



Syllabus: *Prefix and course name*

Course Information

Course Prefix/Number: Bio 127 N	Credit Hours: 4.00
Semester: Fall 2019	Course Title: <i>Human Nutrition and Biology</i>
Class Days/Times: <i>Tuesdays and Thursdays 12:00-2:45 pm</i>	Room: <i>IWK 5</i>

Instructor Information:

Name: Teresa DeKoker	Phone/Voice Mail: N/A
	E-mail: tdekoker@tocc.edu
	Office location: N/A
	Office hours: <i>Before or after class in IWK 5</i>

Course Description: Principles of nutrition presented in the context of human biology. Includes chemistry, digestion, absorption, and metabolism of nutrients. Also includes biological and nutritional perspectives on various health issues such as cardiovascular disease, hypertension, cancer, diabetes, and osteoporosis.

Student Learning Outcomes

Upon completion of the course, the student will be able to do the following:

1. Demonstrate improvement in the general education goals of communication and critical thinking.
2. Evaluate the design, results, and conclusions of various nutritional studies.
3. Explain the purpose and significance of dietary recommendations.
4. Describe the biology of human digestion and absorption in general, as well as the nutritional, metabolic, and physiological significance of carbohydrates, proteins, amino acids, lipids, vitamins, major minerals, trace elements, and non-nutrient substances.
5. Describe several nutrient-nutrient and drug-nutrient interactions.
6. Elaborate on basic aspects of clinical nutrition, and various nutrition related issues.

7. Describe how nutrient needs change during human development from the embryonic period through adulthood, along with the nutritional needs during pregnancy and lactation.
8. Competently use dietary analysis software.

Course Structure:

Course structure consists of on-line homework, readings and quizzes; discussions; a field trip; short written assignments; use of dietary analysis software; hands-on activities; in-class quizzes; labs; presentations; and projects. In accordance with my teaching philosophy, in which I believe student learning occurs primarily through hands-on, real world application of course materials. I welcome student feedback about the course anytime.

Texts and Materials: Texts and Materials:

Required: *Nutrition Essentials: A Personal Approach by Wendy J. Schiff, 2nd edition*. Ebook required. Once you have purchased access to the Ebook, you have the option to purchase a loose leaf version (full color print/3 ring binder ready). Instructions for book orders will be given the first week of class. iPad or laptop/computer required. iPad will be available for checkout in the TOCC library.

Evaluation and Grading & Assignments:

90 and above is an A
 80 - 89 is a B
 70 - 79 is a C
 60 - 69 is a D
 Under 60 is Failing

Your grade will be determined by the following:

Evaluation:			Poi
Evaluation	Points	Percentage of total grade	
Field Trip	100	10%	
Nutrition handbook project	150	15%	
Labs, In class quizzes and participation/attendance	300 pts	30%	
On-line quizzes, readings & homework assignments	400 pts	40%	

Final Presentation	50	5%	
TOTAL	1000	100%	

Himdag Cultural Component:

Tohono O’odham traditions and cultural beliefs will be discussed as relevant to topics of nutrition and only as appropriate to the Tohono O’odham Nation’s traditional standards for sharing information.

The Menu Planning and Owner’s Manual projects will give students the opportunity to examine Tohono O’odham food and medicine traditions as they relate to nutrition and health.

Policies and Expectations:

- 1) Students are expected to attend each class, arriving on time, except in the case of an excused emergency.
- 2) Students are expected to contact instructor prior to absences, coming late to class or leaving early.
- 3) Unexcused late arrivals or early departures will count against your attendance record.
- 4) Class participation and preparation are essential to student success. Students must read textual material, prepare for projects, complete required research as stated on the course schedule.
- 5) Students are expected to come to class prepared for class and having done any preliminary work required as per the course schedule.
- 6) Students are expected to stay in class and work diligently throughout the whole time. Sleeping, frequent/continued exiting from the class during the class period will constitute one (1) absence.
- 7) No cell phone use is allowed during class. Use of cell phones during class, unless permitted by instructor, is a violation of the T-So:son.
- 8) Students are expected to check TOCC email regularly.
- 9) Late work will be marked down 25%.
- 10) Failure to submit a project results in a grade of zero (0). An F is a better grade!

11) No work accepted after the last class

Classroom Behavior

- Visitors may be only allowed at class sessions or on field trips with instructor approval, visitor's safety and behavior are the responsibility of the student.
- Possession of drugs, alcohol or firearms on college property is illegal.
- Food and beverages are allowed in classrooms at discretion of the instructor.
- **Cellphones should be turned off during class, unless the instructor is allowing students to use their tools (calculator, internet access).**
- Students creating disturbances that interfere with the conduct of the class or the learning of others will be asked to leave.
- Student behavior is also detailed in student handbook under Student Code of Conduct Violations

Make-up policy: If you have an excused absence and miss an exam, you can make it up within two days of the exam date. Late assignments that can be made up will be accepted but will be penalized 25%. Laboratories cannot be made up. At the instructor's discretion, extra credit opportunities and optional activities may be provided.

Academic Integrity: Violations of scholastic ethics are considered serious offenses by Tohono O'odham Community College, the Student Services Department, and by your instructor. Students may consult the TOCC Student Handbook sections on student code of conduct, on scholastic ethics and on the grade appeal procedure. Copies are available at Tohono O'odham Community College.

All work done for this class must be your own. While you may discuss assignments with other class members, your assignments must clearly be your own. You may use work from books and other materials if it is properly cited. Copying from a book without proper reference or from a person under any circumstances will result in an "F" for the assignment, and at the instructor's discretion, possibly an "F" for the course.

Final Grades: Students will receive a grade transcript from the college mailed to the address given with registration materials at the end of the semester when all grades have been recorded.

Course Feedback:

All assignments will be graded and returned to the students promptly, typically within a week after the assignment is closed for handing in. E-mail and phone messages will be returned within two days. A student or the instructor may request a student conference at any time during the semester. Quarterly grade

reports will be provided to each student, either in person, by email or via the electronic system of Canvas.

SPECIAL NOTE TO STUDENT:

For privacy and security reasons, instructors are advised **NOT** to give grades over the telephone. Grades will only be emailed with written permission from the student.

Your instructor will make every attempt to follow the above procedures and schedules, but they may be changed in the event of extenuating circumstances.

Students submitting assignments through the mail or by email are advised to make copies for their own protection.

If you move during the semester, please file a change of address form with the Student Services Office, and inform your instructor.

Attendance Policy

You are expected to arrive to class on time and be prepared to participate in each class period. Four unexcused absences may result in withdrawal and a “W” or “Y” will be recorded. You may request to be excused from class for religious observances and practices, for illness, for school or work-related travel or for personal or family emergency. If you will be absent, please notify the instructor as soon as possible (approved by Faculty Senate April 2014).

Quizzes and exams are given out at the beginning of class time. Field trips and class activities begin at the start of class and may be missed if you do not arrive to class on time. Arriving more than 15 minutes late will be counted as an absence for the day. Because exams, labwork and/or other assignments potentially occur every class period, points potentially will be lost each class period missed. If you miss all or a portion of a class, then you are solely responsible for obtaining missed class material from fellow students. Complete attendance is mandatory during student project presentations; otherwise presentation points will be forfeited.

Incomplete Policy

Incomplete (I) grades are not awarded automatically. The student must request an "I" from the instructor who can choose to award an Incomplete only if all three of the following conditions are met:

1. The student must be in compliance with the attendance policy.
2. There must be an unavoidable circumstance that would prohibit the student from completing the course.

3. The student must have completed over 75% of the course requirements with at least a "C" grade.

Incompletes are not a substitute for incomplete work due to frequent absences or poor academic performance. Incomplete grades that are not made up by the end of the ninth week of the following semester will be automatically changed to an F if the agreed upon work, as stipulated on the written form signed by the instructor and the student when the I grade is awarded, is not completed.

Instructor Withdrawals

Students who have missed four consecutive classes (or the equivalent) not submitted any assignments nor taken any quizzes by the 45th day census report, due on October 3rd are assumed NOT to be participating in the class and may be withdrawn at the faculty member's discretion.

Student Withdrawals

Students may withdraw from class at any time during the first 2/3 of the semester without instructor permission and without incurring any grade penalty. Please be sure to withdraw yourself by November 4th if you do not expect to complete the class, otherwise you may receive an "F" grade.

Special Withdrawal (Y) Grade

The "Y" grade is an administrative withdrawal given at the instructor's option when no other grade is deemed appropriate. Your instructor must file a form stating the specific rationale for awarding this grade. "Y" grades are discouraged since they often affect students negatively. Your instructor will not award a "Y" grade without a strong reason.

Reasonable Disability Accommodations (Americans with Disabilities Act):

TOCC seeks to provide reasonable accommodations for all qualified individuals with disabilities. The College will comply with all applicable federal, state and local laws, regulations, and guidelines with respect to providing reasonable accommodations as required to provide an equal educational opportunity. It is the student's responsibility to make known to the instructor his or her specific needs in order to determine reasonable accommodations. We will work together in order to develop an Accommodation Plan specifically designed to meet the individual student's requirements.

Title IX

Tohono O'odham Community College faculty and all staff are dedicated to creating a safe and supportive campus. Title IX and our school policy prohibit discrimination on the basis of sex- this includes sexual misconduct; harassment, stalking, domestic and dating violence and sexual assault.

Sexual discrimination and sexual violence can undermine students' academic success and quality of life on campus and beyond. We encourage students who

have experienced any form of sexual misconduct to talk about their experience and seek the support they need.

Confidential support and academic advocacy can be found with Student Services.

Course Schedule:

Date	Topic	Text reading	Assignments due
August 20	Introduction, nutrition activities, short film	Read an article about nutrition that is of interest to you and bring it to class on 2/22	
August 22	Article discussions, Intro to on-line portion of class, computer lab	Read syllabus	
August 27	Why it's important to learn about nutrition, nutrient basics	Unit 1	
August 29	Nutrients, dietary supplements		Unit 1 Assignment and quiz due by 12:00 pm in Canvas
September 3	Dietary recommendations, Scientific method	Unit 2	
September 5	Nutrition research, nutrition misinformation		Unit 2 assignment and quiz due by 12:00pm in Canvas
September 10	Seeking reliable nutrition information	Unit 3	
September 12	Meal planning, MyPlate		Unit 3 assignment and quiz due by 12:00pm in Canvas
September 17	Supplements, functional foods, Tohono O'odham food medicine	Unit 4	
September 19	Cells to systems, digestive tract		
September 24	Digestive system disorders		Unit 4 assignment and quiz due by 12pm in Canvas
Sept 26	Metabolism	Unit 5	

October 4,6	Fall Break No class this week!		
October 8	Carbohydrates		Unit 5 assignment and quiz due by 12pm in Canvas
October 10	Carbohydrates and health, diabetes, metabolic syndrome	Unit 6	
October 15	Lipids, dietary fat and cholesterol		Unit 6 assignment and quiz due by 12pm in Canvas
October 18 (this is a Friday, no class on Thursday 10/17)	Field trip		
October 22	Cardiovascular disease	Unit 7	
October 24	Proteins		Dietary Analysis assignment due
October 29	Proteins in foods, vegetarianism		Unit 7 assignment and quiz due by 12pm in Canvas
October 31	Vitamins	Unit 8	
November 5	Vitamins, fat-soluble vitamins		Unit 8 assignment and quiz due by 12pm in Canvas
November 7	Minerals	Unit 9	Meal Planning Assignment due
November 12	Minerals		Unit 9 assignment and quiz due by 12pm in Canvas
November 14	Water, alcohol	Unit 10	
November 19	Nutrition for healthy weight		Unit 10 assignment and quiz due by 12pm in Canvas
November 26	Eating disorders, physical fitness	Unit 11	,
November 28	Thanksgiving No class		
December	Nutrition in the lifecycle		Owner's manual

3	(pregnancy, lactation, older adults)		assignment due
December 5	Food safety, genetically modified foods, food born illnesses, pesticides, global nutrition	Read articles on GM and pesticides	Unit 11 assignment and quiz due by 12pm in Canvas, Presentation outlines due in class
December 10	Presentations		Presentations due in class

DISCLAIMER: This syllabus is designed to evolve and change throughout the semester based on class progress and interests. You will be notified of any changes as they occur.