

**Course Syllabus**  
**BIOD 121 – Essentials in Nutrition**  
**3 credits**

**Prerequisites:** General biology and chemistry (recommended but not required)

**Instructor:** Tammie Kephart, MS, RD, LDN

**Facilitators:** Renee Correll, DPT  
Rebekah Stepp, MS, CRNP  
Crista Bush, MOT, OTR/L  
Jerrod A. Poe, Ph.D.  
Kelly Straley, CRNP  
Alycia Dalbey, MPAS, PA-C  
Brandon Zangus, MOT, OTR/L  
Brittany Martinez, Ph.D.  
Heidi Burt, DPT

**Contact Info:** Faculty may be contacted through the Portage messaging system

**Course web site address:** [www.portagelearning.com](http://www.portagelearning.com)

**Course meeting times:** BIOD 121 is offered continuously

**Course Description:** This course will provide the student with the fundamentals of nutrition, both in theory and application. The functions, digestion, absorption and metabolism of nutrients are emphasized. Basic principles of applied nutrition such as energy balance, weight control and life cycle nutrition are stressed.

**Course Outcomes:** As a result of this course experience a student should be able to:

- Understand the components of nutrition
- Understand nutrient composition
- Understand and utilize tools to promote healthy food choices
- Understand the physiologic process of digestion and digestive disorders
- Understand the composition and digestion of carbohydrates, fats, and proteins
- Understand the concept of energy balance
- Understand keys to healthy weight loss and be able to recognize unhealthy weight loss
- Understand the composition and digestion of vitamins and minerals
- Differentiate between and recognize eating disorders
- Understand nutritional needs throughout the life span

Each of these BIOD 121 student learning outcomes is measured:

- Directly by: (1) module application problems (with instructor feedback)  
(2) exams  
(3) comparison of pre-course / final exam results

Indirectly by an end of course student-completed evaluation survey

**Course Delivery:** This course is asynchronously delivered online. Contact hours include 40 - 50 hours of reviewed module assignments with instructor feedback and video lectures. There are 8 additional contact hours composed of secure online exams.

It is the policy for all Portage Learning courses that only one exam be completed each day. Research on best practices in learning psychology indicates that time is needed to process material for optimal learning. This means that once an exam has been completed, the next exam will not unlock until the following day. Please plan your time accordingly. If you have a legitimate need for an exception to this policy, please contact your instructor.

**Required Computer Accessories:** It is recommended that students use a desktop or laptop computer, PC or Mac, when taking the course. Some tablet computers are compatible with the course, but not all features are available for all tablet computers. The latest full version of Firefox is required for the optimal operation of the Portage Learning Management System. In addition, you must have the latest full version of Adobe Flash Player installed as a plug-in in order to view any of the videos on the site. We highly recommend using a high speed Internet connection to view the video lectures. You may experience significant difficulties viewing the videos using a dial-up connection.

**Required readings, lectures and assignments:** Portage courses do not use paper textbooks. Students are required to read the online lesson modules written by the course author which contain the standard information covered in a typical course.

The practice problems within the modules are not quantitatively part of your final grade, but the module work is a pass/fail component of the course and will be reviewed for completeness by the instructor. Be sure to answer all of the problems since this is an important part of adequate preparation for the exams. After you answer the practice problems, compare your answers to the solutions at the end of the module. If your answers do not match those at the end, attempt to figure out why there is a difference. If you have any questions please contact the instructor via the My Messages tab or call the help line at 1-888-724-3590 x2.

**Grading Rubric:**

6 Module exams = 100 pts. each x 6 =	600 pts.
<u>Final exam = 120 pts.</u>	<u>120 pts.</u>
Total	720 pts.

The current course grade and progress is continuously displayed on the student desktop.

**Grading Scale:**

89.5% - 100% (645 - 720 pts)	= A
79.5% - 89.4% (573 - 644 pts)	= B
69.5% - 79.4% (501 - 572 pts)	= C
59.5% - 69.4% (429 - 500 pts)	= D
<59.4% (<429 pts)	= F

**Module Topics**

- Module 1: In this module students are introduced to the study of nutrition and aspects of health. Content also includes an overview of the calculating calories and energy needs as well as an introduction to tools used in making healthy food choices.
- Module 2: In this module students will cover the physiologic process of digestion and have an overview of common digestive disorders. Macronutrients (carbohydrates, proteins, and fats) are covered in detail including composition and digestion of each.
- Module 3: In this module students are introduced to the idea of energy balance with a discussion of healthy weight loss. Content also includes a brief overview of fad diets so that students can recognize unhealthy weight loss techniques.
- Module 4: In this module students will have a thorough overview of fat and water soluble vitamins as well as minerals. They will be provided with specific examples of each as well as digestion of each class.
- Module 5: In this module students will learn the importance of physical fitness and the types of energy utilized in various forms of exercise. Content also includes a discussion on various eating disorders and treatment as well as a brief discussion on undernutrition.
- Module 6: This module covers the nutritional needs throughout the lifespan. Content includes a discussion on pregnancy and goes on to discuss specific needs from infancy through older adulthood.

**Holidays:**

During the following holidays, all administrative and instructional functions are suspended, including the grading of exams and issuance of transcripts.

New Year's Day	Easter
Memorial Day	Independence Day
Labor Day	Thanksgiving weekend
Christmas Break	

The schedule of holidays for the current calendar year may be found under the Student Services menu at [www.portagelearning.com](http://www.portagelearning.com)

**Suggested Timed Course Schedule** (to complete the course within a typical college semester)

All Portage courses are offered asynchronously with no required schedule to better fit the normal routine of adult students, but the schedule below is suggested to allow a student to complete the course within a typical college semester. Despite this suggestion, the students may feel free to complete the course at their desired pace and on a schedule determined by them.

<b><u>Time Period</u></b>	<b><u>Assignments</u></b>	<b><u>Subject Matter</u></b>
Days 1-16	Module 1, Exam 1	Overview of nutrition and energy needs
Days 17-33	Module 2, Exam 2	Overview of digestion and macronutrients
Days 34-50	Module 3, Exam 3	Energy balance and weight loss
Days 51-67	Module 4, Exam 4	Overview of vitamins and minerals
Days 68-84	Module 5, Exam 5	Physical fitness and eating disorders
Days 85-101	Module 6, Exam 6	Nutrition throughout the life span
Days 102-108	Final Exam	Based upon module material

### **Suggested External References:**

If the student desires to consult a reference for additional information, the following textbooks are recommended as providing complete treatment of the course subject matter.

Sereen S. Gropper, Jack L. Smith, **Advanced Nutrition and Human Metabolism**, Cengage Learning  
Lori A. Smolin, **Nutrition: Science and Application**, Wiley

### **Learning Support Services:**

Each student should be sure to take advantage of and use the following learning support services which are provided to increase student academic performance:

**Video lectures** which supplement the text material of each course module

**Messaging system** which provides individual instructor/student interaction

**Toll-free phone tutoring help line** which is available daily at appointed times (see below)

**Tech support** which is available by submitting a help ticket

### **Accommodations for Students with Learning Disabilities:**

Students with documented learning disabilities may receive accommodations in the form of an extended time limit on exams, when applicable. In order to receive the accommodations, the student should furnish documentation of the learning disability prior to registration, if possible. Upon receipt of the documentation of a learning disability, Portage staff will provide the student with registration instructions for a variation of the course containing exams with extended time limits. This accommodation does not alter the content of any assignments/exams, change what the exam is intended to measure or otherwise impact the outcomes of objectives of the course.

### **Student Help Line:**

Portage students have access to our help-line phone service. The phone service is staffed by instructors who will answer questions regarding material in those courses. Please call 1-888-724-3590 and choose option #2 if you would like assistance with your course work. Due to high call volume, we cannot guarantee that your call can be answered immediately so you may be required to leave a voicemail. The help-line instructors will return the voicemails as soon as possible and within one business day. If the hours above do not fit your personal schedule, please leave a message on the help line voicemail requesting an appointment. In the voicemail, please leave several dates and times convenient for a return call. If a help line representative cannot call you at one of your preferred times, you will be contacted to set up a mutually suitable time. Appointment slots are limited and will be granted as instructor time becomes available and at the discretion of the help line instructor. No appointments will be scheduled for Sunday.

### **Help Line Hours**

Mon - Fri: Noon - 9 PM ET

Sat: 9 AM - 11 AM ET

Sun: Closed

**Code of Conduct:** Students are expected to conduct themselves in a way that supports learning and teaching and promotes an atmosphere of civility and respect in their interactions with others. Verbal and written aggression, abuse, or misconduct is prohibited and may be grounds for immediate dismissal from the program.

**Academic Integrity** is a serious matter. In the educational context any dishonesty violates freedom and trust, which are essential for effective learning. Dishonesty limits a student's ability to reach his or her potential. Portage places a high value on honest independent work. In a distance learning situation, we depend on the student's desire to succeed in the program he or she is entering. It is in a student's own best interests not to cheat on an exam, as this would compromise the student's preparation for future work. It is required of each student to take exams without consulting course materials or study aids including another person, the lesson pages, printed materials, or the Internet. To this end, your instructor will be alert to any indications that a student may be violating this principle. It will be necessary to show all your work on exams. When the nature of the course does not require numerical or symbolic determination (perhaps instead just requires recitation of learned descriptions), our experienced staff is able to detect the unauthorized consultation of study aids when answering exam questions. A violation of the academic integrity policy may result in a score of zero on the exam and possible expulsion from the course, at the discretion of the instructor with consultation with an administrative-instructional committee.

**Grievances:** If for any reason a student has a complaint about the course work or the instructor, the student is advised to first consult the instructor, who will be willing to listen and consider your concern. However, if you don't feel you have received a satisfactory reply, you are encouraged to contact the Executive Director of Portage Learning for further consideration of your complaint. The formal grievances process must be initiated via written communication. If desired, please file a written grievance to [academics@portagelearning.com](mailto:academics@portagelearning.com) to initiate the process.

### **Remediation:**

At NursingABC we allow a "one-time" only opportunity to re-take an alternate version of **one** module exam on which a student has earned a grade lower than 70%. This option must be exercised before the final exam is started. If an exam is retaken, the original exam grade will be erased and the new exam grade will become a permanent part of the course grade. However, before scheduling and attempting this retest, the student must resolve the questions they have in regard to the material by reviewing both the old exam and the lesson module material. The student is also encouraged to contact the phone help line for assistance. Once ready to

attempt the retest of the exam they must contact their instructor to request that the exam be reset for the retest. Remember, any module retest must be requested and completed before the final exam is opened.