

BRAZOSPORT COLLEGE

SYLLABUS for BIOL 1322 – Nutrition J. James, Spring 2015

Instructor: Jerry James

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Course Description: Nutrition is a class involved in the study of the digestion, absorption, and utilization of nutrients in the human body. Major macromolecules such as proteins, carbohydrates, lipids, vitamins, minerals, and water will be discussed. Students will have the opportunity to evaluate, using software, their own nutritional status. Food selection and methods of food preparation as they relate to disease are studied. ****This course cannot be used to satisfy the laboratory science requirements for the Associate of Science degree.**

Prerequisite course(s): none

Course Objectives:

1. Identify the human body's nutrient requirements and describe how the body digests, absorbs, and utilizes those nutrients for energy, strength, and endurance.
2. Examine the links between food choices and a variety of chronic diseases such as cancer, diabetes, obesity, hypertension, food allergies, etc.
3. Learn how to interpret food labels.
4. Identify and debunk food myths.
5. Identify safe food handling and cooking practices.
6. Examine and become aware of various marketing strategies designed to encourage us to buy food products.

Textbook

None required. There is a plethora of good information available online. Students are expected to be able to research topics online and distinguish biased from unbiased information.

Attendance and Participation: Punctual attendance and full participation in all classes is expected. Assessment of grades can be negatively affected by tardiness, poor attendance, and/or lack of enthusiastic participation. If you miss a class you are still responsible for the material covered and any announcements/assignments discussed during the missed class period.

Withdrawal: If a student decides to no longer attend and participate it is the student's responsibility to formally withdraw from the class via at the Registrar's office. Every student still enrolled past the W deadline should expect to receive a letter grade.

Course Grades: Your course grade is based on the percentage you achieve of the 800 total points that are available through exams and assignments as follows:

50% Exams (4), 100 points each 400 points
Comprehensive Final Exam (?? See below)

50% Assignments:
Topic Contributions (multiple) 100 points
Scavenger Hunts (2), 200 points
End of semester project (Diet Analysis OR Meal prep) 100 points

Total 800 points

Assignments Late assignments may be devalued by 10% of original value per day that they are late.

Exams: If you foresee a conflict you may take an exam early by arrangement with the instructor. Once an exam is missed there are no make-ups after the fact. **Students who take all 4 exams are exempt from the comprehensive final exam.** These students do however have the **option** to take the final exam and use that score to replace a low score on exam 1, 2, 3, or 4. Thus, if you miss an exam your score for that exam is a 0 but only one exam score can be replaced with the score of your comprehensive final.

Grading Scale: Your final grade will be assigned as follows:

% OF POINTS EARNED	GRADE
90-100	A
80-89	B
70-79	C
60-69	D
0-59	F

Students with Disabilities: BC is committed to providing equal education opportunities to every student. Brazosport College offers services for individuals with special needs and capabilities including counseling, tutoring, equipment, and software to assist students with special needs. Please contact the Special Populations Counselor, 979-230-3236 for further information.

Academic Honesty: BC assumes that students eligible to perform on the college level are familiar with the ordinary rules governing proper conduct including academic honesty. The principle of academic honesty is that all work presented by you is yours alone. Academic dishonesty including, but not limited to, cheating, plagiarism, and collusion shall be treated appropriately. Please refer to the Brazosport College Student Guide for more information, this is available online at <http://www.brazosport.edu>, click on the link found on the left side of the homepage.

Student Services provided by the College: Information about the Library is available at <http://www.brazosport.edu/sites/CurrentStudents/Library/default.aspx> or by calling (979) 230-3310.

Information about study skills and tutoring for math, reading, writing, biology, chemistry, and other subjects is available in the Learning Services center (formerly LAC) or at <http://www.brazosport.edu/sites/CurrentStudents/LAC/default.aspx> or by calling (979) 230-3253.

To contact the Math/Life Science Department call (979) 230-3225.

The Student Services departments provide assistance in the following areas: Counseling and Advising at (979) 230-3040, Financial Aid at (979) 230-3294, or Student Activities (979) 230-3355. More information can be found at <http://www.brazosport.edu/sites/CurrentStudents/StudentServices/default.aspx>

To reach the Information Technology Department for computer, email, or other technical assistance call the Helpdesk at (979) 230-3266.

Student Responsibilities: Students are expected to fully participate in the course. The following criteria are intended to assist you in being successful in this course.

- a. Understand the syllabus requirements
- b. Attend class regularly; be on time; arrive prepared; and participate enthusiastically.
- c. Give honest feedback to fellow students and to instructor.
- d. Complete assignments on time.