

SPRINGFIELD COLLEGE IN ILLINOIS

Session 2008A - Jan. 7 – Mar. 2, 2008
Hybrid: Thurs 6-10pm
Location: D-220 (1/10/07)
L-13 (1/31/07 – 2/28/07)

Instructor: Genda Freeman
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**BIO. 100-70 ~ Nutrition
3 credit hours - L1 904****I. COURSE DESCRIPTION:**

A course emphasizing nutritional needs at all life stages and the part that social, economic, and other factors play in dietary habits throughout the life cycle and in some clinical settings. No prerequisite.

II. TEXTBOOK AND MATERIALS:

Nutrition for Life, 1st edition, 2007 by Janice Thompson and Melinda Manore. Pearson Benjamin Cummings. Please Note: The text book **MUST** be purchased and read.

III. MISSION STATEMENT:

The mission of Springfield College in Illinois is to provide students the best liberal arts education in the Ursuline tradition of a nurturing faith-based environment. We prepare students for a life of learning, leadership and service in a diverse world.

IV. GOALS, OBJECTIVES, AND OUTCOMES:**A. GENERAL GOALS:**

1. Students will understand nutritional needs at all life stages.
2. Students will understand the part that social, economic, and other factors play in dietary habits throughout the life cycle and in some clinical setting.

B. OBJECTIVES: The following Common Student Learning Objectives (CSLOs) are addressed:

- Content Knowledge (Lifelong Learning) CK-1. Know how to apply the central concepts of nutrition.
- Communication Skills (Lifelong Learning) CS-1. Communicate effectively in oral and written forms.
- Problem Solving Skills (Lifelong Learning) PS-2. Seek information and develop and in-depth knowledge base, grounded in research.
- Social Responsibility (Service and Leadership) SR-3. Develop good citizenship.
- Global Perspectives (Diversity) GP-1. Recognize the importance of diversity of opinion, abilities, and cultures.

- C. **COURSE BASED STUDENT LEARNING OBJECTIVES.** *Upon completion of the course, students will demonstrate the mastery of the following learning outcomes, addressing the following CLOs (in parentheses):*
- CBSLO-1: Demonstrate the scientific method by forming and testing a hypothesis and understanding factors that limit the quality of research. This includes qualitative and quantitative methods (CK-1, SR-3, GP-1).
 - CBSLO-2: Illustrate principles of nutrition, including overall health and dietary concerns of an individual and society as a whole. Also, apply case studies in this topic (CK-1, CS-1).
 - CBSLO-3: Apply information from nutritional tables and the calculation of individual needs on a daily and long term basis (CK-1, CS-1, GP-1).
 - CBSLO-4: Investigate the quality of nutrition relating to environmental, cultural, and social factors (CK-1, GP-1).
 - CBSLO-5: Investigate metabolic processes of body systems and apply body physiology to risk factors for disease (CK-1, SR-3).
 - CBSLO-6: Describe the impact of food selection as related to culture, age, and tradition both in the past and present (CK-1, CS-1, SR-3, GP-1).
 - CBSLO-7: Develop nutritionally based meals from a variety of food choices and daily situations (CK-1).
 - CBSLO-8: Investigate and discuss how nutritional needs change throughout the life cycle (CK-1, GP-1).
- V. **TEACHING STRATEGY:** Course material will be mainly presented through Blackboard (On-line Course Management Software), including text readings, PowerPoint handouts, threaded discussions, website assignments, and audiovisual presentations. The Springfield College in Illinois Accelerated Program demands that students assume responsibility for their own learning. To this end, students are expected to spend a significant amount of time outside of class devoted to learning. The role of the instructor is as a facilitator of learning.
- VI. **COURSE REQUIREMENTS**
- A. **ATTENDANCE:** Because of the “hybrid” nature of this course, attendance is mandatory for the required three (3) classroom sessions (see Course Schedule). However, if you must be absent with good reason, you are expected to contact the instructor prior to the start of class. No points will be earned for attendance and/or participation that night if you are not present. Any make-up work that is allowed must be completed by the next class meeting. Missed in-class work, by its very nature, cannot be made up. Regardless of your personal attendance, you are still responsible for all material and announcements presented in class.
- B. **PREPARATION, PARTICIPATION, AND PUNCTUALITY:** To maximize learning, it is expected that students complete all on-line assignments and come to class prepared for discussions and exams. Reading assignments should be according to the Course Schedule. To avoid class disruption, students must arrive on time for the three required class sessions. Please be respectful of your classmates and put your cell phones and pagers on silent mode during class. If you must answer a call, please step outside the room.

VII. EVALUATION

A. **WRITTEN ASSIGNMENTS:** Written assignments will consist of on-line assignments and homework. Homework is considered late if it is not turned in on the date it is due. Any late assignments will receive a 10% deduction in points as a penalty. Late homework will only be accepted until the start of class the following week, after which time the student will receive zero points for that assignment.

B. **ON-LINE QUIZZES:** Quizzes will be given according to the course schedule on-line to prepare students for the Midterm and Final Exams.

C. **EXAMS:** Exams will consist of any combination of multiple choice, short answer, matching, true/false, and essay questions. Midterm and final exams will be given according to the course schedule.

D. **PARTICIPATION:** will be evaluated based on the following criteria:

1. Present and on time for class.
2. Effectively responds to questions and discussion threads posted on-line
3. Turns in assignments on time as noted in the Course Schedule.

E. **GRADING SCALE:**

90-100%	A
80-89%	B
70-79%	C
60-69%	D
Below 60%	E

Grades will be assigned based on the following percentages:

On-line assignments	25%
On-line Quizzes	15%
Midterm	25%
Final Exam	25%
Participation	10%

VIII. AMERICANS WITH DISABILITIES ACT (ADA)

Springfield College-Benedictine University provides individuals with disabilities reasonable accommodations to participate in educational programs, activities, and services. Students with disabilities requiring accommodations to participate in campus-sponsored programs, activities, and services, or to meet course requirements, should contact the Director of the Resource Center as early in the semester as possible.

If documentation of the disability (either learning or physical) is not already on file, it may be requested. Once on file, an individual student's disability documentation is shared only at that individual's request and solely with the parties whom the student wishes it shared. Requests are kept confidential and may be made by emailing jtweedy@sci.edu or calling (217) 525-1420, extension 291

IX. **ASSESSMENT:** Classroom Assessment Techniques: Instructor will use post-chapter quizzes, background knowledge probes, one-minute essays, and pre/post tests as well as other Classroom/On-line Assessment Techniques as deemed necessary in order to provide continuous improvement of instruction. Students are required to take part in all assessment measures.

X. **IAI STATEMENT**

Bio 100 Nutrition has been approved by the Illinois Articulation Initiative as meeting the criteria stipulated for iTransfer Course L1 904: Human Biology (3 semester credits) as follows:

L1 904: Human Biology (3 semester hours) “Examines practical aspects of selected concepts in biology and their application to technology. Concepts may include heredity, growth, development, health and ecology. Human systems may be studied as they relate to the major topics. Emphasis will be placed on the relationship of the issues to the individual and society.”

For more information, please visit the iTransfer website at <http://itransfer.org/IAI/>.

XI. **PLAGIARISM**

Plagiarism is defined as follows: “The act of appropriating the literary composition of another, or parts or passages of his (or her) writing, or the ideas of language of the same and passing them off as the product of one’s own mind. To be liable for plagiarism it is not necessary to exactly duplicate another’s literary work, it being sufficient if unfair use of such work is made by lifting substantial portion thereof.”

Black’s Law Dictionary 1035 (5th ed. 1979). The *SCI Student Handbook* lists plagiarism as a serious breach of conduct standards that will result in disciplinary action...” In order to avoid any form of plagiarism the following web sites will be of help: <http://alexia.lis.uiuc.edu/~janicke/plagiary.htm>
<http://www.indiana.edu/~wts/wts/plagiarism.html>
<http://sja.ucdavis.edu/sja/avoid.htm>

XI. **TOPICAL COURSE OUTLINE** (subject to change)

<u>Dates</u>	<u>Topics</u>	<u>Readings</u>
Week 1: Jan. 10	Nutrition: Making it Work for You The Human Body: Are We Really What We Eat? Homework #1 due (hard copy) Quiz #1: Open Book on chapters 1 & 2 Class Session: 6:00 – 10:00 p.m. in Room <u>D-220</u>	Chapter 1 & 2
Week 2: Jan. 17	Carbohydrates and Fat Answer On-line question(s) Discussion Thread On-line Quiz #2 (chapters 3 & 4)	Chapter 3 & 4
Week 3: Jan. 24	Proteins and Vitamins Answer On-line question(s) Discussion Thread On-line Quiz #3 (chapters 5 & 6) Homework #2 due	Chapter 5 & 6
Week 4: Jan. 31	Achieving & Maintaining a Healthful Body Weight Nutrition & Physical Activity Video Presentation: "Super Size Me!" Midterm Exam (chapters 1 – 6) Class meets from 6:00 – 10:00 p.m. Room <u>L-13</u> Homework #3 due (Video Reaction Paper)	Chapters 9 & 10
Week 5: Feb. 7	Minerals Fluid Balance, Water, and Alcohol Answer On-line question(s) Discussion Thread On-line Quiz #4 (chapters 7 & 8) Homework #4 due	Chapter 7 & 8
Week 6: Feb. 14	Nutrition Throughout the Life Cycle Safety and Security of the World's Food Supply Answer On-line question(s) Discussion Thread On-line Quiz #5 (chapters 9 & 10)	Chapter 11 & 12
Week 7: Feb. 21	Computer Lab/Nutrition Lab Activity Answer On-line question(s) Discussion Threads On-line Quiz #6 (chapters 11 & 12) Homework #5 due	Assigned nutrition article
Week 8: Feb. 28	Final Exam (chapters 7 – 12) Class meets from 6:00 – 10:00 in Room <u>L-13</u>	

BIO 100-70: NUTRITION

Session A, Spring 2008

Instructor: G. Freeman

HOMEWORK #1 (To be turned in the first night of class – hard copy)

Name: _____

Date: _____

Instructions: Save an entire food label (including Nutrition Facts panel and ingredient list) from one of your favorite foods. Attach your label to this paper and answer the following questions.

1. Name of product you are evaluating: _____

2. Predominant ingredient by weight: _____

3. Serving size: _____ Total number of servings per container: _____

4. What is the calorie content of a serving? _____

5. If you eat/drink the entire box/bottle/package, how many calories have you consumed?

6. Calculate the % of calories from carbohydrate, protein, and fat in a serving of this food.

_____ % calories from carbohydrate

_____ % calories from protein

_____ % calories from fat

7. How many grams of total fat are in a serving?

8. Based on food labeling guidelines, is this food **low fat**?

9. Name the common allergens present (or potentially present) in your food item.

