



School of Mathematics and Sciences

UNIVERSITY 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 the School, both academic and professional, intentionally reflect the Lordship of Jesus Christ and His centrality to all of Creation.

COURSE NUMBER & NAME:

BIOL 2305 Nutrition WBUonline Winter 2018

TERM:

NUTRITION FALL-CMP 2018 VC01

INSTRUCTOR:

D. Sophia Pereira, B.S. in Pharm., R.Ph.T, Ph.D.

CONTACT INFORMATION:

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WBU Email: pereirads@wbu.edu ***Email is by far the best way to contact me.***

OFFICE HOURS, BUILDING & LOCATION:

Moody Science Building 220, Plainview campus; Office hours by appointment

COURSE MEETING TIME & LOCATION:

Online

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.

REQUIRED TEXTBOOK AND RESOURCE MATERIAL:

Nutrition: An Applied Approach 5th edition.

OPTIONAL MATERIALS

None

COURSE OUTCOMES AND COMPETENCIES:

- I. Students will become competent in content material in the following areas:
 1. The role of nutrition in our health.
 2. Designing a healthy diet.
 3. The human body: are we what we eat.
 4. Carbohydrate in nutrition.
 5. Fat in nutrition.
 6. Proteins in nutrition.
 7. Nutrients for fluid and electrolyte balance.
 8. Achieving and Maintaining a Healthful Body Weight.
 9. Nutrition and Physical Activity: Keys to Good Health.
 10. Nutrition through the life cycle: pregnancy and the first year of life / childhood.

- 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.

ATTENDANCE REQUIREMENTS:

As stated in the Wayland Catalog, students enrolled at one of the University's external campuses should make every effort to attend all class meetings. All absences must be explained to the instructor, who will then determine whether the omitted work may be made up. When a

student reaches that number of absences considered by the instructor to be excessive, the instructor will so advise the student and file an unsatisfactory progress report with the campus executive director. Any student who misses 25 percent or more of the regularly scheduled class meetings may receive a grade of F in the course. Additional attendance policies for each course, as defined by the instructor in the course syllabus, are considered a part of the University's attendance policy.

STATEMENT ON PLAGIARISM & 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.

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.

COURSE REQUIREMENTS and GRADING CRITERIA:

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 virtual campus blackboard system.
2. Course material is introduced using a combination of readings from the book, PowerPoint slides, video and audio clips, discussions and projects. Students are expected to ask questions and be active participants in the discussions of the material presented.
3. There will be a quiz on each chapter of the course covered that will be open online for 72 hours. Notice the quizzes open and close at 6 AM 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 two times over the 72 hours 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 exams and may only be attempted one time, and a proctor approved by the virtual campus will

administer the exam. You **MUST** have a proctor pre-approved by the virtual campus to do this. You may also choose to use Remote Proctoring through Examyty.

5. There will be 4 major projects to complete during this course.
 - A. You must keep a journal of everything that you eat near the first week of class.
 - B. 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.
 - C. 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 per day.
 - D. You must read a particular scientific paper about diet plans and then using your dietary journal, analysis, and metabolic project to inform your pick of which diet plans would fit best into your lifestyle and eating habits.

6. Discussions and participation. There will be a series of discussion topics throughout the course. These topics will be discussed typically using the blog tool. Your participation in the discussions as well as depth of thought and engagement will be graded.

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 and participation grade derived from an average of discussion blogs.

University grading system

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

Other descriptive information about BIOL2305:

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 and possess computer competencies to email assignments as attachments and download and upload large files. 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 it 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 BIOL2305 in the subject line of the email, and all assignments turned in must be in either rich text, Microsoft Word, or PDF format and 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.

Expected time commitment: If this course is taken during an in a traditional classroom setting, this course would meet for about 45 hours. 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 WBUonline 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 8 hours per week, with additional effort required to study for assignments or to prepare for chapter quizzes and proctored exams.

Late work policy: Materials accepted by the instructor after the due date will be deducted 10 points per day (24-hour 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 uploaded through the assignment portal, 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.

Grade Appeal Statement: "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 Vice President of Academic Affairs/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."

TENTATIVE SCHEDULE

If there is any change to this schedule, the change(s) (including due dates and quiz/exam schedules) will be announced as an announcement in class on blackboard. The shaded areas for blogs represent when that blog is open. All times are Central Time Zone.

| Week # | Date | Day | Chapters & Quizzes & Projects | Exams & Discussion Blogs & Others |
|--------|--------|-----|--|--|
| Week 1 | 12-Nov | Mon | Begin Chapter 1 | "Get to know each other blog" opens |
| | 13-Nov | Tue | | (for all blogs, they are open during the |
| | 14-Nov | Wed | | orange shaded time window in this column) |
| | 15-Nov | Thu | Syllabus/Email Quiz due at midnight | |
| | 16-Nov | Fri | | |
| | 17-Nov | Sat | Quiz 1 (Chapter 1) opens at 6 am | "Get to know each other blog" closes |
| | 18-Nov | Sun | Begin week-long daily nutrition journal | |
| Week 2 | 19-Nov | Mon | Begin Chapter 2 | |
| | 20-Nov | Tue | Quiz 1 (Chapter 1) closes at 6 am | |
| | 21-Nov | Wed | Thanksgiving Break | |
| | 22-Nov | Thu | | |
| | 23-Nov | Fri | | |
| | 24-Nov | Sat | Quiz 2 (Chapter 2) opens at 6 am | |
| | 25-Nov | Sun | End daily nutrition journal | |
| Week 3 | 26-Nov | Mon | Begin Chapter 3 | |
| | 27-Nov | Tue | Quiz 2 (Chapter 2) closes at 6 am | no-show reported & proctor info due |
| | 28-Nov | Wed | | |
| | 29-Nov | Thu | | |
| | 30-Nov | Fri | | |
| | 1-Dec | Sat | Quiz 3 (Chapter 3) opens at 6 am | "Oh my goodness I ate ... that?" opens |
| | 2-Dec | Sun | Daily nutrition journal due at midnight | |

| Week # | Date | Day | Chapters & Quizzes & Projects | Exams & Discussion Blogs & Others |
|--------|--------|-----|---|--|
| Week 4 | 3-Dec | Mon | Begin Chapter 4 | |
| | 4-Dec | Tue | Quiz 3 (Chapter 3) closes at 6 am | |
| | 5-Dec | Wed | | |
| | 6-Dec | Thu | | |
| | 7-Dec | Fri | | |
| | 8-Dec | Sat | Quiz 4 (Chapter 4) opens at 6 am | "Oh my goodness I ate ... that?" closes |
| | 9-Dec | Sun | | |
| Week 5 | 10-Dec | Mon | Begin Chapter 5 | |
| | 11-Dec | Tue | Quiz 4 (Chapter 4) closes at 6 am | |
| | 12-Dec | Wed | | |
| | 13-Dec | Thu | | |
| | 14-Dec | Fri | Dietary analysis of yourself due at midnight | "Supersize me blog" opens |
| | 15-Dec | Sat | Quiz 5 (Chapter 5) opens at 6 am | (recall that there are 2 "things" to turn in) |
| | 16-Dec | Sun | | |
| Week 6 | 17-Dec | Mon | Begin Chapter 6 | |
| | 18-Dec | Tue | Quiz 5 (Chapter 5) closes at 6 am | |
| | 19-Dec | Wed | | |
| | 20-Dec | Thu | Christmas Break | |
| | 2-Jan | Wed | | "Supersize me blog" closes |
| | 3-Jan | Thu | | |
| | 4-Jan | Fri | | |
| | 5-Jan | Sat | Quiz 6 (Chapter 6) opens at 6 am | |
| 6-Jan | Sun | | | |
| Week 7 | 7-Jan | Mon | Begin Chapter 7 | Proctored midterm exam opens at 6 am (Chapters 1 through 6) |
| | 8-Jan | Tue | Quiz 6 (Chapter 6) closes at 6 am | |
| | 9-Jan | Wed | | |
| | 10-Jan | Thu | | |
| | 11-Jan | Fri | | |
| | 12-Jan | Sat | Quiz 7 (Chapter 7) opens at 6 am | |
| | 13-Jan | Sun | | |

| Week # | Date | Day | Chapters & Quizzes & Projects | Exams & Discussion Blogs & Others |
|---------|--------|-----|---|--|
| Week 8 | 14-Jan | Mon | Begin Chapter 10 | |
| | 15-Jan | Tue | Quiz 7 (Chapter 7) closes at 6 am | Proctored midterm exam closes at midnight |
| | 16-Jan | Wed | Metabolic rate and caloric requirement project due at midnight | |
| | 17-Jan | Thu | | |
| | 18-Jan | Fri | | Last Day to get a "W" |
| | 19-Jan | Sat | Quiz 8 (Chapter 10) opens at 6 am | |
| | 20-Jan | Sun | | "Life's Greatest Miracle" opens |
| Week 9 | 21-Jan | Mon | Begin Chapter 11 | |
| | 22-Jan | Tue | Quiz 8 (Chapter 10) closes at 6 am | |
| | 23-Jan | Wed | Martin Luther King Day | |
| | 24-Jan | Thu | Pick a diet plan project due at midnight | |
| | 25-Jan | Fri | | Last day to get a WP/WF |
| | 26-Jan | Sat | Quiz 9 (Chapter 11) opens at 6 am | "Life's Greatest Miracle" closes |
| | 27-Jan | Sun | | |
| Week 10 | 28-Jan | Mon | Begin Chapter 14 & 15 | |
| | 29-Jan | Tue | Quiz 9 (Chapter 11) closes at 6 am | |
| | 30-Jan | Wed | | |
| | 31-Jan | Thu | | |
| | 1-Feb | Fri | | |
| | 2-Feb | Sat | Quiz 10 (Chapter 14 & 15) opens at 6 am | |
| | 3-Feb | Sun | | |
| Week 11 | 4-Feb | Mon | | |
| | 5-Feb | Tue | Quiz 10 (Chapter 14 & 15) closes at 6 am | |
| | 6-Feb | Wed | | |
| | 7-Feb | Thu | | Proctored Final Exam opens at 6 am (Chapters 7, 10, 11, 14, and 15) |
| | 8-Feb | Fri | | |
| | 9-Feb | Sat | | |
| | 10-Feb | Sun | | |
| Week 12 | 11-Feb | Mon | | |
| | 12-Feb | Tue | | |
| | 13-Feb | Wed | | |
| | 14-Feb | Thu | | |
| | 15-Feb | Fri | | Proctored Final Exam closes at midnight |
| | 16-Feb | Sat | WBU Online term ends | WBU online term ends |