



BIO 218: Introduction to Nutrition

Student Syllabus for the Adult Degree Programs

Course Description

This course is an introduction to the major types of nutrients needed by humans, their utilization by the body, the consequences of their deficiencies, and their sources. Nutritional principles are applied throughout the lifecycle.

Course Outcomes

Upon completion of this course, the learner will be able to:

1. Discuss the nutrients and how they contribute to a healthy diet.
2. Describe factors that impact our food choices and how these choices affect one's health.
3. Understand the process of digestion and absorption and the role of nutrients in physiology.
4. Apply basic nutrition concepts in order to evaluate one's own diet and body composition.
5. Identify nutrient needs throughout the lifecycles.

Course Text

Smith, A. M., & Collene, A. L. (2016). *Wardlaw's contemporary nutrition* (10th ed., updated with 2015-2020 dietary guidelines for Americans). McGraw-Hill.

ISBN-13: 978-1259918322

ISBN-10: 1259918327

Textbook Disclaimer

The textbooks for this course were chosen because their primary content directly relates to the objectives of this course. At times, there may be items or issues that are not presented from a proper Christian worldview. As such, the textbooks do not represent an endorsement by Geneva College or the relevant academic department at Geneva College.

Learning and Physical Disabilities Policy

Geneva College values diversity and inclusion and recognizes disabilities as an aspect of diversity. Our shared goal is to create learning environments that are accessible, equitable, and inclusive, ultimately leading to the success of our students in and beyond college. Therefore, Geneva College complies with the ADA as well as Section 504 of the Rehabilitation Act by affording reasonable accommodations to qualified students with disabilities. Any student with a disability who needs academic accommodations

should contact Geneva's Student Success Center (SSC) to arrange a confidential appointment with the Director of the SSC before or during the first week of classes. (Some accommodations may take time to put into place, so it is advised to request this appointment as early as possible.) Legally, no retroactive accommodations can be provided. Accommodations for disabilities are available only as recommended by the SSC. Students whose accommodations are approved will be provided confidential letters which students should review and discuss with their instructors in relation to course requirements. Students who have questions about their right to benefits or have grievances under these statutes should contact the Director of the SSC. For more details, visit the [Student Success Center website](#) or call 724-847-5005.

The Grading System in the ADP

The grading scale for the Adult Degree Program is A, B, C, D, and F. Geneva includes pluses (+) and minuses (-) in the determination of the grade point average (GPA). Grade points are assigned for each semester hour of credit earned according to the following system:

Letter Grade	Percentage	GPA	Explanation
A	93.00% - 100.00%	4.0	Excellent
A-	90.00% - 92.99%	3.7	
B+	87.00% - 89.99%	3.3	
B	83.00% - 86.99%	3.0	Good
B-	80.00% - 82.99%	2.7	
C+	77.00% - 79.99%	2.3	
C	73.00% - 76.99%	2.0	Satisfactory
C-	70.00% - 72.99%	1.7	
D+	67.00% - 69.99%	1.3	
D	63.00% - 66.99%	1.0	Less than Satisfactory
D-	60.00% - 62.99%	0.7	
F	< 60.00%	0.0	No Credit Given
WX, WP, WF			Withdrawal

Policy on Academic Honesty

Geneva College has adopted a campus wide policy on academic honesty; the main portions of which are summarized here. Students should become aware of the fuller policy found in Appendix A of the student handbook.

When an instructor has reason to believe that dishonest behavior has occurred, the parties involved should be confronted as soon as possible by the instructor and notification made to the Department of Professional and Online Graduate Studies (see Appendix A of the student handbook).

Sanctions may be levied on the student, which could range from an informal warning to expulsion, based on the seriousness of the student's offense (see Appendix A of the student handbook).

Students may appeal any disciplinary action by following the procedure laid out in the College's Policy on Academic Honesty (see Appendix A of the student handbook).

Students are encouraged to visit www.plagiarism.org in order to clarify what constitutes plagiarism as well as a number of other academic standards. This website also provides directives as to how to avoid committing this act and how to properly cite academic sources.

Turnitin Policy

Students agree that by taking this course all required papers may be subject to submission for textual similarity review to Turnitin.com for the detection of plagiarism. All submitted papers will be included as source documents in the Turnitin reference database solely for the purpose of detecting plagiarism of such papers. Students must agree to the End User License Agreement (EULA) for Turnitin. Use of the Turnitin service is subject to the Usage Policy and Privacy Pledge posted on Turnitin.com. Assignments that are not submitted through Turnitin will not be graded and will not receive credit.

Course Evaluation

Assignment	Points Breakdown	Points
Discussion Forums (8)	30 points each	240 points
Quizzes (4)	60 points each	240 points
Projects (4)	100 points each	400 points
Total		880 points

Assignment Descriptions

Discussion Forums

Class participation is monitored by postings and responses in the discussion forum. Typically, class participation is composed of two parts:

- a. Part 1 – Requires you to go to your discussion forum and post a response to a question or prompt that is written in your syllabus by 11:55 pm (EST) Wednesday of your scheduled session week. Your instructor will generally respond to your post within 24 hours. Depending on the nature of the assignment, the instructor may have a follow up question for you, ask you for clarification or further details, or direct your conversation to someone else for rebuttal.
- b. Part 2 – Respond back to your instructor’s post. In addition, post a response to at least two of your fellow classmates’ postings, using 1 or 2 paragraphs. Your response should further the discussion (e.g., ask a question, provide further information or examples, or introduce a different opinion). In particular, one response to a classmate **MUST** be in the form of a question that seeks to further the conversation. Your question must be posed by 11:55 pm (EST) Friday of the scheduled session week so that your classmate has adequate time to answer it.

Likewise, if a question is posed to you by Friday night, you are also required to answer it.

Part 2 of these online activities (response to instructor, response to classmates’ questions of you, and responses to your classmates) must be completed by 11:55 pm (EST) Saturday of each session.

NOTE: How to earn full credit in discussion forums:

1. Become familiar with the discussion forum rubric, which is available to you in all of your Moodle classroom discussion forums.
2. Be thoughtful in your responses and incorporate examples from your personal and professional experiences and references to the course material (e.g., readings, lecture, videos, audio clips, scripture, etc.) when appropriate. Remember to cite all sources and references according to proper APA style.
3. Respond to the discussion contributions of at least 2 peers and be sure to adequately address all posts your instructor may pose to you throughout the week. This level of participation is **REQUIRED** as the minimum in all discussion forums (see the rubric for more detail).

Your posting and responses will be graded by your instructor. For a detailed description of your responsibility in discussion forum postings, please see the “Interacting in the Online Environment” section in the ADP Student Handbook.

Quizzes

During this course, there will be four quizzes that cover the essential elements of the text. These quizzes will consist of multiple choice questions.

- Session 1 – Students will take an online quiz on Chapters 1-2 of the text
- Session 3 – Students will take an online quiz on Chapters 5-6 of the text
- Session 5 – Students will take an online quiz on Chapters 8-9 of the text

- Session 7 – Students will take an online quiz on Chapters 14-15 of the text

Students will be allowed to consult their text and notes when taking online quizzes. However, quizzes will be timed, and students will need to have a working knowledge of the material before taking the quiz. There will simply not be enough time to “look up” every question in your text.

If a student does not take the quiz by Saturday at 11:55 pm (EST) of the designated session week, they will not have an opportunity to make it up.

Projects

During this course, you will complete four projects that are designed to help you apply the various course concepts to your own life and nutritional needs and habits.

- Session 2 – Project 1 (utilize the “Project 1 Daily Food Log Template” found in the Project 1 activity in your Moodle classroom)
- Session 4 – Project 2 (utilize the “Project 2 Intake Records Template” found in the Project 2 activity in your Moodle classroom)
- Session 6 – Project 3 (utilize the “Project 3 Template” found in the Project 3 activity in your Moodle classroom)
- Session 8 – Project 4 (utilize the “Project 4 Template” found in the Project 4 activity in your Moodle classroom)

Each of these assignments will be graded on content, style, and timeliness. They should adhere to all directions and/or page length requirements and typical APA style and formatting (double spacing, proper APA citations, etc.) when appropriate.

These assignments are due by 11:55 pm (EST) Saturday of the designated session week.

Professional Skills in Your Online Courses

All courses in your Geneva College Online program will provide you with an opportunity to develop valuable skills that can positively influence your professional and career development. Each course at Geneva provides numerous opportunities to develop skills employers desire in their employees and job candidates in areas including, but not limited to, written communication, research, critical thinking, and decision-making. However, targeted skill sets are also developed through the learning in particular courses.

After successful completion of this course, you will be able to add these particular skills to your bank of professional assets:

Problem Solving Skills

$$\sum_{i=1}^n i = \frac{n(n+1)}{2}$$

Ability to identify and define problems and solutions

Research Skills



Skillful in compiling, organizing, and using data to enhance planning and effectiveness

Synthesize/Integrate



Adept at forming structures, patterns, and connections from information, ideas, and images