

Instructor Information	
Instructor	Christina Patteson
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Phone	(409) 984-6330
Office	Education 1 - Room: 131
Office Hours	Tuesday & Thursday (9:30 am to 11:00 am) Virtual office hours by request.
Additional Contact Information	pattesoncb@lamarpa.edu
Course Information	
Description	Study of the chemical, physical, and sensory properties of food; nutritional quality; and food use and diet applications. (Cross-listed as BIOL 1322)
Required Textbooks	<i>Textbook Purchasing Statement: A student attending Lamar State College Port Arthur is not under any obligation to purchase a textbook from the college-affiliated bookstore. The same textbook may also be available from an independent retailer, including an online retailer.</i> <i>Textbook Purchasing Statement: A student attending Lamar State College Port Arthur is not under any obligation to purchase a textbook from the college-affiliated bookstore. The same textbook may also be available from an independent retailer, including an online retailer.</i> There are <u>2 required items for this course</u>: 1)The required textbook is: Nutrition & Diet Therapy, by DeBruyne, Pinna, & Whitney 10th ed. Published by Cengage. The ISBN for the textbook is 978-0357-03986-1. 2)The required access code to Pearson's "Mastering Nutrition" to accompany the book Nutrition & You, 6th ed by Blake. (Note, this is NOT the Cengage access code for the DeBruyne book described above.) <i>To clarify, you need BOTH:</i> <i>1.) Cengage book referenced above AND</i> <i>2.) Pearson's MN access code.</i>
Additional Materials/Resources	The only other things you will need to be successful in this course are: 1.) RELIABLE Internet access. 2.) Respondus Lock Down Browser and webcam enabled on your computer for exams. Students may access the LSCPA testing center if they do not have this available on their personal device. 3.) Access to Microsoft Word through your LSCPA account. 4.) A personal calendar to keep up with required reading, due dates for assignments, and availability dates for exams (all of which will be provided on the Course Schedule).
Corequisites/Prerequisites	None
Learning Outcomes	<u>Upon successful completion of this course, students will:</u> 1. Apply nutritional knowledge to analyze personal dietary intakes, to plan nutritious meals using nationally established criteria to meet recommended goals, and to evaluate food labels and the validity of nutritional claims. 2. Trace the pathways and processes that occur in the body to handle nutrients and alcohol through consumption, digestion, absorption, transport, metabolism, storage and waste excretion. 3. Discuss functions, sources, deficiencies, and toxicities of macro-and micronutrients, including carbohydrates, lipids, proteins, water, vitamins, and minerals. 4. Apply the concept of energy balance and its influences at the physical, emotional, societal, and cellular level to evaluate advantages and disadvantages of various methods used to correct energy imbalances. 5. Utilize concepts of aerobic and anaerobic energy systems, and knowledge about macronutrients, vitamins, minerals, ergogenic, and supplements and relate them to fitness and health. 6. Describe health and disease issues related to nutrition throughout the life cycle, including food safety, corrective dietary modifications, and the influence of specific nutrients on diseases.

Core Objectives

Lecture Topics Outline

Module 1:

- *Chapter 1: Overview of Nutrition & Health*
 - ~ DSM (*Ch. 1 What Is Nutrition?*) available in MN
 - ~ DSM (*Ch. 2 Tools for Healthy Eating*) available in MN
- *Chapter 3: Carbohydrates*
 - ~ DSM (*Ch. 4 Carbohydrates...*) available in MN
- *Chapter 4: Lipids*
 - ~ DSM (*Ch. 5 Fats-Oils-Other Lipids*) available in MN
- *Chapter 5: Protein*
 - ~ DSM (*Ch. 6 Proteins & Amino Acids*) available in MN

Module 2:

- *Chapter 2: Digestion & Absorption*
 - ~ DSM (*Ch. 3 The Basics of Digestion*) available in MN
- *Chapter 6: Metabolism, Energy Balance, & Body Composition*
- *Chapter 6 Nutrition in Practice: Eating Disorders*
 - ~ DSM (*Ch.10 Weight Management & Energy Balance*) available
- *Chapter 7: Weight Management*
- *Chapter 8: The Vitamins*
 - ~ DSM (*Ch. 7 Vitamins*) available in MN

Module 3:

- *Chapter 9: Water & the Minerals*
 - ~ DSM (*Ch. 8 Minerals and Water*) available in MN
- *Chapter 11: Nutrition through the Life Span: Pregnancy & Lactation*
 - ~ DSM (*Ch. 14 Life Cycle Nutrition: Pregnancy...*) available
- *Chapter 12: Nutrition through the Life Span: Infancy, Childhood, & Adolescence*
- *Chapter 13: Nutrition through the Life Span: Later Adulthood*
 - ~ DSM (*Ch. 15: Life Cycle Nutrition: Toddlers...*) available in MN

Module 4:

- *Chapter 14: Illness & Nutrition Care*
- *Chapter 15: Medications, Diet-Drug Interactions, & Herbal Products*
- *Chapter 16: Specialized Nutrition Support: Enteral & Parenteral Nutrition*
- *Chapter 17: Foods & Food Consistency for Upper GI Disorders*
- *Chapter 18: Fiber-Modified Diets for Lower Gastrointestinal Tract Disorders*
- *Chapter 21: Carbohydrate-Controlled Diets for Diabetes Mellitus*

Major Assignments Schedule

Major Case Study opens April 21, 2025, 9:00 a.m. until May 05, 2025, 9:00 a.m.

Final Exam Date

May 5, 2025 - 9:00 AM Through May 12, 2025 - 9:00 AM

Grading Scale

90% to 100%=A,
80% to 89%=B,
70% to 79%=C,
60% to 69%=D,
<59% = F

Determination of Final Grade

400 points- Major Exams (4 exams worth 100 points each).
120 points- Assignments (3 assignments worth 40 points each).
20 points- Dynamic Study Modules (10 DSM worth 2 points each).
100 points- Discussion Boards (5 discussions worth 20 points each).
60 points- Major Case Study Assignment (1 case study worth 60 points).

Total Points

700 points

627-700 = A (89.5+)
557-626 = B (79.5+)
487-556 = C (69.5+)
417-486 = D (59.5+)
< 416 = F

Course Policies

Instructor Policies

Exams: PLEASE READ CAREFULLY:

4 major exams (100 points each):

- Each online exam will be primarily multiple-choice questions, with some listing, and short answer-type questions as well. Unless otherwise specified, **all exams will be available from 9:00 am on the first day of availability until 9:00 am on the last day of availability.** DO NOT WAIT UNTIL THE LAST MINUTE TO TAKE EXAMS!

-Exams MAY NOT be made up for any reason. In the event of a missed exam/low exam grade a comprehensive final exam may be taken in place of the “regular” final exam (Exam #4) and will then count twice (once as missed/low exam grade & once as a final exam grade). *This comprehensive final exam may only be used to replace ONE exam grade!* Therefore, if you miss more than one exam during the semester, you will have a zero recorded for at least one exam grade.

-PLEASE NOTE: Although there are **two options offered for the Final Exam** (Exam #4 as well as the Comprehensive Final Exam), *each student is only allowed to take ONE of the Final Exam options* (If you choose to take both for some reason, your first final exam attempt will be the only one to count towards your final grade).

-Each exam will be timed, and you will not be allowed to go back to any question once you have answered. **DO NOT START AN EXAM, WAIT SEVERAL MINUTES/HOURS/DAYS, AND THEN ATTEMPT TO CONTINUE TAKING YOUR EXAM!** If you are forced out of the exam or must log out and back in the system for any reason, please do so quickly to avoid losing too much time on the exam. Watch your time while taking exams---**once the set time has expired, the exam will automatically be submitted for grading.**

-Also, when moving from question to question on exams, please simply select your answer/type in your answer, and then click the arrow to the right to go to the next question—NO NEED TO HIT “SAVE ANSWER” AFTER EACH ANSWER (this will often take up too much of your exam time—answers selected will save automatically when moving on to the next question).

-PLEASE NOTE: If you choose to take exams on the weekends and/or late at night, the instructor will not be available to assist you with problems right at that moment! You will be required to follow technology protocols provided in the Welcome Folder.

Assignments: PLEASE READ CAREFULLY:

- 4 assignments (3 assignments worth 40 points each and 1 final/major assignment worth 60 points):
 -- You can find and download the pdf file instructions for each of these assignments by clicking on the “Presentations & Assignments” link listed on the Course Menu on the homepage of this course. **Assignment instructions are available within the appropriate module folder for the course. All assignments should be completed/submitted in one of two ways** (see each assignment for further specific instructions):
 1.) Some assignments need to be submitted electronically to the instructor as a separate attachment (all assignments MUST be saved as Microsoft WORD or pdf files) under “Submission” within each assignment.
 2.) Please do NOT type the assignment directly into the body of the “Submission” area.
 3.) I will not accept any assignments sent via email.
 4.) The assignment will have a set of questions which need to be answered through the Blackboard course, the *Mastering Nutrition* course, or an assigned website.
 5.) ASSIGNMENTS CAN ONLY BE SUBMITTED ONE TIME, so be sure and double-check prior to assignment submission.

-Dynamic Study Modules (DSM) (20 points):

-- You will be required to complete several self-study “quizzes” in Mastering Nutrition (MN). These self-study modules will be a good review before each exam and will be worth a total of 20 points of your final grade for this course. You can easily access each required DSM under the “Presentations & Assignments” link in our Blackboard course.

-Discussion Board Assignments (100 points):

-- You will be required to complete 5 discussion board assignments. These assignments are worth 20 points each. You will access these through Blackboard.

Attendance Policy

Students are required to log into Blackboard every week to work on assignments. The course work assigned is based on a minimum of three hours of work completed weekly. The instructor has access to detailed attendance reports.

Additional Information

None

Institutional Policies

MyLSCPA

Be sure to check your campus email and Course Homepage using MyLSCPA campus web portal. You can also access your grades, transcripts, academic advisors, degree progress, and other services through [MyLSCPA](#).

Academic Honesty

Academic honesty is expected from all students, and dishonesty in any form will not be tolerated. Please consult the LSCPA policies (Academic Dishonesty section in the Student Handbook) for consequences of academic dishonesty.

ADA Considerations

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please contact the [Disability Services Coordinator](#), Room 117, in the Student Success Center. The phone number is (409) 984-6241.

COVID 19 Information	The Lamar State College Port Arthur (LSCPA) Student Code of Conduct COVID 19 Policy requires students who have been diagnosed with COVID 19 to report their condition directly to their local health department. Students should also contact their course faculty to report their quarantine status. In addition, this policy requires all students to wear face coverings when directly exposed to COVID 19 in compliance with the criteria included in the policy. For more information please refer to the COVID 19 link on the LSCPA website.
Facility Policies	No food or tobacco products are allowed in the classroom. Only students enrolled in the course are allowed in the classroom, except by special instructor permission. Use of electronic devices is prohibited.
HB 2504	This syllabus is part of LSCPA's efforts to comply with Texas House Bill 2504.
Mandatory Reporting of Child Abuse and Neglect	As per Texas law and LSCPA policy, all LSCPA employees, including faculty, are required to report allegations or disclosures of child abuse or neglect to the designated authorities, which may include a local or state law enforcement agency or the Texas Department of Family Protective Services. For more information about mandatory reporting requirements, see LSCPA's Policy and Procedure Manual .
Title IX and Sexual Misconduct	LSCPA is committed to establishing and maintaining an environment that is free from all forms of sex discrimination, including sexual harassment, sexual violence, and other forms of sexual misconduct. All LSCPA employees, including faculty, have the responsibility to report disclosures of sexual misconduct, including sexual harassment, sexual assault (including rape and acquaintance rape), domestic violence, dating violence, relationship violence, or stalking, to LSCPA's Title IX Coordinator, whose role is to coordinate the college's response to sexual misconduct. For more information about Title IX protections, faculty reporting responsibilities, options for confidential reporting, and the resources available for support visit LSCPA's Title IX website .
Clery Act Crime Reporting	For more information about the Clery Act and crime reporting, see the Annual Security & Fire Safety Report and the Campus Security website .
Grievance / Complaint / Concern	If you have a grievance, complaint, or concern about this course that has not been resolved through discussion with the Instructor, please consult the Department Chair.
Department Information	General Education and Developmental Studies Chair: Dr. Steven Zani Email: zanisj@lamarpa.edu Phone: (409) 984-6431