

McLennan

C O M M U N I T Y

COLLEGE

WACO, TEXAS

COURSE SYLLABUS

AND

INSTRUCTOR PLAN

Nutrition and Diet Therapy I
BIOL 1322 – 87

Dr. Teresa Magráns-Courtney

NOTE: This is an 16-week course.

COVID 19 Notice:

McLennan Community College is committed to providing you with every resource you need to reach your academic goals including your safety. We will continue to monitor the evolving situation with COVID 19 and adjust our safety guidelines to make sure we offer a safe environment for you and our faculty. Please make sure to consult your faculty and the MCC website at <https://www.mclennan.edu/crisis-management/coronavirus-updates/index.html> on any changes to these guidelines.

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. Semester hours 3 (lecture).

Prerequisites and/or Corequisites:

There are no prerequisites for this course.

Course Notes and Instructor Recommendations:

All students will need to check their MCC email, D2L Brightspace announcements, content, discussions, and assessments daily. Each student will need to have a USB drive (or equivalent) that must be used to save all class work submitted. This will ensure your assignments are saved and you have a copy, in the event the assignment is lost. In addition, each student must have access to two internet-enabled computer devices. One device should be a computer/laptop and the other device must have a camera and microphone. It's also recommended to have access to a printer and scanner.

All course notes and materials will be posted on D2L Brightspace one day (minimum) prior to class. It is important to read the posted notes, materials, each book chapter, and the corresponding assignment. Students who do not own a computer or printer may utilize various computer labs on campus to print required material. Assistance with D2L Brightspace is available in the MCC library, located in the Learning Technology Center.

Instructor Information:

Instructor Name: Dr. Teresa Magráns-Courtney

MCC E-mail: tmagrans-courtney@mclennan.edu

Office Phone Number: (254) 723-7589

Office Location: Online Availability

Office/Teacher Conference Hours: Online Availability

Other Instruction Information: Online Availability

Alternate Contact in the Event Dr. Teresa Magráns-Courtney Can Not Be Reached:

Shannon Thomas, M.S.

sthomas@mclennan.edu

Required Text & Materials:

Title: Understanding Nutrition

Authors: Whitney/Rolfes

Edition: 15th

Publisher: Wadsworth

ISBN: 9781337392693

Two separate internet-enabled devices for use on exam days.

- One internet-enabled device must have a camera and microphone. This device must be able to connect to Zoom software/app. (Most smart phones will allow this feature.)
- The other internet-enabled device must have the Respondus LockDown Browser software installed on it. This is the software browser where you will take the exams.

Reliable internet-enabled computer device to use daily for the length of the course.

MCC Bookstore Website: <http://www.mclennan.edu/bookstore/>

Methods of Teaching and Learning:

Lectures will include discussions, physiological functions and concepts, motion analysis, videos, homework, reading textbook chapters, and writing assignments.

Exams:

This course will have three proctored exams. In the event, Respondus LockDown Browser with Monitor (video monitoring while taking exam) is available for use by MCC, then the instructor will provide instructions for using this instead of the Zoom meeting feature discussed below to proctor the exams.

Attendance is required for the exams as specified below with the time and date. Students will have a different time on two days for each exam to accommodate schedules. The times are 8:30 A.M. CST and 4:00 P.M. CST. The following procedures must be followed in order to take the exams:

- **Two internet-enabled devices are required on the exam day.** One device such as a smart phone with a camera is needed to log into the Zoom software/app. The second device is needed to take the exam using the Respondus Lockdown Browser.
- **Phone internet-enabled device with camera:** Students will join the class Zoom site, so Dr. Magrans-Courtney can proctor the exam. This means students will be watched during the entire time while taking the exam. Students are expected to mute the microphone on the phone, but not the video. The camera for the phone must be arranged so Dr. Magrans-Courtney can see the student and the individual workspace. Dr. Magrans-Courtney will record the Zoom meeting in the event concerns arise with academic integrity. This video will not be posted in the course.

- **Computer internet-enabled device:** Students must have the Respondus LockDown software installed on this computer prior to the date and time of the exam. A password for each exam will be provided in the Zoom meeting. This means students will not have access to the password without joining the Zoom meeting.
- **Important Information:** The exam dates and times are listed below. It is important students clear his/her schedule now for these exam dates and times, because there will not be any make-up exams except with an MCC approved absence. It is imperative students have a technology back-up plan, such as knowing how to use the phone's wifi hotspot in the event there are any concerns. Students should take each exam in a distraction-free area so there are not any concerns with academic integrity.

In the event, Respondus LockDown Browser with Monitor (video monitoring while taking exam) is available for use by MCC, then the instructor will provide instructions for using this instead of the Zoom meeting feature to proctor the exams.

Exam questions will come from the materials in the book, lectures, and online information. There may be multiple choice, true/false, short answer, and long answer questions. Students will have three-unit exams, which will cover the science of nutrition, anatomical and physiological functions of the digestive system, macronutrients, water, vitamins, minerals, and specified nutrition needs during the different phases of life.

Topics to be covered within each unit include:

1. Unit 1: Science of Nutrition, Health, Macronutrients (Chapters 1, 2, 18, 19, 3, 4, 5, 6, 7).
2. Unit 2: Water, Vitamins, Minerals, Fitness, Energy Balance, Metabolism of Nutrients (Chapters 10, 11, 12, 13, 8, 7)
3. Unit 3: Nutrition for Infancy, Children, Adulthood to later Years, Hunger in the United States and World, Food Inc. and Farmland Documentaries (Chapters 17, 20, Documentary Videos)

Exam 1	Week 6 (Feb. 14-18)
Exam 2	Week 11 (Mar. 21-25)
Final Exam	May 2, 2022

Assignments:

Students will have four assignments during the semester. The first and second assignments will be an introduction to the class and online orientation quiz, respectively. The third assignment will involve the student learning how to write appropriate nutrition goals using the SMART procedure. The fourth assignment will require the student to record his or her own dietary analysis for four days (three-week days and one weekend). He or she will then enter the analysis into <http://www.myfooddiary.com/> to analyze and review for nutrient assessment, recommendations, and area of improvements. (This website may require a small fee to provide

the needed reports for the assignment.) All assignments will be posted on D2L Brightspace or emailed to the student. It is the student's responsibility to print out the assignments for each corresponding topic and activity.

Assignment grades are based upon a combination of participation for class activities via discussions and completion of written assignments. Students will receive a grade, at the discretion of the instructor, based upon active participation in class activities, interaction with classmates, and completion of assignments. Students must submit their assignments to the instructor by the due date to be graded. Failure to submit an assignment will result in a grade of zero.

Assignment 1 (Introduction to the Class)	Due Week 1 (Jan. 10-14)
Assignment 2 (Online Orientation Quiz)	Due Week 1 (Jan. 10-14)
Assignment 3 (SMART Goals)	Due Week 3 (Jan. 24-28)
Assignment 4 (Dietary Analysis)	Due Week 8 (Feb. 28-Mar. 4)

Assignments 1 and 2 are worth five points each and are graded based on completion.

Assignments 3 and 4 will be worth 50 points each.

The grade is earned based on the following assessments for each assignment:

1. Quality of work (25 possible points):

Was the quality of work exceptional?

Were the questions answered correctly?

2. Meeting deadlines (25 possible points):

Were the assignments turned in ahead of time, on time, or late?

Assignments Rubric:

The following rubric will be used to assess the quality of your work.

Criteria	50 Points Outstanding	45 Points Good	40 Points Satisfactory	0-35 Points Unsatisfactory
Quality of Work	Assignments are exceptional quality and correctly answered	Assignments are good quality and 3/4 correctly answered	Assignments are satisfactory quality and 1/2 correctly answered	Assignments are unsatisfactory quality and less than 1/2 answered correctly
Meeting Deadlines	Completed assignment ahead of time	Completed assignment on time	Needed some reminding; work was late, but it didn't impact grade	Needed much reminding; work was late, and it did impact quality of work or grade

Course Objectives and/or Competencies:**General Objectives:**

Biology 1322 is an introductory course designed to introduce the student to the principles of nutrition for the science of nutrition, anatomical and physiological functions of the digestive system, macronutrients, water, vitamins, minerals, specified nutrition needs during the separate phases of life, food safety, and understanding hunger in the United States and world.

Student Learning Outcomes:

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 for specific nutrients on diseases.

Course Grading Information:

Grading: Final grades are based and determined on the following:

1. Three-unit exams (100 points each) (Exam three will be the comprehensive final.)	300 points
2. Name and State Upload	5 points
3. Orientation Quiz	5 points
4. Two assignments (50 points each)	100 points
5. <u>Attendance via Discussions</u>	<u>100 points</u>
TOTAL	510 points

Grading Scale:

90-100%	A
80-89%	B
70-79%	C
60-69%	D
0- 59%	F

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Course Outline or Schedule:

Week 1	Jan. 10-14	Overview of Nutrition and Assignment 1 Due - Online Introduction	Planning a Healthy Diet and Assignment 2 Due - Quiz 1-Orientation
Week 2	Jan. 17-21	Nutrition and Health	Nutrition and Health
Week 3	Jan. 24-28	Food and Water Safety	Food and Water Safety and Assignment 3 Due – SMART Goals
Week 4	Jan. 31-Feb. 4	Digestion, Absorption, and Transport	Carbohydrates
Week 5	Feb. 7-11	Lipids	Proteins
Week 6	Feb. 14-18	Metabolism	Metabolism and Exam 1
Week 7	Feb. 21-25	Water-Soluble Vitamins	Fat-Soluble Vitamins
Week 8	Feb. 28-Mar 4	Water and The Major Minerals	Trace Minerals and Assignment 4 Due – Dietary Analysis
Week 9	Mar. 7-11	Spring Break	Spring Break
Week 10	Mar. 14-18	Fitness	Energy Balance and Body Composition
Week 11	Mar. 21-25	Weight Management: Overweight, Obesity, and Underweight	Weight Management: Overweight, Obesity, and Underweight and Exam 2
Week 12	Mar. 28-Apr. 1	Life Cycle Nutrition: Pregnancy and Lactation	Life Cycle Nutrition: Infancy, Childhood, and Adolescence
Week 13	Apr. 4-8	Life Cycle Nutrition: Adulthood and the Later Years	Life Cycle Nutrition: Adulthood and the Later Years
Week 14	Apr. 11-15	Hunger and the Global Environment	Hunger and the Global Environment
Week 15	Apr. 18-22	Food, Inc. and Farmland Documentaries	Food, Inc. and Farmland Documentaries
Week 16	Apr. 25-29	Review and Study	Review and Study

Final Exam

May 2, 2022

The tentative course schedule may be subject to change upon the instructor's discretion. All changes will be listed as announcements in Brightspace.

Late Work, Attendance, and Make Up Work Policies:

1. Students, whether present or absent, are responsible for all material presented or assigned for a course and will be held accountable for such materials in the determination of course grades. Regular attendance and participation are expected. Excessive absenteeism will reduce the student's attendance grade. Regular attendance is expected of all students, and attendance will be maintained for the entire length of the course. There will be a discussion topic for each week of class. Attendance will be monitored by logging into D2L and participating in three discussion threads per week. This implies you must answer the discussion topic and comment on two other discussion threads from two different classmates each week. Partial credit is not granted for the discussion entries. Each discussion entry must have a minimum of 25 words in length or it will not be accepted as part of the three total entries for each week. Students will not receive the attendance credit, if all three weekly discussion entries are not completed by the due date. In addition, not completing a discussion will result in an absence. Students missing more than three discussion postings will have missed 25% of the attendance and will be dropped from the class with a W, as stated according to MCC policy. If the 25% absences for the student are reached after the official drop date, the instructor may assign a W only if the student is passing and requests to be withdrawn. However, if a student who is not passing reaches the 25% point after the official drop date, the student will receive an F. In extenuating circumstances, the instructor may assign a W to a student that is not passing. Students should be aware that meeting the 75% minimum does not indicate all course requirements will be fulfilled. Students whether present or absent, are responsible for such materials in the determination of course grades. Students will be permitted to make up class work and assignments missed due to absences caused by (1) authorized participation in official college functions, (2) personal illness, (3) an illness or a death in the immediate family, or (4) the observance of a religious holy day. It is the student's responsibility to inform the instructor of the reason for an absence, provide documentation validating the absence, i.e. doctor's excuse, and do so in a timely fashion. Furthermore, regardless of the reason for an absence, each absence will count toward attendance requirements in each course. It is the student's responsibility to gather missed material on the next day of return.
2. Assignments will not be accepted after the given week they are due. This is an online course and the assignments, attendance, and participation through discussions are required on a regular basis. It is important to keep up with the schedule, read the assignments carefully each week, and be prepared to respond to discussions. You will not receive attendance credit for late discussion entries.
3. Announced exams are not to be missed, except for serious illness, accident, death or institutional excused absences. **Make-up exams will be allowed with a legitimate written excuse (determined by instructor) AND a prior notification to the instructor.** Make-up exams will be scheduled on an individual basis. A student will have one week to make-up any missed exams.
4. Lecture exams will be taken online using the Respondus LockDown Browser with one computer plus Zoom from another internet-enabled device to allow for proctoring. Using

the Respondus LockDown Browser with one computer plus Zoom from another internet-enabled device to allow for proctoring is a requirement of taking this online class. Each student will be instructed to download the Respondus LockDown Browser plus Zoom from another internet-enabled device prior to taking the exam. There will be two lecture exams and one final comprehensive exam. You must complete the exam once you have started. In order to take all quizzes and exams, you will need to use Respondus Lockdown Browser that can be downloaded at this link:

<http://www.respondus.com/lockdown/information.pl?ID=187933269>. A quick start guide to explain the Respondus Lockdown Browser is located at this link:

<http://courses.mclennan.edu/D2L/Misc/QSGStudent.pdf>. You must also download the Zoom app or software for the second internet-enabled device that will be used as proctoring while taking your exams. Dr. Magrans-Courtney will be proctoring all exams using the Zoom software and will provide students with the Zoom meeting information prior to each of the exams. In the event, Respondus LockDown Browser with Monitor (video monitoring while taking exam) is available for use by MCC, then the instructor will provide instructions for using this instead of the Zoom meeting feature to proctor the exams. It's important your computer/laptop have a camera.

5. All deadlines are posted within each learning unit. If students feel unable to complete the work by the assigned deadline, he or she must contact the instructor or a zero will be received for that assessment. Please explain the reason for needing an extension and give a time when the assessment will be completed.

Student Behavioral Expectations or Conduct Policy:

A casual and friendly atmosphere is encouraged. However, civility and respect towards the instructor and classmates is paramount. A student may be asked to leave the class, if there he/she does not act in an appropriate manner. It is expected that all students will enthusiastically participate in lecture activities. Only those enrolled in the course may participate in online lectures.

Students are also encouraged to consider these suggestions:

- Review each class syllabus for expectations the instructor may have regarding course work and class attendance that go beyond those stated in college policies and guidelines.
- Be familiar with the importance of academic integrity in class. Understand how citations show respect for other scholars.
- Talk with the instructor if a student is confused about citation practices or other research standards.
- Make sure students understand not only what counts as plagiarism and cheating, but also how to avoid engaging in these practices. Students must manage their time, take notes correctly, and use the internet appropriately.

- Make sure students understand the guidelines of the instructor for working with other students on assignments, receiving assistance from other students on assignments, citing sources, using notes or exams from previous or other classes, and accessing information during an examination. If in doubt ask the instructor.
- Understand that penalties can result from dishonest conduct, such as failure of the assignment and further action.

* [Click Here for the MCC Attendance/Absences Policy](https://www.mclennan.edu/highlander-guide/policies.html)

(<https://www.mclennan.edu/highlander-guide/policies.html>)

Click on the link above for the college policies on attendance and absences. Your instructor may have additional guidelines specific to this course.

Dr. Magrans-Courtney reserves the right to change any term on this syllabus at any time during the course.

McLennan

C O M M U N I T Y

COLLEGE

ACADEMIC RESOURCES/POLICIES

Accommodations/ADA Statement:

Any student who is a qualified individual with a disability may request reasonable accommodations to assist with providing equal access to educational opportunities. Students should contact the Accommodations Coordinator as soon as possible to provide documentation and make necessary arrangements. Once that process is completed, appropriate verification will be provided to the student and instructor. Please note that instructors are not required to provide classroom accommodations to students until appropriate verification has been provided by the Accommodations Coordinator. For additional information, please visit www.mclennan.edu/disability.

Students with questions or who require assistance with disabilities involving physical, classroom, or testing accommodations should contact:

disabilities@mclennan.edu

254-299-8122

Room 319, Student Services Center

Title IX:

We care about your safety, and value an environment where students and instructors can successfully teach and learn together. If you or someone you know experiences unwelcomed behavior, we are here to help. Individuals who would like to report an incident of sexual misconduct are encouraged to immediately contact the Title IX Coordinator at titleix@mclennan.edu or by calling Dr. Drew Canham (Chief of Staff for Diversity, Equity & Inclusion/Title IX) at (254) 299-8645. Individuals also may contact the MCC Police Department at 299-8911 or the MCC Student Counseling Center at MCC at (254) 299-8210. The MCC Student Counseling Center is a confidential resource for students. Any student or employee may report sexual harassment anonymously by visiting <http://www.lighthouse-services.com/mclennan/>.

Go to McLennan's Title IX webpage at www.mclennan.edu/titleix/. It contains more information about definitions, reporting, confidentiality, resources, and what to do if you or someone you know is a victim of sexual misconduct, gender-based violence or the crimes of rape, acquaintance rape, sexual assault, sexual harassment, stalking, dating violence, or domestic violence.

Student Support/Resources:

MCC provides a variety of services to support student success in the classroom and in your academic pursuits to include counseling, tutors, technology help desk, advising, financial aid, etc. A listing of these and the many other services available to our students is available at <http://www.mclennan.edu/campus-resource-guide/>

College personnel recognize that food, housing, and transportation are essential for student success. If you are having trouble securing these resources or want to explore strategies for balancing life and school, we encourage you to contact a Success Coach by calling (254) 299-8226 or emailing SuccessCoach@mclennan.edu. Students may visit the Completion Center Monday-Friday from 8 a.m.-5 p.m. to schedule a meeting with a Success Coach and receive additional resources and support to help reach academic and personal goals. Paulanne's Pantry (MCC's food pantry) provides free food by appointment to students, faculty and staff based on household size. Text (254) 870-7573 to schedule a pantry appointment. The Completion Center and pantry are located on the Second Floor of the Student Services Center (SSC).

MCC Foundation Emergency Grant Fund:

Unanticipated expenses, such as car repairs, medical bills, housing, or job loss can affect us all. Should an unexpected expense arise, the MCC Foundation has an emergency grant fund that may be able to assist you. Please go to <https://www.mclennan.edu/foundation/scholarships-and-resources/emergencygrant.html> to find out more about the emergency grant. The application can be found at https://www.mclennan.edu/foundation/docs/Emergency_Grant_Application.pdf.

MCC Academic Integrity Statement:

Go to www.mclennan.edu/academic-integrity for information about academic integrity, dishonesty, and cheating.

Minimum System Requirements to Utilize MCC's D2L|Brightspace:

Go to <https://www.mclennan.edu/center-for-teaching-and-learning/Faculty-and-Staff-Commons/requirements.html> for information on the minimum system requirements needed to reliably access your courses in MCC's D2L|Brightspace learning management system.

Minimum Technical Skills:

Students should have basic computer skills, knowledge of word processing software, and a basic understanding of how to use search engines and common web browsers.

Backup Plan for Technology:

In the event MCC's technology systems are down, you will be notified via your MCC student email address. Please note that all assignments and activities will be due on the date specified in the Instructor Plan, unless otherwise noted by the instructor.

Email Policy:

McLennan Community College would like to remind you of the policy (<http://www.mclennan.edu/employees/policy-manual/docs/E-XXXI-B.pdf>) regarding college email. All students, faculty, and staff are encouraged to use their McLennan email addresses when conducting college business.

A student's McLennan email address is the preferred email address that college employees should use for official college information or business. Students are expected to read and, if needed, respond in a timely manner to college emails.

Instructional Uses of Email:

Faculty members can determine classroom use of email or electronic communications. Faculty should expect and encourage students to check the college email on a regular basis. Faculty should inform students in the course syllabus if another communication method is to be used and of any special or unusual expectations for electronic communications.

If a faculty member prefers not to communicate by email with their students, it should be reflected in the course syllabus and information should be provided for the preferred form of communication.

Email on Mobile Devices:

The College recommends that you set up your mobile device to receive McLennan emails. If you need assistance with set-up, you may email Helpdesk@mclennan.edu for help.

Forwarding Emails:

You may forward emails that come to your McLennan address to alternate email addresses; however, the College will not be held responsible for emails forwarded to an alternate address that may be lost or placed in junk or spam filters.

Disclaimer:

The resources and policies listed above are merely for informational purposes and are subject to change without notice or obligation. The College reserves the right to change policies and other requirements in compliance with State and Federal laws. The provisions of this document do not constitute a contract.