

Course Syllabus

NOTE: This syllabus is subject to change during the semester . Please check this syllabus on a regular basis for any updates.

Department : Biology
Course Title : Nutrition and Diet Therapy
Section Name : BIOL_1322_4
Start Date : 01/18/2011
End Date : 05/12/2011
Modality : FACE-TO-FACE
Credits : 3

Instructor Information

Name : Thomas Crawford
OC Email : tcrawford@odessa.edu
OC Phone # : (432) 335-6805

Course Description

This course is the study of the chemical, physical and sensory properties of food; nutritional quality; and food use and diet applications. Carbohydrates, lipids, proteins, vitamins, minerals and water are discussed. **This course can not be used to satisfy any laboratory requirements.**

Prerequisites/Corequisites

Pass reading on THEA or COMPASS or by passing the developmental reading sequence.

Scans

SCANS 1, 2, 6, 8, 9

Course Objectives

1. Learner will be able to recognize legitimate food advertising and health claims.
2. Learner will be able to identify the macromolecules and micro molecules needed for nutritional dietary intake.
3. Learner will understand the basic principles of digestion and how nutrients are delivered to body tissues
4. Learner will be able to identify major classes of nutrients: Carbohydrates, proteins, lipids, nucleic acids as well as know the roles of vitamins and minerals in the body.

Make-ups: A comprehensive make-up exam may be given to replace a missed exam. If a family crisis, severe illness, or other emergency causes you to miss an exam, it is **your** responsibility to make arrangements for a make-up exam to be taken before the next class meeting following the missed exam, OR you may take the comprehensive make-up at the end of the semester. These are the only two choices.

Plagiarism: Any work submitted for a grade that is not the individual learner's original work will be subject to a grade of zero and/or dismissal from the course with a grade of F, as determined by the instructor.

Grievances: Odessa College policy requires that learner grievances first be discussed with the instructor. Unresolved issues may then be discussed with the instructor's immediate supervisor.

Cell phones and/or pagers must be turned off or on silent during all lecture periods.

Required Readings/Materials

a) You must purchase the following **required** readings/materials:

Textbook: *Nutrition From Science To You*, by Joan Salge Blake.

Course Requirements (Lectures, Assignments and Assessments)

Lecture, Classroom assignments, Web based assignments, Exams

Topic/Overview: This week focuses on:

***NOTE: The due dates are subject to change. Please check this syllabus on a regular basis for any updates.**

Item(Name)	Type	Description
Chapters 1	Lecture	Intro to Class; Ch. 1: What Is Nutrition
Chapter 2	Lecture	Ch.2: Tools For Healthy Eating
Chapters 3	Lecture	Ch. 3: Digestion, Absorption and Transport
Exam 1	Exam	(Chapters 1 - 3)
Chapter 4	Lecture	Ch 4: Carbohydrates: Starches sugars and Fiber
Chapter 5	Lecture	Ch.5: Fats, Oils, and Other Lipids
Chapters 6	Lecture	Ch.6: Proteins and Amino Acids
Exam 2	Exam	(Chapters 4 - 6)
Chapter 7	Lecture	Ch.7: Alcohol
Chapter 8	Lecture	Ch. 8: Your Body's Metabolism
Chapter 9	Lecture	Ch.9: Fat Soluble Vitamins
Chapter 10	Lecture	Ch. 10: Water-Soluble Vitamins
Exam 3	Exam	(Chapters 7,8, 9, 10)
Chapters 11	Lecture	Ch.11: Water
Chapter 12	Lecture	Ch.12: Major Minerals: What are They and Why Do You Need Them
Chapter 13	Lecture	Ch.13: Trace Minerals
Chapter 15	Lecture	Ch. 15: Weight Management and Disordered Eating
Chapter 16	Lecture	Ch. 16: Nutrition and Fitness
Exam 4 Final Exam	Exam	Chapters 11, 12, 13, 15, 16) (Including Ch. 11 - 16) (11am - 1:30pm)

Grading Policy

There will be four major assignments during the semester worth 50% of the class grade. Each assignment will be developing a quality weekly diet plan for a family of four as follows:

1) 2 adults and 2 16 year old healthy diet plan

2) SAME FAMILY IN A FOREIGN COUNTRY (TO BE ASSIGNED)

3) Weekly diet for a geriatric patient

4) Weekly diet for a paediatric patient

The other 50% of a students total score will be averaged from 4 lecture exams and 1 final exam as follows:

Lecture Exams

(400pts)

Final Exam:

(150pts)

Percentage %	Grade
90+	A
80- 89	B
70- 79	C
60- 69	D
≤59	F

Special Needs

Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If you have any special needs or issues pertaining to your access to and participation in this or any other class at Odessa College, please feel free to contact me to discuss your concerns. You may also call the Office of Disability services at 432-335-6861 to request assistance and accommodations.

Learning Resource Center (Library)

The Library, known as the [Learning Resources Center](#), provides research assistance via the [LRC's catalog \(print books, videos, e-books\)](#) and [databases \(journal and magazine articles\)](#). [Research guides](#) covering specific subject areas, [tutorials](#), and the ["Ask a Librarian"](#) service provide additional help.

Student E-mail

Please access your [Odessa College Student E-mail](http://www.odessa.edu/gmail/), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

Student Portal

Please access your [Odessa College Student E-mail](http://www.odessa.edu/gmail/), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

Technical Support

For Blackboard username and password help and for help accessing your online course availability and student email account contact the Student Success Center at 432-335-6878 or online at https://www.odessa.edu/dept/ssc/helpdesk_form.htm.

Important School Policies

For information regarding student support services, academic dishonesty, disciplinary actions, special accommodations, or student's and instructors' right to academic freedom can be found in the [Odessa College Student Handbook](#).