

# NUTRITION

## BIOL 226

The book:

**Joan Salge Blake "Nutrition and You" MyPlate Edition,  
4th Edition**

### GENERAL COURSE INFORMATION

**Description:** A course in basic nutritional requirements and considerations of the abnormalities caused by excesses or deficiencies of these requirements. Dietary habits and needs of various age groups and conditions will be studied.

**Prerequisite:** To be enrolled in this course, you are required to have previously completed BIOL150 and with a grade of C or better.

**Learning Objectives:**

1. To become familiar with the scientific method and gain the ability to apply the scientific method to the evaluation of nutritional information
2. To gain knowledge of digestion, absorption and metabolism of nutrients throughout the life cycle
3. To recognize the role of nutrients in gene expression
4. To discover the role of nutrition in health and disease
5. To learn American nutrition guidelines and food labeling

**Learning Outcomes:**

Each chapter has a list of learning outcomes at the beginning section.

### INSTRUCTIONAL MATERIALS

**Required Materials:**

Pick only 1 of the following 2 choices.

1.

**Modified MasteringNutrition with MyDietAnalysis (Access Code)**

**Author:** Blake

**Edition:** 4th

**ISBN:** 9780134388649

**Copyright Year:** 2017

**Publisher:** Pearson

2.

**Nutrition & You (Loose Pgs)(w/ModMasteringNutrition Access)**

**Author:** Blake

**Edition:** N/A

**ISBN:** 9780134563572

**Copyright Year:** 2017

**Publisher:** Pearson

## ATTENDANCE (FOR INCLASS COURSES ONLY)

**Attendance:** Full attendance in class is essential for mastering course material. In general, you will earn better exam scores with consistent attendance. It is imperative that you arrive on time and stay through the entire class. If you do miss a class, it is your responsibility to obtain lecture notes and handouts from classmates. If you are late to lecture please be courteous to the rest of the class by quietly and discretely settling into a seat. Students who stop attending or accumulate excessive (more than 3) unexcused absences may be dropped from the course.

**Late Openings and Early Closings:** On occasion, Montgomery College will announce a late school opening or early closing because of weather conditions or other emergencies.

- If the College opens or closes at a time when more than 50% of a class period will be missed, that class will be cancelled for the day. For example, if the College were closing at 5:00 p.m., a class that begins at 4:45 p.m. would not meet.
- If less than 50% of a class will be missed, that class will meet for the remaining portion of its regularly scheduled time. For example, if the College opens at 11:00 a.m., a class that begins at 10:55 a.m. will meet, starting at 11:00 a.m.
- For the most up-to-date information regarding campus openings, closings, or emergencies, you are encouraged to sign up for email and text alerts via Montgomery College ALERT at <https://alert.montgomerycountymd.gov/register.php>. When you register as a *New User*, choose the group *Montgomery College Alert*.

**Withdrawal from Class:** If you are considering withdrawing from class, meet with me first to discuss your academic progress and potential. Withdraw dates are listed on the course schedule and in your *MyMC* account. If you decide to withdraw from the course, you are required to complete a *Registration/Schedule Change*. If you stop participating in class, yet fail to complete all necessary paperwork to remove your name from the class roster; you will receive a grade of "F" for the semester. Excessive absence (3 or more) may also result in an F for the semester.

## COMMUNICATION

- Use your MC email account for e-mail. **Include a subject in the subject line. Include your name** within the message. **Do NOT contact me through a non-MC email account.** If I do not respond to your email within 48 hours, it is likely you sent it from an inappropriate email address, you did not include a subject, or you did not include a name in your email. You can also use the course e-mail in Blackboard, but I am likely to see your message sooner if it is addressed to my Montgomery College e-mail.
- Be sure to regularly check your Montgomery College e-mail, not only for messages from me, but also from the college.
- 

## CLASSROOM POLICIES

**Behavior:** Each and every student is expected to behave in ways that promote a learning and teaching atmosphere. Students have the right to learn; however, they do not have the right to interfere with the freedom of the faculty to teach or the rights of other students to learn. Students will be treated respectfully in return for respectful behavior. All in-class discussions should be carried out in a way that keeps the classroom environment respectful of the rights of others. For example, students should not interrupt someone else who is talking regardless of whether that person is the instructor or another student. Students are also expected to conduct themselves in ways that create a safe learning and teaching environment that is free from such things as violence, intimidation, and harassment, including sexual harassment. Your rights and responsibilities as a student at Montgomery College are described in the *Student Code of Conduct*.

**Electronic Devices:** Personal electronic devices should be silenced during class. Department policy prohibits videotaping instructor lectures and discussions. Audio recording is permitted.

**\*CELL PHONES:** Cell phones as well as "smart devices" such as smart watches are to be turned off and placed in the center of the lab bench during exams and quizzes. A cell phone or other smart device that is visible, on your person, in your hand, in a pocket, etc... during an exam or quiz is considered a violation of the academic honesty code. You will earn 0 credit for the exam. **ALL** violations will be reported to the Dean of Students.

## ASSESSMENT

**Format:** Exams can include multiple choice, matching, true/false, short answer fill-in, and essay questions.

**Scheduling and timing:** Exam dates and chapters covered are given on the class Schedule. Each exam is to be turned in by the announced completion time or you will receive zero points, an "F" grade, on that exam.

**Using the bathroom/room:** You should use the bathroom prior to beginning your exam. You may be excused between the identification and theory portion of the exam, but you cannot leave during an exam.

**Make-ups:** You are expected to take each exam at the scheduled times. In the case of a documented emergency, you may make-up ONE theory exam. You must contact me within 24 hours of the original exam date. The make-up theory exam will be ENTIRELY ESSAY. Make-up exams may be given during finals week to help you keep on schedule with the course curriculum and to allow your instructor adequate time to develop a make-up exam or at the discretion of the professor.

**Academic Honesty:** Academic Dishonesty and Misconduct: All students are expected to achieve their goals with academic honesty. Montgomery College and the Professor are committed to imposing appropriate sanctions for breaches of academic honesty. The Student Code of Conduct in the Student Handbook includes the following on cheating:

Students are expected to present their own work in all examinations. Some examples of cheating as it might occur in examinations are as follows:

- a. Copying the work of another student during an examination;
- b. Permitting another student to copy one's work during an examination;
- c. Using unauthorized notes, crib sheets, additional sources of information, or other material during an examination;
- d. Writing the answer to an exam question outside of class and submitting that answer as part of an in-class **exam**;
- e. Taking an examination for another student;
- f. Having an examination taken by a second party;
- g. Altering or falsifying examination results after they have been evaluated by the instructor and returned to the student.
- h. Plagiarizing the book will result in reduced points on assignments.

Communicating with other students is not permitted during examinations. Students who engage in any act adjudged by the instructor to constitute academic dishonesty or misconduct are subject to any and all sanctions deemed appropriate by the classroom instructor.

Grade sanctions may range from an "F" on the examination in which the dishonesty occurred to the maximum sanction of an "F" in the course. Professor also has the prerogative of referring a case to the campus Dean of Student Development with the specific request that the Dean consider imposing additional sanctions. All graded assignments, quizzes, and exams are to be the results of your own efforts. Academic dishonesty or misconduct is described in the *Student Code of Conduct*. Violations of the *Code* will not be treated lightly. Any cheating, copying, or other form of academic dishonesty will result in a failing grade (0 credit) for the assignment and could result in a failing grade in the course. All parties involved in the cheating will receive a 0 for the assignment. All academic dishonesty will be reported to the Dean of Students.

**Homework:** Hard-copy homework is due at the beginning of lecture on announced due dates. Online homework is due as specified by your instructor. No late homework is accepted except for an excused absence.

*Q11iues:* Quizzes may be given periodically throughout the semester. There are no make up quizzes.

**Instructors may vary in terms of exact assignments or projects in this course.**

**Grading:** Your course letter grade will be based on the accumulated points you earned from assigned course activities. There will be - 1000 points for the course. About 85% of these points come from exams. Your course letter grade will be computed as follows:

A 89.6% to 100%

B 79.6% to 89.5%

C 69.6% to 79.5%

D 59.6% to 69.5%

F 59.5% or less of all possible points

When graded exams are returned to you for review, **you will LOSE 50% of all points** earned on that exam if you allow your exam to leave the classroom rather than returning it to your instructor.

#### **STUDENT SERVICES:**

**Computer Access on TPSS:** <http://cms.montgomerycollege.edu/learningcenters/computersTPSS/>

**General Support Services:** A summary of campus services offered to students to support your success can be found at <http://cms.montgomerycollege.edu/learningcenters/servicesTPSS/>.

**Instructional Support Services:** The Science Learning Center, located in Science North Room IO1 (240-567-1594), has tutors, reinforcement materials to support this course. Information on Learning Centers at all campuses of the College can be found at <http://cms.montgomerycollege.edu/learningcenters/>.

**Student Disability:** A student needing special accommodations due to a disability should let the instructor know as soon as possible. A letter from Disability Support Services (Germantown-SAi75, Rockville-CB122, or Takoma Park/Silver Spring-ST120) authorizing your accommodations is required. Any students who may need assistance in the event of an emergency evacuation should identify themselves to the Disability Support Services Office.

**Veteran's Services:** If you are a veteran or on active or reserve status and you are interested in information regarding opportunities, programs, and/or services, please visit the Combat2College Website at <http://www.montgomerycollege.edu/combat2college> and/or contact Joanna Starling at 240-567-7103 or [Joanna.starling@montgomerycollege.edu](mailto:Joanna.starling@montgomerycollege.edu).

**Food support:** A free food pantry in Commons 110 (Academic Success Center) and free farmer's market are provided at the campus.

#### **Link to Important Student Information:**

<http://cms.montgomerycollege.edu/mcsyllabus/>

In addition to course requirements and objectives that are in this syllabus, Montgomery College has information on its web site to assist you in having a successful experience both inside and outside of the classroom. It is important that you read and understand this information. The link above provides information and other resources to areas that pertain to the following: **student behavior (student code of conduct), student e-mail, the tobacco free policy, withdraw and refund dates, disability support services, veteran services, how to access information on delayed openings and closings, how to register for the Montgomery College alert System, and finally, how closings and delays can impact your classes.** If you have any questions please bring them to your professor. As rules and regulations change they will be updated and you will be able to access them through the link. If any student would like a written copy of these policies and procedures, the professor would be happy to provide them. By registering for this class and staying in this class, you are indicating that you acknowledge and accept these policies.