Nutrition: Bio 50 – Course Syllabus
Instructor – Kirsti A. Dyer, MD, MS • Columbia College
Spring 2019 • Biology 50

Nutrition: Biology 50 Online and F2F (Face to Face)
Nutrition: Biology 50 is weekly paced course. Enrolled students, both face to face and online need a dependable laptop or computer plus reliable Internet access to Canvas Course Management System to complete in the course. Students will also need to download and print out available course materials. Online students and face to face students missing in class lectures will need to access the CCC Confer website (CCCZoom) to view the recorded online lecture presentations.

The weekly materials with lectures, assignments and activities are usually available on Mondays. Assignments are due by 11:59 p.m. Pacific Time on the due dates. Students will need to determine their weekly work pace. Information on larger projects, e.g. Diet Analysis, will be made available earlier. See the Course Schedule, Canvas Calendar and Canvas Syllabus Section for due dates.

Technical Assistance for Canvas at Columbia College:
The Online Learning Help and Online HelpDesk for Students provides information and resources for using Canvas, http://www.gocolumbia.edu/online_learning/canvas.php Highlights of resources:

YCCD Canvas Website: https://gocolumbia.instructure.com
HelpDesk Email: onlinehelpdesk@yosemite.edu
Columbia College Canvas Support: 209.588.5385

Online Attendance and Participation Requirements
Timely participation in this course is essential to the learning experience for all enrolled students. Attendance in this nutrition course is based on logging into access online lectures, completing assignments/activities and posting to the discussion board. Students should plan on logging into the course every other day to several days a week to view their lectures (online students) and submit assignments (both). Students may be dropped for poor attendance, which is two consecutive weeks of not logging into Canvas (considered “absences”) or missing exams and/or major assignments. Students who do not attend, log into Canvas or contact me within the first week will be dropped.

Due Dates & Formatting Papers
Course Activities, Assignments, Papers and Projects are generally due by the end of the week, Tuesday at 11:59 p.m. Pacific Time. Check the Course Calendar for links to the assignments.

Activities, Assignments and Papers need to be submitted in the correct section of Canvas generally as a typed-in answer in a quiz. If additional parts of the assignment require attachments .jpg, .png or .pdf files are the preferred format. These forms are used to minimize virus transmission. Activities/Assignments and Papers not submitted on time in the correct section of the course in the correct format are considered as missed and not graded. Read and follow the instructions carefully.

Canvas allows for .doc or .docx (Microsoft Word) and .pdf files to be submitted as Assignments.

Technology Failure Policies
Unexpected situations may arise with the computer or computer access during this course. Students should practice good computer care skills that include using a virus scanning program and making duplicate or back up copies of important course work, like the Diet Analysis Project.

If a technological failure occurs students should first, seek out alternative means of turning in activities, assignments and papers and second, notify the instructor immediately regarding problems. See "Make Up Policies – Exams, Activities and Assignments."

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Course Canvas: Access from http://gocolumbia.edu Find Canvas Log In in Student Section or Under Courses & Programs.
Course Objectives

Each student will be knowledgeable about the basics of nutrition.

Upon completion of this course, each student should be able to:

1. Identify nutrients.
2. Describe how nutrients are ingested, digested, absorbed, transported, stored and excreted.
3. Distinguish the metabolic processes involved in utilizing nutrients for building body compounds and breaking down nutrients for energy.
4. Identify nutritional needs specific to pregnancy and lactation, children, teenagers and older adults.
5. Explain effective nutritional interventions for weight management.

Each student will be knowledgeable of how environment and human behavior relate to nutritional status.

Upon completion of this course, each student should be able to:

1. Perform a personal nutritional assessment.
2. Explain recommended nutrient intakes and dietary guidelines.
3. Interpret nutritional labels.
4. Identify nutritional issues in relation to food safety and the food industry.
5. Assess need for nutrient supplements.
6. Plan nutritionally balanced menus that include the basic five food groups.
7. Describe behavioral aspects of weight management.

Each student will be knowledgeable of the nutritional relationship to chronic disease.

Upon completion of this course, each student should be able to:

1. Explain how lifestyle influences nutritional status.
2. Identify dietary recommendations for heart disease and diabetes.
3. Demonstrate a basic understanding of blood chemistry especially as it relates to cholesterol and triglyceride levels.
4. Determine nutritional practices to augment an optimal health program.

Each student will be knowledgeable of the relationship between nutrition and physical fitness.

Upon completion of this course, each student should be able to:

1. Identify fuel sources the body utilizes during aerobic and anaerobic metabolism.
2. Recognize how calorie balance affects the gain or loss of body fat.
3. Recognize common misconceptions related to eating and exercise.
5. Differentiate between overweight, overfat and obesity.

Course Content

Nutrition Science

1. Recommended nutrient intakes
2. The macronutrients and micronutrients
3. Digestion, absorption and transport
4. Metabolism
5. Energy balance
6. Nutrition throughout the life cycle

Environmental Nutrition

1. Food choices
2. Food supply and the food industry
3. RDA's and dietary guidelines
4. Supplements
5. Food insecurity

Applied Nutrition

1. Nutrition and chronic disease
2. Weight management and body composition
3. Sports nutrition
4. Public health nutrition

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Student Learning Outcomes (SLO’s)
Upon satisfactory completion of the course, students will be prepared to:
1. Identify how diet and lifestyle choices affect health status.
2. Design a healthy meal plan for people in different life stages.

Instructor’s Outcomes for Students
1. Students will learn the basics about nutrition, including but not limited to, the impact of food and nutrients and supplements on the body, as well as a person’s overall health and well-being.
2. Student will gain knowledge and learn how to make health and food choices that will impact their everyday living and potentially the health and well-being of their children and loved ones.
3. Students will gain knowledge that will enable them to become more educated health and nutrition consumers.
4. Students will learn ways to improve and enhance their Health, Wellness and Well Being.
5. Students will develop and demonstrate their scientific thinking—the ability to critically analyze information for validity, authenticity, accuracy and reliability in an impartial search for the truth.
6. Students will be given the opportunity to demonstrate their analytical and scientific thinking and enhance their ability to research and synthesize information, to reach a conclusion and present their findings in a logical format by answering questions, activities and papers.
7. Student will become savvier Internet users and Health and Nutrition Consumers.
8. Students will be exposed to a online course, through Canvas, to aid in developing and/or improving computer and Internet Skills.
9. Students will experience lecture and teaching styles e.g. PowerPoint Presentations and Handouts, similar to those used in University and/or Professional settings.
10. Students will develop scientific, Internet, computer and writing skills that should aid in their success in higher education and University settings.

Student’s Responsibilities
1. Students are responsible for reading their course syllabus and being knowledgeable of all of the course policies and procedures.
2. Students are responsible for setting up accounts in Canvas.
   • Students are responsible for notifying the instructor in a timely fashion if they are unable to access their Canvas course.
3. Students are responsible for learning objectives presented in lecture handouts and/or activities, whether the information is covered in class or just presented in the lecture/activity handout.
   • Students need to determine how much reading, reviewing and studying is required for them to learn the lecture and activity material.
4. Students are responsible for finding and reading information and instructions presented in activities, exams and paper handouts.
5. Students are responsible for turning in a diet analysis to pass the course.
6. Students are responsible for taking both exams and the final exam to pass the course.
7. If absent or an emergency results in an absence:
   • Students are responsible for notifying the instructor ASAP (as soon as possible) if an absence will affect their ability to turn in an assignment or complete an exam.
   • Students are responsible for finding out what information was covered, or handouts or assignments were passed out if they are absent from class on lecture days.
8. Communication – Email Accounts (Columbia College)
   • Students are responsible for activating and checking their Columbia College email. This is the official email account that the college and instructors use for contacting students.
   • Students are responsible for checking email and Canvas account several times a week to every other day during the summer for updates and announcements.
Make Up Policies – Exams, Activities, Assignments, Project

Exams and Activities
- The exams are now given over two or three days, to accommodate busy student schedules.
- Absences on the day of an exam will only be excused for college recognized circumstance. These include an emergency, illness, weather, jury duty, etc. Waking up late, car troubles, not finding the assignment or making personal plans that coincide with an exam date are not considered extreme circumstances and will not be considered for make up opportunities.
- The instructor must be notified prior to the scheduled time and day of the exam to be considered for a make up. Email the instructor dyerk@yosemite.edu or call the College operator, 209-588-5100 and leave a message.
- Written documentation—doctor’s note, funeral notices, jury duty notes, supervisor’s notes, court papers, police report—is the best way to verify the circumstances regarding a missed exam/activity/paper.
- Students are required to take all of the exams in the allotted time period on the assigned day(s). Under certain special circumstances one missed exam may be allowed, however missing exams jeopardizes being able to earn enough points to pass the course.
- The exams and final will be given over specified days during the semester. You will have a specified time to log in and take the exam or final.

Assignments/Exam Activities
- Read instructions regarding the Assignments and Activities carefully.
- All Exam Activities/Assignments are part of your exams. These assignments are designed to demonstrate your understanding of the materials and must be worked on and submitted independently, so each student has a chance to learn the material for the particular assignment. There are no group activities for this course.
- Identical assignments or significantly identical assignments submitted by two or more students will be regarded as copying/plagiarism graded accordingly (no points) and will be reported to the Deans.
- Late assignments may be graded only at the instructor’s discretion (less likely online). If graded points will be deducted at the rate of 5% each day past the original due.
** When in doubt about make up policies or late assignments, check with the instructor. **

Assignments/Activities Turned in Online in Canvas
Assignments/Activities are worked on offline, but turned in online in Canvas.

You will complete the Assignment or Activity and then submit the individual answers one at a time by typing or copying and pasting them as a response in the Canvas Quiz answer box.

Diet Analysis Paper Turned in on Campus
The Diet Analysis needs to be submitted as a paper copy, in person, to the instructor’s box on the Columbia College Campus by the specified due date. Please place your papers inside a sealed, secure envelope so they cannot be tampered with by others.

Make sure you keep copies of your papers for your records and in case your Diet Analysis gets lost.

If you are too far to get to the Columbia College Campus, your papers must be mailed into campus.
If you need to mail in your assignment, plan accordingly. Plan to mail your Diet Analysis Project so it arrives by the due dates.

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Grades and Assessments

Compare your total graded points to the total possible to calculate your grade at any time.

<table>
<thead>
<tr>
<th>Written Assignments</th>
<th>Percentage of Total</th>
<th>Points Available</th>
<th>Student’s Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diet Analysis</td>
<td>33% (200)</td>
<td>150</td>
<td></td>
</tr>
<tr>
<td>Research Assignment</td>
<td></td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>Plagiarism Tutorial</td>
<td></td>
<td>10</td>
<td></td>
</tr>
<tr>
<td><strong>Exams and Exam Activities</strong>*</td>
<td><strong>50% (300)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Exam 1</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Food Guidelines and Guides</td>
<td></td>
<td>(15)</td>
<td></td>
</tr>
<tr>
<td>Anatomy Identification</td>
<td></td>
<td>(5)</td>
<td></td>
</tr>
<tr>
<td>Chemistry Identification</td>
<td></td>
<td>(5)</td>
<td></td>
</tr>
<tr>
<td><strong>Exam 2</strong></td>
<td><strong>100</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weight Management/Fad Diets</td>
<td></td>
<td>(25)</td>
<td></td>
</tr>
<tr>
<td>Vitamin and Mineral Table</td>
<td></td>
<td>(10)</td>
<td></td>
</tr>
<tr>
<td><strong>Exam 3</strong></td>
<td><strong>125</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>AND Lifecycle Paper Review</td>
<td></td>
<td>(15)</td>
<td></td>
</tr>
<tr>
<td>Special Nutrient Needs</td>
<td></td>
<td>(5)</td>
<td></td>
</tr>
<tr>
<td><strong>Attendance (Activities)</strong></td>
<td><strong>17% (100)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Activities</strong></td>
<td><strong>70 points</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Intro/ Survey/Kognito</td>
<td></td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>2. Food Label Critique</td>
<td></td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>3. Website Critique</td>
<td></td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>4. Lifecycle Diet Plans</td>
<td></td>
<td>20</td>
<td></td>
</tr>
<tr>
<td><strong>Nutrition in the News (3)</strong></td>
<td><strong>30 points</strong></td>
<td>30 points</td>
<td></td>
</tr>
<tr>
<td><strong>Bonus Points</strong></td>
<td><strong>20+</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Points Possible:</strong></td>
<td><strong>600</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Exam Activities (points in parentheses) are assigned prior to the exam while going through the course materials to assist in learning the materials. Most are due before the Exam. Exam Activities count towards the exam total. These Exam Activities are designed to demonstrate your individual understanding of the materials and must be worked on and submitted independently.

Grades will be assigned along the lines of ≤ 90% A, ≤ 80% B, 70% ≤ C, ≤ 60% D > 59% F

Adjustments are generally made for natural breaks in the point distribution of the class.

Students found plagiarizing or cheating will be given an “F” on the assignment, exam or paper.

**Class Attendance** includes logging into Canvas regularly (weekly), completing assignments and participating in the course. Students may be dropped for lack of attendance in the course.

Calculating Course Points

Canvas Course totals may not be an accurate reflection of your actual course point totals.

The current course point total can be calculated at any time by taking the scores on the exams, assignments, & activities, plugging into the above table, adding up the total & dividing by the total available points to date. Students are expected to be able to calculate their current course grade.
Academic Dishonesty and Plagiarism
Academic Dishonesty at Columbia College is an entirely unacceptable mode of conduct and will not be tolerated in any form.

Scholastic Dishonesty includes but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for or with another person, any act designed to give unfair advantage to a student or the attempt to commit such acts. A student can get into trouble from plagiarism, even if he or she does not intend to cheat, by copying and pasting information and failing to correctly credit the work of others and by allowing someone to copy their assignments and/or exams. Students are responsible for familiarizing themselves with how to properly cite all ideas and resources used, including any previously written versions of their own work. Students will learn more about academic integrity, dishonesty and plagiarism as part of an assignment for this course.

All students involved in academic dishonesty will be disciplined in accordance with College regulations and procedures. Discipline may include reduction of grade, failure to pass the course, academic probation, suspension or expulsion from College.

Read the Academic Integrity webpage, http://www.gocolumbia.edu/academics/integrity.php or student handbook for more information.

(Contacting and Plagiarism concepts adapted from Emeritus Biology Instructor, Jerry Hodge).

Contacting Your Instructor
The best way to contact your instructor is by email, dyerk@yosemite.edu. The Canvas Conversations are also set up to reach me in campus email.

When you need to contact your instructor by email inside or outside of Canvas make sure you follow these guidelines:

1. Include Bio 50 in the Subject Line.
2. Include a descriptive subject in the Subject Line.
3. Include whether you are in the Face to Face (F2F) or Online Class.
4. Make sure you use proper language and full sentences in your message. I may not respond if I cannot understand the message. (e.g. No Texting Language)

Pop-ups and Punctuality

Pop-ups
- You should perform a browser check, especially if using the computers at the college, before logging in to ensure your computer is properly set to use Canvas Many problems students are experiencing may be due to pop-up blockers, e.g. trying to download files.
- If you have a pop-up blocker installed, please disable it to use Canvas or CCC Confer/ConferZoom.
- Pop-up blocker messages may be subtle. Get use to checking near the top of the browser in the information for hidden pop-up messages and/or icons in the status bar.

Punctuality (See Make-Up Policies)
- Students are responsible for turning in papers and assignments punctually (on the date due).
- Late assignments will not be accepted without college recognized circumstances.
- Late papers may be graded at the instructor's discretion. If accepted points will be deducted at the rate of one letter grade for each day past the due date that the paper is late.
Text Book – Understanding Nutrition

*Understanding Nutrition*, 15th Ed.
Authors: Eleanor Noss Whitney, Sharon Rady Rolfes

**ISBN-13:** 9781337392693

Loose leaf, ebook versions are O.K. You only need the book. **NO access code.**

Although expensive, this is an excellent textbook in readability, understandability and use of graphics, and illustrations. The Appendix has excellent reviews on Cells, Hormones and Nerves, Basic Chemistry and Biochemistry for those who may not have had these courses or need a quick review. The Nutritional Assessment and Physical Activity and Energy Requirement sections in the appendix may be very helpful to you for the Diet Analysis project.

The text is available from Manzanita Bookstore [http://www.manzanitabookstore.com](http://www.manzanitabookstore.com)

- **Understanding Nutrition**  
  New $268.00, Used $161.00 + Tax, Check for other prices (Fall ‘18 Prices)

You can get new, used, ebooks or rent copies of the textbook at the Manzanita bookstore. You can also find the text available online from a variety of different online bookstores. The least expensive option I have found to get a copy to keep is ordering it as a loose leaf version.

Food, Beverages & Activity Tracker

We now use Cronometer for the food, beverage and activity tracker for the Diet Analysis Project. In the past students used the ChooseMyPlate SuperTracker free government online program, which was discontinued at the end of June 2018.

Cronometer is an online Nutrition, Fitness, and Health Data tracker. Out of the ones that I’ve reviewed, it is the best one that fits the needs for this course. This one allows you to log your diet, exercise, biometrics and notes. It tracks over 60 Nutrients for 200,000+ foods. You can make custom foods and recipes. There is a free online version and for those who want to buy the app, a mobile version for iOS and Android. There have been complaints about the mobile version(s).

Recommended Reading and Lectures

It is highly recommended that you complete the assigned reading or review the lecture handout prior to each lecture and activity to get the most out of your learning experience in this class.

Assigned readings are included in the daily lecture and/or activity schedule. Lectures are available for download online in Canvas.

Understanding Nutrition Textbook on Library Reserve

Recognizing this is an expensive textbook, a copy of this book will soon be available for you to use in the Columbia College library. It will be on a 2-hour reserve, if you have access to the library.

Lecture notes are available so you can also print versions from the PowerPoint handouts or pdf versions available in Canvas, the Course Management System.
Suggestions for Success
At the beginning of the course, before the end of the first week, sit down and determine a study plan. Figure out how you are going to budget your time to learn the material and complete the assignments. Developing a study plan often helps students feel more in control. When you feel in control of your life, you tend to be less stressed, happier, and are more successful in whatever you are doing.

General Study Tips
1. **For every hour you spend in class, you will probably need to study two to three hours outside class preparing.** This does not include time spent reviewing the material for the exams.
2. **Studying should be at the same time and the same place,** if possible. It should not be a place where you routinely do other things. It should your study place.
3. **Many people find they are better and fresher studying during the daytime.** What takes you an hour to do during the day may take you an hour and a half at night. Of course, what takes you an hour with your children (spouse or roommates) asleep will take three hours if they are awake.
4. **Study the hardest subject first.** Working on your hardest subjects or topics at a time when you are fresh makes learning them easier. Putting the more difficult topics off until you're tired makes learning the material even more difficult.
   • Even if you are tired there may be topics that are easy to grasp that you can still review.
5. **Take a ten-minute break after every hour of study.** If possible, avoid studying for long blocks of time. Get up and stretch, walk around a bit.
6. **Reward yourself for completing tasks** Look for Healthy Snacks in your Nutrition in the News Searches for healthy snack ideas. Rewarding for completing tasks means acknowledging what you have accomplished even if it now an entire chapter, lecture or project.

Tips for Success in This Course
1. **Do not wait until the last minute to study for this course.** The first part of this course can be overwhelming for those who have not taken anatomy, physiology or chemistry. Many students after taking the first exam, realized they should have started studying after the very first lecture.
2. **Review the diagrams, illustrations and tables in the textbook.** The textbook is excellent in its readability, understandability and use of graphics, and illustrations.
3. **Review the diagrams, illustrations and tables in the lecture.** A great deal of time has been spent in organizing the lecture material to make it easier for you to understand.
4. **Learn your learning objectives.** Learning objectives are included at the beginning of each lecture. This is the material within the lecture that you will be held accountable for on the exam.
5. **Listen to lectures.** Those who listened to the recorded lectures have done better in past semesters.

Learning Lecture Material
1. **Your first** exposure to the material should come from completing the assigned reading prior to each lecture and/or activity.
   • If you don’t have time to read, at least skim the text, and preview the material. Look over the material so you are familiar with the topic that will be discussed and the images or diagrams from the text. Get an overview of the material by reading the introductory and summary passages, section headings and subheadings, and diagrams. The purpose of previewing is not to understand the material but to get a general idea of what the lecture will cover.
2. **The second** exposure comes from attending the lecture. While the material may seem unfamiliar, having read (or skimmed) the text prior will make a difference.
3. **The third** exposure ideally comes after lecture, but more realistically before the exam. By this time you should start noticing that you are remembering some things. Many people find rewriting their notes, especially writing out the learning objectives to be helpful.
4. For the exam, review the material (? x’s of times, to be determined by you) so you know the learning objectives provided to you at the beginning of each lecture.