

BIOL 1322: Nutrition and Diet Therapy I

Class: 3 Semester Credit Hours

BIOL 1322 Online

Clarendon College
Division of Science and Health
Course Syllabus
Fall 2024

Instructor: Mrs. Rachel Randall

E-mail: rachel.randall@clarendoncollege.edu

Office Hours: Childress campus Mondays 1:00 pm - 5:00 pm; Clarendon campus Tuesdays and Thursdays 8:00am - 9:30 am

Virtual Office Hours: Wednesday 1:00 pm - 5:00 pm. and Friday 8:00 am - 11:00 am. Contact me through email or Open LMS to set up zoom meetings.

The “Messages” feature within the online platform is the main method you should use to contact me. I will make every effort to check the course website every weekday and respond to your message requests within 24 hours on business days.

Instructor's Plan for Regular and Substantive Interaction

The student can expect timely and frequent interaction with the instructor throughout the course. Each assignment will have a due date on the calendar, syllabus link, or within the module. The instructor will communicate with the student using email, announcements, discussions, assignments, office hours, and/or virtual Zoom meetings. The student can expect instructor-initiated posts, replies, and/or follow-up questions on discussion boards, individualized feedback on assignments, live Zoom discussions or meetings, and/or announcements focused on the course content. The instructor will respond to learner inquiries or requests for assistance within two business days and provide feedback on assignments within 7 days of the due date.

Online Course website: This online course uses Open LMS as its online course management program. All instructions, tutorials, exams, and assignments are provided through your Open LMS course. All assignments must be submitted there. Due dates for all assignments are listed in the “Course Schedule” at the course website. Most communication between you and your instructor and fellow classmates will be handled in the online platform through the “Messages” feature and discussion forums. You will be able to log into the course website once you have officially registered for the course and once you have been added to the course website. The course website will become available to you by the first day of the semester. If you register late, you will generally have access to the course within 24 hours after you register. **This is a very fast-paced mini semester that takes place in only 5 weeks. In order to be successful in completing BIOL 1322, a 3-credit hour course you should plan to spend between 24-36 hours per week in total on the course.**

The information explaining how to log into your course website can be obtained by going to [Clarendon College's](#) home page and clicking on the drop-down menu **Portal Login** then clicking on Online Classes. On that page, click on the link [“Click here to login to Online Courses.”](#) If you have any difficulty logging in, email our help desk at: administrator@clarendoncollege.edu

Required Enrollment Verification Activity

This activity is a “Course Contract” that explains you understand and will abide by my class policies as explained in the syllabus. It is located in the Class Orientation section of your course.

Students who fail to complete the Syllabus Agreement EVA (Enrollment Verification Activity) by the official census date may not be able to continue in the course. This could result in an F for the course and forfeiture of Financial Aid. The census date for this term can be found on the Academic Calendar located at the Inside CC link on Clarendon College's home page

BIOL 1322 Course Description: BIOL 1322 Nutrition & Diet Therapy 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.

Statement of Purpose: Nutrition and Diet Therapy I partially satisfies the requirements for the Associates Degree at Clarendon College and is designed for transfer to a senior college

Required Instructional Materials Supplies: This course has a required textbook that is available online at no cost to students. The labs require materials that can be purchased at a grocery and/or variety store.

Required Text: You are responsible for reading the text, **Human Nutrition 2020e** from the Open Education Resource (OER) Pressbook Project (<https://pressbooks.oer.hawaii.edu/humannutrition2e22/>) This platform offers hundreds of freely available texts for reading, printing, and use. For each unit, I will provide a link to the relevant chapter. Please note that each chapter includes interactive sections that will be required as part of your listed homework assignments. A complete PDF version can be downloaded from the site, but please note that the interactive sections are not included in the PDF

Methods of Instruction: This course will utilize readings from the text, PowerPoint presentations, forum discussions, audio-visual materials, and research (on the web and/or in the library).

Student Rights and Responsibilities: Student Rights and Responsibilities are listed on the College website at: <http://www.clarendoncollege.edu/Resources/Student%20Services/StudentRightsResponsibilities.pdf>

In accordance with recommendations from the Texas Higher Education Coordinating Board, all life and physical science courses at Clarendon College will address the following core objectives:

- **Critical Thinking Skills** – including creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information.
- **Communication Skills** – including effective written, oral, and visual communication.
- **Empirical and Quantitative Skills** – including application of scientific and mathematical concepts.
- **Teamwork** – including the ability to consider different points of view and to work effectively with others to support a shared purpose or goal.

Specific **Student Learning Outcomes** for the class and lab can be viewed from the THECB website at this link: <https://reportcenter.highered.texas.gov/training-materials/lower-division-academic-course-guide-spring-21/>

Course Expectations:

- You may expect a response time from me of a day (24hrs) on business days for messages or email, and perhaps two to three days for Forum grades.
- Etiquette expectations (netiquette) for all types of communication: You are expected to take responsibility in helping to maintain a classroom environment that is conducive to learning. Please be polite and maintain a professional tone in your writing. NO abusive language will be tolerated in this course.

Computer/Technology Requirement: This course uses a variety of web resources that require a good Internet connection and an up-to-date browser. The course will have its best appearance and functionality utilizing Mozilla Firefox. Note: If you use your iPad or iPhone to work in this course, download and use Mozilla Firefox to access the course instead of using Safari as your internet browser. Note: To use your **mobile device**, install the **Open LMS app**. Some activities cannot be completed on a mobile device.

You must have the following programs on your computer in order to use and complete these online courses:

- Adobe Reader (to view the PDF type of documents)
- Latest version of one of these internet browsers on your computer: **Mozilla Firefox, Google Chrome, or Microsoft Edge.**
- You must also have access to the **Microsoft Office** program that contains Microsoft Word to view some documents and PowerPoint to view some slideshows. (If you don't already have it on your computer, you can download the free Microsoft 365 available through Clarendon College. Click [these instructions](#) for help downloading it as well as accessing your Bulldogs email.)

Grading Policies: You will receive one letter grade for BIOL 1322. This grade comes from the components described below. **Student grades and course averages are viewable in Open LMS by clicking on the “Course Dashboard” and then clicking on the “Gradebook” in Open LMS. All graded activities/discussions/quizzes/exams for BIOL 1322 must be completed and/or submitted in the Open LMS learning platform.**

BIOL 1322: Nutrition and Diet Therapy I Class

1. **Required Enrollment Verification Activity (EVA):** Required Enrollment Verification Activity This activity is a “Course Contract” that explains you understand and will abide by my class policies as explained in the syllabus. It is located in the Class Orientation section of your course.

Students who fail to complete the Syllabus Agreement EVA (Enrollment Verification Activity) by the official census date may not be able to continue in the course. This could result in an F for the course and forfeiture of Financial Aid. The census date for this term can be found on the Academic Calendar located at the Inside CC link on Clarendon College's home page.

2. **Assignments / Discussions will count as 25% of your final course grade.**
 - a. This portion of your grade comes from your completion of class reading assignments and discussions that are posted in Open LMS.

3. **Chapter quizzes will count as 25% of your final course grade.**
 - a. Each chapter has at least one quiz.
 - b. BEFORE you attempt the quiz:
 - i. Be sure to read the e-text chapter thoroughly.
 - ii. You may find it helpful to review the included PowerPoints as well as class notes that accompany the chapters.
 - iii. Be certain to complete the discussion or activity for that chapter.
 - c. **You will only have one attempt for each chapter quiz.**
 - d. Once you begin the quiz, you must complete it within the allotted time.
 - e. No quiz grades will be dropped.
4. **Class exams will count as 50% of your final course grade.**
 - a. The exams will have up to 50 questions.
 - i. The exams will utilize a variety of question formats (objective, matching, multiple choice, true/false, etc.)
 - b. **You will only have one attempt for each exam.**
 - c. Once you begin the exam, you must complete it within the allotted time.
 - d. All class exams, including the final, will be weighted equally.
 - e. Each exam covers the material covered since the last exam (not comprehensive).
 - f. No exam grades will be dropped.
 - g. The “Meal Plan Challenge” will be counted in the Exam category

Grading Scale for the class and lab:

<u>Letter Grade</u>	<u>Numeric Grade</u>
A	90-100
B	80-89
C	70-79
D	60-69
F	59 and below

Your official final course grade will appear in your Student Portal.

Grades earned for each graded activity will be available in Open LMS. However, in your Open LMS gradebook, assume that any activity you did not complete is a zero, even if a hyphen appears beside the activity in the gradebook. The current course average shown in the Open LMS gradebook will not be correct until I have replaced the hyphens with zeroes.

Academic Integrity Policy: An Excerpt from Clarendon College’s Student Handbook

Clarendon College is committed to a philosophy of honesty and academic integrity. It is the responsibility of all members of the Clarendon College community to maintain academic integrity at Clarendon College by refusing to participate in or tolerate academic dishonesty. Any act of academic dishonesty will be regarded by the faculty and administration as a serious offense.

Be certain to review the Student Academic Integrity and Classroom Ethics policies in your Student Handbook. You are responsible for both knowing and adhering to these policies. You may access the Student Handbook at this link:

<https://www.clarendoncollege.edu/resources/student%20services/2018-2019%20student%20handbook.pdf>

Class Policies:

1. **Online Attendance Policy:** Regular attendance is mandatory in all online courses. Specific activities will be identified each week or during each chapter that must be completed in order for students to be considered “in attendance.” Failure to complete these assignments can result in forfeiture of Financial Aid and failure of the class.

For this course, I will submit an attendance report each Monday morning and on the census date. Students who are following the online attendance policy and participating in the weekly highlighted assignments on the course schedule are marked “present.”

2. **Make-up work:** Late will not be accepted unless the missed assignment is due to an emergency (with

documentation). Allowing a student to make up late work is solely at the discretion of the instructor.

3. **Final Exam:** Students must take a final for each of their academic courses. The schedule of final exam times is published at the beginning of the semester. I will not give any early finals except in extreme emergencies after students have provided documentation of said emergency. The final exam will be open from 12:01 a.m. CDST on December 9, 2024, through 11:59 p.m. CST on December 11, 2024. ****Because grades must be posted to transcripts, this deadline absolutely cannot be extended. Be sure that you do not miss taking these exams during the specified time.****
4. **Scholastic Honesty:** I adhere to a strict policy regarding academic honesty. Anyone who is dishonest in any way will receive a zero on that assignment or exam with no opportunity to make up the zero and may be dropped from the course with a grade of F.
5. **Grievance Policy:** If you have a dispute concerning your grade or policies in this class, it is the student's responsibility to contact the instructor to discuss the matter. Should things remain unresolved, please follow the procedures described in the Clarendon College Student Handbook or College Policy Manual.
6. **Accommodations:** REQUIREMENTS OF THE AMERICANS WITH DISABILITIES ACT: In accordance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, any student who feels that he or she may need any special assistance or accommodation because of an impairment or disabling condition should contact the Associate Dean of Enrollment Services at 806-874-4837 / janean.reish@clarendoncollege.edu or visit the Clarendon campus at Clarendon College. It is the policy of Clarendon College to provide reasonable accommodation as required to afford equal educational opportunity. It is the student's responsibility to contact the Associate Dean of Enrollment Services.
7. **Nondiscrimination Policy**
Clarendon College, in accordance with applicable federal and state law, prohibits discrimination, including harassment, on the basis of race, color, national or ethnic origin, religion, sex, disability, age, sexual orientation, or veteran status.

It is the policy of Clarendon College not to discriminate based on gender, age, disability, race, color, religion, marital status, veteran's status, national or ethnic origin, or sexual orientation. Harassment of a student in class, i.e., a pattern of behavior directed against a particular student with the intent of humiliating or intimidating that student will not be tolerated. The mere expression of one's ideas is not harassment and is fully protected by academic freedom, but personal harassment of individual students is not permitted.
8. **Withdrawal:** If you decide that you are unable to complete this course or that it will be impossible to complete the course with a passing grade, you may drop the course and receive a "W" on your transcript instead. (The last day to drop a course is available on the Academic Calendar, located at the Student link on the Clarendon College website.) Withdrawal from a course is a formal procedure that you must initiate. If you do not go through the formal withdrawal procedure, you will receive whatever grade you have earned.
Whether to drop a class or not requires a lot of thought. According to Texas state law a student is only allowed to drop the same class twice before he/she will be charged triple the tuition amount for taking the class a third time or more. Furthermore, beginning with the Fall 2007 semester, students in Texas may only drop a total of 6 courses throughout their entire undergraduate career. After the 6th dropped class, he/she will no longer be able to withdraw from any classes.
The last day to withdraw from this course with a "W" is Thursday August 29, 2024

Biology 1322 - Nutrition

Tentative Course Calendar and Outline – Fall 2024

Tentative Course Schedule: This course schedule is also available in your Open LMS courses. The course schedule is subject to change. If changes are made, you will receive a message in your Bulldog email.

** Weekly attendance is determined by the assignments **highlighted in yellow** on the course schedule. I record attendance every Monday based on the previous week's assignments.

All quizzes and exams are open. You can progress through the course at your own pace and work ahead. However, note that the due dates are absolute. I will not re-open anything once a due date has passed.

COURSE SCHEDULE FALL 2024 BIOLOGY 1322 Nutrition

Week	Unit	Due Date
Week 1 Aug 26 - Sept 1	<p>Classes start Monday, August 26 – it is important to log in to the course immediately so I can count you present for the college's records</p> <p>Thurs., Aug 29th - last day to last day to register and add/drop</p> <p>Syllabus and Quick Links Keys to success in this course Start Here - Class Orientation & Required EVA *Verify Identity (attendance)</p> <hr/> <p>Unit 1 - Basic Concepts in Nutrition (Chapter 1)</p>	<p>Thur Aug 29th</p> <p>Thur Aug 29th</p> <p>Sunday Sept 1</p>
Week 2 Sept 2 - 8	Unit 2 - The Human Body (Chapter 2) *Homework/Reading Chapter 2 (attendance)	Sunday Sept 8
Week 3 Sept 9 - 15	Unit 3 - Water & Electrolytes (Chapter 3) *Homework/Reading Chapter 3 (attendance) Unit 4 - Carbohydrates (Chapter 4)	Sunday Sept 15
Week 4 Sept 16 - 22	<p>Unit 5 - Lipids (Chapter 5) *Homework/Reading Chapter 5 (attendance)</p> <hr/> <p>** Exam 1 (Chpt 1-5)</p>	<p>*I suggest to complete the unit by Wednesday so you have time to study for the exam on Sunday Sept 22</p>
Week 5 Sept 23 - 29	Unit 6 - Protein (Chapter 6) *Homework/Reading Chapter 6 (attendance)	Sunday Sept 29
Week 6 Sept 30 - Oct 6	Unit 7 - Alcohol (Chapter 7) Homework/Reading Chapter 7 (attendance)	Sunday Oct 6

Week 7 Oct 7 - 13	Unit 8 - Energy (Chapter 8) ----- ** Exam 2 (Chpt 6-8)	*I suggest to complete unit by Wednesday so you have time to study for the exam on Sunday Oct 13
Week 8 Oct 14 - 20	Unit 9 - Vitamins (Chapter 9) *Homework/Reading Chapter 9 (attendance)	Sunday Oct 20
Week 9 Oct 21 - 27	Unit 10 - Major Minerals (Chapter 10) and Trace Minerals (Chapter 11) *Homework/Reading Chapter (attendance)	Sunday Oct 27
Week 10 Oct 28 - Nov 3	Unit 11 - Nutrition Applications (Chapter 12) *Homework/Reading Chapter (attendance)	Sunday Nov 3
Week 11 Nov 4 - 10	Meal Plate Challenge ** Exam 3 (Chpt 9 -12)	*I suggest to complete the Meal Plate Challenge by Wednesday so you have time to study for the exam on Sunday Nov 10
Week 12 Nov 11 - 17	Unit 12 -Lifespan Nutrition From Childhood through Adult (Chapters 14 and 15) *Homework/Reading Chapter 14 & 15 (attendance)	Sunday Nov 17
Week 13 Nov 18 - 24	Unit 13 - Performance Nutrition (Chapter 16) *Homework/Reading Chapter (attendance)	Sunday Nov 24
Week 14 Nov 25 - Nov 27 (Thanksgiving Break)	Unit 14 - Food Safety (Chapter 17) *Homework/Reading Chapter (attendance)	WEDNESDAY NOV 27
Week 15 Dec 2 - 8	Unit 15 - Nutritional Issues (Chapter 18) *Homework/Reading Chapter (attendance)	Sunday Dec 8
Week 16 FINALS Dec 9 - 11	**Final Exam – Chapters 14, 15, 16, 17, and 18 *Final Exam used for attendance to be taken online between December 9 - 11th DUE DEC 11th by 11:59 p.m. CST	Due by Wednesday Dec 11