



Practical Nutrition - BIO 201 Syllabus

Course Title: Practical Nutrition
Credits: 3
Prerequisites: None
Instructor:
Email:
Office:

Course Number: BIO201

Phone:

Office Hours:

Course Description: Nutrition is a science that explores metabolic and physiological reactions of the body to the diet. Moreover, nutritional science investigates whether our daily diet promotes good health or brings about diseases.

Course Objectives:

1. Students will understand the nutrients (macro and micro) as well as the caloric values of food and different methods scientists utilize to evaluate nutritional needs.
2. Students will understand how variety, balance and moderation are essential in proper dieting as well as characteristics of organ systems and their relation to nutrition.
3. Students will be familiar with the sources of the major nutrients: carbohydrates, lipids and proteins as well as learning the disorders that arise due to deficiencies in those nutrients.
4. Students will understand different types of eating disorders as well as understand the functions of vitamins, water and minerals as minor types of nutrients.
5. Students will understand the dietary requirements in pregnancy and infancy and associated physiological changes as well as understand the disorders associated with nutrient deficiency and excess during pregnancy and infancy.
6. Students will understand the concept of food safety including the mechanics of food preservation and microbial agents involved in food contamination.

Required Text:

Wardlaw, G. M. & Smith A. M. Contemporary
Nutrition 11th Edition

ISBN: #9781259709968



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Evaluation Criteria:

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| 1. Two lecture exams | 20% |
| 2. Midterm exam | 20% |
| 3. Final Comprehensive exam | 30% |
| 4. Nutrition analysis project | 20% |
| 5. Presentation and discussion of the project | 10% |

Course outline

Date	Title	Chapter
1	Introduction	
2	Food choices and human health	Chapter 1
3	Nutrition tools Standards and guidelines	Chapter 2,3
4	Carbohydrate	Chapter 4,5
5	Lipids	
6	The Proteins	Chapter 6
7	Vitamins	Chapter 8
8	Midterm Exam	
9	Water and major Minerals, sodium, potassium, calcium	Chapter 9
10	Weight Control & Energy Balance	Chapter 7
11	Eating Disorders	Chapter 11
12	Safe food. Project due	Chapter 14
13	Nutrition from Infancy to adolescence and adult	Chapter 15
14	Student Presentations	
15	Final Exam	

Attendance & Make Up Exams

Students are expected to follow attendance guidelines as presented in the syllabus provided by the instructor. However, in case of an emergency or illness, students are advised to notify their instructor or counselor immediately. The instructor will determine the validity of the absence. The exceptions to instructor discretion exist when members of armed forces are called for training or assignment or any case where students are legally required to be elsewhere. Pending the submission of appropriate documentation reasonable accommodations for make-up work shall be provided, and in accordance with guidelines included in the syllabus. Make up exams will be given only in



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extenuating circumstances. It is your responsibility to let me know that you missed an exam. All make up exams are more difficult than the original.

COURSE REQUIREMENTS

Attendance, punctuality and participation are required. Students missing more than 2 classes may receive a failing grade. Cell phones should be turned off in the classroom.

Incomplete:

An INCOMPLETE grade for the course is given under specific conditions when a student, because of serious and unexpected reasons, cannot complete the requirements of the course. For example, if a student did not attend the final because of illness his or her excuse must be verified by a physician. Other absences from other assigned activities must be made up at another appointed time. To arrange for an incomplete grade, the student must see the instructor before final exam.

Library Component: Students are encouraged to use the library to complete their research paper. They may use database such as: Science @direct, EBSCO, and many others. The paper must follow the APA format and the student must select and extract a peer review research journal article, and write a two pages' review on that research article. You should use the HCCC library database and other resources

Nutrition Analysis Project: Student will follow their daily diets and use the log, and submit written analysis the logs, and makes recommendation if it follows the RDA or not. Students then present the logs and discuss it in class.

ACADEMIC INTEGRITY

Academic integrity is central to the pursuit of education. For students at HCCC, this means maintaining the highest ethical standards in completing their academic work. In doing so, students earn college credits by their honest efforts. When they are awarded a certificate or degree, they have attained a goal representing genuine achievement and can reflect with pride on their accomplishment. This is what gives college education its essential value.

Violations of the principle of academic integrity include:

- Cheating on exams.
- Reporting false research data or experimental results.
- Allowing other students to copy one's work to submit to instructors.
- Communicating the contents of an exam to other students who will be taking the same test.



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- Submitting the same project in more than one course, without discussing this first with instructors.
- Submitting plagiarized work. Plagiarism is the use of another writer's words or ideas without properly crediting that person. This unacknowledged use may be from published books or articles, the Internet, or another student's work.

When students act dishonestly in meeting their course requirements, they lower the value of education for all students. Students who violate the college's policy on academic integrity are subject to failing grades on exams or projects, or for the entire course. In some cases, serious or repeated instances of academic integrity violations may warrant further disciplinary action.

DISABILITY SUPPORT SERVICES

Students with disabilities who believe that they might need accommodations in this class are encouraged to schedule an appointment with Disabilities Support Services at (201) 360-4157, as soon as possible to better ensure that such accommodations are implemented in a timely fashion. All disabilities must be documented by a qualified professional such as a Physician, Licensed Learning Disabilities Teacher Consultant (LDTC), Psychiatrist, Psychologist, Psychiatric Nurse, Licensed Social Worker or Licensed Professional Counselor, who is qualified to assess the disability that the student claims to have and make recommendations on accommodations for the student. All information provided to the Disability Support Services Program will be confidential between the program, professors involved with the student, and individual student.

“Mandatory Use of HCCC Email Address: Members of the HCCC community are required to check their official HCCC email address in order to stay current with College and course communications. All college business communication between faculty, students, and staff must be sent via an official HCCC email address. If an employee or student elects to forward or link his/her HCCC email to a separate and private account, that individual remains responsible for all material transmitted to that account. Employees of HCCC shall not be responsible for any material that remains undelivered, due to defects in the private non-HCCC accounts. Failure in the operations of private email accounts shall not be cause for excuse from communications between the student and the employee. Students that encounter difficulty with HCCC email should view the FAQ's section on the Portal. “



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USE OF ELECTRONIC COMMUNICATION DEVICES:

Cell phones and all other devices are not allowed during class or lab times. All of them Telephone, IPod or computer

Diversity, Equity, and Inclusion Statement

Hudson County Community College (HCCC) fosters a welcoming environment that celebrates and encourages culturally responsive curricula, respects diverse viewpoints, and values discussions without censure or hostility. Our classrooms are strengthened by embracing all student voices and identities. The President's Advisory Council on Diversity, Equity, and Inclusion (PACDEI) encourages students to review DEI resources and initiatives at the following link:

<https://myhudson.hccc.edu/teamsites/Pages/pacdei.aspx>

Statement on Camera Usage in Remote Learning Environments

As a college, we strive to be student-centered and therefore encourage faculty to consider a student's individual circumstances (need for privacy, technological problems, etc.) when requiring that they turn on cameras during class. There is no legal prohibition on faculty requiring cameras be turned on during classes or college policy prohibiting such requests. If students are unable to turn their cameras on, they should communicate the circumstances to the faculty member. On-campus spaces are also available to students as an alternative to home or off campus online and remote instruction. The on-campus spaces include: Gabert Library L219, L221, L222, L419, STEM Building S217, and North Hudson Campus N224, N303D. Within these rooms, students will have access to computers, web cameras, and headsets. If there are any issues with space capacity, there are several additional rooms that can be utilized.

Dr. Abdallah Mohammad Matari. Ph.D
Professor & Coordinator of Biology STEM
Chemical Hygiene Coordinator
STEM Building - S504
263 Academy Street
Jersey City, NJ, 07306
Tel: (201) 360-4296



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RUBRIC FOR PRESENTATION

Student Name(s): _____ Date: _____

Title _____

<u>Evaluative Criteria</u>	<u>Point Value</u>	<u>Points Earned</u>
<u>Format</u> <ul style="list-style-type: none"> Review of the Gene 	10	
<u>Completed Phases</u> <ul style="list-style-type: none"> Provision of handout- listing/brief description of highlights Provision of information (e.g., handout 	10	
<u>Delivery</u> <ul style="list-style-type: none"> Projected voice Good eye contact Appropriate body language Is concise and to the point 	10	
<u>Content</u> <ul style="list-style-type: none"> Discusses the daylily nutrient Discusses its important for the body Discusses condition when it is not consume Is it organic Identifies contribution of health research on it 	50	
<u>Timeframe</u> <ul style="list-style-type: none"> Stays within allotted timeframe (5-10 min) 	10	
<u>Impression</u>		



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• Professional presentation	10	
TOTAL:	100	