SYLLABUS PART II
EDISON COMMUNITY COLLEGE
BIO – 140FS Basic Nutrition
3 Credit Hours

Section/Term: BIO – 140S – 803FS

Class Meeting Time: Online

Location: Online

Instructor Information
Name: Corinn Gehle MS, RD, LD
Bachelors: Dietetics and Exercise Science (dual major) from the University of Dayton, 2008
Masters: Allied Health Management from The Ohio State University, 2010
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Office Hours: By Appointment

Communication Updates
Check your Edison email, as well as Blackboard Announcements, for course communication and updates.

Study Resources
Resources for lecture are online on Blackboard.

Textbook: Nutrition and You -- 6th Ed. Joan Salge Blake
ISBN - 10: 0-13-770185-3

This course will require Pearson My Lab and Mastering which includes interactive online chapters, online assignments, and online study tools for our textbook.

Each Chapter will consist of a homework assignment, Quiz, and Test. Throughout the class you will be prompted to do My Diet Analysis Homework. These are listed under the due dates. It will be the student's responsibility to reach out to the instructor (phone or email) if the student has a particular problem or is confused by the material.

Schedule of Activities
The following schedule will be observed as closely as possible; however, the instructor reserves the right to make changes that are deemed necessary to enhance the learning process.

Exam Information
Exams can consist of multiple choice, matching, true/false, and short answer type questions and will be completed online at the end of each unit.

Grading Points
Points toward a final grade can be earned as follows:

Activity Points Breakdown

- Homework: 161 points
- Quizzes: 160 points
- My Diet Analysis: 225 points
- Exams: 800 points
- **Total Points: 1346**

Total Points
Total Points can change throughout the course of the semester. Quizzes and extra assignments can and will be given by the instructor to raise the point total. Your grade will be based on percentage. The scale is as follows:

Final Grade Standards (Percentage)
A 90 – 100%
B 80 – 89.9%
C 70 – 79.9%
D 60- 69.9%
F 0 – 59.9%

Grades will be posted on the Grade Book of Blackboard. Check your grades frequently and keep track of your scores. The student will receive the grade the student earns. Extra credit will not be given to one specific individual.

Weekly Lessons

August 24th – August 31st
Introduction to Mastering Nutrition Chapter 1: What is Nutrition My Diet Analysis: 3 -Day Food Record and Personalized Dietary Analysis: An Introduction
August 31st – September 7th
Chapter 2: Tools for Healthy Eating Chapter 3: The Basics of Digestion
September 7th – September 14th
Chapter 4: Carbohydrates: Sugars, Starches, and Fiber My Diet Analysis: Personalized Dietary Analysis: Carbohydrate Analysis
September 14th – September 21st
Chapter 5: Fats, Oils, and Other Lipids My Diet Analysis: Personalized Dietary Analysis: Fat Intake
September 21st – September 28th
Chapter 6: Proteins and Amino Acids My Diet Analysis: Personalized Dietary Analysis: Protein Intake

September 28th – October 5th
Chapter 7: Vitamins My Diet Analysis: Personalized Dietary Analysis: Water-Soluble Vitamins Intake My Diet Analysis: Personalized Dietary Analysis: Fat-Soluble Vitamins Intake
October 5th – October 12th
Chapter 8: Minerals and Water My Diet Analysis: Personalized Dietary Analysis: Trace Mineral Intake My Diet Analysis: Personalized Dietary Analysis: Major Minerals Intake
October 12th – October 19th
Chapter 9: Alcohol
October 19th – October 26th
Chapter 10: Weight Management and Energy Balance My Diet Analysis: Personalized Dietary Analysis: MyPlate and USDA Food Groups
October 26th– November 2nd
Chapter 11: Nutrition and Fitness
November 2nd – November 9th
Chapter 12: Consumerism and Sustainability: Food from Farm to Table
November 9th – November 16th
Chapter 13: Food Safety and Technology
November 16th – November 23rd
Chapter 14 Life Cycle Nutrition: Pregnancy through Infancy
November 23rd – November 30th
Thanksgiving Break
November 30th – December 7th
Chapter 15: Life Cycle Nutrition: Toddlers through the Later Years
December 7th – December 11th
Chapter 16: Hunger at Home and Abroad

Academic Honesty

It is the policy of Edison State Community College that students respect ethical standards and exhibit academic honesty in carrying out their academic assignments. Edison is committed to promoting ethical behavior by educating students about academic honesty and creating conditions that foster academic honesty and other ethical behavior. For the purpose of this policy, academic dishonesty shall include, but is not limited to, the following:

1. Conduct with Respect to and/or During a Quiz, Examination, or Any Evaluation or Assignment, Written or Otherwise.

a. Accessing, referring to, or using open textbooks or notes or other devices not authorized by the

instructor.
b. Looking at another person's work (Examples include a paper or a computer monitor)
c. Communicating with, providing assistance to, or receiving assistance from another person in a manner not authorized
by the instructor.
d. Obtaining or attempting to obtain or using or attempting to use a copy of any unauthorized materials intended to be used as, or in the preparation of, a quiz, examination, or similar evaluation.
e. Taking a quiz or examination or similar evaluation in the place of another person
f. Utilizing another person to take a quiz, examination, or similar evaluation in place of one-self
g. Violating procedures prescribed to protect the integrity of a quiz, examination, or similar evaluation.
h. Changing material on a graded examination and then requesting a revised grading of the examination.
i. Submitting an assignment purporting to be the student's original work that has been wholly or partly created by any other source (Examples include a person, the Internet, and printed material.)
j. Presenting as one's own work, ideas, representations, or words of another person without customary and proper acknowledgment of sources. Sources include the Internet.
k. Knowingly permitting one's work to be submitted by another person as if it were the submitter's original work.
l. Violating procedures prescribed to protect the integrity of the assignment.
m. Avoiding the timely completion of work by misrepresenting the conditions that cause the student to miss a deadline or an examination.

2. Unauthorized Alteration or Transmission of any Academic Information or Records

3. Cooperation with another Person in Academic Dishonesty, either Directly or as an Intermediary.
For this course the penalty for Academic Dishonesty will be a zero on the assignment, quiz, or test. Further infractions will result in
failing the course.

Diversity
Edison serves a diverse community. As such, diversity is an integral and important part of the campus climate and includes male and female students of various ages, religions, learning styles, sexual orientations, ethnicities and cultures. Edison strives to create an environment in which all people are valued and supported; differences are understood and respected; and students are prepared for collaboration in a global community. Edison does not discriminate against students on the basis of race, color, creed, religion, age, sex, marital status, veteran status, national origin, ancestry, citizenship, or disability. Edison Community College is strongly committed to achieving full equal opportunity in its employment practices, educational programs and activities, and in the services, it offers to the community. The College's policy is consistent with the various federal and Ohio statutes which prohibit discrimination.

Accommodations /Accessibility and Disabilities Support Services Policy
Edison State Community College will make reasonable accommodations for students with documented disabilities. If you believe you may need an accommodation based on the impact of a disability, contact the instructor privately with your self-identification letter. If you do not have a self-identification letter, contact Accessibility and Disability Support Services by emailingdisabilities@edisonohio.edu or by calling 937.778.7850. Accessibility and Disability Support Services is located on the Piqua Campusin Room 160.

Advising Services
Edison State's career pathway advisors are your partners in success. A career pathway advisor is the first advisor that you will meet with once you have made the decision to further your education. Together, you and your career pathway advisor will:

- Identify the right academic major to set you on your desired career path.
- Identify the courses you'll need to accomplish your academic goals.
- Help you develop a student plan tailored to your lifestyle and work schedule.
- Prepare you to navigate your first semester at Edison State.

You can find your career pathway advisor and faculty advisor information, including their email address, by logging into MyESCC and clicking on Student Planning. Go to Plan and Schedule and click on the Advising tab. You may also call 937-778-7850 to connect viaphone call.

Bookstore Services
eCampus is Edison State's official bookstore and is located on the Edison State webpage, under "Resources," "Bookstore," or at https://edisonohio.ecampus.com. You can also access eCampus from the ESCC home page, under "Campus Services." Through eCampus, you can rent or buy books, access course materials, or purchase ESCC merchandise.

Career and Job Services
Our Career and Job Services advisors are dedicated to helping students and alumni advance their professional development as they make career decisions, develop job search strategies, pursue experiential opportunities and secure employment. Career and Job Services also provides career assessments, career information, resume and cover letter help, job postings and resources, tips for interviewing and more. Visit https://www.edisonohio.edu/Career-and-Job-Services/ for more information.

Computers
If you are working on campus, computers with internet access are available in the internet café. The Library and Tutoring Center has computers and printers available for your use.

Health and Wellness Services
Health and Wellness Services are available on the Edison State Piqua campus. The program is dedicated to providing resources that promote healthy lifestyle choices for our students, faculty and staff and is managed by the Human Resources department.

Library Services
The Edison State library is not only a comfortable place to study, we have an expansive collection of online resources available to help you with your research. Check out the library webpage here: https://www.edisonohio.edu/Library/. Libguides and short instructional videos are available to help you use these resources and can be found at: https://libguides.edisonohio.edu/. Please contact the library staff with any library questions you may have at library@edisonohio.edu, 937-778-7950, or stop in!

Mental Health Services
College is stressful! Feeling burned out, anxious, frustrated? When challenges arise that you need help dealing with, it's helpful to have someone to talk to. We have established partnerships with many local mental health providers. If you are struggling and need to speak with someone in person, please reach out

to the Edison State Care Team, https://www.edisonohio.edu/CARE-Team/. If you are concerned about a student or colleague, please file a CARE Team form https://www.edisonohio.edu/CARE-Team-Referral-Form/ so that immediate assistance can be given. This link and the CARE Team website can be found under Campus Services on our homepage.

Testing Your Faith Act Policy

Edison State Community College is committed to providing an environment respectful of students' beliefs. Students are permitted to be absent for up to 3 days each semester based on their faith, religion, or spiritual belief system with no academic penalty. Students must complete the Testing Your Faith Act Accommodations Form, https://www.edisonohio.edu/services-support/registration-records, located in "Forms" and provide a copy to their individual faculty within 14 days from the start of the course. The entire policy can be found in the student handbook at https://www.edisonohio.edu/services-support/student-resources.