

BIO 205: Nutrition

Winter 2021: CRN 21197, 3 credits



Christy VanRooyen

Office hours: Via Zoom MWF 9-9:50, TW 11-11:50 or by appointment

Join Office Zoom Meeting

<https://oregontechonline.zoom.us/j/98317797076>

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I will respond to e-mails/messages within 24 hours M-F. Saturdays is my day to focus on my family and I will be unavailable. I will check my e-mail a couple of times on Sundays prior to 7 p.m. Any message sent after 7 will not get a response until Monday.

Catalog Description

A study of the relationships of food and nutrition to health. An overview of the basic nutrition principles including the nutrients and how they function in the body, nutrient requirements, diet planning and energy balance. Current topics and controversies are examined.

Required Materials

1. **Text Book:** *Human Nutrition: University of Hawaii*
<https://bit.ly/BIO205>
2. Set up an account on My Fitness Pal.
3. Lecture materials will be provided on Canvas.
4. Calculator

Course Overview and Objectives

At the completion of the course, the student will:

- Analyze diet and exercise habits to develop strategies for a healthy lifestyle.
- Calculate BMI and EER.
- Identify macromolecules based on their molecular structure.
- Describe osmoregulation.
- Relate the nutritional role of lipids in human diet for energy and summarize lipid metabolism.
- Relate the role of sugars and carbohydrates in the diet and summarize carbohydrate metabolism.
- Relate the nutritional role of proteins (amino acids) in human diet for maintaining muscle mass and nitrogen balance. Summarize protein metabolism.
- Evaluate the nutritional implications of various diets, nutritional supplements, and vitamin and mineral supplements.
- Assess the scientific quality of information using information literacy skills.
- Use current USDA nutritional recommendations to determine healthy food options based on nutritional label information.

Each week I will post an agenda which will outline the tasks you need to complete for the week. You will be responsible for reading the chapters from the online text to ensure that you are mastering content for this course. Use the weekly learning objectives to guide your studying for quizzes and exams. Additional reading from journal and news sources will also be assigned. **All readings, discussions, and assignments will be due by 11:59p.m. on Sundays** to ensure that you are staying caught up on material. **Late work** will receive a **deduction of 50%**.

Tentative Course Outline from Textbook: Please note that course content is subject to change.

Human Nutrition: University of Hawaii: <https://bit.ly/BIO205>

Week 1:	Basic Concepts in Nutrition	Chapter 1
Week 2:	The Human Body	Chapters 2
Week 3:	Water and Electrolytes	Chapter 3
Week 4:	Carbohydrates and Diabetes	Chapter 4
Week 5:	Lipids	Chapter 5
Week 6:	Proteins	Chapter 6
Week 7:	Energy	Chapter 8
Week 8:	Vitamins and Minerals	Chapters 9 & 10
Week 9:	Nutritional Applications & Fad Diets	Chapter 12 & 15
Week 10:	Review and Final Exam	

Tentative Schedule

Holidays and other Important Academic Dates

	Day/Time	Date
Quiz 1	Monday	January 11
Quiz 2	Tuesday	January 19
Quiz 3	Monday	January 25
Quiz 4	Monday	February 1
Midterm	Monday	February 8
Quiz 5	Monday	February 15
Quiz 6	Monday	February 22
Quiz 7	Monday	March 1
Final Exam	Monday	March 8

- Monday, January 18 – Martin Luther King, Jr. Day (no class meeting)
- Friday, January 15 – Last day to drop classes without a W or add classes without late charge
- Friday, February 19 – Last day to withdraw from an individual course
- Friday, March 12 – Last day to completely withdraw from University

Quizzes and Exams will be proctored using

Respondus Lockdown Browser with Monitor will require the use of a webcam. One purpose of giving quizzes every week is to provide prompt feedback as to whether you are mastering the subjects covered in class. These quizzes are meant to be closed book (no notes). The quizzes will be open all day on **Mondays** so you can find a time that is convenient for you. Please plan 30 minutes for quizzes and 1.5 hours for exams. The final exam is comprehensive. **Quiz and exam questions will be directly related to the weekly learning objectives.**

Grading Policy

Your grade will be based on participation, assignments, quizzes, exams, and diet analysis. Grades will be posted on Canvas after graded work has been returned in class. Grades will be weighted as follows:

- 10% Participation Activities
- 30% Assignments
- 15% Quizzes (7 total) Your lowest quiz score will be dropped.
- 30% Exams (Midterm & Final)
- 15% Diet Analysis

Letter grades will be assigned per the following percentages and final grades will be rounded to the nearest whole number:

- 90% - 100% of total possible points = A
- 80% - 89% of total possible points = B
- 70% - 79% of total possible points = C
- 60% - 69% of total possible points = D
- < 60% of total possible points = F

Grade disputes

If you feel that I made an error in grade calculation or that you have been unfairly graded, please let me know. You will be asked to put in writing why you believe you are entitled to deducted points. I will reevaluate your score based on this new information.

Academic Integrity

If found guilty of cheating, plagiarism, or any other form of academic dishonesty, you will receive a zero on your assignment, and a report will be sent to the Student Affairs office, who has responsibility for enforcing OIT's Student Conduct Code. Further information, including definitions of plagiarism and cheating, can be found in OIT's statement on Student Academic Integrity

(<http://www.oit.edu/docs/default-source/Student-Affairs-/student-handbook/student-academic-integrity-policy.pdf>).

In cases of suspected academic dishonesty, the procedures outlined in OIT's "Student Academic Integrity" policy will be strictly followed. (This includes the instruction to faculty that "all academic dishonesty cases will be reported to the Office of Student Affairs."). I always include items that will provide indications that cheating has occurred, and I will not hesitate to report instances of academic dishonesty. You should know that the typical penalty at Oregon Tech for a second academic integrity violation is suspension from the university for somewhere between a term and a full academic year.

Classroom Conduct

Your conduct in the classroom should promote a positive learning environment – even in online courses. Conversations and comments should always be respectful; demeaning comments and offensive language will not be tolerated. Students are expected to abide by the OIT Student Conduct Code

(<http://www.oit.edu/docs/default-source/Student-Affairs-/student-handbook/student-conduct-code.pdf>).

Obstruction or disruption of teaching, research, administration, disciplinary procedures, or other institutional activities on institutionally owned or controlled property is strictly prohibited by Oregon Tech's code of student conduct and may result in disciplinary action.

Non-Attendance

Teaching faculty are required to report non-attendance during the first two weeks of the term from a class if the student has not attended - **please note that it is your responsibility to drop the course**. If you decide that you must drop the course, you will need to do so by the close of Friday of Week 2 in order to

receive a full 100% refund. If you drop by the close of Friday of Week 3, your refund will be 50%; if you drop by the close of Friday of Week 4, your refund will be 25%, and thereafter you cannot receive a refund. The last day to Withdraw from a course is Monday of Week 8.

Academic calendar can be found here:

<http://www.oit.edu/registrar/academic-info/calendars>

Cashier's calendar can be found here:

<http://www.oit.edu/faculty-staff/ba/ar/cashiers-office>

Accommodations

Students with a documented disability who require assistance or academic accommodations should contact the office of Disability Services immediately to discuss eligibility. Disability Services staff are located on both the Klamath Falls and Wilsonville campuses; however, arrangements can be made to meet with a student on any campus. Meetings are by appointment only, so please contact the Disability Services office at the campus closest to you: Klamath Falls (541) 885-1790 and Portland-Metro (503) 821-1305. Specific information and Disability Services forms can be found at www.oit.edu, then go to "Academics" and click on "Student Success Center" and then "Disability Services." This link leads to the department's website: <http://www.oit.edu/academics/ssc/disability-services>

Title IX

Oregon Tech faculty and staff are committed to creating and maintaining a safe and equitable learning environment for the Oregon Tech community. Pursuant to U.S. Department of Education requirements, all Oregon Tech faculty and staff (other than designated confidential staff) must report any information they become aware of regarding gender-based bias, sexual harassment, sexual assault, sexual misconduct, relationship violence, or stalking involving a student to the University Title IX Coordinator.

In addition, Oregon law requires a mandatory report to the Oregon Department of Human Services of any physical or emotional abuse of a child or other protected person, including elders and people with disabilities, or when a child or other protected person is perceived to be in danger of physical or emotional abuse.

If you are the victim of sexual or physical abuse and wish to speak with confidential staff to explore your options confidentially you may: contact the Integrated Student Health Center and ask to speak to Counseling Staff (541-885-1800) or visit the Confidential Advocate in the Women's Resource Center (College Union Room 225C) during drop-in hours. Marta's House/the Klamath Crisis Center provides a 24/7 confidential crisis and support line for survivors of domestic and sexual abuse: 541-883-7273. The Anti-violence Project, empowering LGBTQ+ communities, provides a 24/7 confidential English/Spanish hotline for those who have experienced violence: 212-714-1141. The National Sexual Assault hotline, a 24/7 confidential hotline, can be reached at 800-656-4673.

To report an incident using Oregon Tech's Anonymous Safe Campus Incident Report form on the Title IX site at <http://www.oit.edu/title-ix>, and select the "Report an Incident" button. For more information about your options, please visit <http://www.oit.edu/title-ix>.