Course: BIO 112- OC1

Credits: 3 3 Credit Hours (lecture: 3; lab: 0)

Credit cannot be earned in both BIO 112 and BIO 113

Instructor Information:

The best way to contact me is via email. I will usually get back to you within 24-48 hours.

Instructor: Urbi Ghosh
Phone: (847) 635-1684 (Division One Office)
Office: 2nd floor
Email: ughosh@oakton.edu
Tentative Office Hours: Fridays XXam-XXam, Room 2171

Note: The best way to communicate with me is through email under WebCT. I check it regularly throughout the day and will respond back within 24-48 hours.

Course Website: Essentials of Nutrition
https://sites.google.com/site/essentialsofnutrition/

My Faculty Website is: http://www.oakton.edu/~ughosh
**Prerequisite:** One year of high school biology or chemistry.

**Course Description BIO 113 - Essentials of Nutrition:**

Course introduces concepts and principles of the science of nutrition.

Intended for anyone interested in becoming a more knowledgeable consumer of nutritional information.

Course introduces concepts and principles of the science of nutrition. Content includes:

- Identification and definition of nutritional concepts components of food and energy elements of digestion
- Consideration of nutrition requirements for each age group
- Health problems related to diet.

**Course Objectives:**

After successfully completing this course, the student should be able to:

1. List basic food groups and nutritional classifications
2. Discuss factors that influence food habits
3. Understand digestive tract function and metabolism
4. Demonstrate knowledge of nutritional needs for health and fitness
5. Demonstrate knowledge of altered health states.

**Textbook (What to Buy):**

  **Publisher:** Pearson Benjamin Cummings, Pearson Education Inc. Pearson Custom Library
- **2. My Diet Analysis.** Both the textbook and My Diet Analysis (access codes) are bundled together and sold as one item in the Oakton Bookstore.

**Resources for Textbook purchases:** All materials can be purchased through Oakton's bookstore (if you want the reduced priced custom copy edition).
Des Plaines Campus Phone is: (847) 635-1680 and the Skokie Campus bookstore is: (847) 635-1421.

- **The URL for the Oakton Bookstore is:**

**Biology Department Learning Outcomes:**

By the completion of your biology courses at Oakton, you will have gained the experience to.....

1. Think critically – identify, define, analyze, interpret, and evaluate ideas, concepts, information, problems, solutions, and consequences. This includes the ability to compute and comprehend quantitative information and to engage in the scientific process.
2. Communicate – communicate ideas, concepts, and information through written and oral means. Collaborate with people of diverse backgrounds and abilities.
3. Demonstrate literacy – demonstrate the ability to read critically within content areas. Use technology to locate, evaluate, and communicate data, information, ideas, and concepts. Assess, critique, and select from a variety of information resources.
4. Demonstrate responsibility – demonstrate an understanding of personal responsibility and ethical behavior in one’s own academic and civic life.

**Academic Integrity:**

Students and employees at Oakton Community College are required to demonstrate academic integrity and follow Oakton’s Code of Academic Conduct. This code prohibits:

- Cheating,
- Plagiarism (turning in work not written by you, or lacking proper citation),
- Falsification and fabrication (lying or distorting the truth),
- Helping others to cheat,
- Unauthorized changes on official documents,
- Pretending to be someone else or having someone else pretend to be you,
• Making or accepting bribes, special favors, or threats, and
• Any other behavior that violates academic integrity.

There are serious consequences to violations of the academic integrity policy. Oakton’s policies and procedures provide students a fair hearing if a complaint is made against you. If you are found to have violated the policy, the minimum penalty is failure on the assignment and, a disciplinary record will be established and kept on file in the office of the Vice President for Student Affairs for a period of 3 years.

Details of the Code of Academic Conduct can be found in the Student Handbook.

COURSE COMMUNICATION--VERY IMPORTANT:

ALL COURSE COMMUNICATION WILL UNDER WebCT FROM THE FIRST DAY OF CLASS.

Please do not email directly unless WebCt is down.

Course will use WebCt records, communication and posting course materials.

• All student communication should be posted under Web Ct, including all submissions of papers, cases and quizzes. Lectures will be under Web CT in PDF format and presentation format.
• Lectures are supplemented with lecture outlines, handouts and articles.
Assessments & Assignments:

Projects: 200 points - There will be one student project worth 200 points.
- Project is to be written up as concise and organized as possible.
- Page limit: 10-15 pages single or double-spaced. 12 point Times Roman or Arial font. Page margins are 1 inch all around.
- A minimum of five-ten references are to be included in the paper.
- The Project need to be submitted under Web Ct as a WORD document or an (.rtf) document. The document can be uploaded under WebCt directly. This will facilitate proper grading of the project.
- Research Guides at Oakton
- List of Databases at Oakton for researching.

Quizzes:

- 550 points. Once a week quizzes in WebCT.
- A total of 11 quizzes, 50 points each.
- So a total of 11 Quizzes will be on WebCt. All quizzes will be designed to check student learning. Each quiz will be multiple-choice WebTV based quizzes.
- Quizzes can be taken anytime in the week of the scheduled topic (see course schedule).
- All quizzes must be taken in the time period indicated under WebCt.
- Quizzes need to be done in time. No exceptions will be made.
- I will fail you from class if you do not complete the quizzes.

Exam: (On-Campus)

- All students will be required to take the exam ON-CAMPUS either at Skokie or Des Plaines Testing Center.
- 100 points total. There will be one exam. The one-hour exam counts 100 points. Exams will incorporate multiple choice questions and short-answer questions. The test must be taken at Oakton’s Testing Center. See Oakton’s website for testing center hours. Remember to bring a picture ID with you.
- Make sure to visit the following URL so that you know the hours for the testing center:
  http://www.oakton.edu/learn/testhome.htm
• Grading:

<table>
<thead>
<tr>
<th>Assessments</th>
<th>Instructional Methods</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tests</strong> - 100 points</td>
<td>All tests are required to be completed at the Testing Center on the Second floor of Oakton either at Des Plaines or Skokie Campuses.</td>
</tr>
<tr>
<td></td>
<td>• Tests will be multiple-choice under WebCT with some short answer.</td>
</tr>
<tr>
<td></td>
<td>• If you are below a D after the first Exam you need to consider changing some study habits. Please contact me immediately.</td>
</tr>
<tr>
<td><strong>Tests</strong></td>
<td><strong>Make-ups</strong> : Case by case basis. Must email instructor prior to not coming for exam if you do not intend to show up on exam day.</td>
</tr>
<tr>
<td></td>
<td>• Must have a valid excuse, such as illness, death in the family etc. I forgot does not cut it.</td>
</tr>
<tr>
<td></td>
<td>• Students must take all make-up exams in the testing center.</td>
</tr>
</tbody>
</table>

**Quizzes** - 50 points each x 12 quizzes = 600 pts. 
Quizzes will be on Web Ct. Available time is 20-30 minutes under Web Ct. All quizzes will be multiple-choice. 
Students will need to understand how to navigate and use the internet for weekly quizzes.

**Student Project**
- **200 points** - There will be one student project worth 200 point. 
- Project is to be written up as concise and organized as possible. 
- Page limit: 3-5 pages double spaced. 12 point Times
Course Essentials of Nutrition  
BIO 112 Online  
Instructor: Urbi Ghosh

Roman or Arial font. Margins are 1 inch all around.

- The Project needs to be submitted under WebCT as a WORD document or an (.rtf) document.
- IF student does not have Microsoft word, please submit the document as a (.rtf) file under WebCT.

- No other formats will be accepted.

Extra Credit
Extra credit is already built into the course. All extra credit is optional and voluntary for students to take in the course.

Extra credit will be offered in the form of an extra credit quiz, under WebCT. These quizzes can be only taken once. 
Each quiz will give an additional 50 points, calculated toward the final grade (total points).

Academic Tutoring

- Biology tutors will be available. Students are encouraged to contact the Learning Center. Schedule your appoint two days in advance!
- Online: http://www.oakton.edu/learn/tutoring.htm
- Des Plaines Campus (847) 635-1658. Gloria Liu at glorial@oakton.edu or phone: (847) 635-1738

Tentative Course Schedule

<table>
<thead>
<tr>
<th>Week</th>
<th>Week of:</th>
<th>Topic</th>
<th>Related Text</th>
<th>Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Aug.23-29</td>
<td>The Role of Nutrition in Our Health</td>
<td>Chapter 1</td>
<td>Read Chapter 1 Read WebCt lecture Notes</td>
</tr>
<tr>
<td>2</td>
<td>Aug. 30-Sept.5</td>
<td>The Role of Nutrition in Our Health Labor Day (Sept. 6) College closed</td>
<td>Chapter 1</td>
<td>Take Quiz 1(online) Read lecture notes on WebCt.</td>
</tr>
<tr>
<td>3</td>
<td>Sept.7-12</td>
<td>Designing a Healthful Diet</td>
<td>Chapter 2</td>
<td>Take quiz 2 (online) Read Lecture Notes on WebCt.</td>
</tr>
<tr>
<td>Week</td>
<td>Dates</td>
<td>Topic</td>
<td>Chapter</td>
<td>Assignment</td>
</tr>
<tr>
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</tbody>
</table>
| 4    | Sept.13-19 | Designing a Healthful Diet  
Sept.19 [Last Day to Withdraw from class with course dropped from record] | Chapter 2 | Take Quiz 3 (online)  
Participate in Discussion  
Read lecture notes in WebCt. |
| 5    | Sept.20-26 | The Human Body: Are We Really What We Eat?                          | Chapter 3 | Take Test 1  
(Covers chapters 1-3)  
Test 1 needs to be taken On-Campus |
|      |           |                                                                     |           |                                                                            |
| 6    | Sept.27-Oct.3 | Carbohydrates: A Plant Derived Energy Nutrients              | Chapter 4 | Take Quiz 4 online                                                      |
| 7    | Oct.4-10  | Fats: The Essential Energy-Supplying Nutrients                 | Chapter 5 | Take quiz 5 online  
Read Lecture notes on WebCt.                                               |
| 8    | Oct.11-17 | Proteins: Crucial Components of All Body Types  
BREAK           | Chapter 6 | Quiz 6 (online)  
Read Lecture notes on WebCt.                                               |
| 9    | Oct.18-24 | In Depth: Vitamins and Minerals                               | Chapter 7 | Quiz 7 (online)  
Read Lecture notes on WebCt.                                               |
| 10   | Oct.25-31 | Nutrients in Fluid and Electrolyte Balance                      | Chapter 8 | Quiz 8 (online)  
Read Lecture outlines/notes on WebCt.  
Projects DUE Under WebCT.  
All Projects must be as WORD document. Or an (.rtf) file |
| 11   | Nov.1-7   | Nutrients Involved in Antioxidant Function                      | Chapter 9 | Quiz 9 (online)                                                         |
| 12   | Nov.8-14  | Nutrients Involved in Bone Health  
Nov. 11 [Veterans’ Day Holiday]                              | Chapter 10 | Quiz 10                                                                 |
<p>| 14   | Nov.15-21 | Nutrients Involved in Energy Metabolism                         |           | Quiz 11                                                                 |</p>
<table>
<thead>
<tr>
<th>Date</th>
<th>Chapters/Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov.22-30</td>
<td>Nutrition and Physical Activity: Keys to Good Health</td>
</tr>
<tr>
<td></td>
<td>Nov.25-28 Thanksgiving Recess</td>
</tr>
<tr>
<td>Nov.29-30</td>
<td>Chapter 11</td>
</tr>
<tr>
<td>Nov.30-Dec.1</td>
<td>Chapter 12, Quiz 12</td>
</tr>
<tr>
<td>Dec. 1-7</td>
<td>Disorders Eating</td>
</tr>
<tr>
<td></td>
<td>Chapter 13</td>
</tr>
<tr>
<td>Dec.7-14</td>
<td>Food Safety and Technology</td>
</tr>
<tr>
<td></td>
<td>Chapter 14</td>
</tr>
<tr>
<td></td>
<td>Optional Quiz 14</td>
</tr>
<tr>
<td>Dec.15</td>
<td>Last Day of Class</td>
</tr>
</tbody>
</table>

Grades Due Dec.16th

Summary of total course points:

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exam (1x 100 points each)</td>
<td>100</td>
</tr>
<tr>
<td>Quizzes (12 X 50)</td>
<td>600</td>
</tr>
<tr>
<td>Project Due</td>
<td>200</td>
</tr>
<tr>
<td>TOTAL POINTS</td>
<td>900</td>
</tr>
</tbody>
</table>

Grading Scale

Grades will be assigned as a percentage of total points:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentages</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>90-100%</td>
</tr>
<tr>
<td>B</td>
<td>80-89%</td>
</tr>
<tr>
<td>C</td>
<td>68-79%</td>
</tr>
<tr>
<td>D</td>
<td>55-67%</td>
</tr>
</tbody>
</table>