

IOWA WESTERN COMMUNITY COLLEGE

COURSE SYLLABUS

BIO-151-OL01

TERM: WINTERIM 2019

I. FACULTY INFORMATION:

Instructor: Dr. Andrew Whigham	Office: Clark 218H
Phone: 712-388-6856	Online Student Assistance Hours: M-F 11am-12 pm
E-mail: awhigham@iwcc.edu	

II. COURSE INFORMATION:

BIO 151	Nutrition	Credits (3)	Lecture (3)	Lab (0)
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COURSE MEETING TIMES:

Course shells are available online 24/7.

COURSE DESCRIPTION:

Nutrition is the study of basic nutrients and their relationship to health, which includes the digestion, absorption, and metabolism of carbohydrates, proteins, and fats in the human body. Additional topics are dietary planning for all ages, dietary exchanges and other health related diets, physical fitness, stress management, and food habits involving ethnic groups.

PREREQUISICTES:

No college-level science background is required.

REQUIRED TEXTBOOKS:

This course will require Cengage unlimited from Cengage.

ISBN: 9781337906371 Price: \$119.99

You can choose to purchase Cengage Unlimited through Cengage Unlimited – a digital subscription service (think Netflix or Apple Music) which can save you a lot of money. With Cengage Unlimited you can access ANY Cengage materials you are using across ALL of your courses AND a library of 20,000 ebooks, study guides and reference materials.

Cengage Unlimited costs \$119.99 for four months, \$179.99 for twelve months or \$239.99 for twenty-four months.

You also get a free print rental when you activate Cengage Unlimited You'll pay just \$7.99 for shipping. You may also have the option to purchase a looseleaf version of your textbook for 46 which you can keep. As a bonus, when your subscription ends, you can choose up to six ebooks to retain in your virtual locker for an additional twelve months.

SUPPLEMENTAL MATERIALS:

Students can download the free version of Office 365 Suite from their ROC Portal Page for use in their courses. Students are responsible for protecting their own computer equipment through use of anti-virus and anti-malware tools for work within their IWCC courses; they may consider [these free options](#) (click on link). Students using computers in labs and other facilities on campus are further held to the standards of [IWCC Acceptable Use Policy](#) and the [Computer Ethics and Use Policy](#). Both are located on the ROC Student Portal Page under the *Technology* menu button FAQ area.

COURSE LEARNING OBJECTIVES AND COURSE COMPETENCIES:

The Learning Objectives for this course are (upon successful completion of this course, the student will be able to):

- A. Assess the role of nutrition in human health.
- B. Describe the human anatomical and physiological process as they relate to nutritional status and needs.
- C. Compare the impact of age, growth, and normal development of nutritional requirements.
- D. Assess nutritional health risks and determine treatment strategies.
- E. Evaluate health promotion strategies and disease prevention theories across the lifespan.

COURSE PRACTICES:

The syllabus serves as a contract between the faculty and the students. This section should contain the kinds of practices expected of students. Some of the practices to consider are:

Participation Requirements

- Online courses require a clear pattern of participation for all students. The attendance standard for IWCC is that each student logs in and participates in some meaningful way, i.e. assignment completion, forum discussion, quiz completion, etc., inside of the online course—at a minimum—at least one time each week, as measured from Monday to Sunday.

Standards for written work

- All homework needs to be typed in times new roman font, twelve size print, margins set at 1" for the sides, top, and bottom (standard default).
- Technical problems and /or issues that may come up with your computer. Make sure that you do not put these issues off until the last minute. If you are concerned that you will not be able to make a "deadline", be certain that you talk the instructor well in advance of due date(s).

Late papers and assignments

- Any work that is turned in after the due date/time—without prior communication with the instructor—will be graded with the following deductions:
 - -10% off earned grade for every day that it is late
 - -work will not be accepted more than 1 week after due unless arrangements were made with the instructor prior to the original due date.

Missed exams

- If a student knows that he/she will be unable to complete an exam by the stated due date, he/she will have the opportunity to make up one missed exam during finals week. The reasoning for the missed exam must be communicated prior to the missed exam.
- Designation of "excused absence" is between the instructor & student. In some cases, Dean of the College will be consulted for assistance/verification of the definition of an "excused absence".

Extra Credit

- Students will have the opportunity to receive extra credit by completing recipe projects throughout the term. Instructions for the recipe projects will be posted on the ROC page under the Extra Credit Section. Points for recipe projects will be spread throughout the grade categories and can be worth up to 5% extra toward your overall grade. All extra credit will be made available to every student.

ONLINE CLASSROOM MANAGEMENT AND BEHAVIOR:

- A. Students are expected to complete coursework on time.
- B. Students are expected to read all relevant course material, participate in threaded discussions, use appropriate language, and respect other students in the class as well as the instructor.
- C. Students are expected to watch the entire videos that are assigned prior to completing discussion threads. The instructor is able to see who has watched the video and who has not and will adjust grades accordingly.
- D. Students are expected to write original content for discussion posts. Copying the content of another student is considered cheating and will be handled as outlined below.

- E. If a student is caught cheating on an assignment/quiz/test/project then a grade of 0 will be given for said item. If a student is caught cheating for a second time, that student will receive an automatic F for the course.]
- F. It is expected that all students in the online environment address classmates and the instructor cordially and professionally. While debate and discussion may be the norm in a college classroom, doing so respectfully is the class standard. (I will address you in a way that recognizes the respect and dignity you deserve as a scholar at this institution, and I expect the same from you to each member of the course. This standard applies to all of us even during moments of disagreement.) Any violation of this policy could result in intervention or in extreme cases, removal from the course.
- G. All course work must be submitted through the ROCLMS. Emailed work will not be accepted.

Attendance will be taken for each class session. All course work must be submitted through the ROC LMS. Emailed work will not be accepted without prior instructor approval.

PARTICIPATION REQUIREMENTS FOR ONLINE COURSES:

Online courses require a clear pattern of participation for all students. The attendance standard for IWCC is that each student logs in and participates in meaningful ways, i.e. assignment completion, forum discussion; quiz completion, etc., within the course outline a minimum of one time each week. A week is measured from Monday through Sunday. If this standard is not met for any week within the course term.

COMMUNICATION WITH INSTRUCTOR:

Students must use their IWCC email when contacting the instructor about matters related to the course. Allow 48 business hours for response to an email (plan accordingly). Students and faculty must use their IWCC email when contacting the instructor about matters related to the course.

GRADING:

4. Exams- There will be 4 exams worth 100 points each for this course. Each exam will be 50 true/false and multiple choice style questions. The exams are open book and open note. There is a 75 minute time limit on exams.

Grading Scale:

Grades will be assigned according to the following scale:

A 90% - 100% A – indicates superior work and excellent progress.

B 80% - 89% B – indicates work and progress above the average standard.

C 70% - 79% C – indicates work and progress that meets the average standard.

D 60% - 69% D – indicates work and progress below the average standard.

F less than a 60% F – indicates work and progress below the minimum standard. IWCC uses the following grading scale: “I” – indicates that course requirements have not been completed.

The justification for awarding an “I” is one in which:

Significant health issues (individual or family member) have interfered with the student’s ability to complete assigned work within the semester that the course is scheduled.

Significant personal crisis within an individual’s life that has seriously disrupted the student’s ability to complete coursework.

A student should have completed a minimum of 75% of the assignments with an overall grade of “C” or better.

VIEWING FINAL GRADES

Your grade will be based on the following weighted system:

Exams (400 Points) 40% + Projects (400 points) 30% + Discussions (140 points) 20% + Quizzes (140 points) 10% = Total Grade 100%

Final grades are viewable on ROC the Tuesday after the end of the semester: Self-Services Menu, Students, and Academic Record.

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IMPORTANT DATES:

Students should refer to the “Academic Calendar” in ROC. Specific dates are noted in the College Academic Calendar for the last day to withdraw from the course, holidays, in-service days, student development hours, last day to apply for graduation, etc...

PROBLEM RESOLUTION:

Students with concerns about the course or the instruction are advised to discuss those concerns with the instructor. If this does not resolve the issue, the student should contact Barb Godden, Dean of Health & STEM, 712-325-3320, bgodden@iwcc.edu.

NOTICE OF CLASS CANCELLATION:

Emergency closing of entire campus such as for weather – Students will be notified through the Reiver Alert system. Students must register for this service; find Reiver Alert on your ROC homepage under College Services.

Emergency cancellation of a class session such as for faculty illness – Students will be notified through an announcement to iwcc.edu email address, on the ROC course page and/or a posted note on the classroom door.

COURSE TOPICAL OUTLINE AND SCHEDULE:

Students should refer to the full course topical outline and schedule which concludes this document.

III. INFORMATION/COLLEGE POLICY

RESET PASSWORD:

Students can reset passwords by accessing the password central page through ROC. The password central page can be found by clicking the menu tab in the upper left hand corner and opening the technology tab, then clicking on password central.

CYBER-LIBRARY:

Students can access books, magazines, journals, newspapers, films and audio books 24/7 through the Cyber-Library by clicking on the Cyber Library under Academics in ROC. Students may contact the library for assistance with research and citations. Check out the help features on the Cyber Library page in ROC. For questions about finding information at your campus or center, email cyberlibrary@iwcc.edu (click on link) or call 712-325-3247 for the Council Bluffs Campus or 712-542-5117 for the Clarinda Campus. The library hours are posted on ROC.

ACADEMIC SUPPORT:

FREE tutoring and academic assistance for a variety of core, general requirement classes are available through the Tutoring Center, located on the second floor of the Student Center on the Council Bluffs campus. One-on-one assistance is available on a drop-in basis. FREE online tutoring is available through Brainfuse on ROC. To access Brainfuse, locate Online Tutoring next to My ROC Classes. For more information about tutoring services or help in your classes, email tutoring@iwcc.edu or call 712-388-6841. A full tutoring schedule by subject area is posted on ROC.

DROPPING CLASSES:

While we encourage you to do everything you can to complete your classes, it is always better to drop a class than to fail it. If it becomes necessary for you to drop a class you can drop a class online through ROC up to the last day to drop. We recommend that you always talk to your advisor and a financial aid department representative before you drop a class. For more information on dropping classes see the Advising Information Site in ROC under the Academics tab.

PERSONAL ELECTRONIC DEVICES:

To provide an environment conducive to learning, Iowa Western Community College requires that cellular phones, pagers, and other personal electronic devices be turned off or set to vibrate when entering classrooms, computer labs, library, offices, auditoriums, or arena areas. Cellular phones with picture taking capabilities are not allowed in bathrooms, locker rooms, or other areas where there is a reasonable expectation of privacy. Faculty members do have the right to prohibit the use of any electronic device in their classroom.

HONOR CODE – ACADEMIC HONESTY:

Upon enrolling at Iowa Western Community College, each student assumes an obligation to conduct her/his academic affairs in a manner compatible with the standards of academic honesty established by the College and its faculty. If this obligation is neglected or ignored by the student, disciplinary action will be taken. Please refer to the Student Code of Conduct for the Academic Dishonesty Policy.

FERPA:

Student rights concerning access to education records are spelled out in Federal Public Law 98-380 as amended by Public Law 93-568 and in regulations published by the Department of Education. The law and regulations require educational institutions to limit the disclosure of information from the student's record to those who have the student's written consent or to officials specifically permitted within the law. Students who wish to grant access to their education (class schedule, transcript of final grades, and progress reports) or financial records (grants, loans, financial aid documents, statements and billing) may do so by submitting an Access to Student Information Consent Form to the Records and Registration Office. Access to information is only given at the Records and Registration Office or Financial Aid and Cashier Offices. For more information, including the full Access to Student Information policy, refer to the Iowa Western Community College General Catalog or contact the Records and Registration Office.

DIVERSITY STATEMENT:

Iowa Western Community College values diversity and supports learning experiences that promote intellectual growth and human enrichment.

AMERICAN WITH DISABILITIES ACT STATEMENT:

If you are an individual with a disability who requires an accommodation to fully participate in academic programs or campus activities, please email disabilityservices@iwcc.edu or call 712-325-3299. Accommodations are arranged through the Disability Services Office, on the second floor of the Student Center on the Council Bluffs campus. Please allow adequate time to implement your accommodations. Any student with mobility impairments should prepare for an emergency ahead of time by instructing faculty and/or classmates on how to assist in case of an evacuation.

PREGNANT AND PARENTING STUDENTS:

Iowa Western does not discriminate against any student on the basis of pregnancy or related conditions. Absences due to medical conditions relating to pregnancy will be excused for as long as deemed medically necessary by a student's doctor, and students will be given the opportunity to make up missed work. Students needing accommodations can seek assistance with accommodations from the Coordinator of Disability Services.

EQUAL OPPORTUNITY AND NON-DISCRIMINATION:

It is the policy of Iowa Western Community College to provide equal educational opportunities and not to discriminate on the basis of race, color, creed, religion, national or ethnic origin, ancestry, genetic information, physical or mental disability, age, sex, sexual orientation, gender identity or expression, pregnancy, marital status, veteran status, AIDS/HIV status, citizenship, or medical condition, as those terms are defined under applicable laws, in its educational programs, activities, or employment practices.

Questions or complaints? Contact Title IX and Equity Coordinator, Kim Henry, or ADA Coordinator, Keri Zimmer, equity@iwcc.edu, 712-325-3200, or the Director of the Office for Civil Rights, U.S. Department of Education, Citigroup Center, 500 W. Madison, Suite 1475, Chicago, IL 60661, (312)-730-1560, OCR.Chicago@ed.gov. More information at <https://www.iwcc.edu/about/statement.asp>.

IV. COURSE TOPICAL OUTLINE AND SCHEDULE

Week	Date	Topic	Readings	Assignment
Day 1	December 18	Introduction and Syllabus, Food Choices and Human Health	Chapter 1	Discussion Introduction and Syllabus Quiz Chapter 1 Quiz
Day 2	December 19	Nutrition Tools—Standards and Guidelines	Chapter 2	Discussion Chapter 2 Quiz
Day 3	December 20	The Remarkable Body	Chapter 3	Discussion Chapter 3 Quiz
Day 4	December 21	The Carbohydrates	Chapter 4	Discussion Chapter 4 Quiz
Day 5	December 22			Unit I Exam Self Reflection Paper Due
Day 6	December 23	The Lipids	Chapter 5	Discussion

Week	Date	Topic	Readings	Assignment
				Chapter 5 Quiz
Day 7	December 24	The Proteins	Chapter 6	Discussion Chapter 6 Quiz
Day 8	December 25			
Day 9	December 26	The Vitamins	Chapter 7	Discussion Chapter 7 Quiz
Day 10	December 27	Waters and Minerals	Chapter 8	Discussion Chapter 8 Quiz
Day 11	December 28			Unit II Exam Nutricalc Project Due
Day 12	December 29	Energy Balance and Healthy Body Weight	Chapter 9	Discussion Chapter 9 Quiz
Day 13	December 30	Performance Nutrition	Chapter 10	Discussion Chapter 10 Quiz
Day 14	December 31	Nutrition and Common Disease	Chapter 11	Discussion Chapter 11 Quiz
Day 15	January 1			
Day 16	January 2	Food Safety and Food Technology	Chapter 12	Discussion Chapter 11 Quiz
Day 17	January 3			Unit III Exam RMR Project Due
Day 18	January 4	Lifecycle Nutrition: Mother and Infant	Chapter 13	Discussion Chapter 13 Quiz
Day 19	January 5	Child, Teen and Older Adults	Chapter 14	Discussion Chapter 14 Quiz
Day 20	January 6	Hunger and the Future of Food	Chapter 15	Discussion Chapter 15 Quiz
Day 21	January 7			Course Reflection Project Due Unit IV Exam