



**Virtual Campus – Summer 2009
May 26 – August 8**

Mission: Wayland Baptist University exists to educate students in an academically challenging, learning focused and distinctively Christian environment for professional success, lifelong learning and service to God and humankind.

BIOL 2305 Nutrition Virtual Campus Edition Summer 2009

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Catalog description*: - The basic science of nutrition is emphasized in this course. References are given to nutritional needs in clinical situations. The role of nutrition in human growth and development and needs change during the life cycle will be emphasized. This course is designed for pre nursing students and does not meet the laboratory life science core requirement. Prerequisite: CHEM 1400, or CHEM 1401 or School approval.

*Course description in this syllabus reflects the changes made to the course description effective in the 2009-2010 catalog.

Textbook: Nutrition: An Applied Approach 2nd ed.

Course requirements:

1. Students are expected to read the textbook assignments and compile a complete set of notes from the text and lecture. Students will also be required to access the virtual campus blackboard system.
2. Course material is introduced using a combination of readings from the book, PowerPoint slides, video and audio clips, discussions and projects. Students are expected to ask questions and be active participants in the discussions of the material presented.
3. There will be a quiz on each chapter of the course covered that will be open online for 72 hours. Notice the quizzes open and close at 6AM central time zone (observing daylight savings time). The chapter quizzes **will not** be reopened once they close. The two lowest grades scored on the non proctored chapter quizzes will be dropped (including zeros). These quizzes are a valuable learning tool and students may attempt the quizzes as many times as they wish over the 72 hours the quiz is open, and may use their book and notes to help answer the questions on the quizzes.
4. There will also be proctored midterm and final exams. These exams will each be closed book exams and may only be attempted one time.
5. There will be 4 major projects to complete during this course.
 - A. You must keep a journal of everything that you eat near the first week of class.

- B. You must calculate your basal metabolic rate BMR, and use your BMR in conjunction with exercise and other circumstances that influence calorie usage to generate a report of your average caloric usage per day.
- C. You must complete a dietary nutritional analysis of yourself including observations and recommendations using the 1 week dietary journal you developed near the first week of class.
- D. You must complete a dietary nutritional analysis using 1 day of nutritional information on 3 other people with different nutritional requirements than yourself. For example, people with differences in nutritional requirements may be a child, an elderly person, an athlete, an overweight person, or a vegetarian.

6. Discussions and participation. There will be a series of discussion topics throughout the course. These topics will be discussed typically using the blog tool. Your participation in the discussions as well as depth of thought and engagement will be graded.

Outcome Competencies:

I. Students will become competent in content material in the following areas:

1. The role of nutrition in our health (ch 1).
2. Designing a healthy diet (ch 2).
3. The human body: are we what we eat (ch 3).
4. Carbohydrate in nutrition (ch 4).
5. Fat in nutrition (ch 5).
6. Proteins in nutrition (ch 6).
7. Achieving and maintaining a healthful body weight (ch 11).
8. Disordered eating (ch 13).
9. Nutrition through the life cycle: pregnancy and the first year of life (ch 15).
10. Nutrition through the life cycle: childhood to early adulthood (ch 16).

II. Students will become competent using software and online tools to calculate dietary needs and nutrient consumption.

III. Students will become competent in keeping a dietary journal, and evaluating nutritional intake and requirements.

Course Format:

This is an online course and you are expected to have reliable access to the Internet and possess computer competencies to email assignments as attachments and download and upload large files. You will also be required to learn how to utilize various web-based tools which will require you to set up and use free accounts at web sites outside of WBU. This course requires homework, research, quizzes and discussions on a weekly basis. The course is not designed as a self paced course, and will be very difficult if the student falls behind. No excuses because of other classes or commitments will be accepted for your failure to comply with these requirements. All email correspondence regarding this course should have Biol 2305 in the subject line of the email, and all assignments turned in must be in either MS Word 2003 or 2007, and the actual document name should be your last name followed by the title of the assignment (for example, reinhart dietary journal.doc). Unless I change the schedule for a particular assignment in this course, due dates and times published on the tentative schedule will be adhered to.

Course evaluation:

The final grade in the course will be derived as follows:

- 25% Chapter quiz average. Two chapter quizzes will be dropped (including zeros).
- 35% Proctored midterm and final exam average.
- 25% Project grade average.
- 15% Discussion and participation grade derived from an average of discussion and participation grades.

University grading system

A 90-100 B 80-89 C 70-79 D 60-69 F below 60 I incomplete W withdrawal

Materials accepted by the instructor after the due date will be deducted 10 points per day (24hr period) late. The time and date used to determine when an item was turned in will be the time that the email (with the document attached) was sent, or in the case of the discussions, the time posted on your discussion entry. Note that the discussion blogs will be set to close at a predetermined time. After the discussion closes, it is not appropriate to post your discussion somewhere else in the content for this course. Exams and quizzes will not be reopened.

Note: It is university policy that no otherwise qualified disabled person be excluded from participation in, be denied the benefits of, or be subject to discrimination under any educational program or activity in the University.

Tentative schedule:

Week	Date	Day	Scheduled Course Tasks (only quizzes, exams and projects listed)	Discussions (Start is listed only)
	May 25	Mon	Holiday	
1	26	Tue	Begin Chapter 1	Get to know each other
	27	Wed		
	28	Thurs		
	29	Fri	Syllabus / email quiz due at 11PM	
	30	Sat	Quiz 1 opens at 6AM for 72 hours	
2	31	Sun	Begin Chapter 2	
	June 1	Mon	Begin week long daily nutrition journal	Oh My Goodness I ate... <i>that?</i>
	2	Tue	Quiz 1 closes at 6AM	
	3	Wed		
	4	Thurs		
	5	Fri		
	6	Sat	Quiz 2 (chapter 2) opens at 6AM for 72 hours	
3	7	Sun	Begin Chapter 3	
	8	Mon	End daily nutrition journal	No discussion
	9	Tue	Quiz 2 (chapter 2) closes at 6AM	Journal due this week
	10	Wed	Daily nutrition journal due at 6AM	
	11	Thurs	Quiz 3 (chapter 3) opens at 6AM for 72 hours.	
	12	Fri		
	13	Sat		

4	14	Sun	Begin Chapter 4;	
	15	Mon		No discussion
	16	Tue	Quiz 3 (chapter 3) closes at 6AM.	Metabolic project due this week
	17	Wed		
	18	Thurs		
	19	Fri	Metabolic rate and caloric requirement project due 6AM	
	20	Sat	Quiz 4 (chapter 4) opens at 6AM for 72 hours.	
5	21	Sun	Begin Chapter 5	
	22	Mon		Pick a diet plan
	23	Tue	Quiz 4 (chapter 4) closes at 6AM	
	24	Wed		
	25	Thurs		
	26	Fri		
	27	Sat	Quiz 5 (chapter 5) opens at 6AM for 72 hours.	
6	28	Sun	Begin Chapter 6	
	29	Mon		No discussion
	30	Tue	Quiz 5 (chapter 5) closes at 6AM.	Proctored exam this week
	July 1	Wed	Proctored mid term exam (chapters 1-6) opens at 6AM	
	2	Thurs		
	3	Fri		
	4	Sat	Quiz 6 (chapter 6) opens at 6AM for 72 hours	
7	5	Sun	Proctored mid term exam closes at 11PM	
	6	Mon	Begin Chapter 11	Supersize Me
	7	Tue	Quiz 6 (chapter 6) closes at 6AM	
	8	Wed		
	9	Thurs		
	10	Fri		
	11	Sat	Quiz 7 (chapter 11) opens at 6AM for 72 hours	
8	12	Sun	Begin Chapter 13	
	13	Mon		No discussion
	14	Tue	Quiz 7 (chapter 11) closes at 6AM	Dietary analysis due this week
	15	Wed		
	16	Thurs	Dietary analysis of yourself Due at 6AM	
	17	Fri		
	18	Sat	Quiz 8 (chapter 13) opens at 6AM for 72 hours	
9	19	Sun	Begin Chapter 15	
	20	Mon		Life's Greatest Miracle
	21	Tue	Quiz 8 (chapter 13) closes at 6AM	
	22	Wed		
	23	Thurs		
	24	Fri		
	25	Sat	Quiz 9 (chapter 15) opens at 6AM for 72 hours	

10	26	Sun	Begin Chapter 16	
	27	Mon		No discussion
	28	Tue	Quiz 9 (chapter 15) closes at 6AM	2nd diet analys. Due
	29	Wed		
	30	Thurs	Dietary analysis of 3 different people due at 6AM	
	31	Fri	Quiz 10 opens at 6AM for 72 hours	
	Aug. 1	Sat	Proctored Final Exam Opens 6AM	
11	2	Sun		
	3	Mon		No discussion
	4	Tue	Quiz 10 closes at 6AM	Proctored final this week
	5	Wed		
	6	Thurs		
	7	Fri	Proctored Final Exam Closes at 11 PM	
	8	Sat		VC Term Ends

All times are central time (observing daylight savings time)