

Macomb Community College
Fundamentals of Nutrition / BIOL 1400
Section (C0802) / TTh / 4:00 PM - 6:55 PM / Rm CR 278

Contact Information:

Instructor: Cliff Belleau, MS

Office Hours: T Th before class or by appointment

E-mail: belleauc@macomb.edu

Important Dates:

Last Date - Add/Refund = _____ // Last Date - Withdraw = _____

Catalog Description:

A study of the nature and role of human nutrition with emphasis on changing needs in life's cycle. The relationship between nutrition and health throughout life is explored. No lab.

Required Materials:

- 1) Visualizing Nutrition - Everyday Choices, Mary Grosvenor and Lori Smolin, Publisher Wiley, Second Edition
- 2) iProfile // Online nutritional data base license to user. Packaged with purchase of "new" book. An access code may be purchased separately at the bookstore.
- 3) Scantrons and a #2 pencil required for quizzes (7).

Other Learning Resources:

1) I have provided you with an on line student resources learning platform at www.mc3cb.com/nutrition. The syllabus, lecture schedule, my Power Point Lectures, useful hyper links, Home Work Assignments (e.g. videos and handouts), course updates, course outcomes, learning objectives, and other useful information will be posted on this Web site. This is a Web-enhanced course and you will want to access this Web site to complete the class. Please check this site for updates.

2) The publisher provides a suite of on-line resources. You may want to access this site for additional learning resources: virtual flashcards, quizzes, learning outcomes, and more. These resources are designed to help you master the course, however. These resources are meant to supplement and complement the material we cover in class. These resources are not designed to replace the need to learn the material presented in class.

Course Learning Outcomes

If the student can successfully complete this course, then the student will be able to:

1. Identify the six classes of nutrients and their relationship to health
2. Indicate function and requirements of carbohydrates, lipids, and proteins.
3. Identify the vitamins and mineral plus give the role these nutrients play in health.
4. List the major organs of digestion and give their function.
5. Understand the relationship between energy balance and weight control at different life cycles.
6. Identify proper storage and handling of food.
7. Understand the ecology of the world's food supply.

Course Assistance and Contact:

E-mail is the preferred way to contact me outside of class. However, it may take up to 24 hours for me to respond. When you send an email, please include BIOL 1400 in the subject line. Your concerns are important to me. You need to tell me about any problems that you are having with the course so we can resolve your problems ASAP! It is better to ask for help sooner than later to avoid falling behind the class.

Grading:

The Science Department requires all nutrition students to write a diet analysis term paper. In order to do this you will need to create a personal food log, use an on-line database to determine the nutrients in your diet, and to analyze the nutrients in your diet against your recommended Dietary Reference Intake values. This term paper will require a significant amount of time and effort. The term paper will account for 25% of your overall grade in this course.

Your overall grade will also be determined by seven quizzes covering the lecture material. We will also use the resources in the Computer Lab to complete five Nutrition Lab Exercises. These lab sessions are designed to help you master how to use iProfile (i.e. the nutritional database) and develop the skills necessary to collect the nutritional data and analyze the nutritional data.

Seven Quizzes (50 pts each) -----	300 points
Five Lab Assignments (20 pts each) -----	100 points
Diet Analysis paper -----	150 points
Total Points -----	600 points

Note: The Diet Analysis Paper is required. You can not pass this course without completing the assignment. If you do not complete the diet analysis paper then you will receive an "E" for your final grade.

A letter grades will be determined based on a standard scale determined by the biology department. (See next page)

GPA	Grade	Percentages
4.0	A	93 - 100%
3.7	A-	90 - 92%
3.3	B+	87 - 89.9%
3.0	B	83 - 86.9%
2.7	B-	80 - 82.9%
2.3	C+	77 - 79.9%
2.0	C	73 - 76.9%
1.7	C-	70 - 72.9%
1.3	D+	67 - 69.9%
1.0	D	63 - 66.9%
0.7	D-	60 - 62.9%
		< 60%

Enrollment:

It is your responsibility to make sure that you are properly registered; if you are not registered, you will not be allowed to remain in the classroom. It is also your responsibility to properly withdraw from the course if you decide to do so. Telling me that you are dropping the class is not how you withdraw from the course. If you stop coming to class but do not formally withdraw, you will receive zeros for every assignment that you miss, and you will most likely earn a failing grade.

Attendance:

You are expected to attend lectures. If you miss a class, it is your responsibility to obtain the lecture notes from a classmate and any other information presented during the lecture. Attendance will be taken at the start of class.

Tardiness / Leaving Early:

Be in class on time, and remain in class for the entire period. Coming into the classroom late and leaving early disrupts the class and is disrespectful to your fellow classmates. If you arrive late on an exam day, you will not receive any extra time to finish your exam. There are no make up exams!

Lecture Notes:

Notes and other course materials may be available on my Web site. The lecture notes are “works in progress” so they may be updated at any time. These notes are posted to help students who attend lecture, not as a replacement for coming to lecture! If you wish to print a copy of the lecture notes, then it is your responsibility to print the lecture notes.

Missed Classes:

You do not need to contact me if you are going to miss a lecture. However, it is your responsibility to get the lecture notes that you missed from a classmate. It is also your responsibility to find out if you missed any in-class assignment.

Missed Quizzes:

There are no make up quizzes. If you arrive late on the days when we have a quiz, you will not be given any additional time to complete the quiz. If you do miss a quiz then the only other option you will other than taking a “zero” on the quiz will be to take a “comprehensive exam” to replace the missed quiz. This will occur on the last day of class. The exam will cover all the topics that we covered in the course and you can assume that this will be a very difficult exam!

Conduct:

You are expected to respect your college staff and your fellow students. This means your behavior must not disrupt the learning environment in the classroom. Once the class starts, only one person shall have the floor to speak. No secondary conversations in class will be permitted. If you have a question or want to make a comment, then you must raise your hand and wait to be called on in order to ask a question or make comments. If you come to class late or need to leave class during a lecture, please enter and exit in a way that does not disruptive to the class.

Tests and Grading:

Exam questions may include multiple choice, matching, identification, fill-in-the blank, true or false, and/or short answer. Test questions will assess your understanding of the information presented from the assigned readings, videos, handouts, lectures, and discussions. Scantrons will not be checked for eraser errors, so please make sure any changes made to your scantron are completely erased.

Phones and Computers:

No electronic devices will be allowed during lecture. All electronic devices must be turned off and placed out of site when in the room. This rule also applies during any break-periods. If you want to use your phone, leave the room. If you have a problem with this policy then please drop the class now.

Academic Integrity

No student shall engage in behavior which may be construed as academic dishonesty. This includes but is not limited to cheating, plagiarism, or using another person's work without giving credit to the originator. Misconduct also includes those students who enable other students to engage in these behaviors. Work suspected of not being your own will receive a zero and at my discretion, you may receive an "E" for the course. You may be expelled from the class and have such activities noted on your academic record.

Course Structure:

I believe in shared responsibilities. This means both the students and instructor must come to class prepared. For the student, this means you need to do more than show up for a lecture. You need to prepare for the lecture by completing the current reading assignment before you come to the lecture. Furthermore, if there is information from the reading assignments which you don't understand, then you need to bring these questions to class so you can ask questions. This process will make the class a better learning environment for both the students and the instructor.

Tutoring

Free tutoring is available through the Learning Center for all students. The Learning Center is located in J-325 (South Campus), (586)445-7400, www.macomb.edu/learning-center. If you are seeking help then you should bring your notes, book, study questions, and any specific questions you have about the course material. Tutors cannot help you if you have not read the material or if you have not attended class.

FERPA Notification:

Macomb Community College respects the privacy of student information. In accordance with the Family Education Rights and Privacy Act, we restrict internal access to student information to persons with a legitimate need-to-know. Furthermore, we do not release private student information to any third party without the prior written consent of the student. The Office of Enrollment Service / Registrar is responsible for the enforcement of this policy.

Special Services Support:

Students who have declared a special service need and meet requirements can receive tutoring and other support services as appropriate. Determination of services are specified by Special Service Counselors and coordinated with faculty and the Learning Center. Services include such things as a note taker, test reader, special equipment, one-on-one tutoring, or another reasonable and appropriate accommodation. Students who require special assistance should contact a Special Needs Counselor to initiate arrangements. Special Services are located in H-320 and can be contacted at (586)445-7420. // I must be informed in writing no later than one week in advance if you have special requirements for an exam. I will have an exam for you at the Learning Center. It is your responsibility to do the following: 1) Take the exam on the regularly scheduled exam day; 2) Make the necessary appointment for any special personnel that your accommodation allows; and 3) Determine the Learning Center's schedule so that you have the time to take the test. Exams must be completed in one sitting. Remember, you will need a picture ID to take an exam at the Learning Center.

How to Succeed in This Course:

You will have many opportunities to demonstrate what you have learned in this class and to earn a good grade. I believe everyone can succeed in this class but this will require that you be an "active learner" and make a commitment to this material. I recommended strongly that you read and follow these suggestions, which will help you achieve your goals in this course:

1. Attend class.
2. Come to class prepared.
3. Form a study group to discuss lecture topics outside of the class..
4. Take notes in class to supplement the on-line Power Point Lectures
5. Review and write out the answers to the Chapter Study Guides (see Web site).
6. You need to set aside study time every day so you can review the lectures, and prepare for the next lecture. You should plan to spend approximately two hours per week for every hour you spend in a lecture. This is the benchmark used by the Michigan Education Association. Since we spend about approximately five hours per week in lecture, then you should plan on 10 to 12 hours per week for study time. This study time does not include the lecture or lab time.

In Conclusion:

I want all of my students to succeed and I will work to help you achieve your goals. Here is what you can expect from me:

1. I will come to class prepared and I will teach with enthusiasm.
2. I will encourage students to ask thoughtful questions.
3. I will present key concepts using different formats (lecture, video, audio).
4. I will return your graded work in a timely manner.
5. I will provide you with advice and suggestions on how to improve your class performance.
6. I will be available to meet with students to answer personal questions.
7. I will respect all my student and provide an environment conducive to learning.

Please be advised that the policies that are outlined in this document and the tentative course schedule are subject to change at any time during the semester. Any changes will be announced in class and posted on www.mc3cb.com/nutrition.