

This syllabus is provided as a general informational guide. Some of the information may vary depending on the specific course section and instructor. Different sections of the same course may require different textbooks. Verify the section specific textbook information in the CUNY's Academic Course Schedule Web Page. Modifications of the grading system presented here will be communicated by the instructors of the sections when they meet the class.

**BOROUGH OF MANHATTAN COMMUNITY COLLEGE**

City University of New York

**Department of Science**

**Title of Course** NUTRITION  
**SCI 150 Section** \_\_\_\_\_

**Class hours** 3

**Credits** 3

**Instructor Information**

**Name:** Patricia DeLeon

**Office:** N698K

**Phone:** 212-220-1324

**Email:** pdeleon@bmcc.cuny.edu

**Course Description**

An introduction to the fundamental principles of human nutrition. The nutrient composition of various foods is examined as well as the manner in which the nutrients are metabolized and used by the human body.

**Prerequisites/Co-requisites**

One year of Science

**Student Learning Outcomes**

1. Students will be able to understand the normal physiological roles of nutrients.
2. Students will be able to understand the pathology caused by deficiency and excess of specific nutrients.
3. Students will be able to learn the food sources of specific nutrients.
4. Students will be able to understand the role of government and groups concerned with public health in nutrition.
5. Students will be able to learn the role of nutrition in the treatment of specific diseases.

**Required Text & Readings**

Wardlaw's: *Perspective in Nutrition 11th Edition* McGraw-Hill Publishing

**Evaluation & Requirements of Students**

Examination and Quizzes = 100%

**Weeks/Topics.**

1. Nutrition and Nutrients.
2. Nutrition guidelines.
3. Chemical composition of the human body.
4. Human Digestion Absorption and Excretion.
5. Carbohydrates.
6. Lipids
7. Proteins
8. Alcohol
9. Water soluble vitamins
10. Fat soluble vitamins
11. Water
12. Minerals
13. Energy Balance.
14. Energy Metabolism.

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**RUBRICS.**

Quizzes 1 to 14 , 3.2 points each = 45

EXAM 1, 15 points

EXAM 2, 15 points.

EXAM 3, 15 points.

EXAM 4, 15 points

TOTAL 100 points

83 – 85.9.....B

80 – 82.9..... B-

76 – 79.9.....C+

73– 75.9..... C

70 –72.9.....C-

66 –69.9..... D+

63 – 65.9.....D

60 –62.9.....D-

below 60.....F

**Class Participation**

Participation in the academic activity of each course is a significant component of the learning process and plays a major role in determining overall student academic achievement. Academic activities may include, but are not limited to, attending class, submitting assignments, engaging in in-class or online activities, taking exams, and/or participating in group work. Each instructor has the right to establish their own class participation policy, and it is each student's responsibility to be familiar with and follow the participation policies for each course.

BMCC is committed to the health and well-being of all students. It is common for everyone to seek assistance at some point in their life, and there are free and confidential services on campus that can help.

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**Single Stop** [www.bmcc.cuny.edu/singlestop](http://www.bmcc.cuny.edu/singlestop), room S230, 212-220-8195. If you are having problems with food or housing insecurity, finances, health insurance or anything else that might get in the way of your studies at BMCC, come by the Single Stop Office for advice and assistance. Assistance is also available through the Office of Student Affairs, S350, 212-220- 8130.

**Counseling Center** [www.bmcc.cuny.edu/counseling](http://www.bmcc.cuny.edu/counseling), room S343, 212-220-8140. Counselors assist students in addressing psychological and adjustment issues (i.e., depression, anxiety, and relationships) and can help with stress, time management and more. Counselors are available for walk-in visits.

**Office of Compliance and Diversity** [www.bmcc.cuny.edu/aac](http://www.bmcc.cuny.edu/aac), room S701, 212-220-1236. BMCC is committed to promoting a diverse and inclusive learning environment free of unlawful discrimination/harassment, including sexual harassment, where all students are treated fairly. For information about BMCC's policies and resources, or to request additional assistance in this area, please visit or call the office, or email [olevy@bmcc.cuny.edu](mailto:olevy@bmcc.cuny.edu), or [twade@bmcc.cuny.edu](mailto:twade@bmcc.cuny.edu). If you need immediate assistance, please contact BMCC Public safety at 212-220-8080.

**Office of Accessibility** [www.bmcc.cuny.edu/accessibility](http://www.bmcc.cuny.edu/accessibility), room N360 (accessible entrance: 77 Harrison Street), 212-220-8180. This office collaborates with students who have documented disabilities, to coordinate support services, reasonable accommodations, and programs that enable equal access to education and college life. To request an accommodation due to a documented disability, please visit or call the office.

### **BMCC Policy on Plagiarism and Academic Integrity Statement**

Plagiarism is the presentation of someone else's ideas, words or artistic, scientific, or technical work as one's own creation. Using the idea or work of another is permissible only when the original author is identified. Paraphrasing and summarizing, as well as direct quotations, require citations to the original source. Plagiarism may be intentional or unintentional. Lack of dishonest intent does not necessarily absolve a student of responsibility for plagiarism. Students who are unsure how and when to provide documentation are advised to consult with their instructors. The library has guides designed to help students to appropriately identify a cited work. The full policy can be found on BMCC's Web site, [www.bmcc.cuny.edu](http://www.bmcc.cuny.edu). For further information on integrity and behavior, please consult the college bulletin (also available online