

# BIOL 1322.295: Nutrition and Diet Therapy I

Clarendon College  
Division of Science and Health  
Course Syllabus  
**Fall Mini 2023**  
3 Semester Credit Hours

**Assistant Professor:** Mr. Russell Estlack  
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**PREFERRED METHOD OF CONTACT:** 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.

**Online Course website:** This online course uses Open LMS for its online course management program. All instructions, tutorials, exams, and assignments are provided within the course. All assignments must be submitted there. Due dates for all assignments are listed in the “Course Calendar” 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](mailto:administrator@clarendoncollege.edu)**

## **Required Syllabus Agreement and Enrollment Verification Activity (EVA)**

The required Syllabus Agreement and Enrollment Verification Activity (EVA) is a brief quiz over the syllabus. Marking the quiz “I agree” verifies that you are enrolled in the course, have read the syllabus, understand the expectations of the course, and accept the guidelines for attendance and the grading policy. Students who fail to complete the EVA 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 published Academic Calendar located in the Inside CC link on Clarendon College’s home page includes the census date.

**BIOL 1322 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.

**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 Text:** Wardlaw's *Perspectives in Nutrition* 12<sup>th</sup> Edition by Carol Byrd-Bredbenner, Jacqueline Berning, Danita Kelly, and Jaclyn M. Abbot. ISBN 978-1-260-69559-5

**Methods of Instruction:** This course will utilize Open LMS, Messaging, Forum discussions, Readings from text, a Term Paper, 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 (THECB), 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 Discussion, Activity, and Assignment 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. (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/term paper for BIOL 1322 must be completed and/or submitted in the Open LMS learning platform.

#### **BIOL 1322 Graded Components:**

1. Before the Open LMS Course becomes active you should complete a Syllabus Agreement EVA and answer “I agree.” This is a Course Contract that submits that you understand and will abide by my class policies.
  - a. **Required Enrollment Verification Activity (EVA):** Students who fail to complete the Syllabus Agreement & 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. **Writing Requirements: Class discussions and assignments will count as 10%** of your final course grade.
  - a. This portion of your grade comes from your completion of class discussions and assignments that are posted in Open LMS.

- b. For BIOL 1322, I will submit an attendance report each Tuesday morning and on the census date. Students who are following the online attendance policy and participating in each week's forums will be marked "present."
  - c. Every Forum Discussion you miss will result in 10 points deducted from your class participation grade.
- 3. **Chapter quizzes will count as 10%** of your final course grade.
  - a. Most chapters we will be covering have one quiz.
  - b. BEFORE you attempt the quiz. Be sure to read the text chapter thoroughly.
  - 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. **The Nutrition Term Paper will count as 20%** of your final course grade.
  - a. This exercise will cover one of the topics in our Nutrition course.
    - i. Choose your topic from the **Pick a Topics Icon** on the folder marked **Unit 3**.
    - ii. You will follow the directions for writing **MLA Style** term papers from its **icon** in the **Syllabus and Quick Links** block.
    - iii. The paper should be at least **4** pages (**including the reference page**).
    - iv. The **topic** of your paper is due by **December 25**.
    - v. The Term Paper should be complete and turned in by **January 8**.
  - b. Make sure you upload it in Open LMS in the folder marked **Unit 13**. Save your paper as a **.doc**, **.docx**, **.pdf**, or **.rtf** format so that I can open and grade it. **\*\*Files that cannot be opened will result in a zero for the term paper grade.\*\***
- 5. **Class Exams count as 60%** of your final course grade.
  - a. The exams will be 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.**

#### Grading Scale for the course:

<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:

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.
  - I will submit an attendance report each Tuesday and on the census date. Students who are following the online attendance policy and participating in the weekly designated attendance activity 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 Lecture 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 class final will be open from 12:01 a.m. on Monday, January 8, 2024 and will close at 6 p.m. on Wednesday, January 10, 2024.
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. **Accommodations:** Clarendon College provides reasonable accommodations for persons with temporary or permanent disabilities. Should you require special accommodations, it is your responsibility to notify the Office of Student Services (806-874-3571 or 800-687-9737). Further information about this process is available on the college website at this address: [www.clarendoncollege.edu/accommodations](http://www.clarendoncollege.edu/accommodations). We will then work with you to make whatever accommodations we need to make.
6. **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 6<sup>th</sup> 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, January 4, 2024.**

# Nutrition & Diet Therapy I

## Tentative Course Calendar and Outline – Fall Mini 2023

**Tentative Course Schedule:** This course schedule is also available in the Quick Links block in your Open LMS course. The course schedule is subject to change. If changes are made, you will receive a message in your Bulldog email. I will also change the course schedule itself to reflect any changes made.

**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.**

**The Activities used to determine weekly attendance will ONLY be open during the week that they are assigned.**

**\*\* Activities used to determine weekly attendance.**

CST = Central Standard Time

WEEKS	<b>CLASS TOPICS</b> All activities, quizzes, assignments, & term paper must be completed in Open LMS
<b>Week 1</b>  <b>DUE by Dec. 18 at 11:55 p.m. CST</b>	<b>Classes Begin Wednesday, December 13 – it is important to log in to the course immediately so I can count you present for the college's records</b>  <b>Thursday, Dec. 14 - last day to last day to register and add/drop</b>  <b>Fri., Dec 15 – Census date</b>  <u>Unit 1</u> <ul style="list-style-type: none"> <li>Syllabus &amp; Introduction</li> <li><b>Complete the Syllabus Agreement EVA</b> located in the Class Orientation unit.</li> <li><b>Discussion</b> – Icebreaker Activity: Introduce Yourself</li> </ul> <u>Unit 2</u> <ul style="list-style-type: none"> <li>Read Chapter 1: The Science of Nutrition</li> <li><b>Quiz 1 – the Science of Nutrition</b></li> </ul> <u>Unit 3</u> <ul style="list-style-type: none"> <li>Read Chapter 2: Tools of a Healthy Diet</li> <li><b>Quiz 2 – Tools of a Healthy Diet</b></li> <li>Submit your <b>term paper topic</b></li> <li><b>**Unit 3 Discussion: Nutrition Facts</b></li> </ul>
<b>Week 2</b>  <b>DUE by Dec. 25 at 11:55 p.m. CST</b>	<u>Unit 4</u> <ul style="list-style-type: none"> <li>Read Chapter 3: The Food Supply</li> <li><b>Quiz 3 – The Food Supply</b></li> </ul> <u>Unit 5</u> <ul style="list-style-type: none"> <li>Read Chapter 4: Human Digestion and Absorption</li> <li><b>Quiz 4 – Human Digestion and Absorption</b></li> </ul> <u>Unit 6</u> <ul style="list-style-type: none"> <li><b>Exam 1 – Chapters 1, 2, 3, and 4</b></li> <li>Read Chapter 5: Carbohydrates</li> <li><b>Quiz 5 – Carbohydrates</b></li> </ul> <u>Unit 7</u> <ul style="list-style-type: none"> <li>Read Chapter 6: Lipids</li> <li><b>Quiz 6 – Lipids</b></li> <li><b>**Unit 7 Discussion: Fat Gram Comparison</b></li> </ul>

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<b>Nutrition &amp; Diet Therapy I</b> <b>Tentative Course Calendar and Outline – Fall Mini 2023</b>	
WEEKS	<b>CLASS TOPICS</b> All activities, quizzes, assignments, & term paper must be completed in Open LMS
<b>Week 3</b>  <b>DUE by</b> <b>Jan. 1 at 11:55</b> <b>p.m. CST</b>	<u>Unit 8</u> <ul style="list-style-type: none"> <li>Read Chapter 7: Proteins</li> <li><b>Quiz 7 – Proteins</b></li> <li><b>**Unit 8 Discussion: How Much Protein</b></li> </ul> <u>Unit 9</u> <ul style="list-style-type: none"> <li>Read Chapter 8: Alcohol</li> <li><b>Quiz 8 – Alcohol</b></li> </ul> <u>Unit 10</u> <ul style="list-style-type: none"> <li><b>Exam 2 – Chapters 5, 6, 7, and 8</b></li> <li>Read Chapter 9: Energy Metabolism</li> <li><b>Quiz 9 – Energy Metabolism</b></li> </ul> <u>Unit 11</u> <ul style="list-style-type: none"> <li>Read Chapter 10: Energy Balance, Weight Control, and Eating Disorders</li> <li><b>Quiz 10 – Energy Balance, Weight Control, and Eating</b></li> </ul>
<b>Week 4</b>  <b>DUE by</b> <b>Jan. 8 at 11:55</b> <b>p.m. CST</b>	<b>Tuesday, January 2 – 60% Term Completed</b>  <b>Thursday, January 4 – last day to drop with a “W”</b>  <u>Unit 12</u> <ul style="list-style-type: none"> <li>Read Chapter 17: Nutrition during Growing Years</li> <li>Read Chapter 18: Nutrition during Adult Years</li> <li><b>Quiz 11 – Nutrition During Growing and Adult Years</b></li> </ul> <u>Unit 13</u> <ul style="list-style-type: none"> <li><b>**Term Paper is due</b></li> <li><b>Exam 3 – Chapters 9, 10, 17, and 18</b></li> </ul> <u>Unit 14</u> <ul style="list-style-type: none"> <li>Read Chapter 12: Fat-Soluble Vitamins</li> <li><b>Quiz 12 – Fat-Soluble Vitamins</b></li> <li>Read Chapter 13: The Water-Soluble Vitamins</li> <li><b>Quiz 13 – Water-Soluble Vitamins</b></li> </ul> <u>Unit 15</u> <ul style="list-style-type: none"> <li>Read Chapter 14: Water and Major Minerals</li> <li><b>Quiz 14 – Water and Major Minerals</b></li> <li>Read Chapter 15: Trace Minerals</li> <li><b>Quiz 15 – Trace Minerals</b></li> </ul>

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<b>Nutrition &amp; Diet Therapy I Tentative Course Calendar and Outline – Fall Mini 2023</b>	
<b>WEEKS</b>	<b>CLASS TOPICS</b> All activities, quizzes, assignments, & term paper must be completed in Open LMS
<b>Week 5</b>  <b>FINAL EXAM</b>  <b>DUE by Jan. 10 at 6:00 p.m. CST</b>	<u>Unit 16</u> <ul style="list-style-type: none"><li>• <b>**Final Exam: Chapters 12, 13, 14, and 15</b> to be taken in Open LMS – Exam opens on Monday, January 8 and closes on Wednesday, January 10 at 6 p.m.</li></ul>