



SEMESTER

Life and Natural Sciences Department School of Science, Technology, Engineering, and Mathematics

Program Name: Biology
Course Name: The Science of Nutrition
Course Number: BIO125 **Section:** XXX
Credits: 3 (Lecture 3)
Instructor Name:
Office Location:
Office Hours:
Owens CC Email:
Phone:
Additional Contact:

CATALOG DESCRIPTION:

This course is an introductory nutrition course for non-science and non-health majors. The functions of the nutrients and their role in the human body will be discussed. Weight control, fad diets, and eating disorders are explored along with issues concerning nutrition and sports. The essentials of healthy lifestyles throughout the life cycle and the role of nutrition in the prevention of disease are emphasized throughout the course.

COREQUISITES: None

PREREQUISITES: None

TEXTBOOKS and MATERIALS:

Williams' Nutrition for Health, Fitness and Sport, 13th Edition. Rawson, Eric S., et al., McGraw-Hill Publishers, 2024.

Course Outcomes

1. Present introductory information on where dietary nutrients are found in foods and supplements.

2. Identify and explain effects of ingesting dietary nutrients throughout the lifecycle.
3. Compare the effects of activity on metabolism of different dietary nutrients and the use of ergogenic aids and supplements on health.
4. Present the importance of knowledgeable food choices for maintaining health, activity, and to positively impact dietary intake, particularly related to the North American Diet.

General Information

For information on FERPA, Cheating and Plagiarism, Assessment of Student Learning Outcomes and Student Code of Conduct, please refer to the appropriate section of the current Owens Community College Catalog.

Learning Outcomes

The student should be able to:

1. Describe how food choices throughout life impact the human body.
2. Identify the essential nutrients, define their functions and describe their role in the human body.
3. Identify the anatomy of the digestive tract, hormonal and excretory systems, as they relate to the digestion, absorption, and metabolism of the nutrients.
4. Define the importance of the vitamins, minerals, and electrolytes for the healthy human body.
5. Compare and contrast the various weight loss methods and fad diets promoted in today's society.
6. Describe the role of nutrition for fitness and sports including role of ergogenic aids and dietary supplements.
7. Describe the role of nutrition in health maintenance and possible prevention of major diseases such as cardiovascular disease, diabetes, and cancer.

Grading Procedure

<u>Evaluation</u>		<u>Teaching Methods</u>
Test #1	100 points	Lecture
Test #2	100 points	Online Tutorials
Test #3	100 points	Classroom discussions
Test #4 (Final Exam)	100 points	
SmartBook Chapter Modules (13)	130 points	
Quizzes (4)	100 points	
Nutrition Project	100 points	
Discussion Board Activities (4)	80 points (20 each)	

Total: **810 points**

Grading Scale

729 - 810 points (> 90%)	A
648 - 728 points (> 80%)	B
567 - 647 points (> 70%)	C
486 - 566 points (> 60%)	D
Less than 485 points	F

Specific Course Rules

1. Attendance at all class sessions is very important and participation is encouraged.
2. The nutrition project must be **typed, or word processed**. This assignment must be turned in by its respective due date. Penalty points (-25) will be deducted if the diet project is turned in past its due date, unless it has been reviewed previously by the instructor. Presentations will take place the last scheduled class day.

Devices

Phones and other electronic communicating devices must be in silent mode during class. Unauthorized use of a phone, e-watch or tablet is not permitted during an exam. Use of these devices could result in forfeiture of exam points. Phones cannot be substituted for calculators.

Student Responsibilities

- To discuss immediately with the instructor any questions regarding class procedure, assignments, or grades.
- To attend class regularly. A student who does not attend regularly may experience considerable difficulty. Regular attendance is essential in this class. If there is a need for you to be absent, it is your responsibility to learn of any announcements

concerning assignments or changes from the syllabus from a classmate. Get the name and phone number of a “buddy” now, so that you can keep one another informed.

- No eating or drinking permitted in the classroom, as per the policy stated in the college catalogue.
- You are expected to follow all instructions given with respect to the care and operations of the equipment in the classroom.

Tentative Calendar

Week	Date	Topic	Chapter
1	DATE	Syllabus; Introduction to Nutrition/My Plate	1
2	DATE	Quiz 1; Designing a Healthful Diet	2
3	DATE	Discussion Board Activity; Human Energy	3
4	DATE	Human Energy; Review TEST #1	
5	DATE	Carbohydrates	4
6	DATE	Quiz 2; Lipids	5
7	DATE	Protein; Review	6
8	DATE	TEST #2; Discussion Board Activity	
9	DATE	Vitamins and Minerals	7 & 8
10	DATE	Quiz 3; Water & Electrolytes	9
11	DATE	Body Weight & Composition	10
12	DATE	Review; TEST #3	
13	DATE	Discussion Board Activity; Weight Maintenance & Loss	11
14	DATE	Quiz 4; Gaining Lean Body Mass; Nutritional Supplements	12 & 13
15	DATE	Nutrition Project; Discussion Board Activity; Review	
16	DATE	PAPER DUE & Test #4	

GENERAL COLLEGE INFORMATION

Classroom Admittance

Owens Community College (OCC) classes (e.g. traditional, land-based, laboratory, hybrid, asynchronous online, synchronous online, etc.) shall only be attended by officially registered OCC students, instructor of record, guest lecturer or substitute instructor. Visitors are not permitted in the classroom and should not attend or participate in an online class session. See FERPA information at <http://www2.ed.gov/policy/gen/guid/fpco/ferpa/index.html>

Student Printing

For information on student printing solutions including page quotas, printing accounts, FAQs and other inquiries, contact the Help Desk at 567.661.7120 or

<https://www.owens.edu/studentprint/>

Disability Services

If you have a disability or acquire one, you may be entitled to receive individualized services and/or accommodations intended to assure you an equal opportunity to participate in and benefit from the program. To receive more information or to apply for services, contact the Office of Disability Services at 567-661-7007 or

<https://www.owens.edu/disability/>

Counseling Services

Counseling services are available at no charge to Owens CC students providing assistance with personal, educational, interpersonal, family, social, or psychological difficulties. If you feel you may benefit from this service, contact Counseling Services at 567.661.7168 or <https://www.owens.edu/counseling/students/>

Tutoring and Academic Assistance

Information on tutoring services, writing center and academic success centers is available at <https://www.owens.edu/successcenters/>

Safety

If you have concerns about your safety or the safety of others, contact the Department of Public Safety at 567-661-7575 or <https://www.owens.edu/dps/>

Anti-Discrimination and Harassment and Title IX/Sexual Misconduct

All students, faculty, and staff are expected to follow Owens Community College's Anti-Discrimination and Harassment Policy and the College's Title IX/Sexual Misconduct Procedures and Guidelines. The College strictly prohibits and will not tolerate harassment, discrimination, intimidation, or hostile/offensive working or learning environments.

If you are unfamiliar with the Anti-Discrimination and Harassment Policy, it can be found at: <https://www.owens.edu/trustees/procedures/proc3358-11-4-17.pdf>

If you are unfamiliar with the Title IX/Sexual Misconduct Procedures and Guidelines, it can be found at: <https://www.owens.edu/trustees/procedures/proc3358-11-4-17-titleIX.pdf>

Student Code of Conduct

All students are expected to follow Owens Community College's Student Code of Conduct. If you are unfamiliar with the code, review at

<https://cdn.owens.edu/conduct/code.pdf>

- Any student suspected of cheating or plagiarism will be dealt with in accordance with the standards set forth in the College Catalog.

- For information on FERPA and Assessment of Student Learning Outcomes, please refer to the appropriate section of the current Owens Community College Catalog online.
- All student athletes will be treated the same as all other students as per policies in the course syllabus and college's student handbook.

Religious Accommodations

A student seeking an accommodation for an absence permitted under Ohio's Testing Your Faith Act must provide the instructor with a **written email** notice with the specific dates for an absence, and must do so not later than fourteen (14) days after the first day of instruction. **Alternative accommodations are not retroactive, and no academic penalty will be imposed for an absence under the policy***. The request for an alternative accommodation will be kept confidential. Students with questions about a religious accommodation under Ohio's Testing your Faith Act may contact the College's Office of Academic Affairs: provost@owens.edu

- The policy may be found on the Owens website: [3358:11-2-63 Accommodation for a Student Absence for the Observance of Religious Beliefs and Practices Policy](#).

Health and Safety Information

Please note that while unlikely, there is a possibility courses might need to change the delivery method due to public health concerns. If this happens, the college will communicate any changes via email and/or other communication methods.

If you are not able to come to class because you are ill, please let me know as soon as possible. When possible, class materials will be available through Blackboard (or Zoom or ...). I will do my best to arrange for you to make up the work you missed, if practicable.

Currently, masks are allowed but not required on campus; however, this requirement may change depending on circumstances. If changes are made, you will be informed via email and/or other communication methods.

The instructor reserves the right to amend this syllabus as necessary and will communicate amendments to students in the course.