

## COURSE TITLE/INSTRUCTOR INFORMATION

BIO 1613 Basic Nutrition

Textbook: Nutrition and Diet Therapy, Ruth A. Roth (11th edition) – Online e-book

ISBN: 978-1-133-96050-8

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## COURSE DESCRIPTION

A lecture course covering the nutrients required for normal growth and prevention of major chronic diseases, and applied to the selection of food for ingestion, the metabolic process of digestion, assimilation, and absorption, and their applications for healthcare providers.

## GENERAL EDUCATION GOALS

This course is designed to introduce practical applications of nutrition as they pertain to the medical profession. Emphasis is placed on basic nutrient requirements for different types of patients and physiology of digestion and absorption of nutrients. Focus will also be placed on nutritional deficits and resultant pathology.

## OUTCOME OBJECTIVES

1. Apply principles of basic nutrition that promote and maintain health.
  - a. Explain the importance of adequate nutrition as related to health promotion and maintenance.
  - b. Describe the functions of the macronutrients and their role in health promotion and maintenance.
  - c. Describe the digestion and metabolism of carbohydrates, proteins, and fats.
  - d. Plan an adequate diet according to the food guide pyramid.
  - e. Identify bio-psycho-social influences on nutritional intake and health promotion.
  - f. Demonstrate the ability to convey accurate nutritional information to clients.
2. Apply nutritional modifications needed for individuals during various life stages and those experiencing health disorders.
  - a. Identify nutritional needs during the stages of growth and development.
  - b. Describe the different types and uses of nutritional support.
  - c. Describe dietary modifications needed for acute and chronic illnesses.
  - d. Explain the principles of food sanitation and signs and symptoms of food-borne illness by pathogens listed in text.

## INSTRUCTIONAL TECHNIQUES

Notes and Study materials for each chapter

Discussion board forums

Instructor feedback on assignments  
Quizzes/Tests

## METHODS OF EVALUATION

Students will complete assignments and/or outside projects, quizzes and exams, including as many as 3 proctored exams.

Due Dates: A topical outline with due dates will be supplied to the student at the beginning of the semester. For this online course, each week will begin on Monday and end on Sunday.

Assignments: Upon completion of reading each chapter, you may have multiple choice quizzes. Dates for completion of all assignments will be posted under "Quizzes" and "Assignments". If required to turn in an outside assignment, these may be "turned in" by attaching them (word processing file, spreadsheet file, etc.) to an e-mail. Most assignments will be posted at the start of the course. This is a self-paced course. You will be given a due date for all assignments. Assignments are due before midnight on the due date.

Exams: This course will include 6-8 examinations, one proctored midterm, and one proctored chapter exam. The proctored exams will be worth 200 points each. Other chapter exams are worth 100 points. The proctored exam must be taken by a set date, listed each semester in the course assignment information. ATTENDANCE

Although this is a self-paced course, I do require students to contact me periodically for attendance purposes. Students MUST log in during the first week to avoid being considered a "no show". There will be a specified due date during the semester for approximately 60% of the material. Students must log in every week to remain active in the course. Spend time becoming familiar with the website to fully communicate and participate in the class and to check the site for new assignments. During the semester I will check attendance and will contact students with attendance problems.

## GRADING

Grading Scale: 10 point scale

A 90-100

B 80-89

C 70-79

D 60-69

F </ 59

All quizzes and graded homework assignments will be averaged to constitute a major test grade. At the end of the semester, a comprehensive final examination will be given.

For this online course, there is no grade of "I" for incomplete.

## ACADEMIC HONESTY

I adhere to the MSVCC Honesty Policy. In the event academic misconduct occurs, students will face disciplinary action comparable to the infraction.

### MSVCC Honesty Policy

A hallmark of any profession is integrity and honesty. Academic honesty is expected of all students; therefore, each student is expected to accomplish his/her own work. Academic misconduct includes, but is not limited to, deceptive acts such as the following:

1. plagiarizing from any source
2. cheating in any manner on tests, papers, reports, etc.
3. turning in work as their own when, in fact, it was not their work
4. improperly using technology
5. stealing, buying, or selling course materials
6. either impersonating another student during a test or having another person assume one's identity during a test
7. deliberately conveying false or misleading information
8. **printing tests is considered cheating**

When academic misconduct has occurred, the instructor has the responsibility of assigning an appropriate penalty in accordance with the instructor's institutional policy. This may include failure of the assignment, failure of the course, or dismissal from the institution.

### Procedures for Acquiring Accommodations & Disability Support Services

In order to receive reasonable accommodations for a disability, students must "self-identify," which means registering with Disability Support Services, making requests for accommodations, and delivering letters written by Disability Support Services that outline the accommodations to the pertinent instructors. ***SMCC administrators and faculty cannot approve or provide accommodations without this letter.***

Students wanting to receive accommodations for a disability must complete a Disability Support Services application and provide documentation of the disability within two weeks of classes beginning. ***However, to ensure timely delivery of accommodations, students are advised to begin the intake process at least six weeks prior to registration for classes.*** Disability Support Services is a non-fee generating program designed to meet the unique needs of SMCC students with disabilities. Reasonable accommodations are offered in accordance with Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act (ADA). You can download the DSS forms and find more information at [www.smcc.edu/index.php/dss](http://www.smcc.edu/index.php/dss).

Mrs. Rhonda Gibson is our Director of Disability Support Services and her office is located in room 129, located on the first floor of Kenna Hall in Student Services. To make an appointment with ***Mrs. Gibson, please call 601-2763885 or email her at [rgibson@smcc.edu](mailto:rgibson@smcc.edu).***

Southwest Mississippi Community College does not discriminate on the basis of race, color, national origin, age, sex, religion, or disability in its programs, activities or employment practices. The following persons have been designated to handle inquiries and grievances regarding the non-discrimination policies: Rhonda Gibson, Director of Disability Support Services, 601-276-3885; Dr. Bill Ashley, Vice President for Student Affairs and Title IX Coordinator and Director of Athletics, 601-276-3717, 1156 College Dr., Summit, MS 39666.