



BIO 269 – 1

Nutrition

Semester: Winter, 2015
Days: Wed/Fri 4:00pm
Room: A2210

Number of credits: 3

Prerequisite:
BIO 133 or BIO 105

Instructor: Dr. Megan Hallam
Email: mhallam@ambrose.edu
Office: L2078
Office hours: By appointment

Course Description:

This course covers the basics of nutrition, the processing of carbohydrates, fats, and proteins, vitamins and minerals, as well as discussing energy balance, fasting, and weight control.

Expected Learning Outcomes:

It is the aim of the course that students acquire the following skills:

1. Identify the role of diet in health.
2. Understand macronutrients and micronutrients.
3. Evaluate diets and dietary fads.
4. Explain the relationship between diet and chronic disease.
5. Identify dietary needs of special populations.

Important Dates:

First day of classes: January 7, 2015
Registration revision period: January 18, 2015
Last day to request revised examination: March 2, 2015
Last day to withdraw from course: March 20, 2015
Last day to apply for time extension for coursework: March 30, 2015
Good Friday – no classes: April 3, 2015
April 10, 2015
Last day of classes:

Final Exam: April 15, 2015
Time: 9:00 AM – 12:00 PM
Room: A2210

Requirements:

Written portions of assignments should be completed using a word processor and be double spaced using Times New Roman, Arial or similar, in a 12-point font. For assignments which require a hard copy to be handed in, the student may choose whether to print the assignment single- or double-sided; assignments consisting of two or more pages must be **stapled** in the top left hand corner. Please include a cover page which includes the name of the assignment, student name, class, professor's name and date; an example will be provided on Moodle. Unless stated otherwise, all assignments are to be done using full sentences with proper spelling and grammar. Any spelling and/or grammatical errors will result in a 0.5 point deduction per unique error on the assignment.

Submission of Assignments:

All assignments must be handed in electronically using Moodle in .doc or .docx format and a hard copy should be handed in as well for the two Diet Analysis assignments. Moodle cannot accept Pages files from Mac computers. The PowerPoint Presentation used should be uploaded to Moodle by a group member before the beginning of class March 11.

Turnitin will be used for the Diet Analysis Assignments. This web-based tool will compare your work with numerous sources, including your fellow students, to check for plagiarism. Please ensure you are handing in your own original work and properly citing appropriate sources. A report will be provided to you on Moodle on the due date of the assignment.

Late assignments: For all written assignments, late assignments will be accepted until the beginning of class the following Wednesday. For each day an assignment is late 10% will be deducted from the grade earned on the assignment. Late assignments should be uploaded to Moodle and an e-mail should be sent to the professor to indicate the assignment has been uploaded.

Attendance:

While attendance is not mandatory it is strongly encouraged as test questions will be taken both from the textbook and additional notes provided in class. Lectures will be posted prior to class but may not be complete.

Evaluation:

<u>Assignment/Exam</u>	<u>Due Date</u>	<u>Value</u>
Diet Analysis	Jan 30	15%
Midterm	Feb 25	20%
Convenience Foods Presentation	Mar 11	15%
Diet Analysis Revisited	Apr 1	20%
Final Exam	Apr 15	30%

Grade Summary:

The available letters for course grades are as follows:

<u>Letter Grade</u>	<u>Percentage</u>	<u>Description</u>
A+	97-100%	Excellent
A	93-96%	
A-	89-93%	
B+	83-89%	Good
B	77-82%	
B-	70-76%	

C+	67-69%	
C	63-66%	Satisfactory
C-	60-62%	
D+	54-59%	
D	50-53%	Minimal Pass
F	Below 50%	Failure

Textbook:

Nutrition Now 7th Edition by Judith E Brown combined with Diet Analysis Plus

Policies:

All students have received an Ambrose e-mail account upon registration. It is the student's responsibility to check this account regularly as the Ambrose email system will be the professor's instrument for notifying students of important matters (Cancelled class sessions, extensions, requested appointments, etc.) between class sessions. If students do not wish to use their Ambrose accounts, it is highly recommended that they forward all messages from the Ambrose account to the other account.

During the **Registration Revision Period** students may to enter a course without permission, change the designation of any class from credit to audit and /or voluntary withdraw from a course without financial or academic penalty. These courses will not appear on the student's transcript. Courses should be added or dropped on the student portal by the deadline date, please consult the List of Important Dates. After that date, the original status remains and the student is responsible for related fees.

Students intending to withdraw from a course after the Registration Revision Period must apply to the Office of the Registrar by submitting a Request to Withdraw from a Course by the **Withdrawal Deadline**, please consult the List of Important Dates. Withdrawal from courses after the Registration Revision period will not be eligible for tuition refund. A grade of "W" will appear on the student's transcript.

Students wishing to withdraw from a course, but who fail to do so by the applicable date, will receive the grade earned in accordance with the course syllabus. A student obliged to withdraw from a course after the Withdrawal Deadline because of health or other reasons may apply to the Registrar for special consideration.

Students, who find a conflict in their exam schedule must submit a **Revised Examination** Request form to the Registrar's Office by the deadline date, please consult the List of Important Dates. Requests will be considered for the following reasons only: 1) the scheduled final examination slot conflicts with another exam; 2) three final exams within three consecutive exam time blocks; 3) the scheduled final exam slot conflicts with an exam at another institution; 4) extenuating circumstances. Travel is not considered a valid excuse for re-scheduling or missing a final exam.

Electronic Etiquette

Students are expected to treat their instructor, guest speakers, and fellow students with respect. It is disruptive to the learning goals of a course or seminar and disrespectful to fellow students and the instructor to engage in electronically-enabled activities unrelated to the class during a class session. Please turn off all cell phones and other electronic devices during class. Laptops should be used for class-related purposes only. Please do not use iPods, MP3 players, or headphones. Do not text, read, or send personal emails, go on Facebook or other social networks, search the internet, or play computer games during class. The professor has the right to disallow the student to use a laptop in future lectures and/or to ask a student to withdraw from the session if s/he does not comply with this policy. Repeat offenders will be directed to the Dean. If you are expecting communication due to an emergency, please speak with the professor before the class begins.

Academic Policies

It is the responsibility of all students to become familiar with and adhere to academic policies as stated in the Academic Calendar. Personal information, that is information about an individual that may be used to identify that individual, may be collected as a requirement as part of taking this class. Any information collected will only be used and disclosed for the purpose for which the collection was intended. For further information contact the Privacy Compliance Officer at privacy@ambrose.edu.

Extensions

Although extensions to coursework in the semester are at the discretion of the instructor, students may not turn in coursework for evaluation after the last day of the scheduled final examination period unless they have received permission for a "**Course Extension**" from the Registrar's Office. Requests for course extensions or alternative examination time must be submitted to the Registrar's Office by the deadline date, please consult the List of Important Dates. Course extensions are only granted for serious issues that arise "due to circumstances beyond the student's control".

Appeal of Grade

An appeal for change of grade on any course work must be made to the course instructor within one week of receiving notification of the grade. An appeal for change of final grade must be submitted to the Office of the Registrar in writing within 30 days of receiving notification of the final grade, providing the basis for appeal. A review fee of \$50.00 must accompany the appeal to review final grades. If the appeal is sustained, the fee will be refunded.

Academic Integrity

We are committed to fostering personal integrity and will not overlook breaches of integrity such as plagiarism and cheating. Academic dishonesty is taken seriously at Ambrose University College as it undermines our academic standards and affects the integrity of each member of our learning community. Any attempt to obtain credit for academic work through fraudulent, deceptive, or dishonest means is academic dishonesty. Plagiarism involves presenting someone else's ideas, words, or work as one's own. Plagiarism is fraud and theft, but plagiarism can also occur by accident when a student fails or forgets to give credit to another person's ideas or words. Plagiarism and cheating can result in a failing grade for an assignment, for the course, or immediate dismissal from the university college. Students are expected to be familiar with the policies in the current Academic Calendar that deal with plagiarism, cheating, and the penalties and procedures for dealing with these matters. All cases of academic dishonesty are reported to the Academic Dean and become part of the student's permanent record.

Students are strongly advised to retain this syllabus for their records.

Other

Any added features in the syllabus are optional. You may or may not wish to include elements such as a bibliography, reading list, schedule of lectures/topics, or reporting form.

Lecture Outline

Date	Chapter	Micronutrient
Jan 7	Units 1 & 2	Sodium
Jan 9	Unit 3	Vitamin E
Jan 14	Units 4, 5, 6	Potassium
Jan 16	Units 7 & 8	Vitamin D
Jan 21	Units 9 & 10	Vitamin A
Jan 23	Unit 11, parts of Units 20 & 23	Folate
Jan 28	Units 12 & 13	B Vitamins
Jan 30	Units 15 & 16	Vitamin C
Feb 4	Unit 18	Iron
Feb 6	Units 19 & 14	Fluoride
Feb 11	Unit 21	Zinc
Feb 13	Review	Biotin
Feb 25	Midterm	-
Feb 27	Unit 22	Copper
Mar 4	Unit 17	Selenium
Mar 6	Units 24 & 25	Manganese
Mar 11	Presentations	-
Mar 13	Presentations	-

Mar 18	Unit 26	Choline
Mar 20	Unit 27	Molybdenum
Mar 25	Unit 28	Chromium
Mar 27	Unit 29	Vitamin K
Apr 1	Units 30 & 31	Calcium/Phosphorus/Magnesium
Apr 8	Units 32 & 33	Iodine
Apr 10	Review	-
