2. **INSTRUCTOR:** Dana R. Smith, PhD, RD, LD  
**Contact information:** 979/709-8571, dana.smith@blinn.edu  
**Office:** S117, Science Building, Bryan Campus  
**Office Hours:** MW 11:25-11:55

3. **COURSE DESCRIPTION:**  
Principles of nutrition, diet therapy and knowledge of food preparation. Course includes the basic nutrients necessary for human health, digestion and absorption of key nutrients, relationship between nutrition and physical fitness for weight management, food safety and sanitation, nutrition needs as related to the life cycle and health conditions, disorders and diseases related to nutrition. This course will not fulfill a laboratory science requirement. Three class hours per week. Credit: Three semester hours.

4. **COURSE PREREQUISITES:**  
None

5. **CORE CURRICULUM COURSE:**  
This is not a core course.

6. **COURSE OBJECTIVES AND STUDENT LEARNING OUTCOMES:**
   - List the essential nutrients.
   - Recognize the cause of various nutritional diseases.
   - Describe the relationship among nutrition, disease, and health.
   - Characterize the detrimental effects of eating an inadequate, inappropriate, or unbalanced diet.
   - Calculate total caloric intake.
   - Compare the roles of various macronutrients in the diet.
   - Explain the role physical fitness in the maintenance of a healthy body and how physical fitness and nutrition work synergistically to maintain health.
   - Identify errors in food safety and sanitation, and recommend a means to correct the problems.
   - Create a meal plan that meets appropriate nutritional guidelines.
   - Evaluate a food journal/sample diet and recommend modifications needed to address specific nutritional goals.
   - Identify the structure and function of organs related to digestion and absorption of nutrients.
   - Explain how the body maintains a homeostatic balance of the blood glucose concentration.

7. **COURSE REQUIREMENTS:**  
# 8. COURSE CONTENT:

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Lecture Topic (Tentative)</th>
</tr>
</thead>
</table>
| 1    | January 18 | Introduction  
|      |       | Chapter 1: What You Eat and Why  
| 2    | 23 | Chapter 2: Guidelines for Designing a Healthy Diet  
|      | 25 | Chapter 3: The Human Body: A Nutrition Perspective  
| 3    | February 1 | Chapter 4: Carbohydrates  
| 4    | 6 | Exam 1 (Chapters 1-4)  
|      | 8 | Chapter 5: Lipids  
| 5    | 13 | Chapter 5: Lipids  
|      | 15 | Chapter 5/6: Lipids/Proteins  
| 6    | 20 | Chapter 6: Proteins  
|      | 22 | Chapter 6: Proteins  
| 7    | 27 | Exam 2 (Chapters 5-6)  
|      | 29 | Chapter 7: Energy Balance and Weight Control  
| 8    | March 5 | Assignment Due  
|      | 7 | Chapter 8: Vitamins  
|      | March 12-16 | SPRING BREAK – No Classes  
| 9    | 19 | Chapter 8: Vitamins  
|      | 21 | Chapter 8: Vitamins  
| 10   | 26 | Exam 3 (Chapters 7-8)  
|      | 28 | Chapter 9: Water and Minerals  
| 11   | April 2 | Assignment Due  
|      | 4 | Chapter 9: Water and Minerals  
|      | 10 | Chapter 10: Fitness and Sports  
|      | 4 | Chapter 10: Fitness and Sports  
| 12   | 9 | Chapter 11: Eating Disorders  
|      | 11 | Chapter 12: Undernutrition  
| 13   | 16 | Chapter 13: Safety of Food and Water  
|      | 18 | Exam 4 (Chapters 9-13)  
| 14   | 23 | Chapter 14: Pregnancy and Breastfeeding  
|      | 25 | Chapter 15: Nutrition from infancy to Adolescence  
| 15   | 30 | Chapter 16: Adulthood  
|      | May 2 | Finish class lecture and Review  

**FINAL EXAM** - Tuesday, May 8 12:45-2:45 PM
9. COLLEGE CIVILITY STATEMENT:

Members of the Blinn College community, which includes faculty, staff and students, are expected to act honestly and responsibly in all aspects of campus life. Blinn College holds all members accountable for their actions and words. Therefore, all members should commit themselves to behave in a manner that recognizes personal respect and demonstrates concern for the personal dignity, rights, and freedoms of every member of the College community, including respect for College property and the physical and intellectual property of others. Civility applies to attire as well as language, behavior, and cell phone usage. Please dress appropriately for the academic classroom and laboratory.

10. CIVILITY NOTIFICATION STATEMENT: If a student is asked to leave the classroom or have access to the online classroom denied because of uncivil behavior, the student may not return to that class until he or she arranges a conference with the instructor. It is the student's responsibility to arrange for this conference.

11. COURSE REQUIREMENTS:

Participation (80 points) 
Activities and assignments will be assigned during class. These are to be completed during class and will count for a total of 80 points or 10% of your final grade. Make-up work will be given only with excused absences

Assignments
Food and Activity Log (140 points): To gain a better understanding of nutrition, each student is required to keep a three-day diet and activity record.

Meal Plan (100 points): Students will develop a meal plan to apply what they learn in this class. The project will involve creating a meal plan to address specific dietary concerns.

Late assignments will be accepted at the discretion of the professor. Assignments accepted late may result in a deduction in the final grade. There may be a deduction of 25% per week late; assignments will not be accepted more than three weeks late.

Exams (100 points each)/Final Exam (160 points)
There will be four major exams. Students may drop one exam. It is recommended that you take all four and drop the lowest. If however, you must miss one for any reason, that is the one that will be dropped. Make-up exams will be given only if a student misses two and both are excused absences.
12. AT-A-GLANCE SCHEDULE OF MAJOR EXAMS AND ASSIGNMENTS:

<table>
<thead>
<tr>
<th>DATE</th>
<th>ASSIGNMENT/EXAM</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/6/2012</td>
<td>Exam 1: Chapters 1-4</td>
</tr>
<tr>
<td>2/27/2012</td>
<td>Exam 2: Chapters 5-6</td>
</tr>
<tr>
<td>3/5/2012</td>
<td>Assignment Due: Food and Activity Log/Diet Analysis</td>
</tr>
<tr>
<td>3/26/2012</td>
<td>Exam 3: Chapters 7-8</td>
</tr>
<tr>
<td>4/2/2012</td>
<td>Assignment Due: Meal Plan</td>
</tr>
<tr>
<td>4/18/2012</td>
<td>Exam 4: (Chapters 9-13)</td>
</tr>
<tr>
<td>5/8/2012</td>
<td>Comprehensive Final Exam 12:45-2:45 PM</td>
</tr>
</tbody>
</table>

13. CRITERIA FOR GRADING:

Point Distribution:

<table>
<thead>
<tr>
<th>Evaluation Method</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Major Exams (38.5%)</td>
<td>300</td>
</tr>
<tr>
<td>Class Participation (10%)</td>
<td>80</td>
</tr>
<tr>
<td>Food &amp; Activity Log/Analysis (18%)</td>
<td>140</td>
</tr>
<tr>
<td>Meal Plan (13%)</td>
<td>100</td>
</tr>
<tr>
<td>Comprehensive Final Exam (20.5%)</td>
<td>160</td>
</tr>
<tr>
<td><strong>TOTAL POSSIBLE POINTS</strong></td>
<td><strong>780</strong></td>
</tr>
</tbody>
</table>

Grading Scale:

<table>
<thead>
<tr>
<th>Points (Percentage)</th>
<th>Letter Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>702-780 (90-100%)</td>
<td>A</td>
</tr>
<tr>
<td>624-701 (80-89%)</td>
<td>B</td>
</tr>
<tr>
<td>546-623 (70-79%)</td>
<td>C</td>
</tr>
<tr>
<td>468-545 (60-69%)</td>
<td>D</td>
</tr>
<tr>
<td>467 or &lt; (59% or below)</td>
<td>F</td>
</tr>
</tbody>
</table>

Your Course Average = [(Your Total Points)/780] x 100% = _____%
14. BLINN COLLEGE POLICIES:

The requirements and policies listed below are discussed more fully in the Blinn College Student Handbook which by reference, is incorporated into this information. Blinn College Student Handbook is available online at http://www.blinn.edu/student%20handbook.pdf. Please obtain and read.

Attendance: The College District believes that class attendance is essential for student success; therefore, students are required to promptly and regularly attend all their classes. Each class meeting builds the foundation for subsequent class meetings. Without full participation and regular class attendance, students shall find themselves at a severe disadvantage for achieving success in college. Class participation shall constitute at least ten percent of the final course grade. It is the responsibility of each faculty member, in consultation with the division chair, to determine how participation is achieved in his or her class. Faculty will require students to regularly attend class and will keep a record of attendance from the first day of class and/or the first day the student’s name appears on the roster through final examinations. If a student has one week’s worth of unexcused absences (2 classes for TR class and 3 classes for MWF class) during the semester, he/she will be sent an e-mail by the College requiring the student to contact his/her instructor and schedule a conference immediately to discuss his/her attendance issues. Should the student accumulate two weeks’ worth of unexcused absences (4 classes for TR class and 6 classes for MWF class), he/she will be administratively withdrawn from class.

There are four forms of excused absence officially designated by Blinn College: (1) Observance of religious holy days: The student should notify his/her instructor(s) not later than the 15th day of the semester concerning the specific date(s) that the student will be absent for any religious holy day(s); and (2) Representing Blinn College at an official institutional function and (3) official involvement in a high school activity for “dual credit” students; and (4) military service. Other excuses will be considered and may be considered excusable at the instructor’s discretion, with documentation.

In order to be considered as an excusable absence, you must notify me within 24 hours of being absent. You must present me with your documentation the first day you return to class from being absent. If you are too sick to come to class, you are sick enough to see a doctor. In this case, you MUST bring me a doctor’s note stating why you were absent. This does not include a regular doctor’s appointment that was scheduled during class time, only unscheduled instances or medical emergencies where you are ill and need a doctor’s care. If a family emergency exists, you must provide documentation (obituary, doctor’s note for the family member, funeral program etc.). If an accident occurs, I must receive documentation that you were involved (police report).

Dropping: If a student chooses to drop the course, it is that student’s responsibility to complete a drop order at the Office of Enrollment Services. Failure to do so could result in a grade of F in the course. The last day to withdraw with a “Q” is Friday, April 13. It is your responsibility to withdraw from the class.

Preparation: Please see the lecture schedule containing a list of the topics and chapters to be covered on each exam. The exact date of the examinations will be announced in class at least two class periods prior to the examination date, but will follow the course schedule as closely as possible. Because of the quantity of material to be covered please do not fall behind in your readings.

Honor System: Blinn College does not tolerate cheating, plagiarism, or other acts of dishonesty. Definitions of these acts and procedures for dealing with them are described in "Scholastic Dishonesty" in the Blinn College Student Handbook, copies of which are available at the information desk in the administration building. All tests will be closed book and notes. All students will remove hats and sunglasses before tests. Plagiarized work will be automatically given a zero and may be reported for disciplinary action.
Scholastic Integrity Philosophy: It is the responsibility of instructors to maintain scholastic integrity at the College by refusing to tolerate any form of scholastic dishonesty. Adequate control of test materials, strict supervision during testing, and other preventative measures should be utilized, as necessary, to prevent cheating or plagiarism. If there is compelling evidence that a student is involved in cheating or plagiarism, the instructor should assume responsibility and address the infraction. Likewise, any student accused of scholastic dishonesty is entitled to due process as outlined in this policy. In a case of scholastic dishonesty, it is critical that written documentation be maintained at each level throughout the process.

Disciplinary Penalties: The following sanctions may be imposed by the instructor and division chairman: an appropriate grade penalty ranging from a grade of zero on the assignment/examination up to and including the imposition of an "F" for the entire course.

In cases where the student is permitted to remain in the course after being found guilty of scholastic dishonesty, the instructor may, but is not required to, have the student retake a test or complete other coursework involved in the act of dishonesty.

Make-up Policy: Blinn Policy: A student who misses a major or final examination may ask the instructor for permission to make up the examination. If the student purposely misses an examination, the instructor may refuse a make-up examination. If a student is absent while officially representing Blinn College, for example as a college club member or as a participant in a choral, band, or athletic event, the student should be permitted to make up the examination. Major examinations are to be made up within two weeks after he/she returns to class or at the discretion of the instructor. Final examinations must be made up within 90 days. Short tests may or may not be made up, depending upon the instructor's decision. However, a student missing a pop test while he/she is representing Blinn College will not be penalized if he/she is not permitted to make up the test.

Problem Resolution: If you have a complaint about your class, you should first request a conference with your instructor to try and resolve the problems or issues. If the problems or issues cannot be resolved at the instructor level, you should request a conference with the Division Chair, Mr. Dwight Bohlmeyer, Science 241, dbohlmeyer@blinn.edu.

Food and Beverages: Eating and drinking are not allowed during class.

Electronic devices: Blinn policy states that all cell phones, laptops, MP3 players, etc. should be turned OFF in class. Failure to honor this policy is a breach of the civility statement (see above) and the student will be asked to leave the room. There may be cases where you must have a phone on in class (sick child, emergency worker, pregnant wife, etc.) If these scenarios occur, please discuss this with me prior to class.

ADA Statement: Blinn College is dedicated to providing the least restrictive learning environment for all students. Support services for students with documented disabilities are provided on an individual basis, upon request. Requests for services should be made directly to the Office of Disability Services serving the campus of your choice. For the Bryan campus, the Office of Disability Services (Administration Building) can be reached at (979)209-7251. The Brenham, Sealy and Schulenburg campuses are served by the Office of Disability Services on the Brenham campus (New Administration Building Room 104) and can be reached at (979)830-4157. Additional information can be found at www.blinn.edu/disability.

If you need individual accommodations to meet course objectives because of a documented disability, please make an appointment with me to discuss your needs as soon as possible so that we can ensure your full participation in class and fair assessment of your work.
15. INSTRUCTOR'S EXPECTATIONS AND SUGGESTIONS:

- You should be on time for all lectures and stay for the entire time. "A" students miss on the average one-half of one class per long semester. "C" students miss on the average 4.5 classes per long semester.
- If confused, talk to me. If you do not do well on the first exam, or feel swamped, plan a visit early in the semester.

Additional suggestions to succeed far above average in this class are:

- ABSOLUTELY DO NOT wait until the night before an exam to BEGIN studying!!! All-nighters do not help your grades and only decrease your concentration ability during the exam. In order to succeed in this class, you need to study EVERY day. Generally, for science courses, for every hour spe
- Soon after lecture, go back and highlight any parts of the chapters that were emphasized in class.
- Study any tables, pictures, or diagrams emphasized in lecture.
- Re-write your notes soon after each lecture. This will reinforce what was covered in lecture and help you locate weak points in time to re-read the text, supplement your notes with a classmate’s, and/or ask about the topic during the next class period.
- Academic dishonesty is never worth it, and the consequences may be severe.