

IOWA WESTERN COMMUNITY COLLEGE

COURSE SYLLABUS INFORMATION

BIO-151-0L01

TERM: WINTERIM 2017

I. FACULTY INFORMATION:

| | |
|--------------------------------|---|
| Instructor: Dr. Andrew Whigham | Office: Clark 218H |
| Phone: 712-325-6856 | Office Hours: MWF 11:00 am-12:00pm (online) |
| E-mail: awhigham@iwcc.edu | |

II. COURSE INFORMATION:

| Course Prefix/Number | Course Name | Credits | Lecture | Lab |
|----------------------|-------------|---------|---------|-----|
| BIO 151 | Nutrition | 3 | 3 | 0 |

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: Weekly online course attendance, interaction, and activity are expected and will be verified through weekly course attendance reports.

COURSE LOCATION: Remote

REQUIRED TEXTBOOKS:

Nutrition Essentials Access Code Schiff Npo ISBN 9781260264692

Optional: Nutrition Essentials A Personal Approach Loose-Leaf, 2ESchiff Npo ISBN 9781260209082
Copyright 18 Publisher Rittenhous Binding Looseleaf

Suggested Supplemental Textbooks, References:

Office 365 Suite is required for many online coursework assignments. To facilitate interaction between classmates, students can download the free version from their ROC Portal Page for use in their online courses.

Materials and Supplies to Be Furnished by Student:

Students are responsible for protecting their own computer equipment through use of anti-virus and anti-malware tools. IWCC students may consider *these free options*.

Students are further responsible for working in their online courses within the IWCC Acceptable Use Policy and the Computer Ethics and Use Policy. (Both policies are located on the ROC Student Portal Page under the *Technology* menu button FAQ area.)

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):

- A. Assess the role of nutrition in human health.
- B. Describe the human anatomical and physiological process as they relate to nutritional status and needs.
- C. Compare the impact of age, growth, and normal development of nutritional requirements.
- D. Assess nutritional health risks and determine treatment strategies.
- E. 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. This section should contain the kinds of practices expected of students. Some of the practices to consider are:

Participation Requirements

Online courses require a clear pattern of participation for all students. The attendance standard for IWCC is that each student logs in and participates in some meaningful way, i.e. assignment completion, forum discussion, quiz completion, etc., inside of the online course—at a minimum—at least one time each week, as measured from Monday to Sunday. If this standard isn't met for any week in the semester . . . <insert consequence>.

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).

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:

-10% 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.

Missed exams

If a student knows that he/she will be unable to complete an exam by the stated due date, he/she will have the opportunity to make up one missed exam during finals week. The reasoning for the missed exam must be communicated prior to the missed exam.

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”.

Extra Credit

Students will have the opportunity to receive extra credit by completing recipe projects throughout the term. Instructions for the recipe projects will be posted on the ROC page under the Extra Credit Section. Points for recipe projects will be spread throughout the grade categories and can be worth up to 5% extra toward your overall grade. All extra credit will be made available to every student.

ONLINE CLASSROOM MANAGEMENT AND BEHAVIOR:

A. Students are expected to complete coursework on time. T

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. Students are expected to watch the entire videos that are assigned prior to completing discussion threads. The instructor is able to see who has watched the video and who has not and will adjust grades accordingly.

D. Students are expected to write original content for discussion posts. Copying the content of another student is considered cheating and will be handled as outlined below.

E. 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.]

F. It is expected that all students in the online environment address classmates and the instructor cordially and professionally. While debate and discussion may be the norm in a college classroom, doing so respectfully is the class standard. (I will address you in a way that recognizes the respect and dignity you deserve as a scholar at this institution, and I expect the same from you to each member of the course. This standard applies to all of us even during moments of disagreement.) Any violation of this policy could result in . . . <insert consequence>.

G. All course work must be submitted through the ROCLMS. Emailed work will not be accepted.

COMMUNICATION WITH INSTRUCTOR:

Students must use their IWCC email when contacting the instructor about matters related to the course. Allow 24 business hours for response to an email (plan accordingly).

Availability of instructor

Dr. Whigham will have office hours dedicated to online classes on Monday, Wednesday and Friday from 11:00 am-12:00pm.

Turnaround time for feedback on assignments and exams will be one week.

Grading

1. Threaded discussions-

There will be 14 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

COURSE REFLECTION

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.

VIEWING FINAL GRADES

Your grade will be based on the following weighted system:

Exams (400 Points) 40% + Projects (400 points) 30% + Discussions (140 points) 20% + Quizzes (140 points) 10% = Total Grade 100%

Final grades are viewable on ROC the Tuesday after the end of the semester: Self-Services Menu, Students, and Academic Record.

Important Dates

| | | |
|-------|---------|---------------------------------------|
| 12/18 | Monday | Winterim Begins |
| 12/18 | Monday | Last Day 100% Refund Winterim Classes |
| 12/19 | Tuesday | Last Day 50% Refund Winterim Classes |
| 01/02 | Tuesday | Last Day to Drop Winterim Classes |
| 01/05 | Friday | Winterim Ends |

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, Kimberly Carter, Dean, Clark 307B (office), 325-3320, KCARTER@IWCC.EDU.

Notice of Campus Situations/Course Interruptions

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. Course Interruption – Students will be notified in the unlikely event that the ROC system would not be accessible for an extended period of time.

COURSE TOPICAL OUTLINE AND SCHEDULE

| Week | Date | Topic | Readings | Assignment |
|-------|-------------|---|----------|--|
| Day 1 | December 18 | Introduction and Syllabus, What You Eat and Why | | Discussion Introduction and Syllabus Quiz |

| Week | Date | Topic | Readings | Assignment |
|--------|-------------|--|-----------|--|
| Day 2 | December 19 | Food is More Than Something to Eat | Chapter 1 | Discussion Chapter 1 Quiz |
| Day 3 | December 20 | Nutrition Information: Fact or Fiction? | Chapter 2 | Discussion Chapter 2 Quiz |
| Day 4 | December 21 | Making More Nutritious Choices | Chapter 3 | Discussion Chapter 3 Quiz |
| Day 5 | December 22 | | | Unit I Exam Self Reflection Paper Due |
| Day 6 | December 23 | Carbohydrates Fuel and Fiber | Chapter 5 | Discussion Chapter 5 Quiz |
| Day 7 | December 24 | Lipids Focusing on Fats and Cholesterol | Chapter 6 | Discussion Chapter 6 Quiz |
| Day 8 | December 25 | | | |
| Day 9 | December 26 | Proteins Life's Building Blocks | Chapter 7 | Discussion Chapter 7 Quiz |
| Day 10 | December 27 | | | Unit II Exam Nutricalc Project Due |
| Day 11 | December 28 | Vitamins Nutrients that Multitask | Chapter 8 | Discussion Chapter 8 Quiz |
| Day 12 | December 29 | Key Minerals, Water, and the Nonnutrient Alcohol | Chapter 9 | Discussion Chapter 9 Quiz |
| Day 13 | December 30 | | | Unit III Exam RMR Project Due |
| Day 14 | December 31 | How Food Becomes You | Chapter 4 | Discussion Chapter 4 Quiz |
| Day 15 | January 1 | | | |

| Week | Date | Topic | Readings | Assignment |
|--------|-----------|---|------------|-------------------------------|
| Day 16 | January 2 | Nutrition for a Healthy Weight and Fit Body | Chapter 10 | Discussion Chapter 1 Quiz |
| Day 17 | January 3 | Nutrition for Your Life, Environment, and World | Chapter 11 | Discussion Chapter 11 Quiz |
| Day 18 | January 4 | | | Course Reflection Project Due |
| Day 19 | January 5 | | | Unit IV Exam |

III. INFORMATION/COLLEGE POLICY

CYBER-LIBRARY

Students can access books, magazines, journals, newspapers, films and audio books 24/7 through the Cyber-Library by clicking on the Cyber Library under Academics in ROC.

Students can contact the library for assistance with research and citations. Check out our help features on the Cyber Library page in ROC.

For questions about finding information at your campus or center, email cyberlibrary@iwcc.edu or call 712-325-3247 for the Council Bluffs Campus or 712-542-5117 for the Clarinda Campus. You can find the library hours posted on ROC.

ACADEMIC SUPPORT

FREE tutoring and academic assistance are available through the Academic Support Center, located on the second floor of the Student Center on the Council Bluffs campus in a variety of core, general requirement classes. One-on-one assistance is available on a walk-in basis.

FREE online tutoring is available through Brainfuse on ROC. To access Brainfuse, locate Online Tutoring next to My ROC Classes.

For more information about tutoring services or help in your classes, email tutoring@iwcc.edu or call 712-388-6841. A full tutoring schedule is posted by subject area on ROC.

DROPPING CLASSES

While we encourage you to do everything you can to complete your classes, it is always better to drop a class than to fail it. If it becomes necessary for you to drop a class you can drop a class online through ROC up to the last day to drop. We recommend that you always talk to your advisor and financial aid before you drop a class. For more information on dropping classes see the Advising Information Site in ROC under the Academics tab.

PERSONAL ELECTRONIC DEVICES

To provide an environment conducive to learning, Iowa Western Community College requires that cellular phones, pagers, and other personal electronic devices be turned off or set to vibrate when entering classrooms, computer labs, library, offices, auditoriums, or arena areas. Cellular phones with picture taking capabilities are not allowed in bathrooms, locker rooms, or other areas where there is a reasonable expectation of privacy. Faculty members do have the right to prohibit the use of any electronic device in their classroom.

HONOR CODE – ACADEMIC HONESTY

Upon enrolling at Iowa Western Community College, each student assumes an obligation to conduct her/his academic affairs in a manner compatible with the standards of academic honesty established by the College and its faculty. If this obligation is neglected or ignored by the student, disciplinary action will be taken. Please refer to the Student Code of Conduct for the Academic Dishonesty Policy.

FERPA

Student rights concerning access to educational records are spelled out in Federal Public Law 98-380 as amended by Public Law 93-568 and in regulations published by the Department of Education. The law and regulations require educational institutions to limit the disclosure of information from the student's record to those who have the student's written consent or to officials specifically permitted within the law. Students who wish to grant access to their educational (class schedule, transcript of final grades, and progress reports) or financial records (grants, loans, financial aid documents, statements and billing) may do so by submitting an Access to Student Information Consent Form to the Records and Registration Office. Access to information is only given at the Records and Registration Office or Financial Aid and Cashier Offices.

For more information, including the full Access to Student Information policy, refer to the Iowa Western Community College General Catalog or contact the Records and Registration Office.

DIVERSITY STATEMENT:

Iowa Western Community College values diversity and supports learning experiences that promote intellectual growth and human enrichment.

AMERICAN WITH DISABILITIES ACT STATEMENT:

If you are an individual with a disability who requires an accommodation to fully participate in academic programs or campus activities, please email disabilityservices@iwcc.edu or call 712-325-3299.

Accommodations are arranged through the Disability Services Office, on the second floor of the Student Center on the Council Bluffs campus. Please allow adequate time to implement your accommodations.

Any student with mobility impairments should prepare for an emergency ahead of time by instructing faculty and/or classmates on how to assist in case of an evacuation.

NON-DISCRIMINATION STATEMENT

It is the policy of Iowa Western Community College not to discriminate on the basis of race, creed, color, sexual orientation, gender identity, national origin, sex, disability, religion, or age in its programs, activities, or employment practices as required by the Iowa Code sections 216.9 and 256.10(2), Titles VI and VII of the Civil Rights Act of 1964 (42 U.S.C. § 2000d and 2000e), the Equal Pay Act of 1973 (29 U.S.C. § 206, et seq.), Title IX (Educational Amendments, 20 U.S.C. §§ 1681-1688), Section 504 (Rehabilitation Act of 1973, 29 U.S.C. § 794), and the Americans with Disabilities Act (42 U.S.C. § 12101, et seq.).

Individuals having questions or complaints related to compliance with this policy should contact Kim Henry, Dean of Student Life and Student Success, phone number, 712/325-3207 or the Director of the Office for Civil Rights, U.S. Department of Education, Citigroup Center, 500 W. Madison Suite 1475, Chicago, IL 60661, phone number 312/730-1560 fax, 312/730-1576.

EQUAL EDUCATIONAL OPPORTUNITY AND NON-HARASSMENT

Iowa Western Community College is committed to a policy of equal educational opportunity. Therefore the College prohibits discrimination on the basis of unlawful criteria such as race, color, creed, religion, national or ethnic origin, ancestry, genetic information, physical or mental disability, age, sex, sexual orientation, gender identity or expression, pregnancy, marital status, veteran status, AIDS/HIV status, citizenship, or medical condition, as those terms are defined under applicable laws, in admitting students to its programs and facilities and in administering its admissions policies, educational policies, scholarship and loan programs, athletic programs, and other institutionally administered programs or programs made available to students. In keeping with this policy of equal educational opportunity, the College is committed to creating and maintaining an atmosphere free from all forms of harassment.