Title: Normal Nutrition & Lab
Catalog Number: NUTR 110

Credit Hours: 4
Total Contact Hours: 45

Lecture (or Lab): Lecture/Lab
Instructor: Catherine Broihier, MS, RD

Office Hours – By appointment only
Contact Information:
SMCC email: cbroihier@smccme.edu
Phone: provided in class

General Course Syllabus

Course Description
Prerequisites: ENG-080, ENG-090, and MAT-020

This course provides an introduction to the field of nutrition, including the study of carbohydrates, fats, proteins and other essential nutrients. Students will also gain a workable knowledge of digestion, absorption, metabolism, life cycle nutrition, nutrition guidelines, and nutrition programs. The concepts covered in the lecture course are explored in greater detail during the lab time using a variety of activities including food preparation, independent research/materials evaluation and diet analysis.

Course Objectives

After successfully completing the course, the student will be able to:

1. Demonstrate the nature and functions of carbohydrates, proteins, fats, vitamins, minerals and water. They will also be aware of the role these nutrients play in metabolism and energy balance, as well as digestion and absorption.

2. Discuss why specific nutrient recommendations are translated into guidelines, and what foods should be included in the diet to meet the guidelines.

3. Identify cultural and life cycle influences that impact nutritional status and food choices.

Nutrition Lab Objectives:

1. Analyze and critique current media coverage of food/nutrition issues (from both a documentary and a print article in consumer press)

2. Accurately record and analyze food intake using a 3-day food record and nutrient database; assess the adequacy of nutrients and water in his/her own diet

3. Read a food label and Nutrition Facts panel to assess food products
Topical Outline of Course
- Perspectives on nutrition (scientific method, types of research, nutrition professionals)
- Nutrition Programs and Guidelines
- Food labels
- Digestion, Absorption, and Metabolism
- Carbohydrates
- Proteins
- Fats (Lipids)
- Vitamins/Minerals
- Water
- Nutritional needs of pregnancy and infancy; childhood; elderly

Topical Outline of Lab
- Food movie/documentary
- Food labeling
- Evaluating popular media coverage of nutrition topic
- Three day food record
- Personal diet analysis project
- Evaluating carbohydrates in the diet
- Evaluating protein in the diet
- Evaluating fat in the diet
- Evaluating water, vitamins and minerals in the diet

Course Requirements
Research paper on cultural foods
Homework; quizzes; mid-term exam and final exam
Attendance and participation

Lab Requirements
Lab work is done on your own time and consists of several short lab assignments and a Personal Diet Analysis Project

Student Evaluation and Grading
For the lecture portion of the course:
Project (cultural foods paper) 10%
Tests (2 @ 15% each) 30%
Quizzes (5 @ 5% each) 25%
Attendance/Participation/Homework 10%

For the lab portion of the course:
Activity Reports/Assignments (3) 15%
Personal Diet Analysis Project 10%

Overall Course Grading:
A 93 - 100  A- 90 - 92.9  B+ 87 - 89.9
B 83 - 86.9  B- 80 - 82.9  C+ 77 - 79.9
C 73 - 76.9  C- 70 - 72.9  D+ 67 - 69.9
D 63 - 66.9  F 0 - 62.9
Text, Tools and/or Supplies

*Understanding Normal and Clinical Nutrition*, 11th edition (9th or 10th edition also acceptable) **You DO NOT need the disc that comes with the textbook—so don’t purchase it.**

Publishers: Cengage Learning; by Rolfes/Pinna/Whitney. (This book is expensive. Used or rented books are fine)

Also, if you are not a Dietetic Technology Major, you may use the simplified version of the text, just called *Understanding Nutrition*—you will not need *Understanding Normal and Clinical Nutrition.* Contact your instructor if you have any questions.

Attendance Policy

This instructor follows the Attendance policy outlined in the SMCC Student Handbook (excerpted below):

*Students are expected to attend all regularly scheduled classes and laboratory sessions. Students who are having difficulties with absenteeism must contact their instructor as soon as possible to discuss the steps they must take to succeed in the remaining weeks of the term. Faculty members have authority to establish attendance standards appropriate to their course. These standards will be clearly stated in the course syllabus.*

*Three or more consecutive absences from regular class meetings with no communication between student and instructor must be reported to Enrollment Services and the student will be assigned a grade of “AF” (Administrative Failure).*

**This is my attendance policy:** Attendance will be taken at each class. Students will be allowed to miss the equivalent of two week’s classes whether excused or unexcused prior (that’s 4 missed classes total) without the course grade being affected, as long as work is turned in on time. If absences exceed 4 classes, or if work is deemed excessively late due to absences, the student’s grade will be adversely impacted at the instructor’s discretion. **If you know ahead of time that you will be absent, it would be courteous to let me know ahead of time so we can arrange for homework to be turned in etc.**

End-of-Course Evaluation

Students complete evaluations for each course attended at SMCC. Evaluations are submitted online and can be accessed through the student portal. Students can access the course evaluations beginning one week before the end of classes. The deadline for submission of evaluations occurs Monday at 5 p.m. following the last day of the class. You will receive an e-mail to your student e-mail account when course evaluations are available.

**ADA Syllabus Statement**

Southern Maine Community College is an equal opportunity/affirmative action institution and employer. For more information, please call (207) 741-5798. If you have a disabling condition and wish to request accommodations in order to have reasonable access to the programs and services offered by SMCC, you must register with the Disability Services Coordinator, Sandra Lynham, who can be reached at 741-5923. Further information about services for students with disabilities and the accommodation process is available upon request at this number. Course policies about online testing are modified to suit each individual’s accommodations.
SMCC Pay-for-Print Policy

Each semester students receive a $20 printing credit. The balance resets at the end of the semester and any remaining credits are removed. The College’s pay-for-print system monitors printing on all printers (including those in general access labs, library printers, Tutoring Services, Campus Center Lounge and technology labs). Be sure to log OUT of the system when you’ve finished your printing, to prevent unauthorized access to your account. Students can check the number of pages they have printed by using the Printing Balance tool available on SMCC computers (located in the lower right corner of the screen, near the clock). Departments with work study students who need to print documents for the department should contact the Help Desk at 741-5696 to have a special account set up. To find ways to reduce your printing charges, please go to the IT Help tab on My SMCC. If you have questions about the pay-for-printing policy or your printing charges, please contact the Help Desk at 741-5696 or send an e-mail to helpdesk@smccme.edu.

Refunds

Print jobs are eligible for a refund in the event of mechanical or electronic error on the part of the printer, print server, or software used to submit the job. Jobs are not eligible for a refund in cases where the job was not set up correctly, was submitted multiple times, or the student is not satisfied with the result. To request a refund, please bring the offending print to the IT Department in the basement of the Ross Technology Center. Refunds will be granted in the form of a credit to the student’s account.

Add-Drop Policy

Students who drop a course during the one-week “add/drop” period in the fall and spring semesters and the first three days of summer sessions receive a 100% refund of the tuition and associated fees for that course. Please note any course that meets for less than the traditional semester length, i.e., 15 weeks, has a pro-rated add/drop period. There is no refund for non-attendance.

Withdrawal Policy

A student may withdraw from a course only during the semester in which s/he is registered for that course. The withdrawal period is the second through twelfth week of the Fall and Spring semesters and the second through ninth week of twelve-week Summer courses. This period is pro-rated for shorter-length courses, usually 75 percent of course meeting times; please check with the Registration Office. To withdraw from a course, a student must complete and submit the appropriate course withdrawal form, available at the Registration Office. This process must be completed either in person or by using SMCC e-mail accounts.

Plagiarism Statement

If an instructor suspects that a student has knowingly committed a violation defined in the Maine Community College System Policy on Student Grade Appeals and Academic Misconduct, the instructor has the authority to review the alleged misconduct and determine the grade that the student should receive for the assignment and the course. The instructor may assign a failing grade for the assignment or course and may require the student to complete additional work for the course. The instructor may consult with the department chair and/or the College’s chief academic officer prior to making such decisions. If a
student seeks to challenge an instructor’s determination, the student should submit a grade appeal. Grade appeal forms are available in the Advising Office on the South Portland Campus or in the administrative offices in the Learning Commons on the Midcoast Campus. An instructor may also refer the matter to the College’s disciplinary officer for review under the procedures of the MCCS Student Code of Conduct.