

BIOL 1322

Nutrition & Diet Therapy Spring 2024

Credit: 3 semester credit hours (3 hours lecture)

Instructor Contact Information

Instructor	Yunyan Anna Cheng
STARFISH	Found on Blackboard
Email	ycheng@lit.edu
Office Phone	(409) 241-7296
Office Location	MPC 241
Office Hours	Monday: 12pm-4pm Wednesday: 12pm-4pm Thursday: 1pm-4pm Friday: 10am-2:30pm face to face, by phone, or online. Please feel free to contact me outside office hours by phone, email, or raising the "I Need Help" flag in Starfish.

Prerequisite/Co-requisite

None- a basic understanding of chemistry and general biology is helpful.

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 function, food sources, digestion, absorption, metabolism, interaction, storage, and excretion. Food safety, availability, and nutritional information, including food labels, advertising, and nationally established guidelines, are addressed.

Course Objectives

Upon completion of this course, the student will be able to:

- Apply nutritional knowledge to analyze personal dietary intakes, to plan nutritious meals
 using nationally established criteria to meet recommended goals, and to evaluate food
 labels and the validity of nutritional claims.
- Trace pathways and processes that occur in the body to handle nutrients and alcohol through consumption, digestion, absorption, transport, metabolism, storage and waste excretion.
- Discuss functions, sources, deficiencies, and toxicities of macro-and micronutrients, including carbohydrates, lipids, water, vitamins, and minerals.
- Apply the concept of energy balance and its influences at the physical, emotional, societal, and cellular level to evaluate advantages and disadvantages of various methods used to correct energy imbalances.
- Utilize concepts of aerobic and anaerobic energy systems, and knowledge about macronutrients, vitamins, minerals, ergogenics, and supplements and relate them to fitness and health.

- Describe health and disease related to nutrition throughout the life cycle, including food safety, corrective dietary modifications, and the influence of specific nutrients on diseases.
- Discuss the role nutrition plays in the current health care delivery system and how nutrition can be emphasized to promote health maintenance.

Core Objectives

- 1. **Critical Thinking Skills:** To include creative thinking, innovation, inquiry, analysis, evaluation, and synthesis of information.
- 2. **Communication Skills:** To include effective development, interpretation, and expression of ideas through written, oral, and visual communication.
- 3. **Empirical & Quantitative Skills:** To include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions.
- 4. **Teamwork:** To include the ability to connect choices, actions, and consequences to ethical decision-making
- Personal Responsibility: To include the ability to connect choices, actions, and consequences to ethical decision-making

Textbook And Materials

- Smith, A.M.,& Collene, A.L. (2022). Wardlaw's Contemporary Nutrition (12th ed.). New York:McGraw Hill. ISBN 978-1-260-69548-9
- Computer with internet access

Policies

- 1. Cheating of any type will not be tolerated. This includes copying and pasting information.
- 2. Late submissions of assignments/quizzes/exams will be accepted with a deduction of 10% for a penalty. Students will receive a zero for assignments not completed.
- 3. Four quizzes, a midterm exam and a final exam are required with 2 attempts given per quiz/exam. The final score of the quiz/exam will be calculated by averaging all attempts.
- 4. If you miss assignments due to unforeseen illnesses, deaths in the family, or other traumatic events, please provide documentation (letters from family are NOT acceptable) of the events that may conflict with course work.
- 5. Students will complete an individual project and a group project.
- 6. Assignments include video quizzes on Blackboard and random in-class assignments. In-class assignments will be due before the end of the class.
- 7. If you wish to drop this course, you must drop it administratively. If you stop logging-in to the course and do not complete the course drop process, then you will receive an "F" grade for the course.
- 8. Internet usage- students are to use proper netiquette when participating in course email, assignment submissions and online discussions.

Drop Policy

Last day to drop with refund: January 31, 2024.

Last day to drop without academic penalty: February 16, 2024

Last day to drop with academic penalty: April 2, 2024

No exceptions to these dates.

It is the student's responsibility to make sure you are officially enrolled or dropped from this course.

If at any point, you decide to drop the class, it is your responsibility to officially drop (i.e., using proper administrative offices/ paperwork). Any student who stops attending class and does not officially drop the course will be given an "F" as the semester grade.

Student Expected Time Requirement

For every hour in class (or unit of credit), students should expect to spend at least two to three hours per week studying and completing assignments. For a 3- credit-hour class, students should prepare to allocate approximately six to nine hours per week outside of class in a 16- week session.

Course Evaluation

Final grades will be calculated according to the following criteria:

1.	Discussion	10%
2.	Quizzes	20%
3.	Midterm & Final Exam	30%
4.	Individual & Group Project	20%
5.	Assignments	20%

100%

Grading Scale

90-100 = A

80-89 = B

70-79 = C

60-69 = D

0 - 59 = F

Academic Dishonesty

Students found to be committing academic dishonesty (cheating, plagiarism, or collusion) may receive disciplinary action. Students need to familiarize themselves with the institution's Academic Dishonesty Policy available in the Student Catalog & Handbook at http://catalog.lit.edu/content.php?catoid=3&navoid=80#academic-dishonesty.

Technical Requirements (for courses using Blackboard)

The latest technical requirements, including hardware, compatible browsers, operating systems, etc. can be online at https://lit.edu/online-learning/online-learning-minimum-computer-requirements. A functional broadband internet connection, such as DSL, cable, or WiFi is necessary to maximize the use of online technology and resources.

Disabilities Statement

LIT utilizes an early alert system called Starfish. Throughout the semester, you may receive emails from Starfish regarding your course grades, attendance, or academic performance. Faculty members record student attendance, raise flags and kudos to express concern or give praise, and you can make an appointment with faculty and staff all through the Starfish home page. You can also login to Blackboard or MyLIT and click on the Starfish link to view academic alerts and detailed information. It is the responsibility of the student to pay attention to these emails and information in Starfish and consider taking the recommended actions. Starfish is used to help you be a successful student at LIT.

https://lit.edu/student-success/starfish

Student Code of Conduct

It is the responsibility of all registered Lamar Institute of Technology students to access, read, understand and abide by all published policies, regulations, and procedures listed in the LIT Catalog and Student Handbook. The LIT Catalog and Student Handbook may be accessed at www.lit.edu. Please note that the online version of the LIT Catalog and Student Handbook supersedes all other versions of the same document.

Starfish

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Week	Week Assignments		
Week 1	Syllabus QuizDiscussion: Netiquette in Online Classes	01.21.24	
Jan 16 th – 19 th	Chapter 1: Nutrition, Food Choices & Health Notes & Activities	1	
<u>Module 1</u> A Key to Health			
Week 2	 Chapter 1: Nutrition, Food Choices & Health Notes & Activities 		
Jan 22 nd – 26 th	W		
Module 1 A Key to Health	 Work on Individual Project: Nutrition Daily Tracking Due 03.22.24 Work on Group Project: FAD Diets Due 04.12.24 		
Week 3	Chapter 2: Healthy Eating Patterns Notes & Activities		
Jan 29 th – Feb 2 nd	 Work on Individual Project: Nutrition Daily Tracking Due 03.22.24 Work on Group Project: FAD Diets Due 04.12.24 		
Module 1 A Key to Health			
Week 4	Chapter 3: Human Body & Nutrition Notes & Activities	02.10.24	
Feb 5 th – 9 th Module 1	 Discussion Board 1: How the Food You Eat Affects Your Gut Quiz 1: Module 1 Opens 02.09.24 and due 02.10.24 Work on Individual Project: Nutrition Daily Tracking Due 03.22.24 Work on Group Project: FAD Diets Due 04.12.24 	02.11.24	
A Key to Health Week 5	Chapter 4: Carbohydrates Notes & Activities	02.18.24	
Feb 12 th – 16 th	Discussion Board 2: How Sugar Affects Your Brain		
Module 2 Energy Nutrients & Balance	 Work on Individual Project: Nutrition Daily Tracking Due 03.22.24 Work on Group Project: FAD Diets Due 04.12.24 		
Week 6	Chapter 5: Lipids Notes & Activities		
Feb 19 th – 23 rd Module 2 Energy Nutrients & Balance	 Work on Individual Project: Nutrition Daily Tracking Due 03.22.24 Work on Group Project: FAD Diets Due 04.12.24 		
Week 7	 Chapter 6: Proteins Notes & Activities 		
Feb 26 th - Mar 1 st Module 2 Energy Nutrients & Balance	 Work on Individual Project: Nutrition Daily Tracking Due 03.22.24 Work on Group Project: FAD Diets Due 04.12.24 		
Week 8 March 4th - 8th Module 2 Energy Nutrients & Balance Module 2 Work on Group Project: FAD Diets Due 04.12.24 • Chapter 7: Energy Balance Notes & Activities Discussion Board 3: Why 2000 Calories a Day? Quiz 2: Module 2 Opens 03.08.24 and due 03.09.24 DUE SOON → Work on Individual Project: Nutrition Daily Tracking Due 03.22.24 • Work on Group Project: FAD Diets Due 04.12.24			

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April 29th – May 3rd Module 4 A Focus on Life Stages Week 17 Discussion 7: Nutrition through the Life Cycle Quiz 4: Module 4 Opens 05.01.24 and closes 05.02.24 FINAL EXAM (Modules 3 & 4) Opens 05.03.24 and Closes 05.04.24 Opens of the Life Cycle Quiz 4: Module 4 Opens 05.01.24 and closes 05.02.24		Chapter 16: Nutrition in Adulthood	05.01.24
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Week 17 FINAL EXAM (Modules 3 & 4) Opens 05.03.24 and Closes 05.04.24		 Quiz 4: Module 4 Opens 05.01.24 and closes 05.02.24 	
Week 17			
05.04.24		• FINAL EXAM (Modules 3 & 4) Opens 05.03.24 and Closes	05.04.24
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May 6m - May 8m Sorigiatalations. Tod made it Colorate S	May 6 th - May 8 th	 Congratulations!! You made it!! Celebrate ☺ 	
Final Exam	Final Exam		