Course Description

This course is an introduction to the field of nutrition, which includes the study of carbohydrates, fats, proteins and other essential nutrients. Students will also gain a workable knowledge of digestion, absorption, and metabolism, life cycle nutrition, nutrition guidelines, and nutrition programs. The concepts covered in the lecture course are explored in greater detail during lab time using a variety of activities including food experiments, anthropometric measurement, nutrient analysis, and enhanced problem sets.

Prerequisite(s): ENGL-050, ENGL-075, MATH-020 Corequisite(s): none

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 Instruction

-Perspectives on nutrition; professionals who deal with nutrition;
-Digestion, Absorption, and Metabolism;
-Nutrition Programs and Guidelines;
-Food labels;
-Carbohydrates;
-Proteins;
- Fats (Lipids);
- Vitamins;
- Minerals;
- Water;
- Cultural influence on food choices and diet;
- Nutritional needs of pregnancy and infancy;
- Nutritional needs of childhood;
- Nutritional needs of adolescence;
- Nutritional needs of the elderly;
- Reliable sources of nutrition information;
- *Healthy People 2020*
- Serving sizes and portion sizes
- Recording and analyzing food intake;
- Food label and nutrition facts panel;
- Media sources of information on current nutrition topics including low-carb diets, supplement use, fat replacers, vegetarian diets, genetically modified food, bovine growth hormone and food irradiation.

**Course Requirements**

Homework, online lab assignments, exams, participation in the online discussion boards, Diet Analysis project

**Student Evaluation and Grading**

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<thead>
<tr>
<th>Component</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Homework</td>
<td>25%</td>
</tr>
<tr>
<td>Discussion</td>
<td>25%</td>
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<tr>
<td>Exams (midterm and final each worth 12.5%)</td>
<td>25%</td>
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<tr>
<td>Labs</td>
<td>15%</td>
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<tr>
<td>Personal Diet Analysis Project</td>
<td>10%</td>
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**Text, Tools and / or Supplies**


**Note:** If you are not a Dietetic Technology Major, you may use *Understanding Nutrition* for your textbook. If you are a Dietetic Technology Major you will need *Understanding Normal and Clinical Nutrition*. Contact your instructor if you have any questions.

- Access to Diet Analysis Plus software, bundled with textbook or available for free in the SMCC drop-in computer lab
**Attendance Policy**

Students must log into the class an absolute minimum of one time weekly. Students who have not logged into the course for a period of two weeks will be dropped from the class.

**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 PM following the last day of the class. You will receive an email to your student email 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**

**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.

**Why is SMCC charging for printing?**
The pay-for-print system is an effort to control escalating printing costs. Charging for printing helps offset the increasing cost of supplies and encourages students to conserve resources. 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 email to helpdesk@smccme.edu. Be sure to log OUT of the system when you’ve finished your printing, to prevent unauthorized access to your 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. To withdraw from a course, a student must complete and submit the appropriate course withdrawal form, available at the Enrollment Service Center (no phone calls, please). The designation “W” will appear on the transcript after a student has officially withdrawn. A course withdrawal is an uncompleted course and may adversely affect financial aid eligibility. Failure to attend or ceasing to attend class does not constitute withdrawal from the course. There is no refund associated with a withdrawal.

**Plagiarism Statement**
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 the matter to the College’s Disciplinary Officer and appropriate action will be taken under the Student Code of Conduct. Sanctions may include suspension from the course and a failing grade in the course. Students have the right to appeal these actions to the Disciplinary Committee under the terms outlined in the Student Code of Conduct.