

# Macomb Community College

Division of Arts and Science - Science Department

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Instructor ----- Cliff Belleau  
Office ----- J205  
Office Hours ----- (I'm Never There!) By Appointment or Before / After Class  
  
email ----- **cliffbelleau@sbcglobal.net** (Please use this email because I check  
this throughout the day)  
Class ----- BIO-1400 / Fundamentals of Nutrition  
Text ----- Nutrition for Healthy Living by Wendy J. Schiff  
(Nutrition Calc Plus 3.0 / Required)  
Section ----- C0808  
Dates ----- 8/23/10 - 10/18/10  
Time ----- 7:00 PM - 9:55 PM  
Room ----- ----  
Web Resources --- [www.cliffbelleau.com/ap](http://www.cliffbelleau.com/ap)

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## Course Description

A study of the nature and role of human nutrition. The relationship between nutrition and health throughout life is explored. No lab. (3 contact hrs.)

## Method of Instruction

The methods of instruction in this course include: lecture, visual aids, and class discussion.

## Evaluation

Your final grade is based on a combination of points from lecture exams and a diet analysis paper. You will take six exams. The first five exams will each cover only two chapters. The sixth exam will cover three chapters (chapter 11, 12, and 13). There are no make up exams. However, you may drop one test from the group of the first five tests. Everyone will need to take the last unit exam to receive a grade in the class.

Five Lecture Exams / Each Chapter = 100 pts each (1,100 pts) - 75% of Grade

Diet Analysis Paper - 367 - 25% of Grade

Total Points Available = 1467

**Important Date: 10/13/2010 - Diet Analysis Paper Due**

## College Grading Policy:

1. Students who never attend class shall receive an "N" symbol.
2. Students who officially withdraw during the first three quarters of a semester shall receive a "W" symbol for the semester.
3. Students may not officially withdraw during the last quarter of the semester but shall only be given an A, B, C, D, E, or I grade.
4. The student is responsible for doing the appropriate paperwork. Failure to withdraw formally and officially can subject you to an automatic "E".

## Grading Scale

A	94%-100%
A-	90%-93%
B+	87%-89%
B	84%-86%
B-	80%-83%
C+	77%-79%
C	74%-76%
C-	70%-73%
D+	67%-69%
D	64%-66%
D-	60%-63%
E	Below 60%

Students should be aware that most colleges require a "C" or better for transfer credit. "C-" will not transfer or qualify as a prerequisite.

## Exams

Lecture exams will be machine scored (Scantron) and the format will be matching, fill-in-the-blank, and multiple-choice. You will need to bring with you to the exam a #2 pencil and a blank unwrinkled scantron.

Students are not allowed to leave the room during an exam. Any student who chooses to leave will be required to turn in his/her exam and will not be allowed to re-enter the classroom.

If a cell phone or beeper sounds during an exam the student will lose 10 points from his/her grade. Make sure all cell phones are on silent mode and out of sight during all exams.

If for some reason there is no class on the day scheduled for an exam, you may assume that the exam will be given during the next scheduled class. You are responsible for following the schedule as provided, so plan accordingly.

If there are any discrepancies or errors in grading or computing a grade, they must be brought to the attention of the instructor at the time the exam is returned. Put your answers on the Scantron and do not write on the exam booklet. All Scantron and exam booklets must be returned to the instructor after being reviewed by the student. If an exam is not returned, a grade of zero will be given for that exam.

The last date to drop this class is \_\_\_\_\_ (End of Special Refund).

## Exam Make-Up Policy

There are no make-up exams. If a student has a provable and extreme situation that prevents the student from taking the exam on the scheduled day, he/she can make arrangements with the instructor to take the exam prior to the scheduled date. No make-up exam will be administered after the scheduled date. Any student who misses a scheduled exam for provable serious reasons may take a cumulative exam on the last day of the course as a substitute for the missed exam. **If an exam is missed without notification prior to the exam the student will receive a zero for the missed exam.**

## **How To Pass the Class**

You need to read the book, study the definitions that are highlighted in the book's margin, and be able to understand why statements are either correct or wrong in the Practice Tests at the end of each chapter. You need to read the chapter before we cover the material in class. I will provide you with chapter study guides. These are designed to help you prepare for the exams. The exams will include word definitions, questions similar to the questions in the "Practice Test" and topics highlighted in the study guides. If you do not understand the information, it is your responsibility to ask questions.

## **Attendance**

Attendance is important. You are expected to attend class. If you are absent, you are responsible for the material missed. You may want to exchange phone numbers with another student in the class so that you will be able to obtain the class notes and announcements concerning the class.

## **Academic Misconduct**

Any disciplinary problems (cheating, conduct that is disruptive to the class, etc.) will be grounds for immediate dismissal from the class.

Cheating is academically unacceptable. Copying or letting someone copy on an exam or assignment are both forms of cheating. The first cheating offense will result in 0 points for the exam or assignment. The second cheating offense will result in the student failing the course.

You are expected to interact in the classroom cooperatively, courteously, and respectfully with your instructor and fellow students. Other types of behavior may result in your expulsion from the class and/or failure in the course.

## **Miscellaneous**

Cellular telephones or pagers must be on a silent mode of notification. Violation will be considered conduct disruptive to the class. Any student answering a cell phone during class will be grounds for immediate dismissal for the remainder of the scheduled class period. Texting or Web surfing is prohibited during my lectures. Please excuse yourself from my class if you need to use your phone, text message, or surf the Web. If you plan to use a laptop for notes, then you need to sit in the last row of the room.

Cell phones that sound during an exam will result in a 10 point penalty for the student whose phone rings.

## **Biology Tutoring**

Tutoring takes place in C-116, unless noted otherwise. For the most up-to-date offerings, please refer to the Learning Center's web site: [www.macombedu.edu/Learning Center](http://www.macombedu.edu/Learning%20Center) or call 586.286.2203. Nutrition tutoring is available during "OPEN SCIENCE" sessions with either "Dan or Jeannie".

## **Disclaimer**

Reasonable revisions to the syllabus may be made by the instructor as circumstances require and will be announced in class.

## **How Much Study Time Is Required To Pass This Class?**

Everyone is different. Some students have a better science background so they may already know some of the course content or be able to more readily assimilate new ideas because of their knowledge base. Some students learn faster than other students. These are unknown variables, however. There is a Community College benchmark that we can use to estimate how many hours you will need to study each week to keep up with the class. Studies show that for every hour of lecture, the student will need to study three hours. The study time does not include the class room lecture time. So you can assume that you will need to study 18 hours per week to pass the class. If you are a serious student and put in this type of effort then you should be rewarded with an A!

Keep in mind that this is an accelerated class. It is taught in 8 weeks and not 12 or 16 weeks. All of the material in the book will be covered in only 8 weeks. Plus you will need to write a term paper which is worth 25% of your final grade. You need to consider this class a sprint! On average, we will cover one chapter out of the book every three hours (one lecture period). So as you can see, if you miss one class then you will fall behind the class and it will be very hard for you to catch up with the class. I can not help you catch up!