

LAKES REGION COMMUNITY COLLEGE

379 Belmont Road
Laconia, NH 03246
(603) 524-3207

COURSE OUTLINE/SYLLABUS SHEET

- **COURSE NO:** BIOL1290L
- **COURSE TITLE:** Nutrition for Health and Fitness 100% Online
- **CREDIT HOURS:** 3
- **SEMESTER:** Spring 2020
- **INSTRUCTOR NAME:** Doreen Richards
- **E-MAIL ADDRESS:** drichards@ccsnh.edu
- **OFFICE LOCATION:** Available by appointment
- **CONFERENCE HOURS:** Available by appointment
- **PREREQUISITES:**
- **COURSE DESCRIPTION:** This course is a study of the nutrients and how the body handles the nutrients throughout the lifecycle. Topics include metabolism of macro- and micro-nutrients; physiological benefits of an optimal diet with exercise; behavioral issues related to eating; energy balance and weight control; and disease prevention strategies related to diet. Lifestyle behaviors, which optimize nutritional health and wellness, are also emphasized.
- **TEXT/INSTRUCTIONAL MATERIALS AND EQUIPMENT NEEDED:**
Boyle, Marie & Anderson, Sara Long. Personal Nutrition. 10th. ISBN: 978-1337557955
The text is also available in an eBook format through Cengage :
<https://www.cengage.com/c/personal-nutrition-10e-boyle>

The use of technology is required for this course. The student must have access to and feel comfortable with online web site access, discussion boards, email and online quizzes. This requires reliable access to computers and the Internet.

- **GRADING:**

Required Items	Percent of Total Grade
Chapter Quizzes	20%
Discussion Board Participation	20%
Chapter Assignments	25%
Final Paper	35%
Total	100%

After averaging all scores, your final average will be compared to the scale below to determine your overall grade for the course.

Grading Scale:

A	93-100	B	83-86	C	73-76	D	63-66
A-	90-92	B-	80-82	C-	70-72	D-	60-62
B+	87-89	C+	77-79	D+	67-69	F	0-59

- **COURSE OUTCOMES/COMPETENCIES:** Upon completion of the course, the student will be able to:
 - Use and define vocabulary pertinent to nutrition.
 - Identify and describe macronutrients and micronutrients.
 - Explain digestion, absorption, and utilization of nutrients by the digestive system.
 - Describe the basic principles of nutritional sciences as they relate to health promotion and disease prevention.
 - Understand the energy balance equation for weight control.
 - Explain the differences in nutritional needs throughout the lifecycle.
 - Evaluate foods and food labels for nutrient density
 - Be aware of the latest nutrition updates as the semester allows.
- **ATTENDANCE (ADDITIONAL INFORMATION):**

You are expected to participate in the online component weekly. Attendance is recorded weekly according to your posts of assignments and discussions for the assignment week.
- **MAKE UP WORK**

No makeup work is allowed for graded exercises. This includes labs, lab practicals and exams.
- **TARDY WORK**

Assignments are due at the beginning of the class period on the due date. Assignments turned in after that time will be considered late. **No late work will be accepted.**
- **HOMEWORK/ONLINE ASSIGNMENTS:**
 1. You are expected to complete the assigned chapters and assignments as outlined in the syllabus and on the Canvas Student Site. All online assignments are to be posted to the assignment board before the assigned due date. Assignments will include reading chapters, reviewing videos/power points as posted and answering questions related to the readings. No late assignments will be accepted. Each weekly assignment will be worth points towards the Chapter Assignments Percentage of your overall grade.
 2. Weekly online discussion questions will also be posted. You are expected to answer the assigned questions to the discussion board by Wednesday of the assignment week. In addition you must respond to two fellow students' postings with a question, your opinion or observation, or a response to that other student by Sunday of that week. Each weekly discussion assignment will be worth up to 6 points towards the Discussion Percentage of your overall grade.
 3. Online chapter quizzes will be posted weekly. These must be completed by Sunday evening of each week.
 4. As instructor, I reserve the right to modify any assignments listed in the syllabus or in Canvas.

These activities are designed to increase your knowledge of the subject matter and to involve you in the 100% online class. Discussions are intended to reinforce and clarify specific topics and do not take the place of reading the assigned materials.

- **POLICY ON CHEATING (ADDITIONAL INFORMATION):**

Cheating is not allowed. Toleration of cheating is the same as cheating, and will earn the same disciplinary action. Cheating is defined as any appearance of presenting another's work as your own, or the use of unauthorized materials on any tests or quizzes or any other academic dishonesty. Cheating will earn the grade of F for the exercise being completed. Cheating does NOT apply to classroom work and laboratory work where you are expected to work together to solve problems.

- **SPECIAL NOTES**

1. Dropping the course: If you must drop the course, you must fill out an official DROP SLIP from the Registrar's office. This must be done by the appropriate deadline- check your calendar! If you do not fill out the DROP SLIP, you will receive an "F" for the course.
2. If you miss two (2) classes in a row, you will be administratively withdrawn from the class. With an online class this means not posting assignments for 14 consecutive days.
3. Keep all of your graded materials until you receive your final grade on SIS.
4. It is my hope that this course meets your every expectation as a challenging, engaging, respectful learning experience. If you find this not to be the case, I would welcome the opportunity to address your concerns. This is not only a courtesy, it is a matter of process and procedure outlined in the [LRCC Student Handbook](#). Should we fail to arrive at a mutually satisfactory understanding, you should refer the matter to my immediate supervisor, Julie Morin at jmorin@ccsnh.edu.

Nutrition for Health and Fitness

LECTURE SCHEDULE: 100% Online

Week:	Topic:	Assignments:
1	The Basics of Understanding Nutrition	Read Chapters 1 Complete Online Assignments Complete Discussion Board Assignment and Responses
2	The Pursuit of a Healthy Diet	Read Chapter 2 Complete Online Assignments Complete Discussion Board Assignment and Responses Complete Chapters 1 & 2 Quiz
3	Anatomy for Nutrition's Sake	Read Chapter 3 Complete Online Assignments Complete Discussion Board Assignment and Responses Complete Chapter 3 Quiz
4	The Carbohydrates: Sugar, Starch, and Fiber	Read Chapter 4 Complete Online Assignments Complete Discussion Board Assignment and Responses Complete Chapter 4 Quiz
5	The Lipids: Fats and Oils	Read Chapter 5 Complete Online Assignments Complete Discussion Board Assignment and Responses Complete Chapter 5 Quiz
6	The Proteins and Amino Acids	Read Chapter 6 Complete Online Assignments Complete Discussion Board Assignment and Responses Complete Chapter 6 Quiz
7	The Vitamins: A Functional Approach	Read Chapter 7 Complete Online Assignments Complete Discussion Board Assignment and Responses Complete Chapter 7 Quiz
8	The Minerals and Water: A Functional Approach	Read Chapter 8 Complete Online Assignments Complete Discussion Board Assignment and Responses Complete Chapter 8 Quiz
9	Impact of Fluids and Beverages on Nutritional Health	Read Chapter 9 Complete Online Assignments Complete Discussion Board Assignment and Responses Complete Chapter 9 Quiz
10	Weight Management	Read Chapters 10 Complete Online Assignments Complete Discussion Board Assignment and Responses Complete Chapter 10 Quiz
11	Nutrition, Physical Activity, and Fitness	Read Chapter 11 Complete Online Assignments Complete Discussion Board Assignment and Responses Complete Chapter 11 Quiz
12	The Life Cycle: Conception through the Later Years	Read Chapter 12 Complete Online Assignments Complete Discussion Board Assignment and Responses Complete Chapter 12 Quiz
13/14		NUTRITION PROJECT DUE
15	Food Safety and the Global Food Supply	Read Chapter 13 Complete Online Assignments Complete Discussion Board Assignment and Responses Complete Chapter 13 Quiz

NUTRITION PAPER

For this course you are **REQUIRED** to submit a research paper. This is in place of a cumulative final exam. **If you do not submit this project, you will fail the course.**

Requirements for this project are as follows:

- 1) Minimum of two (2) journal articles and minimum of one (1) Internet source. If you are unsure of what a journal article is I would recommend meeting with the librarian Cindy or utilizing the LRCC Bennett Library website to look within their online databases. You may use more than the minimum requirement.
- 2) Since this is a science class, the format for this paper is APA. The library and its personnel are wonderful resources to help you with this also.
- 3) Minimum length is 5 pages, not including cover or title page, excessive graphs, chart or lists, or the bibliography page(s).
- 4) This paper will be run through SafeAssign upon submission to review for plagiarism.

The Nutrition Paper is due the last week of class. This project is worth 35% of your final grade. Be sure your final product reflects the effort to achieve the grade you desire. **Late assignments are not accepted.**

If you have any questions or problems with this assignment, see me as soon as possible for assistance. Some suggestions for topics are listed below.

Diabetes	biotechnology	cloning	pica
Cretinism	eating disorders	obesity	surgical weight loss
Osteoporosis	food additives	fat substitutes	organic food
Nutrition in pregnancy	atherosclerosis	antioxidants	celiac disease
Beriberi	homocysteine	regular exercise	sports & energy drinks
Food safety	preservatives	pesticides	vegetarianism
Cultural foods	sports nutrition	Crohn's Disease	diets

Be creative. Try to have fun and learn about something that interests you or may help you to become more fit and healthy, and improve your quality of life.

Final Paper Grading Rubric:

Expectations:	Points Receivable:		Points Receivable:		Points Receivable:
Minimum of two (2) journal articles (peer reviewed) and minimum of one (1) Internet source utilized	25	Use of 1 journal articles (peer reviewed) and minimum of one (1) Internet source utilized	12.5	Use of only internet sources utilized with no use of journal articles (peer reviewed)	0
Minimum length of 5 pages, not including cover or title page, excessive graphs, chart or lists, or the bibliography page(s)	25	Less than Minimum length of 5 pages but more than 3 pages, not including cover or title page, excessive graphs, chart or lists, or the bibliography page(s)	12.5	Less than 3 pages, not including cover or title page, excessive graphs, chart or lists, or the bibliography page(s)	0
Topic covered thoroughly including the who, what, why, when, how and where's of the occurrences / incidences of the topic chosen	40	Topics minimally covered including the who, what, why, when, how and where's of the occurrences / incidences of the topic chosen	20	Topics not covered including the who, what, why, when, how and where's of the occurrences / incidences of the topic chosen	0
Followed APA format and plagiarism guidelines with minimal errors	10	Minimally followed APA format and plagiarism guidelines with considerable errors	5	Did not follow APA format and plagiarism guidelines	0

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Academic Affairs Notice

Attendance

Regular attendance is expected for all scheduled classes, and enrollment privileges may be withdrawn for excessive absences. In addition to academic expectations involved with attendance, veterans and students receiving financial aid from certain sources may be required to maintain required attendance as a condition for such aid. Individual instructors may have attendance policies which fit the particular requirements of their courses (as well as grading policies based on class participation).

Classroom Etiquette

Academic integrity is of primary importance in the classroom. Both students and faculty are responsible for creating and maintaining an environment that supports effective instruction. It is therefore imperative that students and faculty demonstrate mutual respect. Inappropriate behavior in the classroom may compromise the learning and performance of all students present. Such inappropriate behaviors include, but are not limited to: late arrivals/early departures; loud or prolonged side conversations; use of cell phones, computers (other than for legitimate academic use), iPods (or similar devices), etc.; use of derogatory or vulgar language. All students are expected to abide by the Student Code of Conduct, published in the LRCC Student Handbook, and are subject to sanctions as described therein for any violations.

Texting and Cell Phones

Students are not allowed to transmit or to receive text messages during class. Cell phone use is permissible for instructional use only (e.g., if the student uses their phone to access textbook or other instructional materials) and should be cleared with the instructor in advance of their use. Excepting this, please turn cell phones and other personal electronic devices off before you enter the classroom and keep them stored out of sight.

Laptop Computers

At the discretion of the classroom Instructor, laptop computers may be used for educational purposes only, and any violation of appropriate use will lead to the loss of privilege of use. NOTE: Your instructor should be consulted BEFORE you record or tape the lecture. S/he will alert the students in the class that they may be recorded in the course of the classroom interaction or participation.

Information Technology Acceptable Use Policy

Access to CCSNH technology resources is a privilege, not a right. Accepting access to these technology resources carries an associated expectation of responsible and acceptable use. Failure to abide by the responsibilities articulated in the policy may result in loss of privileges. This policy is available to read or download at: <http://www.ccsnh.edu/about-ccsnh/information-technology>.

The Teaching, Learning & Career Center

The TLCC provides free academic assistance for all LRCC students who would like to improve their grades. The TLCC offers professional and peer tutoring in subjects such as writing, math, accounting, computer, and science classes. Also offered are disabilities services and assistance with study skills, time management, etc. The TLCC also has a computer lab available for student use. The Teaching, Learning and Career Center is located on the second floor of the Turner Building in room 216. Call 524-3207 for more information.

Disabilities Services

It is the mission of Lakes Region Community College's Disabilities Services to provide equal educational access,

opportunities, and experiences to all qualified students with documented disabilities who register with the college's Disabilities Services office. Reasonable accommodations are provided to students to allow them to achieve at a level limited only by their abilities and not their disabilities. Assistance is provided in a collaborative way to help students develop strong and effective independent learning and self-advocacy skills, as they assume responsibility for reaching their academic goals. Contact Jennifer Abraham at jabraham@ccsnh.edu or call 524-3207 for further information.

Bennett Library

The Bennett Library delivers information resources and services to support on-campus and distant student learning. Print, electronic databases and multimedia materials, along with a computer lab, provide students with academic support. Library services including reference, inter-library loan, and library instruction assist students with their studies. For more information, see the Bennett Library Web page at www.lrcc.edu/library/index.html, stop in, or call 524-3207, ext. 6727.

Plagiarism/Cheating Policy

Honesty is expected of all LRCC students. In academic matters this includes the submission of work that clearly indicates its source. Dishonest acts include cheating and plagiarism. Cheating is defined as copying or otherwise using material from others, or using sources not approved by faculty. Plagiarism is defined as using the work (ideas, words, artwork, etc.) of another person as one's own. The failure to cite sources or the extensive use of others' work in written material are the most common types of plagiarism. Cheating and plagiarism are considered serious disciplinary matters and are subject to the same penalties and procedures as other LRCC disciplinary matters.

Students should be aware that penalties levied in substantiated cases of cheating or plagiarism may include the issuance of a grade of F, which may in turn lead to delay of graduation. Repeated offenses may lead to dismissal from a program or from the college. Refer to the Academic Honesty Policy in the Student Handbook.

Cancellation/Delayed Start of Classes

When the President deems it prudent to cancel all classes at the college, students will be notified via LRCC Alerts through their college e-mail. In order to receive ALERTS via phone and/or text messaging, students need to register (opt in) and provide emergency contact information by going to www.lrcc.edu and clicking on the LRCC Alerts logo. Be sure to have your Student ID and CCSNH email address to register. Please be aware that text messaging fees for your phone plan will apply. The announcement will also be made on WMUR-TV, Channel 9 and listed on the college website at www.lrcc.edu. Occasionally, the President will opt for a delayed start to classes. This means that students should be prepared to begin their school day with whatever activity they would normally be doing at the announced opening time. For example, if morning classes are cancelled, students should plan on attending any class that begins at or after noon.

Grade Reporting

Final grades are not mailed to students. It is the student's responsibility to review his/her final grades online via the Student Information System at www.lrcc.edu. Any appeal of a grade must be initiated by the student with instructor before an ensuing semester has elapsed. (See the college catalog for the complete policy on appeal of grade.)

It is my hope that this course meets your every expectation as a challenging, engaging, respectful learning experience. If you find this not to be the case, I would welcome the opportunity to address your concerns. This is not only a courtesy, it is a matter of process and procedure outlined in the LRCC Student Handbook. Should we fail to arrive at a mutually satisfactory understanding, you should refer the matter to my immediate supervisor (Julie Morin, jmorin@ccsnh.edu).