

Wayland Baptist University

School of Mathematics and Sciences

Wayland Mission Statement: Wayland Baptist University exists to educate students in an academically challenging, learning-focused and distinctively Christian environment for professional success and service to God and humankind.

The School of Mathematics and Sciences emphasizes a rigorous, ethical approach to the study of mathematics and science. We believe that success in these disciplines requires a broad base of content knowledge and the development of the critical thinking skills necessary for the ongoing acquisition, processing and communication of current subject matter. The activities of the School, both academic and professional, intentionally reflect the Lordship of Jesus Christ and His centrality to all of Creation.

BIOL 2305 Nutrition Online Edition Fall 1, 2022

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Catalog description: The basic science of nutrition is emphasized in this course. References are given to nutritional needs in clinical situations. The role of nutrition in human growth and development and needs change during the life cycle will be emphasized. This course is designed for pre nursing students and does not meet the laboratory life science core requirement. Prerequisite: CHEM 1400, or CHEM 1401 or School approval.

Textbook: Nutrition: An Applied Approach 5th edition

BIOL 2305 is intended to meet pre-nursing requirements for entrance into nursing schools. This course will not meet the requirements if you require a laboratory life sciences course for your degree plan. You should check your degree plan and confirm with academic advisors that this course will meet the requirements of the degree you are working on – I am not responsible if you take this course and it does not count the way you want or expect it to count. This is an online course and you are expected to have reliable access to the Internet, possess computer competencies and have a computer (preferably one with a webcam for online proctored exams. Don't try to do this course only with a cell phone. Excuses for assignments being late and not turned in correctly because of internet reliability issues will not be accepted. The best way to fend off problems here is to get assignments done early, so that if issues arise, you can effectively deal with them before the deadlines. For some reason, it seems that computer problems tend to hit people trying to get an assignment done in the last minute. You will also be required to learn how to utilize various web-based tools which will require you to set up and use free accounts at web sites outside of WBU. This course requires homework, research, quizzes and discussions on a weekly basis. The course is not designed as a self-paced course, and will be very difficult if the student falls behind. No excuses because of other classes or commitments will be accepted for your failure to comply with these requirements. All email correspondence regarding this course should have Biol 2305 in the subject line of the email, and all assignments turned in MUST be in either rich text (.rtf), MS Word (.doc or .docx),

or PDF format only (no PAGES or WORD PERFECT documents etc.). All assignments must be one document each. Please do not turn in a set of individual screen shots from your phone or computer screen. Everything must be combined as 1 document. All assignments will be turned in using the assignment portal specific to each assignment or through the discussion board when appropriate. The actual document name should be **your** last name followed by the title of the assignment (for example, yourname metabolic rate.doc). Unless I change the schedule for a particular assignment in this course, due dates and times published on the tentative schedule will be adhered to.

TIME COMMITMENT: If this course met face to face, in a traditional classroom setting, this course would meet for about 4 hours per week, and would require quite a bit of outside work and study time. A good rule of thumb is that students should reserve at least as many hours outside of class as they spend in-class to review material and complete assignments. While online students have the benefit of flexibility in scheduling when they will review lecture and project materials, the content of this course is NOT reduced from the traditional format and will require AT LEAST the same level of effort as the in-class version of the course! **Therefore – to succeed in this course, students should be prepared to invest a minimum of 10-12 hours per week, with additional effort required to study for assignments or to prepare for chapter quizzes and proctored exams.**

Course requirements:

1. Students are expected to read the textbook assignments and compile a complete set of notes from the text and lecture. Students will also be required to access the online blackboard system.
2. Course material is introduced using a combination of readings from the book, PowerPoint slides, video and audio clips (sometimes embedded in the powerpoint lectures), discussions and projects. Students are expected to ask questions and be active participants in the discussions of the material presented.
3. There will be weekly quizzes covering material covered each week. Since we will be covering multiple chapters each week, there will generally be more than one quiz per week. The quizzes will generally be open online for one week. Notice the quizzes open and close at 6AM central time zone (observing daylight savings time). The chapter quizzes **will not** be reopened once they close. The one lowest grade scored on the non-proctored chapter quizzes will be dropped (including a zero). These quizzes are a valuable learning tool and students may attempt the quizzes as many times as they wish over the time the quiz is open, and may use their book and notes to help answer the questions on the quizzes.
4. There will also be proctored midterm and final exams. These exams will each be closed book, closed note exams and may only be attempted one time, and you must arrange a proctor approved by the online campus to administer the exam (such as at a WBU campus testing center). You may also choose to use Remote Proctoring through Proctorio. Set up all of this well in advance of the dates the exam is open. Please remember – Proctorio records you taking the exam, and proctors watch your screen, and where you are looking while taking the exam. They will flag you and send me an incident report if you are looking off of your screen – they are VERY GOOD at finding problems.
5. There will be 3 major projects to complete during this course.
 - A. You must keep a journal of everything that you eat near the first week of class. You must complete a dietary nutritional analysis of yourself including observations and recommendations using the 1-week dietary journal you developed near the first week of class.

B. You must calculate your basal metabolic rate (BMR), and use your BMR in conjunction with exercise and other circumstances that influence calorie usage to generate a report of your average caloric usage / balance per day.

C. Food equity, sustainability, and quality in your community. You will investigate socioeconomic problems and solutions related to hunger in your community, and hopefully become part of the solution.

6. Discussions and participation. There will be a series of discussion topics throughout the course. These topics will be discussed typically using the discussion tools and some documents must be uploaded to assignment portals. Your participation in the discussions as well as depth of thought and engagement with other students in the class will be graded.

Outcome Competencies:

I. Students will become competent in content material in the following areas:

1. The role of nutrition in our health (ch 1).
2. Designing a healthy diet (ch 2).
3. The human body: are we what we eat (ch 3).
4. Carbohydrate in nutrition (ch 4).
5. Fat in nutrition (ch 5).
6. Proteins in nutrition (ch 6).
7. Nutrients for fluid and electrolyte balance (ch 7).
8. Nutrients involved in body functions and health (ch 8-9).
9. Achieving and maintaining a healthful body weight (ch 10).
10. Exercise and balance (ch 11).
11. Food Equity, Sustainability and Quality (Covered in a project; ch13 no quiz over this, and it will not be on the final).
12. Food inequity around the world and in your community. (chapter 13 – covered as a project).
13. Nutrition through the life cycle: pregnancy and the first year of life (ch 14 -15).

II. Students will become competent using online tools to calculate dietary needs and nutrient consumption and caloric requirements.

III. Students will become competent in keeping a dietary journal, and evaluating nutritional intake and requirements.

Course evaluation:

The final grade in the course will be derived as follows:

- 25% Chapter quiz average. One chapter quiz will be dropped (including a zero).
- 35% Proctored midterm and final exam average.
- 25% Project grade average.
- 15% Discussion grade derived from a weighted average of discussions.

University grading system

A 90-100 B 80-89 C 70-79 D 60-69 F below 60 I incomplete W withdrawal

Late work policy:

Materials accepted by the instructor after the due date will be deducted 10 points per day (24hr period)

late. The time and date used to determine when an item was turned in will be the time that the document was logged as “in” the drop box, or in the case of the discussions, the time posted on your discussion entry. Note that the discussion blogs will be set to close at a predetermined time. After the discussion closes, it is not appropriate (and you will not get credit) to post your discussion somewhere else in the content (like as a comment to someone else’s blog entry for this course. **Exams and quizzes will not be reopened.**

Statement on Plagiarism and Academic Dishonesty: Wayland Baptist University observes a zero-tolerance policy regarding academic dishonesty. Per university policy as described in the academic catalog, all cases of academic dishonesty will be reported and second offenses will result in suspension from the university.

Proctorio. If you choose to take a proctored exam using Proctorio, you, your screen, and your environment including sound will be recorded. All suspicious activity will be closely examined. If there is any reason to believe you are looking at another computer, phone, tablet or notes, or there is anyone else in your area, or if you leave the picture and come back on, you will receive a zero on the exam and an instance of misconduct will be reported.

Disability Statement: In compliance with the Americans with Disabilities Act of 1990 (ADA), it is the policy of Wayland Baptist University that no otherwise qualified person with a disability be excluded from participation in, be denied the benefits of, or be subject to discrimination under any educational program or activity in the university. The Coordinator of Counseling Services serves as the coordinator of students with a disability and should be contacted concerning accommodation requests at (806) 291-3765. Documentation of a disability must accompany any request for accommodations.

Grade Appeals: Students shall have protection through orderly procedures against prejudices or capricious academic evaluation. A student who believes that he or she has not been held to realistic academic standards, just evaluation procedures, or appropriate grading, may appeal the final grade given in the course by using the student grade appeal process described in the Academic Catalog. Appeals may not be made for advanced placement examinations or course bypass examinations. Appeals are limited to the final course grade, which may be upheld, raised, or lowered at any stage of the appeal process. Any recommendation to lower a course grade must be submitted through the Executive Vice President/Provost to the Faculty Assembly Grade Appeals Committee for review and approval. The Faculty Assembly Grade Appeals Committee may instruct that the course grade be upheld, raised, or lowered to a more proper evaluation.

Course Schedule All times are Central time as observed in the Great State of Texas.

Unless I send out an official course announcement, these times and dates will be adhered to.

BIOL 2305 Nutrition 8 week session

Week	Date	Day	Course Tasks -only quizzes, exams and projects listed	Discussions & other dates
1	8-Aug	Monday	Quiz 1 (Ch1) opens at 6AM	Get to know each other
	9-Aug	Tuesday		
	10-Aug	Wednesday	Syllabus / email quiz due at 11PM	(for all blogs, they are open during
	11-Aug	Thursday		the shaded time window)
	12-Aug	Friday		Attendance census reported

	13-Aug	Saturday	Quiz 1 closes at 11PM	
2	14-Aug	Sunday	Begin week long daily nutrition journal Quiz 2&3 open	Oh My Goodness I ate... <i>that?</i>
	15-Aug	Monday		
	16-Aug	Tuesday		
	17-Aug	Wednesday		
	18-Aug	Thursday		
	19-Aug	Friday		
	20-Aug	Saturday	End daily nutrition journal / Quiz 2 and 3 close -11PM	
3	21-Aug	Sunday	Quiz 4 (ch4)& Quiz 5 (ch5) opens at 6AM	Why Train Aerobically Discussion
	22-Aug	Monday		
	23-Aug	Tuesday		
	24-Aug	Wednesday		
	25-Aug	Thursday		
	26-Aug	Friday		
	27-Aug	Saturday	Quiz 4 (ch4) & Quiz 5 (ch5) close at 11PM	
4	28-Aug	Sunday	Quiz 6 (ch 6) opens at 6 AM	
	29-Aug	Monday		
	30-Aug	Tuesday	Dietary analysis of yourself Due at 6AM	
	31-Aug	Wednesday	Proctored mid term exam (chapters 1-6) opens at 6AM	
	1-Sep	Thursday		
	2-Sep	Friday		no discussion here because of the
	3-Sep	Saturday	Quiz 6 (ch6) closes at 11PM	midterm exam
5	4-Sep	Sunday	Quiz 7 (ch7) & Quiz 8 (ch8) opens at 6AM	
	5-Sep	Monday		
	6-Sep	Tuesday		
	7-Sep	Wednesday	Proctored mid term exam closes at 11PM	
	8-Sep	Thursday		
	9-Sep	Friday		**Last day to get a W**
	10-Sep	Saturday	Quiz 7 (ch7) & 8 close at 11PM	
6	11-Sep	Sunday	Quiz9 (ch10-11) opens at 6AM	Supersize Me
	12-Sep	Monday		This is a discussion AND
	13-Sep	Tuesday		a worksheet you turn in
	14-Sep	Wednesday	Metabolic rate and caloric requirement project due 6AM	That is 2 things to turn in!
	15-Sep	Thursday		
	16-Sep	Friday		
	17-Sep	Saturday	Quiz 9 (ch10-11) Closes at 11PM	
7	18-Sep	Sunday	Quiz 10 (ch 14-15) opens at 6AM	Pick a diet plan discussion
	19-Sep	Monday		

	20-Sep	Tuesday		
	21-Sep	Wednesday	Food equity, and food insecurity in your community due 6AM	
	22-Sep	Thursday		
	23-Sep	Friday	Proctored Final Exam Opens 6AM	**Last day to get a WP/WF**
	24-Sep	Saturday	Quiz 10 (ch 14-15) closes at 11PM	
8	25-Sep	Sunday		
	26-Sep	Monday		
	27-Sep	Tuesday		
	28-Sep	Wednesday	*** Last day any late work will be accepted***	
	29-Sep	Thursday		
	30-Sep	Friday		
	1-Oct	Saturday	Proctored Final Exam Closes at 11 PM	**Last day of the term**