

College of San Mateo

Biol 310: Nutrition

Spring 2016

Course Description

Comprehensive introduction to the scientific principles of nutrition and the interrelationships of metabolism. Examines nutrient functions, food sources, and functions in the body, as well as health consequences of nutrient excesses, deficiencies and diet related chronic conditions. Analysis of special nutritional requirements and needs during the life cycle. Evaluation of personal dietary habits using current dietary guidelines and nutritional assessment methods.

Student Learning Outcomes

1. Apply principles of nutrition to everyday life to make decisions based upon scientifically proven facts about foods and nutrition.
2. Analyze their diets to determine their nutritional profile using dietary analysis software and databases.
3. Develop a personal plan for food consumption that incorporates dietary guidelines and current nutrition recommendations.
4. Discuss important problems in nutrition such as obesity, under nutrition, food mis-information, and fads.
5. Explain nutritional needs for pregnant mothers, infants, children, athletes, older adults, and chronic disease.
6. Explain nutrient function, digestion, absorption, and metabolism.

Instructor:

Theresa Martin

Email (best way to reach me): martin@smccd.edu (Please always use "Biol 310" in the subject line of your email.) I will be online during the week for this class, and I will generally respond to email during business hours.

Office: 36-205B

Phone: (650) 574-6252

Office Hours: Online on Thursdays 9-11am.

Textbooks and Other Resources

Required:

Nutrition: An Applied Approach. CSM textbook package: (includes MasteringNutrition) 4th edition, Thompson and Manore, Pearson Benjamin Cummings Publishers, 2014. Etext option: MasteringNutrition for Thompson, [Nutrition: An Applied Approach, 4e with eText](#) Price: \$78.00 USD

Course Websites:

<http://smccd.mrooms.net/> (WebAccess - login required, weekly assignments and course management tools), www.smccd.edu/accounts/martin/ (no login required, general course information); [MasteringNutrition](#) and MyDietAnalysis.com are resources with the text you may be guided to for assignments

Your *my.smccd.edu* email – use for all communication with CSM and the instructor.

Optional:

Study Guide for Nutrition, Thompson, Benjamin Cummings Publishers, 2009

Examinations and Grades

8 Quizzes @ 40 pts =	320 pts	A	90 +%
Discussions and Assignments	about 130 pts	B	80-89%
		C	70-79%
		D	60-69%
		F	< 60%

Quizzes will be taken online during a specific time window (generally between Friday and Monday of the week in which they are assigned) and will have time limit of 50 min. Quizzes will be multiple choice, true and false, matching and short answer questions. **Make-up quizzes are at the discretion of the instructor, and then only when the student has made prior arrangements. All work submitted must be your own and on time, no points will be awarded for late or [plagiarized](#) work.**

See more information below. **Withdrawing from the class is the responsibility of the student. However,** students may be dropped if they do not log in to WebAccess for more than a week without contacting me.

How to Take This Class: Course Instructions

1. Taking Notes on Reading and Activities

Each week you will have assigned reading and activities that you use to make a set of notes. You should use these notes to study for the quizzes that are every week. I recommend that you have a notebook, just as you would for an on-site class. Many students place tabs and notes into their textbook so they can find information quickly for the quizzes. The specific reading assignment will be listed

in the Weekly Activities section in WebAccess. In addition, videos and audio narrated powerpoints may also be assigned in the Weekly Activities section. If you have any questions along the way, please email me.

2. Quizzes

You should use your reading and watching notes as a guide to studying for the quizzes. The quiz questions will be taken from the text reading and from the various activities you are assigned. To get the most out of your notes they should be in your own words, as if you were going to explain them to yourself. You can use the notes during the quizzes, but you must take the quizzes by yourself! Quizzes will be available during the week they are assigned, from Friday afternoon through Monday morning. Let me know if this schedule is a hardship for you. Makeup quizzes must be PREARRANGED with instructor, otherwise no credit is given. Quizzes will have a 50 minute time limit, so it is important that you prepare in advance by studying your notes before each quiz.

3. Online Assignments:

Each week, there are assignments. These will be listed on the WebAccess site and in the weekly study guide. They include questions about nutrition from your reading, dietary analyses, and discussion forums. It is important that you do the assignments. They are typically worth 5 points each, and late assignments are marked off by 1 point. There is no credit for late forum postings. The assignments are designed to enrich your studies and provide a chance to interact with classmates. Many of these require Flash plugin for your computer to run. Your browser should be capable of accessing these files. Many of the activities listed on the weekly activities pages you will access via the [MasteringNutrition](#) website, or the [MyDietAnalysis](#) website. You also need to be able to create and submit pdf files.

4. Class Conduct

Dishonesty such as cheating, plagiarism, or knowingly furnishing false information to the College and its officials is prohibited and may lead to appropriate disciplinary action.

All public online discussions in this class must have appropriate etiquette (Netiquette). Use respectful and appropriate language. Other requirements include:

You are expected to read all messages. You are responsible for reading all of the messages that are posted in the online discussion. Not reading messages is the equivalent of sleeping in class.

You are expected to respond to each other. An online discussion resembles a classroom discussion in its entire rigor. This is a science class so discussions of beliefs that are not scientifically based will not be a part of

any discussion.

All messages posted are public. In an in-class discussion, you share ideas with all class members. In an online discussion, you can expect that everyone in the class will read your messages.

Use email to send a private message. If you want to send a private message to someone, click on the person's name and use the email function. Otherwise, all messages are considered public.

Use a person's name when you reply to a message. It helps to keep all of us oriented. It helps us maintain a clearer sense of who is speaking and who is being spoken to. As we begin to associate names with tone and ideas, we come to know each other better.

Change the subject line when you introduce a new topic. The value of this tip will become apparent as the number of messages grows.

5. Special Needs

If you have a documented disability and need accommodations for this class, please contact me or the Disability Resource Center (DRC) for assistance at the beginning of the term. The DRC is located in Bldg. 10 Room 120. (650) 574-6438; TTY (650) 574-6230. Confidentiality- Students with disabilities are protected under Family Education Rights and Privacy Act (FERPA).

6. Title IX

The San Mateo County Community College District is committed to maintaining safe and caring college environments at Cañada College, College of San Mateo and Skyline College. The District has established policies and procedures regarding Sexual Misconduct, Harassment, and Assault. A District website has also been developed which provides you with important information about sexual misconduct and sexual assault. <http://smccd.edu/titleix/>



To learn more about these issues and how you can help prevent them, you are encouraged to view the **Not Anymore** videos, which can be found on **WebSMART** under the **Student Services** link. Click on [Not Anymore Video](#)

TENTATIVE SCHEDULE

WEEK OF:	READINGS IN THOMPSON AND MANORE, 4TH ED.
1: January 18	Chapter 1: Role of Nutrition in our Health and In Depth - New Frontiers in Nutrition and Health
2: January 25	Ch 2: Designing a Healthful Diet and In Depth - Eating Wisely Quiz 1 - Chapters 1 and 2 and In Depth sections
3: February 1	Ch 3: The Human Body and In Depth - Disorders Related to Specific Foods
4: February 8 *Pres Day (Fri)	Ch 4: Carbohydrates Quiz 2 - Chapters 3 & 4 and In Depth for Ch 3
5: February 15 *Pres. Day (Mon)	Ch 5: Fats
6: February 22	Ch 4 In Depth – Diabetes, Ch 5 In Depth - Cardiovascular Disease Quiz 3 - Chapters 5 and In Depth sections for Ch 4 & 5
7: February 29 *Mar 3 & 4 teacher work days, no classes	Ch 6: Proteins and In Depth - Vitamins and Minerals
8: March 7	Ch 7: Nutrients Involved in Fluid and Electrolyte Balance and In Depth – Alcohol Quiz 4 - Chapters 6 & 7 and In Depth Sections
9: March 14	Ch 8: Nutrients Involved in Antioxidant Function and In Depth – Cancer
10: March 21	Ch 9: Nutrients Involved in Bone Health and In Depth – Osteoporosis Quiz 5 - Chapters 8 & 9 and In Depth Sections
March 28 Spring Break!	
11: April 4	Ch 10: Nutrients Involved in Energy Metabolism and Blood Health and In Depth - Dietary Supplements
12: April 11	Ch 11: Achieving and Maintaining a Healthful Body Weight and In Depth - Disordered Eating Quiz 6 - Chapters 10 and 11 and In Depth Sections
13: April 18	Ch 12: Nutrition and Physical Activity and In Depth – Do Active People Need Ergogenic Aids
14: April 25	Ch 13: Food Safety and Technology (not In Depth section, this will be in week 17) Quiz 7 – Chapters 12 and 13 and InDepth section for Ch 12
15: May 2	Ch 14: Nutrition Though the Life Cycle Part 1 and In Depth - The Fetal Environment
16: May 9	Ch 15: Nutrition Through the Life Cycle Part 2 and In Depth - Searching for the Fountain of Youth
17: May 16	In Depth Section from Ch 13 - Food Ethics: Sustainability, Equity and the New Food Movement
May 23 Finals Week	Quiz 8 - Chapters 14 & 15, and In Depth sections from Ch 13, 14, 15

* Holiday