

Biology 45 ONLINE

Introduction to Human Nutrition

WINTER 2018



INSTRUCTOR

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Write "BIO45 Online" in the subject

OFFICE HOURS

Tuesdays & Thursdays 4:15-5:15 pm

Virtual office hours on Canvas:

Fridays 8 – 10 am

During the week of final exams, office hours are by appointment only.

OFFICE LOCATION

SC 1210 (2nd floor of Building 2 of the Science Center). Use the phone outside the building door to call my extension (5576)

Welcome to Biology 45. My hope is you will be able to apply what you learn in this course to your professional and personal life. This class will undoubtedly affect how you think about food, diets and health. We often have complex relationships with food and may approach the topic of nutrition with trepidation and bias. I invite you to have an open mind as you explore this dynamic and powerful topic.

Cheers,

Anna

COURSE DESCRIPTION Biological function and chemical classification of nutrients. Effects of nutritional deficiencies and excesses. Recommended nutrient intakes and the role of diet in the development of chronic disease.

CANVAS: This course resides on the course management system called Canvas. It is accessible from MyPortal. The course becomes open to students starting on the Friday before the first day of the quarter.

DO THESE 3 TASKS IN THE FIRST FEW DAYS OF THE QUARTER....OR ELSE YOU WILL BE DROPPED!

You must log onto the course on Canvas and complete the following 3 tasks by **noon on Thursday** of the first week of the quarter:

1. Fill out a short questionnaire
2. Submit your first introductory post
3. Post a photo of yourself on your Canvas Profile.

⇒ **IMPORTANT:** *Students who have not completed all 3 tasks noon on Thursday of the first week of the quarter will be dropped from the course on Thursday.* Students who add the class have 3 days to do these tasks once they are registered

STUDENT LEARNING OBJECTIVES:

1. Evaluate a meal plan or a diet for meeting the criteria of a healthy diet.
2. Demonstrate a coherent understanding of the relationship between diet and the major chronic diseases.

PREREQUISITES: Biology 40 A, B and C (Human Anatomy and Physiology). **Advisory:** EWRT 1A or ESL5

REQUIRED TEXTBOOK: *Understanding Nutrition* by Whitney and Rolfes, 14th edition 2016. Diet Analysis Plus is not needed for this course – purchase textbook only. This textbook can be rented from the DeAnza bookstore.

COMMUNICATION

Your instructor communicates with you through weekly posts -- thoroughly read—DO NOT skim—these posts. **You are responsible for the information communicated.** Additionally, your instructor might have the need to communicate with you individually. Check your inbox regularly; check your SPAM folder. Don't miss any communiques. I respond to e-mails within 24 hours of receipt on Mon-Fri. 24-48 hours on the weekends.

GRADING PROCEDURE

Quizzes (3; 10 points each)*	30 points
2 midterm exams**	200 points
Diet Assignment	100 points
Participation	20 points
Final Exam	<u>100 points</u>
Total Possible Points	450 points

*4 quizzes are given. The lowest quiz score is

dropped from your cumulative score. **3 midterm exams are given. The lowest midterm exam score is dropped from your cumulative score.

Grading Scale A = 90 – 100 % B = 80 – 89.9 % C = 70 – 79.9 % D = 60 – 69.9 % F = <60%

✓ Be aware of the last day to drop with a "W". If you realize after this date that you are not getting the grade that you desire, please do not ask me to drop you. College procedures do not allow me to do so. Monitor your grade throughout the course so there are no surprises in the last weeks of the quarter.

ONLINE QUIZZES

4 Quizzes will be taken online. Each consists of 10 True/False and Multiple Choice questions. **Quiz 1** will cover the material from the Course Syllabus, research methods and nutrition assessment. **Quiz 2:** Carbohydrates and lipids. **Quiz 3:** Protein. **Quiz 4:** Energy balance, obesity and weight loss. *One quiz score is dropped, the lowest score.* Quizzes will be open from 6 am on Thursdays until 11:59 pm the following Saturday night on the weeks indicated on the schedule. You will have one opportunity to take the quiz and a maximum of 15 minutes.

EXAMS

- **Exams are taken in person, not online, on the DeAnza campus.** If you are unfamiliar with the DeAnza campus, there is a map of the campus on the DeAnza website. Give yourself extra time to find the classroom. **There are no make-up exams.** If you miss a midterm exam, that is the one that is dropped.
- Exam questions are taken from the Virtual Lectures, textbook, handouts and Online Discussions.
- Each of the midterm exams is 50 questions, worth 100 points, a mix of TF and multiple choice questions.
- You will need a long, narrow, GREEN Scantron for each midterm exam plus 2 for the Final Exam.
- Use the restroom before an exam begins. *Once you've begun an exam, you will not be allowed to go to the bathroom and return to finish the test.*
- Try not to come late for the exams. If you do, you will not be given extra time. No exams will be handed out after the first exam has been completed and returned.
- Cell phones cannot be used, even as a calculator, during an exam.
- An optional Exam Review Session will take place on the DeAnza campus 1 or 2 days before each exam. The days, times and locations will be posted on Canvas.

Is an Online Course really right for me?

Find out! Go to the Online Education Website and watch the video "Introduction to Online Learning"
<http://www.deanza.edu/online-ed/prospective/index.html>

Take the survey to assess your online readiness.

⇒ TAKE NOTE

There will be no extra credit points offered in this class

WHAT WILL BE ON EACH EXAM?

Exam 1 covers the topics: Introduction through (including) Digestion

Exam 2 covers the topics: Carbs, Diabetes, Metabolic Syndrome, Lipids, CVD, Cancer and Phytochemicals

Exam 3 covers the topics: Protein and Energy Metabolism

The Final Exam is NOT cumulative. It covers the topic Energy Balance through to the end of the course. It is 100 questions and worth 100 points. The final exam is divided into 2 parts:

- **Part 1** covers Energy Balance, Body Composition, Obesity and Weight Management. It is 35 questions. It is closed book. You will have 40 minutes to complete.
- **Part 2** covers Water, Vitamins, Minerals & Dietary Supplements. It is 65 questions. It is open notes. You may not use a laptop or your textbook. You will have 1 hour 20 minutes/the balance of 2 hours to complete

Both parts of the exam consist of true false and multiple choice questions.

You need 2 GREEN scantrons for the final exam.

WHEN AND WHERE ARE THE EXAMS?

Midterm Exams

You will have a choice of 2 times to take each of the 3 Midterm Exams on the dates listed:

Tuesday	2:30 – 3:20 pm	Room to be determined
	5:30 – 6:20 pm	Room MLC 103 (MLC = Media Learning Center)

Exam 1: Tuesday January 30

Exam 2: Thursday February 22

Exam 3: Tuesday March 6

Final Exam: Tuesday March 27

You have a choice of 2 times to take the final exam **1:45-3:45 pm** (room TBD) OR **6:15-8:15 pm MLC 103**

Contact your instructor if it is impossible (not simply inconvenient) for you to be on campus to take an exam. Some accommodations can be made.

THE DIET ASSIGNMENT

- This is a quarter-long assignment that is divided into 3 parts, beginning with your keeping a Food Record for 3 days and collecting labels/nutrition information about foods eaten out (Part 1), analyzing the foods on a nutrient analysis program and getting reports with data about your food intake (Part 2), and evaluating and assessing your diet (Part 3). Instructions for each part will be posted on Canvas.
- The assignment—all 3 parts—is turned in only once towards the end of the quarter, although Parts 1 and 2 are checked for completion during the quarter to encourage students to stay on task and not procrastinate. If you fail to get Parts 1 and 2 checked off by the deadline, you will lose 5 points for each part (so if you fail to get both parts checked off, you will lose 10 points from your final score; if you fail to get Part 1 OR Part 2, you will lose 5 points). **There are no “late” shows.** No exceptions.
- The Assignment must be turned in as a hard copy at the end of the quarter. (It can be mailed if coming to campus is a hardship. It cannot be submitted online).
- The assignment will be accepted late, but only up to 5 days after the due date. It will be marked down by 10% if it is turned in after the day/time that it is due. No assignments will be accepted after 5 days post due date. **ADVICE:** If getting an A in this class is your goal ***plan to finish the Diet Assignment by the due date.***
- This assignment is a big part of your grade. It requires a significant effort and time in order to do well.

PARTICIPATION: ONLINE DISCUSSIONS

For Weeks 2-10 of the quarter there will be 3 or more Discussion Topics. Posting counts towards points for "Participation". To earn the maximum of 20 Participation Points, students must:

- Submit a post on a minimum of 6 Discussions – but they must be in different weeks. If you post on 3 discussions in one week, that still counts as 1 post.
- Submit at least 6 replies, also on 6 different weeks. To count for participation, your reply must be on a different topic than the one you posted on. (You are welcome to reply on the same topic, but it won't count towards participation).
- Submit a post that is thorough (all questions answered), is on topic (not drifting off topic), does not repeat what previous students have written (when applicable), and is written at the level of a college paper.
- Submit a reply that adds to the discussion. A reply of "Yeah, I agree with you" does not qualify.
- Further instructions and guidelines will be found on Canvas.

YOUR'E INVITED! You are always welcome to sit in on the face-to-face section of Biology 45, any class. Sometimes hearing things you read in the textbook being explained by an instructor can make a difference between your getting it and being confused. This class meets Tuesdays and Thursdays 5:30-7:20 pm in MLC 103 (Media Learning Center building). Come anytime. You do not need to notify me that you will be sitting in.

✓ Know This!

- Sometimes the process of learning is frustrating and difficult. Oftentimes it is satisfying. Learning requires considerable effort and patience. With appropriate strategies, that effort brings you results: **mastering the material.**
- Student Success in this class requires TIME. Be prepared to spend 15 hours a week using and studying the course materials. Remember, you are not sitting in class for nearly 4 hours a week, which the students in the face-to-face class are, in addition to out-of-class time studying.
- **Time Management skills are essential for staying on top of the material in this course.** Evaluate your priorities. **Do not attempt to take this class if you are stretched too thin this quarter.** Be realistic as to what you can accomplish with what time and energy you have to give to this class. Countless students have reported to me – at the end of the quarter – "I didn't believe what you said at the beginning of the quarter, *but...you were right!*"

Learning takes TIME. There are no shortcuts to learning and mastering skills.

ACADEMIC DISHONESTY

Any student found to be cheating or taking part in any other form of academic dishonesty will receive no points or grade for what they cheated on. Some examples of academic dishonesty include:

- *Copying from someone else's test; allowing another student to copy from your paper during a test*
- *Communicating to another student during an exam, looking at another student's exam, looking at any written material other than the exam will all be presumed to be for the purpose of cheating*
- *Turning in another person's Diet Assignment (or any part of it), representing it as your own; Copying parts of the Diet Assignment from another person's work*
- *Having someone other than you take an exam*
- *Any form of plagiarism; Giving your academic work to another student to plagiarize*
- *Lying to an instructor or college official to improve your grade*

The Office of the Dean of Student Affairs & Activities maintains a record of students who have engaged in academic dishonesty. This information is used to identify and discipline students who have been reported for academic dishonesty more than once.

OTHER IMPORTANT INFORMATION

- If you need to receive an “A” or a “B” in this class, **plan to put the time and effort** into the class to help you to be successful. Do not wait until the end of the quarter to act if it becomes evident that you are not likely to earn the grade that you need or want.
- Check out the **Student Success Center** on campus. They offer free, drop-in, 1 hour workshops that can help you improve your testing taking skills, writing, and much, much more.
<http://www.deanza.fhda.edu/studentsuccess/>
- Read the “**Message to my Students**” on Canvas for tips on how to do well in this class. Read the **Biology/Chemistry Review** on Canvas, too. You should be comfortable with this material. If not, update your knowledge in those areas.
- The Biological and Health Sciences Division has a student handbook available at <http://bhs.deanza.edu/StudentHandbook.pdf> . You need to access this handbook as all material contained in the handbook is part of this green sheet and does apply to you as a student in this class. It contains a lot of useful information that will help you to do well in this and other classes.
- If you are or have ever battled an **eating disorder**, and this course/the diet assignment has the potential of setting you back in your recovery process, please feel free to discuss your situation with me. Some accommodations are possible.

FREQUENTLY ASKED QUESTIONS



Q. *How do I contact my instructor?*

A. The quickest way is to e-mail me: milleranna@fhda.edu. Write “Bio 45 online” in the subject.

Q. *What happens if I can't come to DeAnza on the days/at the times the exams are given?*

A. If the times conflict with your work schedule, first, see if you can adjust your schedule for those days only. If there is an impossibility of your coming to campus (not simply an inconvenience), then get in touch with your instructor right away. DeAnza does not have a testing center, but there *may* be other times you could take the exam on those same days or the day before.

Q. *What happens if I miss an exam?*

A. One midterm exam score is dropped (the lowest of the 3) so that will be the one that is dropped. If something unavoidable prevents you from taking a second exam, contact your instructor before the exam, or in the case of an emergency, as soon as possible after the exam.

Q. *Do I have to eat a healthy diet to do well in this class?*

A. No! Your grade in this class is not at all based on how well you eat! You do not have to change your eating habits while in this class. Many students, however, do find they make some changes in their food choices as a result of things they learn in Biology 45.

Q. *Can I use an earlier edition of the textbook?*

A. It is ideal to use the current edition. All of my page references correspond to this edition. It's possible to use an edition one earlier, but be aware that there are changes from edition to edition. Nutrition is an ever-changing subject. I'm sorry the textbook is very expensive, even used copies. The textbook is available for rent at the bookstore and there is a copy on reserve at the library.

Week	Date	Topic	Reading Assignments	Exams/Due Dates
1	Jan 8-14	Introduction Where do we get our information about nutrition? Research	VL #1 (Virtual Lecture, on Canvas) Textbook: p. 3-17, 26-28 ; HL 1*	
2	Jan 16-21	Nutrition Assessment Energy Calculations Dietary Assessment Digestion	VL #2 p. 22-26, p. 59 E1-7; E16-22** p. 8-10 ; 18-21, 37-50 Chapter 3, HL 3	
3	Jan 22-28	Carbohydrates	VL #3 Chapter 4 HL 4 p. 52-53	Quiz 1: Opens Thur 6 am Closes Sat 11:59 pm
4	Jan 29-Feb 4	Lipids	VL #4 Chapter 5, HL 5	TUESDAY EXAM 1 *** <i>Deadline for showing your instructor Part 1 of the diet assignment****</i>
5	Feb 5-11	Diet and Chronic Disease: Heart Disease Cancer and Phytochemicals Diabetes and Metabolic Syndrome	VL #5 p. 548-551; 589-597 p. 605-609, HL 13 p. 600-605; p.253; p. 595	
6	Feb. 12-18	Protein	VL #6 Chapter 6; p. 672-3; HL 2	Quiz 2: Opens Thur 6 am Closes Sat 11:59 pm
7	Feb 20-25	Energy Metabolism	VL #7 Chapter 7; C10-C14**	THURSDAY EXAM 2 *** <i>Deadline for showing your instructor Part 2 of the diet assignment****</i>
8	Feb.26-Mar 4	Energy Balance, Obesity, Weight Loss	VL #8 Chapter 8, 9 E14-16; F1-F2** HL 9	Quiz 3: Opens Thur 6 am Closes Sat 11:59 pm
9	Mar 5-11	Overview of Vitamins/Minerals Water, Sodium, hypertension, Calcium, Osteoporosis, Iron	VL #9 p. 301-304; 381-382 p. 408-409; HL 11 p. 371-379; p.387 (fig12.11) p. 382-386; p. 598-600; p. 388-393; HL 12 p. 410-418	TUESDAY EXAM 3 *** Quiz 4: Opens Thur 6 am Closes Sat 11:59 pm
10	Mar 12-18	Vitamins	VL #10 Chapter 10 & 11	Diet Assignment Due Thursday 7 pm
11	Mar 19-25	Dietary Supplements	VL #11 HL 10, 18, p. 60	Tuesday 7 pm: Last chance to turn in your Diet Assignment
12		Final Exam	Tues Mar 27	1:45-3:45 pm OR 6:15-8:15 pm

▪ *HL refers to "Highlight", the section that follows a chapter. HL 1 is the highlight after chapter 1

▪ **E refers to Appendix E, C refers to Appendix C; F refers to Appendix F

▪ *** See the section "Exams" on this course syllabus for the dates, times and locations

▪ **** Complete Instructions for the Diet Assignment can be found on Canvas