

# **BSC 1025-21709**

## **Nutrition and Drugs**

### **Spring 2012**

**Instructor:** Dr. Craig S. Kasper  
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Course Location and Time: Lecture will meet in BADM 106 on Tuesdays from 2:30PM-5:00PM.

Textbook: *Understanding Nutrition* 11<sup>th</sup> ed., Whitney and Rolfes, 2007.

Course Description: This course will provide the student with the basic concept of nutrition and the relationship between nutrition and health. The course will also review some basic biological and chemical concepts pertaining to the study of nutrition.

Prerequisites/Co-requisite: BSC 1025L. College reading and writing ability is also expected.

BSCI 1025 Lecture Objectives: At the end of this course, the student will be able to:

1. Define nutrition, nutrients, nutritional deficiencies and define and compare various nutritional planning guides;
2. Apply information regarding the effects of nutrients and supplements throughout the life span to their life changes;
3. Explain the digestive process of the body and define the key terms that are associated with the process of digestion as well as the digestive structures;
4. Explain some of the global, political and social factors that influence nutrition;
5. Explain energy balance and weight management in the body and define the important terms associated with energy balance and weight management;
6. Identify the water-soluble and fat-soluble vitamins and their primary functions and also identify the major and trace minerals and their primary functions;
7. Explain the role of water and electrolytes and define the key terms associated with them, including passive and active transport;
8. Define the key terms associated with food safety and explain the major aspects of food safety and use reasoning, logic and the scientific method to distinguish between legitimate and illegitimate sources of information;
9. List describe the names sites of activity and effects of representative legal and illegal drugs; and
10. Describe the biological basis of drug action and define the major terms associated with the biological basis of drug action.

Exams: There will be a total of four semester lecture exams and a final exam. The tests will consist primarily of multiple choice questions. All exam dates are listed in the syllabus. It is the student's responsibility to be present when exams are given. Make-up exams will not be given except under extreme circumstances. It is at the instructor's discretion to give a make-up exam at a later date. (If allowed, 10 points will be deducted from the student's score.)

Portable Electronic Devices: Please discontinue use of all portable electronic devices such as cell phones, beepers, pagers, headphones, iPods, etc. upon entering class. Students may use tape recorders in class, unless they become a distraction.

Gordon Rule: Mandated by the State Gordon Rule Plan, this course now has a written component of 1500 words included in the course requirement. This is to be an original paper, written by the student, turned in on or before the last week of class. This requirement might also be fulfilled during exams in essay answers to questions, so be prepared. Content style and correct English usage will be used during the determination of the final grade on this paper.

Grading: The final grade will be calculated by the student's total points on the exams and the Gordon Rule paper divided by the total points possible in the class. Multiplying this number time 100 will give a percentage grade (%).

Grading Scale:

90%-100% = A

80%- 89% = B

70%- 79% = C

60%- 69% = D

Below 60% = F

Lecture Attendance: You are expected to attend all lectures and arrive on time. Frequently in lecture, I inform students of important concepts that they need to know for an upcoming exam. Also, we will have activities in class that will count toward your final grade.

Instructional Methods: Overheads, PowerPoint, Internet, class discussion, class activities.

Academic Dishonesty Policy: Students must submit their own unique work on all assignments. Indications of cheating during an examination include talking with other students, using non-approved notes, shuffling through notebooks, looking at other's exam papers, etc. Cheating will result in a failing grade and notification of the academic dean for further discipline

**Recording of Class Sessions:**

A student shall not, without my express authorization, make or receive any recording, including but not limited to audio and video recordings, of any class, co-curricular meeting, organizational meeting, or meeting with me. Further, it is not permissible to post my class lectures/course materials on the web.

**Request for Accommodation**: Any student whose disability falls within the American Disabilities Act (ADA) and requires accommodations should contact the Office of Services for Students with Disabilities. The Brandon office is located in the Student Service Building Room 109. You may also reach the office by phone at (813) 253-7914. Requests for accommodations should be submitted to the instructor within the first two weeks of the course.

**Religious Observances:**

HCC will reasonably accommodate the religious observances, practices, and beliefs of students in its admissions, class attendance, and examination policies and work assignments. Students must notify instructors at least one week prior to a religious observance.

**Equity Policy:**

Hillsborough Community College is an equal access/equal opportunity employer that makes employment and education-related decisions without regard to race, color, gender, religion, national origin, age, disability, sexual orientation, marital status or any other bias that is or may be prohibited by laws. In addition, the college does not discriminate in employment practices or in the admission and treatment of students. HCC is committed to equitable treatment for all students and employees and to a learning and working environment free of discrimination and harassment for current as well as future students and employees. The college provides equal educational opportunities for qualified individuals with disabilities and complies with, as well as, supports the Americans with Disabilities Act. HCC's Equity Officer ensures compliance with federal and state laws prohibiting discrimination and sexual harassment. Employees and students who believe they have been a victim of discrimination or sexual harassment should contact:

**Dr. Joan B. Holmes**

Special Assistant to the President  
for Equity and Special Programs  
District Administrative Offices  
39 Columbia Drive, Room 718  
Tampa, FL 33606  
Telephone: 813-253-7043  
Email: [jholmes16@hccfl.edu](mailto:jholmes16@hccfl.edu)

**Miscellaneous:** You are responsible for any announcements made, or materials circulated in your absence. You are responsible for understanding all policies, deadlines, etc... specified by the HCC Student Handbook. Arrangements can be made for students with learning disabilities only if they provide documentation from an HCC LD advisor.



DATE	TOPIC	Chapter Reading (Whitney and Rolfe)

**\*A note about the Reading.** This is a guide only. We will be covering material from other text pages and sources in lecture. You are expected to read all pages of the assigned chapters before coming to class.