Syllabus

Instructor Contact Information:

Name: Dr. Tanya McVay
E-mail: tanya.mcvay@oit.edu; I will check e-mail daily M-F, usually in the morning hours. Please include the course number.
Phone: 541-885-1939
Office Hours: By appointment, please don’t hesitate to call or stop by

General Course Information:

Course Number: BIO 205
Course Title: Nutrition
Course Description: A study of the relationships of food and nutrition to health. An overview of the basic nutrition principles including the nutrients and how they function in the body, nutrient requirements, diet planning, and energy balance. Current topics and controversies are examined.
Prerequisites: CHE 103 or BIO 213 or instructor’s consent
Credits: 3 term or trimester credits
(for transfer to other institution: 1.5 term credits equals 1 semester credit)
Accreditation: Individual courses cannot be accredited. Oregon Institute of Technology is accredited by the Northwest Commission on Colleges and Universities (NWCCU), an institutional accrediting body recognized by the Higher Education Coordination Commission and the Secretary of the U.S. Department of Education.

Course Objectives:

Upon completion of this course, the students should be able to:

- Analyze diet and exercise habits to develop strategies for a healthy lifestyle;
- Discuss the nutritional role and metabolism of carbohydrates;
- Discuss the nutritional role and metabolism of lipids, as well as their role in cardiovascular disease;
- Discuss the nutritional role and metabolism of proteins, as well as their role in maintaining muscle mass and nitrogen balance;
- Discuss the nutritional role fat soluble and water soluble vitamins;
- Discuss the nutritional implications of various diets, nutritional supplements, and vitamin and mineral supplements.
- Find current U.S. nutritional recommendations on line.
Textbook and Resources:

Joan S Blake *Nutrition and You*, 4th edition with MasteringNutrition access code for the same edition of the text (can be purchased separately).

The textbook for this course is available through the OIT Book Store (please go to www.oit.edu and click on Bookstore).

Disability Accommodations:

I will gladly provide special accommodations for students with disabilities. If you have a disability and choose to disclose it to me, you need to provide proper documentation. To obtain such, please contact Director of Services for Students with Disabilities at OIT, 541-851-5227. You are then personally responsible for requesting the accommodation from me.

Dropping the Course:

Grade: Please note that it is **your responsibility** to drop the course via Web for Students.
- No grade will appear on your record if you drop by Friday 5pm PST of 2nd week of the term
- W (Withdraw) will appear on your record, if your drop by Friday 5pm PST of 7th week of the term

Refund: The following refund policy applies:
- 100%, if you drop by Friday 5pm PST of 2nd week of the term
- 50%, if you drop by Friday 5pm PST of 3rd week of the term
- 25%, if you drop by Friday 5pm PST of 4th week of the term
- 0% thereafter

Academic Integrity at Oregon Tech:

Students are expected to demonstrate their knowledge with honesty and integrity. OIT considers academic dishonesty to be an unacceptable practice. The complete OIT Student Academic Integrity Policy is available on the OIT web site: [http://www.oit.edu/libraries/project_lead_the_way/student_academic_integrity.pdf](http://www.oit.edu/libraries/project_lead_the_way/student_academic_integrity.pdf)

Grading:

This course consists of both a lecture and application portion. The grade in the course reflects the combined level of achievement in both.

- Lecture quizzes (about 6) 5 pts. each
- Lecture exams (2) 50 pts. each
- Assignments (8-10) 2-4 pts. each

The grades will be assigned on the following scale:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
</tr>
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<tbody>
<tr>
<td>A</td>
<td>90-100%</td>
</tr>
<tr>
<td>B</td>
<td>80-89.9%</td>
</tr>
<tr>
<td>C</td>
<td>70-79.9%</td>
</tr>
<tr>
<td>D</td>
<td>60-69.9%</td>
</tr>
<tr>
<td>F</td>
<td>Less than 60%</td>
</tr>
</tbody>
</table>
## Course Schedule:

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
<th>Reading</th>
<th>Testing</th>
<th>Submitted Work</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Introduction: What is Nutrition?</td>
<td>Chapter 1</td>
<td></td>
<td>Assignment 1 due</td>
</tr>
<tr>
<td>2</td>
<td>Tools for Healthy Eating</td>
<td>Chapter 2</td>
<td>Quiz 1</td>
<td>Assignment 2 due</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Assignment 3 – data collection</td>
</tr>
<tr>
<td>3</td>
<td>Basics of Digestions</td>
<td>Chapter 3</td>
<td>Quiz 2</td>
<td>Assignment 3 due</td>
</tr>
<tr>
<td>4</td>
<td>Carbohydrates: Sugars, Starches and Fiber</td>
<td>Chapter 4</td>
<td>Quiz 3</td>
<td>Assignment 4 due</td>
</tr>
<tr>
<td>5</td>
<td>continued</td>
<td></td>
<td>Quiz 4</td>
<td>Assignment 5 due</td>
</tr>
<tr>
<td>6</td>
<td>-</td>
<td>-</td>
<td>Midterm Exam</td>
<td>Assignment 6 due</td>
</tr>
<tr>
<td>7</td>
<td>Fats, Oils and other Lipids</td>
<td>Chapter 5</td>
<td></td>
<td>Assignment 7 due</td>
</tr>
<tr>
<td>8</td>
<td>Proteins and Amino Acids</td>
<td>Chapter 6</td>
<td>Quiz 5</td>
<td>Assignment 8 due</td>
</tr>
<tr>
<td>9</td>
<td>Vitamins and Minerals; Weight Management</td>
<td>Chapter 9</td>
<td>Quiz 6</td>
<td>Assignment 9 due</td>
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<tr>
<td></td>
<td></td>
<td>Chapter 10</td>
<td></td>
<td>Assignment 10 due</td>
</tr>
</tbody>
</table>

All quizzes will be available during the scheduled week from Monday 8am till Wednesday 8pm PST; They are on the material of the previous week. The exams will be opened from Monday 8am till Sunday 8pm PST, Midterm exam is on chapters 1-4. Final exam is comprehensive (all material covered). For all quizzes and test, use plugin (not wireless) connection and Google Chrome, Firefox or Safari (for Apple) browser.

All Assignments will be due on Sunday 8pm PST, but many require earlier participation/data collection. All lecture video recordings will be available until 8pm PST on Sunday of the scheduled week. They will not be reopened for later viewing.

## Proctoring:

Proctoring will be required only for the exams, but not quizzes. Your proctors will not have the exam dates, so it is your responsibility to schedule exams when they are available on the Blackboard. Any cost associated with proctoring is your responsibility. You have two options:

### Option 1
Take your exams at any College Testing Center.
You should digitally fill out Application for Proctor and Proctoring Facility (please see under Proctor Information tab) and return it to me via e-mail: tanya.mcvay@oit.edu by the end of 2nd week of the term. Late submissions will not be accepted. This form is required for students utilizing Oregon Tech testing centers in Klamath Falls or Wilsonville as well. Once the form is reviewed, I will let you know if that is an acceptable proctoring facility. I will email the passwords to the proctors during week 5.

### Option 2
Take your exams from home with the aid of ProctorU: [http://www.proctoru.com/](http://www.proctoru.com/)
No Proctor Application Form is needed.
A live proctor will observe you via web camera, there is no download required. Learn how it works and watch the ProctorU demo: [www.proctoru.com/oregontech/](http://www.proctoru.com/oregontech/).
You should schedule your proctoring session in advance; to do so go to [www.proctoru.com/oregontech/](http://www.proctoru.com/oregontech/). Late scheduling may not be possible or result in extra charges.
All students abroad, with an exception of US military, should use this proctoring option.