

Course	BIOL 3150 Nutrition			
Term	Summer 2008 Wednesdays, May 31 – August 1, 2008; 5:45-9:45pm			
Instructor	Name: Deborah Zippel MS, RD Phone: 803-777-0742 Email: zippel@mailbox.sc.edu			
Catalog Description	Examines the physiologic importance of all major nutrients on an individual's health. Effects of both deficiencies and excesses of the nutrients will be studied. The relationship between energy balance (calories) and weight control is emphasized.			
Prerequisites	Junior standing			
Course Level Learning Outcomes	Upon completion of this course the student should be able to: 1. Demonstrate a basic scientific understanding of the essential nutrients, their roles in the body, and good dietary sources of each. 2. Describe the factors influencing energy balance and describe the effectiveness of various weight loss, gain, and maintenance strategies. 3. Identify foods and eating patterns which may benefit or harm health and apply nutrition knowledge to personal food choices.			
Materials	<u>Nutrition for Healthy Living</u> by Wendy J. Schiff, Ed. 1 st edition. McGraw-Hill Higher Education, 2009, ISBN 978-0-07-722830-0			
Grading	<p>The UNDERGRADUATE catalog provides these guidelines and grading options:</p> <ul style="list-style-type: none"> • A, A- superior work in the opinion of the instructor • B+, B, B- good work in the opinion of the instructor • C+, C, C- satisfactory work in the opinion of the instructor • D+, D passing, but less than satisfactory work in the opinion of the instructor • I incomplete work in the opinion of the instructor • ZF An incomplete which was not completed within one year of the end of the course • F unsatisfactory work in the opinion of the instructor; no credit is granted • W withdrawn from the course • IP course in progress • NR not reported for the course • Z a temporary designation given by the registrar indicating that the final grade has not been submitted by the instructor. When the final grade is filed in the Office of the Registrar, that grade will replace the Z. 			
	<table border="0" style="width: 100%;"> <tr> <td style="width: 33%;">Exam/Assignment</td> <td style="width: 33%;">Total Points</td> <td style="width: 33%;">Grading</td> </tr> </table>	Exam/Assignment	Total Points	Grading
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	Assignments/Class Participation 200 Tests (3) 150 Final Exam 50	A 360-400 B 320-359 C 280-319 D 240-279 F <240
Activities	Assigned reading and participation in class discussion; case studies; quizzes; exams; and outside nutrition research activities. Exams will be multiple choices, matching, true/false, and essay.	
Policy Statements: University Policies	<p>University policies are provided in the current course catalog and course schedules. They are also available on the university website. This class is governed by the university's published policies. The following policies are of particular interest:</p> <p>Academic Honesty The university is committed to high standards of academic honesty. Students will be held responsible for violations of these standards. Please refer to the university's academic honesty policies for a definition of academic dishonesty and potential disciplinary actions associated with it.</p> <p>Drops and Withdrawals Please be aware that, should you choose to drop or withdraw from this course, the date on which you notify the university of your decision will determine the amount of tuition refund you receive. Please refer to the university policies on drops and withdrawals (published elsewhere) to find out what the deadlines are for dropping a course with a full refund and for withdrawing from a course with a partial refund.</p> <p>Special Services If you have registered as a student with a documented disability and are entitled to classroom or testing accommodations, please inform the instructor at the beginning of the course of the accommodations you will require in this class so that these can be provided.</p> <p>Disturbances Since every student is entitled to full participation in class without interruption, disruption of class by inconsiderate behavior is not acceptable. Students are expected to treat the instructor and other students with dignity and respect, especially in cases where a diversity of opinion arises. Students who engage in disruptive behavior are subject to disciplinary action, including removal from the course.</p> <p>Student Assignments Retained</p>	

	<p>From time to time, student assignments or projects will be retained by The Department for the purpose of academic assessment. In every case, should the assignment or project be shared outside the academic Department, the student's name and all identifying information about that student will be omitted from the assignment or project.</p> <p>Contact Hours for this Course It is essential that all classes meet for the full instructional time as scheduled. A class cannot be shortened in length. If a class session is cancelled for any reason, it must be rescheduled.</p>
Course Policies	<p>Students are expected to read the assigned chapters in the text. Students are also responsible for knowing additional material, which may be provided in the form of handouts, or audiovisual materials. Graded quizzes will be used to identify preparedness. Assignments can be turned in at any time for grading but will not be accepted if late.</p>
Weekly Schedule	<p>Wednesdays (Please read chapters prior to the beginning of class.)</p> <p>Week 1, June 4 – Chapters 1 & 2: Basics of Nutrition and Evaluating Nutrition Information</p> <p>Week 2, June 11 – Chapters 3& 4: Planning Nutritious Diets & Body Basics</p> <p>Week 3, June 18 – Test 1 (Covers Chpts 1-4); Assignment 1 Due, Chapters 5: Carbohydrates</p> <p>Week 4, June 25 – Chapters 6 & 7: Fat and Proteins, Assignment 2 Due</p> <p>Week 5, July 2 – Chapters 8 & 9: Vitamins and Water/ Minerals; Super Size Me Video</p> <p>Week 6, July 9 – Test 2 (Covers Chpts 5-9); Chapter 10: Energy Balance & Weight Control; Assignment 3 Due</p> <p>Week 7, July 16 – Chapters 11 & 12; Nutrition for Physically Active Lifestyles and Food Safety; Assignment 4 Due</p> <p>Week 8, July 23 – Test 3 (Covers Chpts 10-12); Assignment 5 Due; Chapter 13: Nutrition for a Lifetime</p> <p>Week 9, July 30 - Final Exam (cumulative)</p>
Additional Information	