



I. **BIO 320 Human Nutrition – Winter Term 2021**
November 29-January 14
Ferrum College
Program: Biology School: Arts and Sciences

I. **Instructor:** **Instructor Name:** David Park
Office: No office on campus, asynchronous
Email: dpark@ferrum.edu

Office Hours: Will be conducted virtually. Please schedule a zoom teleconference meeting with me via email ahead of time if you rather meet virtually.

II. **Class Meeting Time and communication:** All online asynchronous, not scheduled meeting times.

The best way to contact me is by email Responses will typically occur within 24 hours during the week. Emails on Friday may not receive a response until Monday. Emails sent over a holiday or break can expect a response the first business day after returning to classes. Please see Classroom Basics for more information on communication etiquette, which must be followed. **PLEASE INCLUDE A GREETING, YOUR COURSE NUMBER AND SECTION, A SIGNATURE, AND WRITE IN COMPLETE SENTENCES WITH PROPER GRAMMER AND SPELLING IN ORDER TO RECEIVE A RESPONSE.** Any official communication must occur through your Ferrum email address.

All major course announcements, changes, updates, and other important information will be conveyed through the “News” or the announcements page on BrightSpace. Students are expected to check there daily AND all new announcements will be forward to all students automatically from BrightSpace.

All assignments on BrightSpace will be automatically displayed on the calendar. I use powerpoint recordings (video and audio) to deliver lectures asynchronously. Office hours on the other hand are done in a synchronous manner and at specific times usually through zoom.

Due to the unpredictability of the situation involving COVID precautions, this class may transform into a completely virtual class at any time during this semester. Please be sure to keep up with all news from the BrightSpace page

III. **Introduction the Online Format**

This online course will be a bit different than what you are normally use to. The lectures will be delivered asynchronously, which means pre-recorded and uploaded on canvas for your use. Activities, projects, exams, and homework will be delivered through the

Access to a personal computer and internet are required for this online course. Please note that access to on-campus computers and internet may be limited due to COVID. Students should plan to have access to a computer and internet outside of campus. Though there is no scheduled lecture, you

must keep up with the material on a weekly basis (avoiding waiting till last minute to go over all lectures).

This course may require proctored testing. A student may request an alternative proctoring method, but the student will be responsible for any additional fees associated with the alternative method.

- IV. Required:** Computer with audio and video recording capability. Internet access will be required for assignments in the class.

MasteringNutrition with MyDietAnalysis WITH Pearson EText, *The Science of Nutrition*. Can be purchased on the Pearson Mastering website.

The course code: park66777

As this is modified mastering, you will have access to all the Pearson content through the free trial period (14 days after you register). You MUST purchase the access by the last day of the period. Failure to do this will lock you out until you can pay for the access.

Optional: Physical Textbooks and Materials: *The Science of Nutrition* 5th ed. by Thompson, Manore, & Vaughan with (MUST INCLUDE MASTERING ACCESS)
ISBN-13: 978-0135210925

V. Catalog Course Description:

Emphasis on the biochemical and physiological functions and metabolism of nutrients in the study of normal nutrition. Biochemical structure of nutrients, energy transformation, and nutrient metabolism of major organ systems are discussed. Adequacy of diets for the life cycle and preventive nutrition related health issues will be presented. Prerequisite: BIO 111
Three hours, three credits.



VI. Purpose/Rationale for this Course:

This course is an important upper-level elective for students interested in any of the health professions to prepare them for understanding the linkage between health and nutrition. The course also fills a requirement for the HHP major while providing a solid foundation for future health/PE teachers.

VII. Instructional Methodology and Use of Technology

Because this course will be delivered in a online fashion, **please understand that you will need to have internet connection to be able to engage effectively in the course.** Multiple instructional approaches/strategies will be employed including, but not limited to: lecture, class discussions/discussion board, quizzes, online homeworks, and exams.

VIII. College and Course Outcomes

After successful completion of this course students will be able to:

1. Identify and define the six (6) nutrient groups, including all essential nutrients, determine how each is acquired from the recommended dietary intake, and describe the functional role of each essential nutrient in the normal healthy human body.

2. Identify all major digestive organs and accessory structures and explain the mechanisms of action of the primary digestive organs and the accessory digestive structures.
3. Interpret current peer reviewed literature and apply the information to understand the relationship between nutrition and a particular condition, disease, or disorder.

By successfully achieving these course outcomes students will meet the following college-wide and program student learning outcomes:

College-wide Student Learning Outcomes MERGEFIELD College_Wide_Student_Learning_Outcomes

Students will demonstrate competency in quantitative skills and reading

- Course Goal - Students will interpret peer reviewed literature and apply the information to understand the relationship between nutrition and a particular condition, disease, or disorder.
 - The instructional strategies used to support this goal will be lecture, discussion, and personal research.
 - Assessment of this goal will include exams, quizzes, and online homework assignments

Students will think critically and solve problems through analysis, evaluation, inference, induction, and deduction

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Other Student Learning Outcomes

Students will demonstrate a depth of knowledge, capability and ethical reasoning in a chosen field.

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 - The instructional strategies used to support this goal will be lecture, discussion, quizzes, online homework, and assigned reading.
 - Assessment of this goal will include performance on exams.
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 - The instructional strategies used to support this goal will be lecture, discussion, quizzes, online homework, and assigned reading.
 - Assessment of this goal will include performance on exams.



Late assignments will not be accepted UNLESS for specific circumstances that are at the discretion of the instructor.

Points	Date	Assignment
125	Throughout the semester	Quizzes, 5 total, (25 points each)
300	Throughout the semester	Online Homework 6 total (50 points each)
210	Throughout the semester	Discussion worksheets/activities (30 points each, 7 total)
200	TBA	Exam 1
200	TBA	Exam 2
1035 points Total		

Description of Course Assignments

MANDATORY READINGS AND QUIZZES: You will be required complete an agreement quiz that will cover the syllabus COVID-19 statement. Failure to do these may result in removal from the class.

Online Homework: These will be available on PearsonMastering; **open Monday morning of the week it is due and must be completed at 11:59 pm on the Saturday of that same week.** These activities will be comprehensive and will require both lecture notes AND your etext to answer. Material will cover the lecture material from that same week it is assigned and the assigned chapter reading. Questions will be a mix of short answer and multiple choice. **You must register on the PearsonMastering website to access assignment.**

Discussion Worksheets/activities: will be given during the week and will focus on the assigned week's material. These will be found on the course website

Quizzes: Quizzes will be due **at 11:59 pm on the Saturday of the week it is assigned**

Exams: Exams 1 and 2 will be on the chapters specified on the schedule. Exam 2 will be the "final exam" and will not be cumulative. Exams will be given online and open book. These exams will be very comprehensive. Much of the exam will be short answer and delivered in parts. **Exams will be timed generously and must be completed by the assigned day/time. IMPORTANT: exam extensions will not be granted for computer OR internet issues** (campus-wide outages will be accommodated as the college will notify me directly of such an issue). It is your responsibility to make sure you have a stable internet connection and working computer.

IMPORTANT: Corrupted assignments will NOT count as submissions and will be counted as non-submissions and will be penalized as such! You are responsible for uploading working assignments

Evaluation and Grading Evaluation Scale

Points Earned	Percentage Earned	Letter Grade
900 and above	90% and above	A
800-899	80 – 89%	B
700-799	70 – 79%	C

600-699	60 – 69%	D
Less than 600	Less than 60%	F



You will have one week after the assignment is graded to contest the given grade. After a week, no changes will be made to the grade. All grade discrepancies must be corrected by reading day at 12pm. Corrupted files will not be accepted and be graded as zero.

X. Attendance Policy:

Attendance is expected for all classes, even in the online environment. Excused absences should be reported to the instructor. College policy is that students must attend at least 75% of all class meetings to pass the course.

If extenuating circumstances arise, please contact the instructor to discuss your options for continuing in the course. Evidence/documentation of these supporting these circumstances will be required and approved by the instructor.

In the event that weather or other conditions prevent classes from meeting on campus, faculty may choose to hold class online and issue alternative assignments electronically. Students should consult Brightspace and/or their college e-mails regarding adjustments to assignments and course schedules.

XI. Academic Integrity:

In all instances, policies identified in the Ferrum College Catalog and the Ferrum College Student and Faculty Handbooks regarding the Honor System shall be followed. Students are always expected to display academic integrity and in all circumstances. This includes both online and the in class setting. I am a stringent believer in the highest level of integrity and personal responsibility. Any assignment, exam, or project in the class will follow all academic integrity rules of Ferrum College.

Academic integrity violations are any type of cheating that occurs in relation to an academic exercise. For any assignment that is given to you, This includes:

Cheating: Any attempt to give or obtain assistance in a format academic exercise without proper acknowledgement or where it is not allowed.

Plagiarism: The adoption or reproduction of ideas, words, or statements of another individual without their approval or acknowledgement

Fabrication: The falsification of data, information, or citations of any academic exercise conducted.

Deception: Providing false information to the instructor or excuse involving any formal academic exercise. Documentation for absences must follow the rules outlined in the attendance policies section of the syllabus.

Sabotage: Acting to prevent your fellow peers from being able to complete their work.

This is a zero-tolerance policy with regard to violations of the honor code for work produced, exams taken or the use of personal possessions of others. Violation of academic integrity in this class will result in a report to the Honor Board and can possibly result in suspension or expulsion from the college. Anything less than complete respect for each other or the instructor will be dealt with by the appropriate Ferrum Boards.

XIII. Office of Academic Accessibility (OAA):

Office of Academic Accessibility (OAA) Information for Students with Disability Documented

As directed by Ferrum College's policy, any student with a disability who qualifies for and chooses to seek academic accommodations (such as testing, captioning, or other services) must request accommodations through the Office of Academic Accessibility. The director can be reached by email at nbeach@ferrum.edu and information is available at www.ferrum.edu/accessibility. Students pursuing academic accommodations must submit appropriate documentation to the director of OAA and follow Ferrum College's OAA established procedures in a timely manner. If you believe you are not receiving the accommodations needed, your responsibility is to immediately contact the director by email, explain your concern to the degree you feel comfortable explaining it in writing, and request an appointment. Remember that accommodations cannot be granted retroactively; they must be requested in a timely manner before the accommodation is needed.

XIV. Civility in the Classroom Policy:

Civil behavior and mutual respect between faculty and students are critical in the college classroom environment if teaching, learning, critical thinking, and sharing of ideas are to occur. Respectful and civil behavior at a very basic level includes the following: turning off cell phones; arriving to class on time; engaging appropriately in classroom activities, lecture, or discussion through attentive listening without interruption or side chats; and demonstrating the ability to discuss topics without inappropriate language or attacking others (physically or verbally). Students who do not comply with the Civility in the Classroom policy described in the Faculty Handbook and the Student Handbook may be removed from the academic setting and may risk serious consequences as outlined in the Civility policy.

Tentative Course Schedule

Date	Topic and Assignments Due	Chapters Covered (assigned chapter reading) and Assignments Due
Week 1	Class Intro The Science of Nutrition The Human Body: Are We Really What We Eat?	CH 1 and 3; Quiz 1; Pearson HW 1 Discussion Assignment 1 Due
Week 2	Carbohydrates: Plant-Derived Energy Nutrients	CH 4; Quiz 2; Pearson HW 2 Discussion Assignment 2 Due
Week 3	Lipids: Essential Energy-Supplying Nutrients	CH 5; Quiz 3; Pearson HW 3 Discussion Assignment 3 Due
Week 4	Proteins: Crucial Components of All Body Tissues	CH 6; Exam 1 Discussion Assignment 4 Due
Week 5	Metabolism: From Food to Life	CH 7; Quiz 4; Pearson HW 4 Discussion Assignment 5 Due
Week 6	Antioxidant Function and Vision Nutrients Involved in Bone Health, Blood Health, and Immunity	CH 10, 11, 12; Quiz 5; Pearson HW 5 Discussion Assignment 6 Due
Week 7	Achieving and Maintaining a Healthful Body Weight Nutrition and Physical Activity: Keys to Good Health	CH 13 and 14 Pearson HW 6 Exam 2 (CH 7, 10, 11, 12, 13, 14) Discussion Assignment 7 Due