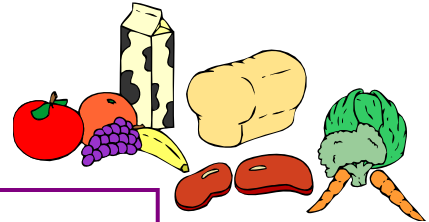


**Master Syllabus
BIOL 1323 Human Nutrition**



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

■ **Course Description**

This course explores the various nutrients, their sources, digestion, absorption, metabolism, interaction, storage, and excretion. Current research is presented against a background of basic nutritional concepts. Special emphasis is given to the role nutrition plays in the current health care delivery system and how nutrition can be emphasized to promote health maintenance. This course is required for most BSN students and fulfills the requirements for a science elective in the College of Natural Sciences at U.T. Skills: E Prerequisites: High School Chemistry or CHEM 1411; BIOL 1406 or BIOL 1408 are recommended but not required. Course Type: T

■ **Course Rationale**

Nutrition impacts emotions, body size, athletic performance, health maintenance as well as other areas of life. Personal and professional application of nutritional practices will be clarified through a nutrient analysis of the student's diet and discussions and projects related to disease processes. This class will benefit all health professionals in their career and personal life. This class is designed for students with a science background.

■ **Instructional Methodology**

- Class lectures: discussions are encouraged
- Assignments include: video, computer, library research methodology
- Written course participation points will be given periodically
- 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 (tshaw@austincc.edu). Phone calls concerning absences should be made prior to the beginning of class whenever 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 PHONE 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	100
Four tests (drop lowest grade)	100pts ea	300
Mypyramid.gov	7 pts	
View 6 video tapes (in ACC libraries) and turn in objectives. Also shown on cable the first four weeks of class – see additional sheet for details.	7 pts ea	42

Learn to search ACC database for peer reviewed journal – see handout	25 pts	25
Two 3-day dietary analysis – see handouts	45 pts	90
Research paper or journal articles – see handout		<u>60</u>
	TOTAL	624

Assignments **[Faculty: Insert your own as desired]**

Revisions: All homework can be revised and returned to instructor within one (1) week of receiving graded paper from the 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 must be turned in by 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 do mypyramid.gov assignment.

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. [Dates of tape showings here.]

A minimum of 85% of the test questions will be drawn from the instructor's study guide questions. Letter grades will be assigned as follows:

90% or above, plus a short 4-8 page research paper with a minimum of 10 references (see handout)	= A	561 pts
80% or above, plus 1 page abstract of 7 journal articles (please ask for instructions)	= B	499 pts
70% or above, plus a 1 page abstract of 4 journal articles	= C	437 pts

60% or above	= D	374 pts
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 for the course is from the departmental approved list.

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>

■ **Study Guides**

I will give you a study guide for each test.