

2015

Biology 120-002 16 Week T/R Fall 2015

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BIO 120-002 SYLLABUS – 16 WEEK T/R FALL 2015

COURSE TITLE: Fundamentals of Nutrition

DESCRIPTION: Students examine food sources and functions of nutrients, nutrition standards and guidelines, principles of weight management, and relationship between nutrition and health. The course stresses practical application of nutrition concepts and explores current nutrition controversies.

PREREQUISITES: None. However, a basic understanding of math and biology will be beneficial.

Instructor: Toni Burkhalter

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Phone: 217-351-2469

Office: L214

Student Hours: 9-10am on Tuesdays in L214 or any other time by appointment.

TEXT AND SUPPLIES (required):

Nutr, Mcguire, ISBN 1-1115-7892-3, Copyright 2013, Cengage.

I-Clicker, No Author, ISBN 0-7167-7939-0, Publisher Mps



USEFUL WEBSITES:

Parkland's Homepage: www.parkland.edu

My Parkland (student e-mail, semester grades, registration, etc) <https://my.parkland.edu/>

Parkland On-line: <http://online.parkland.edu/>

Direct link to Cobra (class platform): <https://cobra.parkland.edu/>

CAS – Center for Academic Success

If you find yourself needing assistance of any kind to complete assignments, stay on top of readings, study for tests, or just to stay in school, please contact the staff at CAS. Phone: 217/353-2005

To find out more information about CAS visit room D120. <http://www.parkland.edu/resources/cas/>

Disability Services

The Office of Disability Services (DS) facilitates equal access for students with disabilities by coordinating accommodations and support services, cultivating a campus culture that is sensitive and responsive to the needs of students. Students seeking reasonable accommodations under the Americans with Disabilities Act or Section 504 of the Rehabilitation Act of 1973 are required to register with the Office of Disability Services. Registration with our office must be initiated by the student in a timely manner, whenever possible, to ensure that accommodations coincide with the start of the semester. Services received in high school, at other universities, or through a recent diagnosis do not automatically transfer to Parkland College. You must provide documentation of disability. This can include: a letter from a physician, an IEP, 504 plan, psychological evaluation or similar documents.

NOTE: ACCOMMODATION LETTERS FROM OTHER COLLEGES ARE NOT ACCEPTABLE FORMS OF DOCUMENTATION. Do you have questions about getting registered with our office? Contact Kristen Murray, Department Secretary at 353-2338 or disabilityservices@parkland.edu.

Upon completion of this course, students will be expected to:

1. Describe functions and food sources of nutrients in the six categories discussed.
2. Use meal planning tools.
3. Interpret information found on food labels.
4. Describe and discuss principles of energy balance and weight management.
5. Explain the ways diet can influence health, especially with regard to the development of heart disease, cancer, and osteoporosis.

A Code of Conduct Reminder from the Parkland College Dean of Students

All Parkland Students are expected to be responsible for their behavior. This includes monitoring your language and your behavior all around the campus, including in and out of classes. Please, think before you act! You are expected to respect yourself, your fellow students and your instructors. You have joined the Parkland College academic community. Be a good member of the community. View the Student Policy and Procedures Manual and Conduct Code on line at www.parkland.edu/studentLife/policies
Questions or concerns – Call the Office of the Dean of Students at 353-2048

Academic Honesty

Parkland College's values include honesty, integrity, and responsibility. Students, faculty, and staff are all expected to maintain academic integrity in their work and take collective responsibility for preventing violations of intellectual ownership. Academic dishonesty is unacceptable, and the institution is committed to helping students learn these values through development and growth. Personal commitment, honest work, and honest achievement are necessary characteristics for an educated person. The process of determining the consequences of academic dishonesty begins with the faculty member and may proceed to include the department chair and/or the Office of the Vice President for Academic Services. All incidents of academic dishonesty, including developmental or punitive action, should be referred in writing to the Office of the Vice President for Academic Services. Academic Honesty can be broadly defined as performing academic work without cheating, fabrication, or plagiarism:

- a. Cheating: Using or attempting to use unauthorized materials, information, or study aids in any academic activity. Submitting as one's own work term papers, homework, and examinations that are not one's own work or for which a student received unauthorized help. Copying the work of another, or allowing another to copy one's own work, without proper acknowledgment.
- b. Fabrication: Falsifying or inventing any information or citation in an academic activity.
- c. Plagiarism: External information borrowed and directly quoted must be indicated by use of quotation marks, and any changes, omissions, or addition to the direct quotation must be shown in bracket, and the source documented. All cited external information that has been paraphrased and summarized must also be documented.
- d. Collaboration: Students at Parkland College are encouraged to work together on group projects, study, and other activities. However, work submitted to fulfill an assignment not specifically identified as a group activity must be substantially the work of the author. Instructors should provide guidelines to students to maintain the academic integrity of these collaborative activities. Collaboration beyond this constitutes academic misconduct.

COURSE POLICIES

1. **Attendance.** On time attendance and regular participation using the iClicker is required to maintain a student's course grade and/or earn discussion points. If a student is late more than twice, it will be marked as an absence. If a student falls asleep or is repeatedly texting, they are not mentally present and may be counted as absent. Three or more unexcused absences will result in a 40 point deduction. Students are also expected to check their Parkland E-mail and Cobra a minimum of every Monday.
2. **Withdrawals.** After the first week of class, I am required to assess your attendance. If you have not completed the required material and/or have not attended class, you will be dropped with no refund of tuition or fees. After the first week of class, you should plan to withdraw yourself if you want to withdraw from the course. You are ultimately responsible for your own withdrawal.
3. **Module Quizzes.** A 20-point quiz will be given upon the completion of a module. The module quiz will cover concepts from book reading, lecture, assignments, material posted in Cobra, and discussion questions. A total of ten quizzes will be administered. The lowest quiz score will be dropped. The highest nine scores will be used to compute your quiz grade. You will receive a point total for each quiz, but no letter grade. *If a quiz is missed, unfortunately, there will not be an opportunity to make up a module quiz without documentation and instructor approval.*
4. **Discussion Points.** Each class period, you will be expected to actively participate in the class discussion using iClickers and contributing support information verbally or in writing.
5. **Assignments.** You will either be completing an assignment submitted online through Cobra for each module (ten total). The lowest grade will be dropped and nine will count towards your grade. Assignments are investigative in nature, require students to start early, and many of the assignments rely heavily on the book. Thus, computer access and the required text book are needed for success. It can be noted that a book and computers can be used in the Parkland College Library during the day.
6. **Special Assignments.** You will be expected to complete two special assignments that will test your application of the material. Special assignments cover several modules and are similar to a student project. *There are no make-ups for special assignments.* Special assignment #1 is a comprehensive evaluation of a one day diet record using MyFitness Pal. As a component of special assignment #2, you will be expected to go to the instructor's office hours, visit CAS, join a campus organization and attend 3+ meetings, and volunteer 5+ hours. Getting started early on both special assignments is encouraged.
7. **Final Exam.** Parkland College requires that a final exam be given during final exam week. Early administration of a final exam or an alternate final cannot be given, except in cases of approved emergencies or a death in the family. Once documentation has been provided and is filed at Parkland, an alternate final time can be arranged. Please plan vacation travel, job interviews, and work schedules to avoid conflict.
8. **Slow Computers/Bad Connections.** If you have more than one problem associated with a slow connection and/or a bad computer connection, please, contact me as soon as possible so I can help with anything that may hinder your success in the course.

METHODS OF ASSESSMENT

Quizzes (20 pts each x 9).....	180 points
In-Class Discussions (5pt x 10).....	50 points
Video Quiz or Assignment (10pt x 9).....	90 points
Special Assignments (40 pts each x 2).....	80 points
Comprehensive Final Exam.....	50 points
Total.....	450 points

GRADING SCALE

Points	Grade
90-100%	A
80-89.9%	B
70-79.9%	C
60-69.9%	D
Less than 60%	F

PARKLAND COLLEGE FALL SEMESTER 2015

- **ACADEMIC DUE DATES/DEADLINES**
 - Last day to register for new, degree-seeking students: August 18
 - Last day to register for all other students: August 20
 - Tuition due: August 18
 - Cancellation of classes for insufficient enrollment: August 20
 - Instruction begins: week of August 24
 - Last day to drop with no record and 100% refund: August 30
 - Last day of instruction: December 11
 - Final examinations: December 14–18
 - Grades will be entered within 2 hours of the final exam completion. Be sure to wait outside of my office immediately following the final exam to discuss your final exam grade and your grade in the class.
- **CAMPUS HOLIDAYS AND CLOSURES:**
 - Faculty and Staff Development (offices closed 8–10 a.m.): August 17
 - Labor Day (college closed): September 7
 - Thanksgiving recess (begins at 5 p.m. on November 25; college closed): November 25–29
 - Winter break (college closed): December 24–January 3

MODULES AND DUE DATES

Keep in mind, each module contains the following:

- Discussion points from iClickers and in class discussion (5 points)
- Assignments submitted in Cobra (10 points)
- Module quizzes taken in the classroom (20 points)

It is expected that you work on it throughout the week starting with the book reading and contributing to the in class clicker questions and discussion. If you are using Cobra to gather your course information, it is always best to follow the links from top to bottom as you master the material.

ASSIGNMENTS DUE IN COBRA	BOOK CHAPTER	DUE DATE (almost every Friday)
GETTING STARTED ASSIGNMENT	Login to Cobra	Friday August 28 th by 10am
A1 – why does nutrition matter?	chapter 1	Friday September 4 th by 10am
A2 – choosing foods wisely	chapter 2	Friday September 11 th by 10am
A3 – body basics	chapter 3	Friday September 18 th by 10am
A4 – carbohydrates	chapter 4	Friday September 25 th by 10am
A5 – protein	chapter 5	Friday October 2 nd by 10am
SPECIAL ASSIGNMENT #1 FOOD DIARY, MYFITNESS PAL*, SUBMISSION	chapters 1-6	food diary entered in MFP* by 10/9 Submit final report by 10/16, 10am
A6 – lipids	chapter 6	Friday October 23 rd by 10am
A7 – vitamins	chapter 7	Friday October 30 th by 10am
A8 – water and minerals	chapter 8	Friday November 6 th by 10am
A9 – energy balance and weight control	chapters 9 & 12	Friday November 13 th by 10am
A10 – food safety	chapter 14	Friday December 4 th by 10am

DUE IN THE CLASSROOM	BOOK CHAPTER	QUIZ IN CLASS
GETTING STARTED WITH SUCCESS	Purchase book and iClicker	Bring to class by Thursday August 27 th
A1 – why does nutrition matter?	chapter 1	Thursday September 3 rd
A2 – choosing foods wisely	chapter 2	Tuesday September 15 th
A3 – body basics	chapter 3	Thursday September 24 th
A4 – carbohydrates	chapter 4	Thursday October 1 st
A5 – protein	chapter 5	Tuesday October 13 th
A6 – lipids	chapter 6	Thursday October 22 nd
A7 – vitamins	chapter 7	Tuesday November 3 rd
A8 – water and minerals	chapter 8	Thursday November 12 th
A9 – energy balance and weight control	chapters 9 & 12	Thursday November 19 th
A10 – food safety	chapter 14	Thursday December 3 rd
SPECIAL ASSIGNMENT #2 PRESENTATIONS	all chapters	Beginning Tuesday December 8 th

THE FINAL EXAM WILL BE HELD IN THE CLASSROOM ON FRIDAY DECEMBER 18th AT 8am

***NOTE: You are strongly encouraged to work ahead and submit module assignments and special assignments at least a few days prior to the deadline.** Each module, special assignment and final exam takes about 8-10 hours to successfully complete while learning how to apply all key concepts.