class periods greatly improves the probability of success in a course. Therefore, three unexcused absences will be reason enough for me to withdraw you from this course. If you are going to be absent for two consecutive classes, you should contact me about the reason for such absences. You can leave a message on my voice mail (223-6048), stating a number at which you can be reached and the dates and times you will be at the number or e-mail me. Phone calls concerning absences should be made prior to the beginning of class when possible.

Student Freedom of Expression: “Each student is strongly encouraged to participate in class. In any classroom situation that includes discussion and critical thinking, there are bound to be many differing viewpoints. These differences enhance the learning experience and create an atmosphere where students and instructors alike will be encouraged to think and learn. On sensitive and volatile topics, students may sometimes disagree not only with each other but also with the instructor. It is expected that faculty and students will respect the views of others when expressed in classroom discussions.”

Required Attendance at Tests: Tests must be taken on the date scheduled, unless prior arrangements have been made. If an emergency prevents you from taking the test and if you contact me, I will put the test in the testing center and you can take it before the next class period. IT IS VERY IMPORTANT TO CONTACT ME IF YOU MISS A TEST. Your lowest grade will be dropped, or you may miss one test. You must take Test 1. Tests are 50-70 multiple choice questions with an extra credit essay question.

Scholastic Dishonesty: “Acts prohibited by the college for which discipline may be administered include scholastic dishonesty, including but not limited to cheating on an exam or quiz, plagiarizing, and unauthorized collaboration with another in preparing outside work. Academic work submitted by students shall be the result of their thought, research, or self-expression. Academic work is defined as, but not limited to tests, quizzes, whether taken electronically or on paper; projects, either individual or group; classroom presentations, and homework.” Cheating on a test or plagiarism will result in a zero on that assignment or test.

■ Grading Format [faculty: Insert your own as desired]

Grading format is as follows:

Final exam (comprehensive & mandatory)	100 pts.
Four tests (drop lowest grade) (100 pts. each)	300 pts.
3 Day Dietary Analysis – <i>Nutritionist Pro</i>	90 pts.
View 6 video tapes (6 pts. each) in library and shown on cable the first four weeks of class – see additional sheet for details.	42 pts.
Mypyramid.gov	7 pts.
4-10 Journal articles (5 pts. each)	<u>50 pts.</u>
	589 pts.

Revisions: All homework can be revised and returned to instructor within one (1) week of receiving graded paper from instructor.

Late Work: Will be accepted with no penalty the class after it is due. The grade will be reduced 5% per week after that.

Extra credit assignments will be handed out throughout the semester and can be turned in up to the 2nd to last week of the semester (Week 14). Each will carry variable credit; however, you should be able to pick up a maximum of 50 extra points from extra credit assignments. These points will be added to your point totals from the tests, final, and assignments, and can be used to improve your grade. Extra credit assignments can raise your class grade a maximum of one letter grade.

All students will keep and calculate the 3-day dietary record using *Nutritionist Pro* in student computer lab or you may purchase a dietary analysis program from the bookstore.

All students will watch 6 videotapes (*Nutrition: More Than Food for Thought*) and turn in the objectives on the handout. The tapes will be shown on ACTV the first four weeks of class and are in all libraries.

Do the mypyramid.gov assignment

Letter grades will be assigned as follows:

530+	90% or above, plus a ½-page abstract on a 5x8 index card of 10 peer reviewed journal articles pertaining to nutrition	= A
471-529	80% or above, plus ½-page abstract of 7 peer reviewed journal articles	= B
412-470	70% or above, plus ½-page abstract of 4 peer reviewed journal articles	= C
353-411	60% or above	= D
	59% or below	= F

W – “Withdrawn” indicates that you withdrew voluntary before the last 2 weeks of the semester. A grade of W does not imply a lack of ability or effort. To obtain credit later, you register for the course again, paying the tuition fee again. If you decide to drop the class, turn in an official drop slip. Do not assume that since you have missed 3 classes, I have dropped you. If you do not officially withdraw from class and don’t finish the class, you are likely to receive an “F.”

I – “Incomplete” may be given if 65% of the course work is completed. The remaining work must be completed by a mutually agreed upon date.

Special Needs – If you have special needs, provide me with a Letter of Accommodation outlining your needs from the Office for Students with Disabilities. “Each ACC campus offers support services for students with documented physical or psychological disabilities. Students with disabilities must request reasonable accommodations through the Office for Students with Disabilities on the campus where they expect to take the majority of their classes. Students are encouraged to do this three weeks before the start of the semester.”

Support Services – You will be using the library and the student computer lab. Ask the library where the computer lab is on each campus.

■ **Textbook**

The textbook ordered by the College for this course is entitled *Nutrition: Concepts and Controversies*, bySizer & Whitney (10th ed.).

My job as an instructor is to help you learn nutrition. When something does not make sense, ask. If you encounter a personal challenge, speak with me and we’ll work it out.

■ **Computer Software**

You may use *Nutritionist Pro*, a dietary analysis program available for use at all the CBI (computer based instruction) labs. You have a copy of the instructions to use the program. These are generally located in the library or associated with the Learning Resource Center (LRS). A printed set of instructions is available.

OR

You may purchase a different software program from the bookstore:

<http://www3.austincc.edu/schedule/textbook>