SOUTHERN MAINE COMMUNITY COLLEGE
South Portland, Maine 04106

Course Syllabus - NUTR 110

Normal Nutrition & Nutrition Lab

Course Description
4 CREDITS
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.

NUTR 110 Course Objectives
Upon completion of this course, the students will be able to 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. They will also be able to discuss why specific nutrient recommendations are translated into guidelines, and what foods should be included in the diet to meet the guidelines. Students will be able to identify cultural and life cycle influences that affect nutritional status and food choices.

Topical Outline of Class Instruction
-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/adolescence; elderly
Course Requirements:
Research paper on cultural foods
Homework; quizzes; mid-term exam and final exam
Attendance and participation

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.**

Plagiarism/Cheating Policy
This instructor follows the plagiarism/cheating policy outlined in the SMCC Student Handbook (excerpted below):

*Adherence to ethical academic standards is obligatory. Cheating is a serious offense, whether it consists of taking credit for work done by another person or doing work for which another person will receive credit. Taking and using the ideas or writings of another person without clearly and fully crediting the source is plagiarism and violates the academic code as well as the Student Code of Conduct. If it is suspected that a student in any course in which s/he is enrolled has knowingly committed such a violation, the faculty member should refer to 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 also refer the matter to the College’s Disciplinary Officer for additional sanctions under the Student Code of Conduct. Sanctions from an Instructor may include suspension from the course and a failing grade in the*
course. Sanctions from a Disciplinary Officer may include all available sanctions noted in the Student Code of Conduct. Students have the right to appeal the decision of an instructor via the grade appeal process and the sanction of a Disciplinary Officer via the Disciplinary Committee under the terms outlined in the Student code of Conduct. These processes are parallel and may result in different findings.

**Nutrition Lab Course Objectives:**
After completing the course, the student will be able to:
1. Reviewing current documentary about food/nutrition issue
2. Accurately record and analyze food intake;
3. Assess the adequacy of carbohydrates, proteins, fats, vitamins, minerals, and water in their diet;
4. Use a food label and nutrition facts panel to make wise food choices;
5. Evaluate media sources of information on current nutrition topics

**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:**
Lab work on your own time, activity reports and lab assignments, Personal Diet Analysis Project

**Text, Tools, and/or Supplies**
*Understanding Normal and Clinical Nutrition, 10th edition*
Publishers: Cengage Learning (This book is expensive. Used books and rented books are fine—as is the 9th edition.)

**Note:** You DO NOT need the disc that comes with the textbook!**
Also, if you are not a Dietetic Technology Major, you may use the simplified version of the text, called *Understanding Nutrition* —you will not need *Understanding Normal and Clinical Nutrition*. Contact your instructor if you have any questions.

**Class Evaluation and Grading**
- Project (cultural foods paper) 10%
- Tests (2 @ 15% each) 30%
- Quizzes 25%
- Attendance/Participation/Homework 10%
Lab Evaluation and Grading:
Activity Reports/Assignments (3) 15%
Personal Diet Analysis Project 10%
100%

Course Grade:
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

End-of-Course Evaluation:
In order to gain access to final course grades, students must complete evaluations for all courses. Students can now evaluate their SMCC courses online and anonymously by going to Academics on the SMCC homepage and choosing Course Evaluations. This feature is typically available the last two weeks of every class (in most cases, this will be the last two weeks of the semester).

ADA 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.

Student printing policy:
Per Page Costs

Each semester students receive a $20 printing credit. The balance resets at the end of the semester and any remaining credits are removed. The cost varies depending upon page size and whether printing is done in black and white or color.

a. There is a $0.10 per page fee for standard 8.5" by 11" black and white documents.

b. The reverse sides of duplex (double-sided) documents are free.

c. There is a $.50 per page fee for standard 8.5" by 11" color documents.

d. There is a $.20 per page fee for 8.5" by 14" (legal) or 11" by 17" (tabloid) black and white documents.

e. There is a $1.00 per page fee for 8.5" by 14" (legal) or 11" by 17" (tabloid) color documents.
Duplex charges (printing on both sides of a page) work in the following fashion: One page is $0.10, two pages are $0.10, three pages are $0.20, and four pages are $0.20, etc. The flipsides are free, but another sheet of paper is $0.10. Please be aware that a document with any color at all (when printed to a color printer) will by default be printed in color. You are responsible for setting the print job to print black and white if you do not need color. For directions, please go to the IT Help tab in My SMCC.

**How does it work?**

The College’s pay-for-print system monitors printing on all printers (including those in general access labs, library printers, the Academic Achievement Center, Noisy Lounge and technology labs). 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.

**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.