

IOWA WESTERN COMMUNITY COLLEGE

Course Syllabus Information BIO 151-OL-01

Term: Winter 2016

I. Faculty Information:

Instructor: Dr. Drew Whigham, DC

Office: Opitz 113b (Clarinda)

Office Hours: by appointment

Phone: 712-542-5117 ext 2209

e-mail: awhigham@iwcc.edu

II. Course Information:

<u>Course Prefix/ No.</u>	<u>Course Name</u>	<u>Credits</u>
BIO 151-05	Nutrition	3

Course Description:

Nutrition is the study of basic nutrients and their relationship to health, which includes the digestion, absorption, and metabolism of carbohydrates, proteins, and fats in the human body. Additional topics are dietary planning for all ages, dietary exchanges and other health related diets, physical fitness, stress management, and food habits involving ethnic groups.

Prerequisites:

No college-level science background is required.

Course Meeting Times

Online

Course Location

Online

Required Textbooks

Wardlaw, Gordon Ml, and Anne M. Smith. Contemporary Nutrition. 9th Edition. McGraw-Hill, 2013. (Print)

Suggested Supplemental Textbooks, References

None at this time, any changes will be announced on ROC.

Course Learning Objectives and Course Competencies

The Learning Objectives for this course are (upon successful completion of this course, the student will be able to):

- 1. Assess the role of nutrition in human health.*
- 2. Describe the human anatomical and physiological process as they relate to nutritional status and needs.*
- 3. Compare the impact of age, growth, and normal development of nutritional requirements.*
- 4. Assess nutritional health risks and determine treatment strategies.*
- 5. Evaluate health promotion strategies and disease prevention theories across the lifespan.*

Course Practices: The syllabus serves as a contract between the faculty and the students.

1. Attendance Requirements: While this is an online course, attendance will be taken daily to track when you are logging on and participating in the activities. This is not done for credit, but rather for administrative purposes.

2. Standards for written work:

- All homework needs to be typed in times new roman font, twelve size print, margins set at 1" for the sides, top, and bottom (standard default).
- Technical problems and /or issues that may come up with your computer. Make sure that you do not put these issues off until the last minute. If you are concerned that you will not be able to make a "deadline", be certain that you talk the instructor well in advance of due date(s).

3. Late papers and assignments:

Any work that is turned in after the due date/time—without prior communication with the instructor—will be graded with the following deductions:

- 5% off earned grade for every day that it is late
- work will not be accepted more than 1 week after due unless arrangements were made with the instructor prior to the original due date.

4. Missed exams or quizzes:

- Designation of "excused absence" is between the instructor & student. In some cases, Dean of the College will be consulted for assistance/verification of the definition of an "excused absence". If an exam or quiz is missed for a reason deemed to be excusable, then the exam or quiz may be made up at a time arranged between the student and instructor.

5. Extra Credit:

Students will have the opportunity to receive extra credit by completing the online study aide activities called LearnSmart. All extra credit will be made available to every student.

6. Participation

Active participation threaded discussions is expected in this course.

7. Classroom Management and Behavior

A. Students are expected to complete coursework on time. This is a highly accelerated course format. The nature of this course will place a high demand on the student's time over the 18 day class timeframe.

B. Students are expected to read all relevant course material, participate in threaded discussions, use appropriate language, and respect other students in the class as well as the instructor.

C. If a student is caught cheating on an assignment/quiz/test/project then a grade of 0 will be given for said item. If a student is caught cheating for a second time, that student will receive an automatic F for the course.

8. Communication with Instructor

- Best method of contact with instructor is email. Allow 24 business hours for response to an email (plan accordingly).
- Allow 3 days for grade posting and feedback on all quizzes projects and exams.

Grading Nutrition Winter 2016

****Note**** this is subject to change by the instructor. All changes will be posted in the ROC syllabus folder. It is the student's responsibility to check for updates. All projects, quizzes, exams and extra credit will be posted on ROC or CONNECT.

1. Threaded discussions-

- There will be 9 threaded discussions that will cover topics from the reading assignments, relevant research articles, current events in nutrition and videos provided on your ROC page.

2. Quizzes

- There will be one quiz per chapter, you will have 15 minutes to complete each quiz.
- Each quiz will be worth 10 points

3. Projects- There will be four projects in this course. Specific instructions for each will be provided.

- Self Reflection Paper
- NutriCal Project
- Resting Metabolic Rate
- Nutrition and Health

4. Exams

- There will be 4 exams worth 100 points each for this course. Each exam will be 50 true/false and multiple choice style questions. The exams are open book and open note. There is a 75 minute time limit on exams.

Grading Scale:

Grades will be assigned according to the following scale:

A 90% - 100% A – indicates superior work and excellent progress.

B 80% - 89% B – indicates work and progress above the average standard.

C 70% - 79% C – indicates work and progress that meets the average standard.

D 60% - 69% D – indicates work and progress below the average standard.

F less than a 60% F – indicates work and progress below the minimum standard.

IWCC uses the following grading scale: “I “– indicates that course requirements have not been completed.

The justification for awarding an “I” is one in which:

- Significant health issues (individual or family member) have interfered with the student’s ability to complete assigned work within the semester that the course is scheduled.
- Significant personal crisis within an individual’s life that has seriously disrupted the student’s ability to complete coursework.
- A student should have completed a minimum of 75% of the assignments with an overall grade of “C” or better.

Important Dates

See “Academic Calendar” in ROC.

Problem Resolution

If you have a conflict with me, concerns about my teaching and/or the course material, please discuss this first with me. If we cannot resolve the difficulty, contact Christine Haugh Program Chair Biological Sciences C313, 256-6540. If we cannot resolve the difficulty, Kimberly Carter, Dean, L103 (office), 325-3320.

Notice of Class Cancellation

1. Emergency closing of entire campus such as for weather – Students will be notified through the Reiver Alert system. Students must register for this service; find Reiver Alert on your ROC homepage.
2. Emergency cancellation of a class session such as for faculty illness – Students will be notified through an announcement on the ROC course page if possible and/or a posted note on the classroom door.

Course Topical Outline and Schedule *(Subject to Change)*

Date	Chapter	Topic	Project	Discussion	Quiz	Test
12/19		Introduction and Syllabus		10	10	
	1	What You Eat and Why, Guidelines for a Healthy Diet		10	10	
12/20	4	Carbohydrates		10	10	
12/21	6	Proteins			10	
12/22	5	Lipids			10	
12/23	1, 4-6	Unit I Exam				100
		Self Reflection Paper Due	100			
12/24	8	Vitamins			10	

12/26	9	Water and Minerals		10	10	
12/27	3	The Human Body: A Nutrition		10	10	
12/28	8-9,3	Unit II Exam				100
		Nutricalc Project Due	100			
12/29	7	Energy Balance and Weight Control			10	
12/30	10	Nutrition: Fitness and Sports		10	10, 10	
12/31	11	Eating Disorders		10	10	
1/2	13	Food Safety			10	
1/3	7,10-13	Unit III Exam				100
		Unit III Assignment	100			
1/4	14	Nutrition During Pregnancy and Breastfeeding			10	
1/5	15	Nutrition During Infancy Through Adolescence		10	10	
1/6	16	Nutrition During Adulthood		10	10	
1/6	14-16	Unit IV Exam				100
		Unit IV Assignment	100			
Points Possible:			<u>400</u>	<u>100</u>	<u>150</u>	<u>400</u>
Category Weights:			30%	10%	20%	40%

III. College Policy/Information