

LAKES REGION COMMUNITY COLLEGE

379 Belmont Road
Laconia, NH 03246
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COURSE OUTLINE/SYLLABUS SHEET

- **COURSE NO:** BIOL129L
- **COURSE TITLE:** Nutrition for Health and Fitness 100% Online eStart
- **CREDIT HOURS:** 3
- **SEMESTER:** Fall 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:**
 4. 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, Stephen Freeborn at sfreeborn@ccsnh.edu.
5. Academic Affairs Notices can be found online in Canvas.

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	Thanksgiving Week	No coursework
14/15		NUTRITION PROJECT DUE
16	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.

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