

Biology 45 ONLINE

Introduction to Human Nutrition

FALL 2019



INSTRUCTOR

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Write "BIO45" in the subject

FOLLOW ME ON INSTAGRAM:

"DeAnzaNutrition"

OFFICE HOURS

On Campus - Tue & Thu 4:15-5:15 pm

Virtual – on Zoom: Wed 8-10 am

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

OFFICE LOCATION

SC 1210 (2nd floor of Building 1 of the Science Center). Use the phone outside the building door to call my extension (5576) so I can open the outer door to let you in

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 on Friday before the first day of the quarter.

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] Post a photo of

yourself on your Canvas Profile [3] Submit an introductory post on a Canvas Discussion

⇒ **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. Students who add the class have 2 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, 15th edition 2016. This textbook can be rented from the DeAnza bookstore.

COMMUNICATION

Your instructor communicates with you through weekly Announcements. *Thoroughly* read all of them -- DO NOT skim them. **You are responsible for the information communicated.** Additionally, your instructor might have the need to communicate with you individually. Check your Canvas inbox and your e-mail SPAM folder regularly. Don't miss any communiques. **NOTE:** I respond to e-mails within 24 - 48 hours of receipt.

GRADING PROCEDURE

Orientation Quiz	15 points
Content Quizzes (3; 10 points each)*	30 points
2 midterm exams**	200 points
Diet Assignment	100 points
Participation	15 points
Final Exam	<u>100 points</u>
Total Possible Points	460 points

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.

*4 content quizzes are given. The lowest content 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+ = 97.0 – 100 %	B+ = 87.0 – 89.0 %	C+ = 77.0 – 79.0 %	D+ = 67.0 – 69.0 %	F = <59.1%
A = 93.0 – 96.9	B = 83.0 – 86.9	C = 69.1 – 76.9	D = 63.0 – 69.0	
A- = 89.1 – 92.9	B - = 79.1 – 82.9	No C- grades are given	D- = 59.1 – 62.9	

✓ 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.

⇒TAKE NOTE

There will be no extra credit points offered in this class

⇒If you need test taking accommodations or services due to a **disability**, please get in touch with me. A verification of your disability must be on file with the college. For information on learning disabilities call 408/864-8839. For information on other disabilities call 408/864-8753.

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 are:

- *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 or quiz*
- *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.

ORIENTATION QUIZ

This quiz will open the first day of the quarter (Monday) at 6 am and close the following Sunday night at 11:59 pm. It will consist of 15 True/False and Multiple choice questions, taken from the information found in the Orientation Module and the course syllabus. Students will have up to 90 minutes to take the quiz and one opportunity to take it. This quiz score cannot be dropped.

COURSE CONTENT QUIZZES

4 quizzes will be given on course content. Each consists of 10 True/False and Multiple Choice questions. The lowest of the 3 scores is dropped. Quizzes will be open for 3 days only. The start and end days vary – check the course schedule on the last page of this syllabus. You will have one opportunity to take the quiz and a maximum of 15 minutes. No extensions will be given if you neglect to take a quiz.

Quiz 1 will cover the topics: Information and research methods and nutrition assessment

Quiz 2: Carbohydrates and lipids **Quiz 3:** Protein **Quiz 4:** Energy balance, obesity and weight loss

EXAMS

- **Exams are taken in person, not online, on the DeAnza campus.**
- Each midterm exams is 50 questions, worth 100 points, a mix of True/False, Multiple Choice and short answer questions.
- **There are no make-up exams.** If you miss a midterm exam, that is the one that is dropped.
- You will need a long, narrow Scantron (any color) 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.
- Cell phones cannot be used, even as a calculator, during an exam.

OPTIONAL EXAM REVIEW SESSIONS

3 midterm exam review sessions will take place ONLINE (using Zoom). Participation is optional. Dates and times will be posted on Canvas.

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 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 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 to complete. Details about the notes you can use will be posted on Canvas.

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

You will need 2 scantrons for the final exam.

WHEN AND WHERE ARE THE EXAMS?

The 3 **Midterm Exams** take place on campus on the following dates:

Exam 1: Tuesday Oct 15

Exam 2: Tuesday Nov 5

Exam 3: Tuesday Nov 19

You will have a choice of 2 times to take the midterm exams:

3:00 – 3:50 pm OR 7:30 – 8:20 pm Room FOR (Forum) 3

The **Final Exam** is: **Tues Dec 10**

You will have a choice of 2 times to take the final exam **1:45-3:45 pm** (Room TBD) OR **6:15-8:15 pm Room KC115**

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). Detailed 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 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.***

PARTICIPATION: ONLINE DISCUSSIONS

For 4 weeks of the quarter there will be Discussions. During each of these weeks, there will be 3-5 discussion topics presented. Participating in discussions counts towards points for Participation. A **POST** is what is written in response to the discussion topic prompts. A **REPLY** is what is written in response to a classmate's POST. To earn the maximum of 15 points, students must:

- Submit a minimum of 3 POSTs – *but they must be in 3 different discussions, on 3 different weeks.* If you submit a POST on 3 discussions in the same week, that still counts as 1 POST.
- Submit a minimum of 4 REPLIES *on 4 different discussions, on 4 different weeks.* Additionally, to count for participation, *your reply must be on a different topic than the one you submitted a POST on.* (You are welcome to reply on the same topic, but it won't count towards participation). **Thus, you do not need to submit a POST in each week of the 4 weeks, but you do need submit a REPLY on a discussion in each of those 4 weeks.**
- Submit a POST that is thorough (all questions answered), is on topic (not drifting off topic), is written at the level of a college paper, and is in accordance to the discussion topic prompts.
- Submit a reply that *adds to the discussion* and meets the word count.

NOTE: Discussions are open for 10 days (Friday morning until Sunday night a week later). **Be aware of the deadlines to submit:** Friday night for a POST; Sunday night for a REPLY.

YOUR'E INVITED! You are always welcome to sit in on the face-to-face section of Biology 45, any class. Sometimes hearing things 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 KC115 (Kirsch Center building). Come anytime, for any portion of the class. 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 at least 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 devote 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.

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 earning the grade that you need or want. Read the **Strategies for Doing Well in Biology 45**, on Canvas.
- **Tom Nguyen** is the **Biology Division counselor**. He is a great resource available to you. His office is located in KC218. Phone: 408.864.8971. E-mail: nguyentom@fhda.edu
- 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**.
- Check out the **Student Success Center** on campus. In addition to tutoring and one-on-one help, 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 **Biology/Chemistry Review** on Canvas. You should be comfortable with this material. If not, update your knowledge in those areas at the beginning of the quarter.
- The DeAnza College **Food Pantry** is available to any DeAnza student who qualifies for assistance. To learn more about eligibility and logistics, go to: http://www.deanza.edu/outreach/food_pantry.html

FREQUENTLY ASKED QUESTIONS



Q. How do I contact my instructor?

A. The quickest way to get a reply from me is to e-mail: milleranna@fhda.edu. Write “**Bio 45 online**” in the subject. You can also message me on Canvas by clicking on Inbox on the Global Navigation Bar on the left.

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. You will be at a disadvantage if you use an older edition. It's possible to use an edition one earlier, but be aware that there are changes from edition to edition. Older editions than this are not acceptable. 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	Sept 23- Sept 29	Introduction Where do we get our information about nutrition? Research	VL #1 (Virtual Lecture, on Canvas) Textbook: p. 3-17; 25-26 ; HL 1*	
2	Sept 30 – Oct 6	Nutrition Assessment Energy Calculations Dietary Assessment Digestion	VL #2 p. 8-10; p. 21-24, p. 57; E1-3; E5-6; E13-14** 17-21, 35-39, 46-47, E3-5**, J 0-2	
3	Oct 7-13	Carbohydrates	VL #3 Chapter 4, HL4 p. 50-51	Quiz 1 Opens Tues 6 am Closes Thurs 11:59 pm
4	Oct 14-20	Lipids	VL #4 Chapter 5, HL 5	Tuesday: Exam 1 Deadline for showing your instructor Part 1 of the diet assignment****
5	Oct 21-27	Diet and Chronic Disease: Heart Disease Cancer and Phytochemicals Diabetes and Metabolic Syndrome	VL #5 p. 532-534; 572-578 p. 589-593, HL 13 p. 582-588; 576-577; p. 531-2; p. 247-248	Quiz 2 Opens Tues 6 am Closes Thur 11:59 pm
6	Oct 28-Nov 3	Protein	VL #6 Chapter 6; p. 652-653; HL 2	
7	Nov 4-10	Energy Metabolism	VL #7 Chapter 7; C10-C14**	Tuesday: Exam 2 <i>Deadline for showing your instructor Part 2 of the diet assignment****</i>
8	Nov 11-17	Energy Balance, Body Composition, Weight Management	VL #8 Chapter 8, 9 E11-13; F1-F2** HL 9	Quiz 3 Opens Mon 6 am Closes Wed 11:59 pm
9	Nov 18-24	Overview of Vitamins & Minerals Water Sodium & hypertension, Calcium & Osteoporosis Iron	VL #9 p. 293-296; 393-395; 369 HL 11 p. 359-368; 375 (fig 12.12) 370-373; 578-582 p. 375-380; HL12 p. 395-404	Tuesday: Exam 3
10	Nov 25- Dec 1	Vitamins	VL #10 Chapters 10 & 11	Tues Nov 26th 7 pm Assignment Due
11	Dec 2-8	Dietary Supplements	VL #11 HL 10, 18, p. 58	Quiz 4 Opens Tue 6 am Closes Thur 11:59 pm
12	Tues Dec. 10	Final Exam	1:45-3:45 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; J refers to Appendix J