**Syllabus**

**Fall/2015 (08/24/2015🡪 12/16/2015)**

**Fundamentals of Nutrition – BIOL1400 – C1605 (3-Credits)**

**Lecture (J - 104): Monday & Wednesday: 12:00 pm 🡪 1:25pm**

**­­**Name of Instructor: Dr. Mohamad H. Termos Office Location: J 304-4

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Office Hours: By Appointment

Required Textbook and Materials:

* Contemporary Nutrition: A Functional Approach, Wardlaw, 3rd Ed.

<http://highered.mcgraw-hill.com/sites/0078021340/information_center_view0/>

* Students are required to obtain the assigned textbook and access to McGraw-Hill’s ‘NutritionCalcPlusOnline’ diet analysis program. Access to MCC’s Angel system is strongly recommended but not required.
* The book is available at the bookstore and should be brought to each class session.
* Scranton’s for each lecture exam plus #2 Pencils. Scranton’s are also available at bookstore.

Resources**:**

The textbook, library, multimedia, Internet, and ANGEL.

Catalog Course Description:

A study of the nature and role of human nutrition with emphasis on changing needs in life’s cycle. The relationship between nutrition and health throughout life is explored. No lab.

Learning Outcomes:

Upon completion of the course, the student will, among other things, be able to:

Identify the six classes of nutrients and their relationship to health.

Indicate function and requirements of carbohydrates, lipids and proteins.

Identify the vitamins and minerals and give their role in nutrition.

List the major organs of digestion and give their function.

**Course Intellectual Competencies**

Reading**:** Students will read, analyze and interpret the chapters in the text and lab manual covered in class as well as assigned journal articles and master both general methods of analyzing printed materials and specific methods for analyzing the subject matter of individual disciplines.

Writing: Students will produce clear, correct and coherent prose adapted to purpose, occasion and audience. Students will discover a topic and develop and organize it and phrase it effectively for their audience through practice and reflection.

Computer Literacy: Students will use computer based technology in communicating, solving problems, and acquiring information. Students should have an understanding of the limits, problems, and possibilities associated with the use of technology, and should have the tools necessary to evaluate and learn new technologies as they become available.

Speaking: Students will use clear, coherent, and persuasive language when speaking, using language appropriate to purpose, occasion, and audience. Students will acquire pose and develop control of the language through experience in making presentations to small groups, to large groups, and through the media.

Listening: Students will analyze and interpret various forms of spoken communication.

Critical Thinking: Students will embrace methods for applying both qualitative and quantitative skills analytically and creatively to subject matter in order to evaluate arguments and to construct alternatives strategies. Students will do problem solving as one of the applications of critical thinking, used to address an identified task

Evaluation:

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| --- | --- |
| *Your final grade will be based on the following* | |
| **5 Lecture Exams (100 points each)**  **Assignments, Quizzes, PPT Presentations & Group Works**  **Diet Analysis** | 500  150  50 |
| **Total** | **700** |

Attendance: Excessive absences may affect your final grade. A sign-in sheet will be provided at each class session. Be sure to check for any missed assignments or announcements if you are absent or late. Announcements made in your absence are your responsibility. Walking in and out of class is disruptive. Although it is understood that emergencies necessitating such activity do occur, this should be a rarity. Please see me if you have a verifiable medical condition or disability that compels you to leave the classroom on occasion.

Exams:

* Lecture exams are based on multiple-choice questions.
* When an exam starts you should not leave the classroom for any reason until you are done with the exam. If you are late arriving to a lecture exam you will not be allowed to take the exam after a student has finished it and left the room.
* **Students will be given one week after an exam is handed back to discuss their grades.**

Important note:

1. A grade of incomplete will only be given if discussed with the instructor and approved prior to the end of the semester. Incompletes are only given under extenuating circumstances and at the discretion of the instructor.

Make-Up/Late Work Policies:

* Assignments are due at the beginning of the class. Late work will not be accepted. If you are going to be absent on the day an assignment is due you may discuss this with the instructor ahead of time and for the possibility of turning the assignment early.
* If you are absent, you are responsible for the materials missed including obtaining any assignments that were given. There will be no extension on the due date for the missed assignments. The instructor will not be responsible for providing you with the missed lecture notes, you will need to get these materials from another student.

Withdrawals: W grades are NOT automatic. Official notification of the instructor is required if a student intends to withdraw from the course and proper paperwork must be filed with the college. Without such notification, a student can expect an ‘E’ rather than a ‘W’ as a final course grade. **It is the student’s responsibility to know the last date on which he or she may withdraw.**

Learning Center:

The learning center offers seminars for note taking and other skills as well as tutoring for students. Please contact or visit the learning center for more information.

Academic Behavior:

* “Macomb Community College students have the right to receive a quality education. Likewise, Macomb students have the responsibility not to interfere with the education of others.” (Macomb Community College Handbook on Rights and Responsibilities). You are expected to interact with other students and the instructor in a courteous, cooperative, and respectful manner.
* The classroom and lab are to be left in the same condition in which they were found.
* The work you turn in should be your own. If you submit work that is not your own or cheat during an exam or quiz, you will receive a 0 for that assignment (this will not count as one of your dropped grades). A second incident of cheating will result in a grade of 0 for the course (F).
* Sleeping in class will not be tolerated. Sleeping students will be asked to leave the classroom for the remaining class time.

Academic misconduct:

Looking at others exams or letting others look at your exam are forms of cheating. Cheating will at least result in getting ZERO for the exam.

**Cell phones must be turned off during lectures. Violation will be considered conduct disruptive to the class and may result in the student’s dismissal from class for the remainder of the scheduled class period.**

Grading Scale: A 🡪 93-100%, A- 🡪 90-92%, B+ 🡪 87-89%, B 🡪 83-86%, B- 🡪 80- 82%, C+ 🡪 77-79%, C 🡪 73-76%, C- 🡪 70-72%, D+ 🡪 67-69%, D 🡪 63-66%, D- 🡪 60-62%, E 🡪 Less than 60%

Statement of Equal Opportunity: No person shall be excluded from participation in, denied the benefits of, or be subject to discrimination under any program or activity sponsored or conducted by South Texas College on the basis of race, color, national origin, religion, sex, age, veteran status or disability.

**ADA Students with Disabilities Statement:** Reasonable accommodations may be made that allow disabled student to be successful at Macomb Community College including those affected by the American with Disabilities Act. Please contact the Special Services Department at CTR-G 131. The instructor will be informed of any special conditions to learning by the Special Services Department. All exams are to be taken the same day as the rest of the class unless other arrangements are made with the instructor.

**Tentative Schedule for Fall/2015\***

**Date Session Session Reading Assign.**

Monday 08/24 1 Review of syllabus – Introduction

Wednesday 08/26 2 Ch 1: Choosing What You Eat

Monday 08/31 2 Ch 1: Choosing What You Eat

Wednesday 09/02 3 Ch 2: Guidelines for Healthy Diet

Monday 09/07 4 Ch 3: Human body

Wednesday 09/09 5 Ch 3: Human Body (cont’d)

Monday 09/14 6 **Assignment** (Ch. 1, 2, 3)

Wednesday 09/16 7 **Exam I (Ch. 1, 2, 3)**

Monday 09/21 8 Ch 4: Carbohydrates, `

Wednesday 09/23 9 Ch 4: Carbohydrates, Ch 5: Lipids

Monday 09/28 10 Ch 5: Lipids

Wednesday 10/30 11 Ch 6: Proteins

Monday 10/05 12 Ch 7: Energy Balance and Weight Control

Wednesday 10/07 13 **Assignment** (Chapters 4-7)

Monday 10/12 14 **Exam II (4, 5, 6, 7)**

Wednesday 10/14 15 Micronutrients, Fluid and Electrolyte Balance (Ch: 8, 9, 10) **PPT presentations**

Monday 10/19 16 Micronutrients, Fluid and Electrolyte Balance (Ch: 8, 9, 10) **PPT presentations**

Wednesday 10/21 17 Micronutrients, Fluid and Electrolyte Balance, Nutrients in Bone Health (Chapters 8, 9, 10, 11). **Assignment**

Monday 10/26 18 Nutrition: Fitness and Sports (Ch 13)

Wednesday 10/28 19 **EXAM-III (Ch: 8-13)**

Monday 11/02 20 Eating Disorders (Ch 14) **PPT presentations**

Wednesday 11/04 21 Eating Disorders (Ch 14) **PPT presentations**,

Monday 11/09 22 **Assignment**: Undernutrition (Ch: 15, p. 554), Safety of Food (Ch 16, p. 590)

Wednesday 11/11 23 **Exam IV (Ch. 14 -16)**

Monday 11/16 24 Pregnancy and Breast Feeding (Ch 17)

Wednesday 11/18 25 Pregnancy and Breast Feeding (Ch 17)

Monday 11/23  **Curriculum Day – No Class**

Wednesday 11/25 **Thanksgiving Break – No Class**

**(Thanksgiving Break Nov 25-29)**

Monday 11/30 26 Nutrition from Infancy through Adolescence (Ch 18)

Wednesday 12/02 27 **Assignment**

Monday 12/07 28 Nutrition during Adulthood (Ch 19)

Wednesday 12/09 29 **Assignment**

Monday 12/14 30 **Exam V (Ch. 7, 12, 17, 18, 19)**

Wednesday 12/16 31 **Final Grades**

**\*Instructor reserves the right to change anything in this schedule anytime during the semester with or without notice.**