

NFM 225 Nutrition
Syllabus of General Information
2015

Course information

4 credits, Grading is A through F

Instructor information:

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Office hours by appointment

Course Description:

Introduces nutrients including protein, carbohydrate, lipids, minerals, and vitamins: their sources, functions, effects of deficiency, and toxicity. Examines current recommendations for Americans and topics of current interest. Explores digestion, energy balance, nutritional aspects and consequences of alcohol, and changing nutrient needs through different life stages. ***Prerequisite Note:*** *BI 112 and Mth 65 are required, or equivalent competency. A background in chemistry is recommended.*

Course Outcomes include:

Upon completion of the course earning a “C” or better, you will be able to:

1. Define the components of a healthful diet
2. Describe the contribution of each organ of the gastrointestinal tract to the digestion, absorption, and elimination of food
3. Identify the three components of energy expenditure and explain the concept of energy balance
4. Describe how proteins differ from carbohydrates and lipids
5. Identify two differences between vitamins and minerals

Course activities include:

1. Evaluate special topics in nutrition in media and comparison of popular/fad diets
2. Demonstrate the use of nutritional guideline tools to evaluate food products
3. Complete a personal diet analysis to evaluate your status of nutritional intake

Materials Needed:

- **The Science of Nutrition, 3rd edition.** Thompson, Manore, Vaughn
- **Pearson “Mastering”** online accompaniment to the text, or separate if you have the text
- **Nutrition NFM 225 packet**
- (be sure you can access Moodle for messages regarding LBCC. “Mastering” will also send messages.)

Requirements:

1. Your attendance is critical to your success.

Your depth of learning depends on your participation in class, class activities, and assignments. Activities conducted in class cannot be made up out of class. You are responsible for any assignments given on a day you are absent. When you must miss a class, it is your responsibility to obtain notes or announcements BEFORE our next class so that you will know what assignment, if any, is due when you return. No in-class activities or quizzes will be accepted if you were not in class when the work was performed.

2. Your preparation and participation is critical to learning.

Learning happens when you take an active part in the process. Your responsibility is to come to class ready to participate in the process. You are expected to come to class prepared and ready to learn. This means that you read and study the assigned reading and activities before class. When you are prepared you can build a knowledge base as a foundation to further learning. When prepared, your class activity begins to shift from a vigorous note taker trying to document each point, to an active learner who is thinking through and beyond the concept and forming associations with life situations and/or other concepts.

3. Assignments are due at the beginning of class.

Assignments and projects are due at the beginning of class, not middle or end because this is disruptive to the class environment. This means that you come prepared to turn in work and that it is already stapled, collated, or secured. Late assignments and projects are not routinely accepted. Arrangements can be made for extenuating circumstances resulting in necessary, extended absences.

If you know that you are going to miss a class please make arrangements to turn in the work before your absence. This may include an e-mail before the due date, turn it in before class, or give it to someone else to turn in. You must be present in class to obtain participation points through in-class activities.

4. Student – Instructor Expectations. Our success and enjoyment of this class depends on our shared responsibility and expectations. These areas will support success:

- *attend class regularly
- *inform each other ahead of time if we know that we will be absent
- *be prepared for each class and complete assignments and turn in on dates due
- *participate in collaborative learning in the classroom
- *act with **respect** for yourself and all others in the class; respect the teaching/learning environment by interacting with civility within the classroom
- *work to the best of our abilities
- *relate class material to our lives and environment
- *maintain honesty and integrity in all work, communications and interactions

5. Class guidelines

- A well-nourished individual learns better. You may bring beverages and snacks in as long as their consumption is not disruptive. Please dispose of trash and recyclables properly.
- Please do not bring a child if he/she is too ill to be at childcare.
- ***Cell phones:** As a courtesy to your fellow students and instructor, please turn off all cell phones during the instructional period. If you are expecting an emergency-type call, place on vibrate, and inform the instructor. **No texting or reading of text messages in class** because it is disruptive. Cell phones may **not** be used for calculators during exams.
- ***Laptops /PDA/ Personal computers.** If you require them for note-taking, please make an appointment with me outside of class time to discuss this and to fully understand the responsibilities and limitations of their use. Other uses such as social networking and shopping are disruptive and not for class use.

Grading policy:

Final grades will be determined by each student's cumulative point total at the end of the term. The following is an approximation of point distribution, which is subject to minor point adjustment, if found necessary by the instructor.

Activities, projects, assignments. This includes the projects that require class attendance and participation: * includes Nutrition in the News Presentations, Diet Comparisons activity, and topic-related class participation activities.

Tests. Three tests will be given during the term. The general format is multiple choice with some diagramming, fill-in, and short answer questions. Limited bonus points may be available for the tests through additional questions in an entertaining format. The **final exam** is comprehensive, with about 50% cumulative and 50% material not covered since the last midterm. It is given in a multiple choice format.

There will be NO make-up exams unless I am informed in a documented format (writing, etc) BEFORE the exam that you will need to miss if for a "documentable" reason. If you are not able to be present on the day of an exam you must contact me before the scheduled exam takes place to be eligible to take a make-up exam. The make-up exam may not be the same format as the original; essay and short answer questions may be used. You may contact me by phone, e-mail, or in person. You may be allowed to take the exam if you can do so before the corrected exams are returned or discussed with the class, usually before the next class. Exams can be left in the Student Assessment Office, HO-111 (Albany Campus) or the

Learning Resource center (Benton Center). *If not made up within this time, the value of another exam or the final can be adjusted. For example, if an exam is about 16% of the course grade and the final about 24%, the value of the final can be adjusted to 40% of the course grade.*

Quizzes, activities. Short quizzes or activities, announced or unannounced, may be given during class. These may not be made up.

On-line interactive learning through the text. *Due before class. Not accepted late.* These interactive assignments will enhance your knowledge of nutrition concepts. Activities may vary. **They are based on your text** and their completion will take less time if you read the text first.

Extra credit. Limited extra credit may be available to a student whose points put them close to grade boundaries, or who have had extenuating circumstances during the term, such as missing a participation activity. Extra credit can be no more than 2% of the grade, or about 10 points. Options will be discussed, if needed.

Grades determination: *(adjustments may be made in points or activities as needed)* This point distribution follows the Biology department policy that 70% of your grade shall be based on examinations, individual work.

Projects including NIN, diet comparison, diet analysis)	= 60 points*
“Mastering” online assignments	= 95 points
3 exams at 80 points	= 240 points
<u>Final exam</u>	<u>= 125 points</u>
Total	520 points

*Nutrition in the News 20 pts, diet comparison 30 pts,
diet analysis report 10 pts

The incomplete grade will only be issued when a student completes the course material other than the final exam. Each incomplete grade must be accompanied by a signed contract specifying the conditions necessary to complete the course. A minimum of 70% of the course work must be accomplished before an incomplete grade is considered. Failure from lack of attendance or missing assignments are not grounds for an incomplete grade. The Y grade will not be used. Officially withdrawing from class must be done by Friday before 5 pm of the 7th week.

Student integrity: Academic misconduct will not be tolerated and includes any form of cheating. Each student is responsible for demonstrating individual ability and academic honesty is required. **All students are expected to take tests independently.** Students shall work with integrity and not jeopardize their honesty or that of another student. Cheating on exams and copying assignments or projects will result in a zero for that activity and may result in further disciplinary action. Using computers or smartphones on graded assessment, such as exams and quizzes is not permitted and is considered cheating. Repeat violations will be referred to the Dean of Science, Engineering, and Math Division. Violation of academic honesty may include failing the course or expulsion from the college.

“Plagiarism is the taking of ideas that are not your own and attempting to submit them as your own.” D. Wheat. Plagiarism is a form of cheating or dishonesty, and is also considered academic misconduct. Webster’s New World Dictionary defines plagiarism as “to take writings or ideas from another and pass them off as one’s own.” **This includes material on the internet. Please refer to LBCC Administrative Rule #7030-02 on Academic Integrity.**

Special Accommodations: Students who need accommodations due to documented disabilities, or who have medical information which the instructor should know about, or who need special arrangements in an emergency, should speak with the instructor during the first week of class. If you have not accessed services and think you may need them, please contact the **Center for Accessibility Resources at 917-4789, or visit RCH 105.** If you have already documented your disability, remember that you must complete a **Request for Accommodations** form every term in order to receive accommodations. It is the student’s responsibility to make any needs known to me within the first week of the term so that I can

prepare appropriate accommodation. This includes, but is not limited to, disabilities of visual, hearing, learning, dates needed for religious holidays, court dates, etc. All accommodations will be guided by the **Center for Accessibility Resources**.

Study suggestions:

Here are some tips to help you to be successful in class: Read your textbook and complete online "Mastering" learning modules **before** coming to class. Rewrite class notes each day to measure your understanding and to develop question to help clarify information. Keep up with the information presented in class and review a little each day. Studying regularly helps you learn better. Turn assigned work in on time.

Help is available!

LBCC has FREE programs to help you succeed. Your success is important to me and the LBCC community. The **Learning Center** provides academic support and tutoring.

LBCC also has student support programs that can help you find child care, medical help, or part-time employment. The Career Center, Multicultural Center, or Student Life can help. *If you are worried, distressed, or discouraged please tell us so we can find a path to your success at LBCC.*

LBCC prohibits unlawful discrimination based on race, color, religion, ethnicity, use of native language, national origin, sex, sexual orientation, marital status, disability, veteran status, age, or any other status protected under applicable federal, state, or local laws.

The LBCC community is enriched by diversity. Everyone has the right to think, learn, and work together in an environment of respect, tolerance, and goodwill. I actively support this right regardless of race, creed, color, personal opinion, gender, sexual orientation, or any of the countless other ways in which we are diverse. (related to Board Policy #1015)

Inclement Weather Policy: If the campus is open class will be given (including lab days) and also including any scheduled exams. Only if the campus is closed will an exam be postponed, and this will occur on the next scheduled class date following the closure. If a late start is announced classes will resume on their usual scheduled times, early labs may resume and be held if the college opens during the scheduled lab period. No special exceptions will be made for those who could not make it to class - be prepared for alternate methods. Please listen to local media coverage for notice of closures such as the official Linn Benton website, T.V. & radio stations."

Course Evaluations: Starting in the Fall of 2014 student evaluations of teaching (SET) will be done electronically. The system will activate week 5 and is due no later than week 9 of the term. The system is anonymous, and can be done from any electronic device. You will receive email notifications for each of your classes. Please fill out these surveys in a timely manner. It takes about 10 minutes per class and is a highly valued resource for guiding the progress and evolution of the course. Student feedback is important to improve this course and to help the instructor know how to change teaching methods. Changes will, and have actually occurred, as a result of student feedback. Thank you in advance for your input.

Communication: You may contact me using e-mail or phone. I will check my messages each afternoon, Monday through Friday. If you don't get a reply in a timely manner, please resend the message or call me because it is possible that I did not receive the message.