



## BIO 218: Introduction to Nutrition

### Student Syllabus for the Adult Degree Programs

#### Course Description

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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

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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

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Smith, A. M., & Collene, A. L. (2016). *Wardlaw's contemporary nutrition* (10<sup>th</sup> 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.

#### Archiving of Online Courses

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In order to provide the best service and to eliminate bandwidth bottlenecks, online courses will be removed from Moodle according to a scheduled archiving process. Students will have access in Moodle to courses taken during the current academic year and one previous academic year. Once a course is removed from Moodle, students will no longer have access to their coursework for the archived course. In preparation for the archiving of online courses, students are advised to save copies of their papers

and other important coursework offline on a personal computer or other file storage location. Geneva College is not responsible for student files once a course has been archived offline.

## Learning and Physical Disabilities Policy

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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. For more details, visit the [Student Success Center website](#), call 724-847-5005, or stop by the SSC office. The SSC is located on the second floor of the Student Center. Students who have questions about their right to benefits or have grievances under these statutes should contact the Director of the SSC.

## The Grading System in the Adult Degree Program

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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

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Because honesty is expected in all college relationships, any form of cheating on exams or any plagiarism in formal written work is punishable by failure in the course. Repeated violations may result in expulsion from the college. Please read the Academic Integrity Guidelines in Appendix A of the ADP Student Handbook.

Students may appeal any disciplinary action by following the procedure laid out in the Academic Integrity Guidelines in the ADP Student Handbook.

Students are encouraged to visit [www.plagiarism.org](http://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

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Students agree that by taking this course all required papers may be subject to submission for textual similarity review to [Turnitin.com](http://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.

## Participation Policy

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In the online environment, **participation is marked by the completion of an academic event in each session (week) of the course.** Academic events include, but are not limited to, submission of a class assignment, participation in class discussion forum, or completion of a quiz/exam.

**If no academic event is completed within the first session (Week 1) of a course, the student will be administratively withdrawn from the course.** Beyond the first session, if no academic event is completed for a class session, the student will be considered as having not participated in that week of class, which in some cases may result in zeros on the missed assignments and a half-letter grade deduction from the student's final course grade.

**If a student does not complete an academic event for two consecutive sessions, the student will either be administratively withdrawn from the course or will receive a final course grade of F,** depending on how much of the course has transpired at the time of the second week of

nonparticipation. For more details, please review Geneva's Student Handbook ([Undergraduate](#) and [Graduate](#)).

## Academic Grievance Policy

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For grievances related to grading and other course academic policies, the student should follow the published Grievance and Appeal Process in the ADP Student Handbook.

## Course Evaluation

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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

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### *Discussion Forums*

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

- 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.
- 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 answer in your text and materials.

If a student does not take a 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