



Syllabus
BIO 127N – 3
Human Nutrition and Biology
(Online Only)
Spring 2023

Course Information

Course Title: Human Nutrition and Biology (Online Only)
Course Prefix/Number: BIO 127N – 3
Semester: Spring 2023 (01/17/2023 to 05/11/2023)
Class Days/Times: ONLINE
Credit Hours: 4

Instructor Information

Name: Casey Jones
E-mail: cjones@tocc.edu
Contact: Please contact me through Canvas rather than directly by email.

Course Description

Course Description: Principles of nutrition presented in the context of human biology. Includes chemistry, digestion, absorption, and metabolism of nutrients. Also includes biological and nutritional perspectives on various health issues such as cardiovascular disease, hypertension, cancer, diabetes, and osteoporosis. Lecture and lab are integrated in this class.

Student Learning Outcomes

1. Analyze and compare healthful diets using several sources including food labels, Nutrition Facts panel, USDA Food Patterns and digital analysis tools.
2. Explain how the human body digests, absorbs, and eliminates foods with each organ of the digestive tract.
3. Describe the functions of carbohydrates, lipids, and proteins in the body and the roles these macromolecules play in metabolism.
4. Identify functions of specific vitamins and minerals and how they act as electrolytes, antioxidants and essential nutrients in bone and blood material.
5. Explain changes in nutrient needs for fetal development based on physiologic changes in pregnant women during the course of a pregnancy. Identify nutrient requirements for lactation and explain nutrient needs during stages of infant growth.
6. Use the scientific method to investigate diet. Comprehensively collect accurate data, analyze evidence, and communicate findings.

Course Structure

This course is asynchronous and is a fully online course. Lecture material will include videos and open online resources. Students will post and read discussion comments with other students in the class, compose short essays, create group presentations and record dietary data to analyze and interpret. Live virtual meetings with the instructor may be available upon request for tutoring or clarification of course content. Read **Appendix A** below the syllabus for more information on **Plagiarism**.

Course Learning Materials and Textbook Information

The textbook is a cost free digital textbook available online at this link.

[Nutrition: Science and Everyday Application, v. 1.0, Authors:Alice Callahan, PhD, Heather Leonard, MEd, RDN, and Tamberly Powell, MS, RDN](https://openoregon.pressbooks.pub/nutritionscience/)
<https://openoregon.pressbooks.pub/nutritionscience/>

Courses Outline and Important Dates

BIO 127N – 2 Human Nutrition and Biology Course Outline				
Week	Topic	Assignments	Lab	Due Date
1	Unit 1 Diet	Discussion 1	<u>1</u>	1/22
2	Unit 2 Information Literacy	Discussion 2/ Essay 1	<u>2</u>	1/29
3	Unit 3 Molecules of Life	Discussion 3	<u>3</u>	2/5
4	Unit 4 Carbohydrates	Discussion 4/ Essay 2	<u>4</u>	2/12
5	Unit 4 Carbohydrates	Discussion 5	<u>5</u>	2/19
6	Unit 5 Lipids	Discussion 6	<u>6</u>	2/26
7	Unit 5 Lipids	Discussion 7/ Essay 3	<u>7</u>	3/5
8 Spring Break				
9	Unit 6 Protein	Discussion 8	<u>8</u>	3/19
10	Unit 6 Protein	Discussion 9/ Essay 4	<u>9</u>	3/26
11	Unit 7 Energy Balance	Discussion 10	<u>10</u>	4/2
12	Unit 7 Energy Balance	Discussion 11	<u>11</u>	4/9
13	Unit 8 Vitamins	Discussion 12/ Essay 5	<u>12</u>	4/16
14	Unit 9 Minerals	Discussion 13	<u>13</u>	4/23
15	Unit 10 Physical Activity	Discussion 14/ Essay 6	<u>14</u>	4/30
16	Unit 11 Lifespan nutrition	Discussion 15	<u>15</u>	5/7
17 FINAL EXAMS				5/11

Evaluations and Grading & Assignments:

90 and above is an A

80 - 89 is a B

70 - 79 is a C

60 - 69 is a D

Under 60 is Failing

Your grade will be determined by the following:

Item	Percent
Discussion/project	10
Essays	60
Labs	20
Final	10

DISCLAIMER: This syllabus is designed to evolve and change throughout the semester based on class progress and interests. You will be notified of any changes as they occur.

Apache Cultural Component

San Carlos Apache College is in the process of developing culturally relevant curriculum and coursework in Apache history, culture, and language. Student and community feedback will guide this process. All SCAC instructors will find ways to incorporate culturally relevant topics and materials into their courses as appropriate.

Policies and Expectations

Attendance Policy

You are expected to submit discussion posts and lab reports each week. These submissions will count for attendance in addition to being graded. Four unexcused absences may result in withdrawal and a “W” or “Y” will be recorded. You may request to be excused from class for religious observances and practices, for illness, for school or work-related travel or for personal or family emergencies. If you will be absent, please notify the instructor as soon as possible. (Revise as needed for the online environment.)

Academic Integrity:

Violations of scholastic ethics are considered serious offenses by San Carlos Apache College. Students may consult the SCAC Student Handbook sections on student code of conduct, on scholastic ethics and on the grade appeal procedure.

All work done for this class must be your own, or the original work of your group. While you may discuss assignments with other class members, written material must clearly be original. You may use work from books and other materials if it is properly cited.

Course Feedback:

All assignments will be graded and returned to the students promptly, typically within a week after the assignment is closed for handing in. Email and phone messages will be returned within two days. A student or the instructor may request a student conference at any time during the semester. Quarterly grade reports will be provided to each student, either in person, by email or via the electronic system of Canvas.

Incomplete Policy

Incomplete (I) grades are not awarded automatically. The student must request an "I" from the instructor who can choose to award an Incomplete only if all three of the following conditions are met:

1. The student must be in compliance with the attendance policy.
2. The student must have unavoidable circumstances that would prohibit the student from completing the course.
3. The student must have completed over 75% of the course requirements with at least a “C” grade.

Incompletes are not a substitute for incomplete work due to frequent absences or poor academic performance. Incomplete grades that are not made up by the end of the ninth week of the following semester will be automatically changed to an F if the agreed upon work, as stipulated on the written form signed by the instructor and the student when the I grade is awarded, is not completed.

Instructor Withdrawals

Students who have missed **four** consecutive submissions by the 45th day census report are assumed NOT to be participating in the class and may be withdrawn at the faculty member's discretion.

Student Withdrawals

Students may withdraw from class at any time during the first two thirds of the semester without instructor permission and without incurring any grade penalty. Please be sure to withdraw yourself by the withdrawal deadline found in Academic Calendar on SCAC website.

Special Withdrawals (Y) Grade

The "Y" grade is an administrative withdrawal given at the instructor's option when no other grade is deemed appropriate. Your instructor must file a form stating the specific rationale for awarding this grade. "Y" grades are discouraged since they often affect students negatively. Your instructor will not award a "Y" grade without a strong reason.

Equal Access Statement/Disability Accommodations

San Carlos Apache College seeks to provide reasonable accommodations for qualified individuals with disabilities. The College will comply with all applicable regulations, and guidelines with respect to providing reasonable accommodations as required to ensure an equal educational opportunity. This process includes self-identifying as a student with a disability, providing supporting documentation of their disability, and being approved for services through the Disability Resources Office (DRO). It is the student's responsibility to make known to their instructor(s) the student's specific needs within the context of each class in order to receive appropriate accommodations. We will work together in order to develop an accommodation plan specifically designed to meet the individual student's requirements.

For more information or to request academic accommodations, please contact: Anthony Osborn, TOCC Disabilities Resource Coordinator, aosborn@tocc.edu, or 520-383-0033 for additional information and assistance.

Title IX

San Carlos Apache College encourages each student to have the knowledge and skills to be an active bystander who intervenes when anyone is observed or being harassed or endangered by sexual violence. Sexual discrimination and sexual violence can undermine students' academic success and quality of life on campus and beyond. We encourage students who have

experienced or witnessed any form of sexual misconduct to talk about their experience and seek the support they need.

Conduct: Bias, Bullying, Discrimination and Harassment

San Carlos Apache College faculty and staff are dedicated to creating a safe and supportive campus environment as a core value. Harassment based on age, class, color, culture, disability and ability, ethnicity, gender, gender identity and expression, immigration status, marital status, political ideology, race, religion/spirituality, sex, sexual orientation, and tribal sovereign status will not be tolerated.

DISCLAIMER: This syllabus is designed to evolve and change throughout the semester based on class progress and interests. You will be notified of any changes as they occur.

Course Policies:

- 1) Students are expected to submit assignments each week. Assignments are posted on Mondays and are due by **Sunday at 11:59 PM** that week.
- 2) Students are expected to contact instructors prior to an absence of submission.
- 3) Unexcused late submissions will count against student **attendance** records.
- 4) Class participation is essential to student success. Students must **read textbook content, post discussion comments, and compose short essays** as stated on the course schedule.
- 5) Failure to submit an assignment results in a grade of zero (0).
- 6) No regular work will be accepted during or after finals week.

Make-up policy:

Late assignment submissions will be accepted if approved by the instructor. Grading will be delayed on late submissions. Late submissions must be accompanied by a message notifying the instructor of the assignment title in Canvas and the extenuating circumstances for the late submission.

I, _____, have read, understood and accept the conditions of the the syllabus above.

Date_____

See **Appendix A** on the next page ----->

Appendix A

Discussion Posts

Each week students will post commentary on a discussion topic. The topic will be related to the reading for the week. It is required that all written composition is unique. Narratives must never be copy and pasted. Pasting full sentences is plagiarism. Students will face disciplinary action for academic dishonesty for copying and pasting full sentences or narratives from any other author or textbook. In-text citations with paraphrasing that includes the author and year at the end of the sentence is acceptable but **pasting full sentences from other authors with quotations is not acceptable**. Students will often be required to read and post commentary about other students' commentary in the discussions. Students are required to post commentary that is appropriate and considerate of their fellow peers and classmates.

Essays

Short essays will take the place of multiple choice exams. Essays will cover a topic more broadly and will contain students' opinions. Essays will also reference other research but **full sentences must never be copied and pasted with quotation marks from other authors, websites, or books**. It is required that all written composition is unique. Narratives must never be copy and pasted. Pasting full sentences is plagiarism. Students will face disciplinary action for academic dishonesty for copying and pasting full sentences or narratives from any other author. In-text citations with paraphrasing that includes author and year at the end of the sentence is acceptable but pasting full sentences from other authors with quotations is not acceptable. Students will be required to answer a small set of follow up questions about each essay from the instructor to receive full credit for the essay after the essay is submitted.

Labs (Food Journals Diet Analysis)

Students will record every item that they eat, drink and consume for one day of each week, but students may omit any items that they wish to in order to refrain from disclosing items for personal reasons. Information from Food Journal Labs will remain confidential and will not be made available to other students. Students will be identifying nutrients, minerals, vitamins, fats, carbohydrates, proteins, quantities and patterns in their own diets using the Food Journals. Students may also use another person or subject other than themselves for these Food Journal Labs. Alternative subjects may be used if enough data may be collected from the alternative subject to complete the assignment at the discretion of the instructor.