SYLLABUS PART II
EDISON STATE COMMUNITY COLLEGE
BIO-140S-801FS: Nutrition --ONLINE
Fall 26/27 Semester
8/24/2026 - 12/10/2026

INSTRUCTOR INFORMATION

Name: Dr. Thomas D. Martinez
Doctorate of Chiropractic Medicine, 2005
Bachelors of Science – Human Biology, 2004
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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.

GRADING POLICY

Points toward a final grade can be earned as follows:

ACTIVITY	POINTS
Homework	170
Quizzes	160
My Diet Analysis	225
Tests	800
TOTAL POINTS	1335

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 my scale is as follows:

FINAL GRADE STANDARDS:

GRADE	Percentage
A	90-100%
B	80 – 89.9%
C	70 – 79.9%Pe
D	60- 69.9%
F	0 – 59.9%

As an Instructor, I do not give grades, you earn them.
The student will receive the grade the student earns
I DO NOT offer extra credit to one individual in the class so DO NOT ask.
I DO NOT round grades so DO NOT ask.

Grades will be posted in the Grade Book of Blackboard. Check your grade frequently and keep track of your scores

Aug 24-30
Chap 1 What is Nutrition
My Diet Analysis: 3 -Day Food Record and Personalized Dietary Analysis: An Introduction
Aug 31-6
Chap 2 Tools for Healthy Eating
Chap 3 The Basics of Digestion
Sep 7-13
Chap 3 The Basics of Digestion
Chapter 4 Carbohydrates: Sugars, Starches, and Fiber
My Diet Analysis: Personalized Dietary Analysis: Carbohydrate Analysis
Sep 14-20
Chapter 5 Fats, Oils, and Other Lipids
My Diet Analysis: Personalized Dietary Analysis: Fat Intake
Sep 21-27
Chapter 6 Proteins and Amino Acids
My Diet Analysis: Personalized Dietary Analysis: Protein Intake
Sep 28-Oct 4
Chapter 7 Vitamins
My Diet Analysis: Personalized Dietary Analysis: Water-Soluble Vitamins Intake
My Diet Analysis: Personalized Dietary Analysis: Fat-Soluble Vitamins Intake
Oct 5-11
Chapter 8 Minerals and Water
My Diet Analysis: Personalized Dietary Analysis: Trace Mineral Intake
My Diet Analysis: Personalized Dietary Analysis: Major Minerals Intake
Oct 12–18
Chapter 9 Alcohol
Oct 19-25
Chapter 10 Weight Management and Energy Balance
Oct 26-Nov 1
Chapter 11 Nutrition and Fitness
Nov 2-8
Chapter 12 Consumerism and Sustainability: Food from Farm to Table
Nov 9-15
Chapter 13 Food Safety and Technology
Nov 16-22
Chapter 14 Life Cycle Nutrition: Pregnancy through Infancy
Nov 23-30
Chapter 15 Life Cycle Nutrition: Toddlers through the Later Years
Dec 1-7
Chapter 16 Hunger at Home and Abroad

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/sites/default/files/2024-05/Testing_Your_Faith_Absence_Notification.pdf, 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, page 19.

When you send an email to the instructor make certain to include your class including your section number.

When asking about a specific assignment please include the assignment name as well as the question number.

IMPORTANT DATES

Holidays--

The campus will be closed on:
Sep 7 – Labor Day
Nov 11 – Veteran's Day
Nov 26 – Thanksgiving

If the campus is closed or there is a scheduled break – I will not be available via email.